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The Relationship Between Self Control and FoMO (Fear of Missing Out) with Nomophobia in College Students

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ABSTRACT: Excessive smartphone use in the era of rapid technological advancement can lead to various negative impacts on life, including insomnia, addictive behaviors, nomophobia, impaired cognitive function, and other health and psychological issues. Strong self-control in individuals can mitigate the tendency to experience the fear of missing out FoMO. This study involved a sample of 115 students from state and private universities, as well as civil service or vocational schools in Surabaya. The population characteristics of this study included active students aged 17– 29 years in Surabaya. This quantitative research was analyzed using multiple regression tests and path analysis with the SPSS 16 IBM for Windows program. The results indicated a positive relationship between self-control and nomophobia among students. Specifically, the higher the level of self- control an individual possesses, the lower the level of nomophobia they experience. Additionally, the study found that FoMO mediates the relationship between self-control and nomophobia. Individuals with low self-control are more susceptible to FoMO, which in turn exacerbates their experience of nomophobia.

Keywords: Self Control, Nomophobia, Fear of Missing Out Fomo, Students.

INTRODUCTION

The advent of smartphones in the modern era, characterized by rapid technological advancements, has fundamentally transformed human activities, making them more effective and efficient—especially in the realm of communication. Originally developed as tools to facilitate verbal and written exchanges, smartphones have undergone significant evolution in both design and functionality alongside continuous technological innovations. Today, these devices serve multifaceted roles that extend far beyond basic communication; they encompass work-related tasks, online shopping, gaming, photography, information retrieval, entertainment, social networking, and countless other daily activities (Roberts & David (2020). Consequently, smartphones have become indispensable for many individuals, often regarded as essential extensions of daily life.

However, the widespread and intensive use of smartphones also brings a spectrum of negative consequences. Research by Yildirim et al. (2016) has underscored the potential adverse effects linked

to excessive smartphone use, highlighting that spending more than four hours per day on these devices can contribute to various health and psychological issues. Some of the most commonly observed negative outcomes include poor sleep quality, insomnia, addictive behavioral patterns, cognitive impairments, and mental health challenges. Among these, a significant concern is smartphone dependence, which manifests as a compelling need to remain connected to or to constantly use smartphones. This dependence often leads to psychological discomfort characterized by anxiety, fear, or irritability when individuals are deprived of access to their devices or the associated digital services (Yıldırım & Sezer (2020).

This phenomenon, widely known as nomophobia (an abbreviation for "no-mobile-phone phobia"), has gained increasing research attention. Adayları et al. (2017) revealed the alarming prevalence of nomophobia, noting that approximately 77% of individuals aged 18–24 show high vulnerability to this condition. This age group's habitual engagement with technology results in a lifestyle closely intertwined with cyberspace, especially among students (Suranata et al., 2022). Studies such as the one conducted by Motorola (Septiana, 2021) report that a significant majority—three out of four students—experience panic and fear when separated from their smartphones. Many are unaware of the unnatural addictive behaviors they exhibit, a point highlighted by (İdil et al., 2022), who describe these behaviors as symptomatic of nomophobia. Supporting this, (Jood, 2018) identified common symptoms of nomophobia, including feelings of nervousness, discomfort, and anxiety when individuals lack direct contact with their smartphones. As a modern type of phobia, nomophobia exemplifies the complex relationship between humans and their technological environments, reflecting the increasing psychological impact of smartphone dependence (Błachnio & Przepiórka, 2018).

Previous research has further demonstrated that self-control plays a critical role in moderating the level of nomophobia experienced by individuals. For instance, (Maknun et al., 2023) established that individuals with higher self-control tend to exhibit lower levels of nomophobia. The study suggests that effective self-control can help direct smartphone use in a balanced and positive manner, thereby reducing its negative consequences Tangney et al. (2004). This is corroborated by qualitative insights from interviews conducted by the researcher with several students. Despite their reported ease in avoiding deliberate smartphone use, these students admitted to spontaneous, unrestricted usage patterns, with some averaging more than eight hours of daily use (Hagger et al., 2021)). Such behavior indicates a significant challenge in functioning independently of smartphones, underscoring the deep-rooted dependency among student populations.

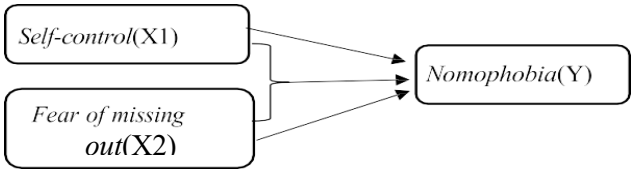
Moreover, beyond self-control alone, the fear of missing out (FoMO) has emerged as an important factor interlinking with nomophobia. Literature suggests that self-control can mitigate FoMO, which in turn reduces the likelihood of developing nomophobia (Modzelewski, 2020). Effective self-regulation equips individuals to manage FoMO tendencies by preventing excessive anxiety over missing out on social interactions or important events. (Riordan et al., 2020) argue that individuals possessing strong self-control are more apt to engage with technology and social media in a balanced way, thus avoiding problematic behaviors such as FoMO and diminishing their risk of nomophobia (Citko & Owsieniuk, 2020). This intricate interplay between cognitive control and emotional responses highlights the multifaceted nature of smartphone dependence and the psychological needs it fulfills within contemporary society.(Averill, 2014)

METHOD

The method should be well elaborated, enhancing the model, the analytical approach, and the steps taken. Equations should be numbered as they are illustrated.

This study employs a correlational research design with a quantitative approach, aiming to examine the relationship between the variables under investigation. The variables in this study include Self- control as the independent variable (X), Fear of Missing Out FoMO as the mediating variable (Z), and Nomophobia as the dependent variable (Y). Utami & Aviani (2021)

Figure 1. Research Thinking Framework



Data collection in this study utilized a Likert scale, which is a scale consisting of a series of statements. Subjects were asked to indicate the extent to which they agreed or disagreed with each statement (Azwar, 2015). The psychological scales used in this study are divided into three categories: the nomophobia scale, the self-control scale, and the fear of missing out FoMO scale.

The nomophobia scale was developed by the researchers based on the operational definition and aspects proposed by (Yildirim et al., 2016).

It consists of four dimensions:

1. The Inability to Communicate (Not Being Able to Communicate)
2. Losing Connectedness
3. The Inability to Access Information
4. Giving Up Convenience

The self-control scale was constructed by the researchers based on the operational definition and aspects introduced by (Averill, 2017).

It comprises three aspects:

1. Controlling Behavior (Behavioral Control)
2. Controlling Cognition (Cognitive Control)
3. Controlling Decisions (Decisional Control)

Meanwhile, the Fear of Missing Out FoMO scale was developed by the researchers based on the operational definition and dimensions proposed by, (Przybylski et al., 2016).

It includes two dimensions:

1. Unfulfilled Psychological Needs for Relatedness
2. Unfulfilled Psychological Needs for Self

The assessment of favorable and unfavorable statements on the three scales is based on the alternative answers provided in the Likert scale. The scale consists of five response options: Strongly Agree (SS), Agree (S), Neutral (N), Disagree (TS), and Strongly Disagree (STS).

The population refers to the generalization area consisting of objects or subjects that possess specific qualities and characteristics determined by the researcher for investigation, from which conclusions are drawn (Sugiyono, 2016). The population of this study comprises students from state universities, private universities, civil service institutions, and vocational schools in the city of Surabaya.

The sampling method in this study employed a quota sampling technique based on predetermined criteria. The number of participants was determined using G*Power software, which indicated that a minimum of 115 participants was required. Quota sampling is a technique for selecting samples from a population that meets specific characteristics until the desired number (quota) is achieved (Sugiyono, 2016). The sample for this study was drawn from the entire student population in Surabaya, which totals 273,229 students. The detailed breakdown of the sample size for this study is as follows:

Table 1. Research Sample Data

Agency	Number of Individuals
Public universities	63
Private College	47
Others (civil service, vocational, etc.)	5
Amount	**115**

The research methodology should include the following points:

1. A concise explanation of the research methodology commonly employed in the field.;
2. A well-justified rationale for selecting the specific methodology.;
3. An accurate and appropriate research design.;
4. A suitable sample design that aligns with the research objectives.;
5. A systematic and appropriate data collection process.; and
6. A relevant and up-to-date data analysis method.

RESULT AND DISCUSSION

The research results were derived from multiple linear regression analysis conducted to test the hypotheses, utilizing IBM SPSS Statistics 16 software for Windows.

Table 2. Research Sample Data

Model	F	p	Information
Simultaneous Correlation	142,197	0,000	Very Significant (p<0.05)

Table 2 demonstrates that the correlation between self-control and fear of missing out FoMO on nomophobia among students yields an F-score of 142.197 with a p-value of 0.000 ($p < 0.05$). This indicates that the first hypothesis is accepted, confirming a highly significant correlation between self-

control and fear of missing out on nomophobia among students.

Table 3. Partial Analysis Test Results

Variables	T	p	Information
Self-control	-4,426	0,000	Very Significant (p<0.05)
FOMO	-12,618	0,000	Very Significant (p<0.05)

Source: Statistical Output SPSS Series 24 IMB Program for Windows

Table 3. presents the results of the partial (separate) analysis between the self-control variable and the nomophobia variable. The correlation between self-control and nomophobia among students shows a t-value of -4.426 with a p-value of 0.000 ($p < 0.05$). This finding supports the acceptance of the second hypothesis, indicating a highly significant negative correlation between self-control and nomophobia among students.

Furthermore, the partial analysis between fear of missing out FoMO and nomophobia among students reveals a t-value of -12.618 with a p-value of 0.000 ($p < 0.05$). This result confirms the acceptance of the third hypothesis, suggesting a significant negative correlation between fear of missing out and nomophobia among students.

Table 4. Partial Analysis Test Results

$y = \beta 0 + \beta 1X1 + \beta 2X2$
y =28.625 + -0.176 X1 + 0.672 X2
Information:
y = Nomophobia
$\beta 0$ = Constant
$\beta 1$ = Regression Coefficient X1
$\beta 2$ = Regression Coefficient X1
X1 = Self control
X2 = Fear of missing out

The results illustrate that the constant value for the tendency of nomophobia is 28.625 when there is no self-control and no fear of missing out FoMO. The regression coefficient for self-control is

-0.176, indicating that for every one-unit increase in self-control, nomophobia decreases. Conversely, the regression coefficient for fear of missing out is 0.672, suggesting that for every one-unit increase in fear of missing out, nomophobia increases.

Table 5. Partial Analysis Test Results

Variable	Coefficient β	Cross Product	Regressio N	SE Total
Self-control(X1)	-0.176	7766,539	7015,334	6,412
Fear of missing out(X2)	0.672	8409,313		

Source: IBM SPSS Series 16 Program Statistical Output for Windows

Based on the data presented in Table 5, it can be observed that the total squared error (SE) value is 6.412. This indicates that the combined influence of self-control and fear of missing out FoMO accounts for 41.13% of the variance in nomophobia (Wahyunindya & Silaen, 2021). The remaining 58.7% is

attributed to other factors not included in this analysis. Furthermore, the effective contribution (SE) of each independent variable (X) is as follows:

$$SE_{Xi} = \left(\frac{b_{xi}.\ Cross\ Product.R^2}{Regression} \right) \quad \mathbf{X\ 100\%}$$

The effective contribution of the self-control variable (X1) to nomophobia (Y) is:

$$SE_{x1} = \left(\frac{-0{,}176.7766{,}539.6{,}412^2}{7015{,}334} \right) \times 100\%$$

$$SE_{X1} = 8{,}01\%$$

The effective contribution of the fear of missing out variable (X2) to nomophobia (Y) is:

$$SE_{x2} = \left(\frac{0{,}672.8409{,}313.6{,}412^2}{7015{,}334} \right) \times 100\%$$

$$SE_{x2} = 33{,}12\%$$

The total Effective Contribution (SE) can be calculated as follows:

$$SE_{Total} = SE_{x1} + SE_{x2}$$
$$SE_{Total} = 8{,}01\% + 33{,}12\%$$
$$SE_{Total} = 41{,}13\%$$

Based on the calculation results above, it can be clearly observed that the effective contribution of the self-control variable to the tendency of nomophobia is 8.01%. Meanwhile, the effective contribution of the fear of missing out (FoMO) variable to the tendency of nomophobia is notably higher at 33.12%. This striking difference indicates that fear of missing out has a more dominant and influential relationship with the tendency of nomophobia compared to self-control. (Akhtar & Azwar, 2019) When combined, the total effective contribution of both independent variables, namely self-control and fear of missing out, to the tendency of nomophobia amounts to 41.13%, signifying a substantial combined influence on nomophobia levels.

This study evidences a significant negative relationship between self-control and nomophobia, highlighting that individuals with higher levels of self-control tend to experience lower levels of nomophobia. This negative correlation suggests that greater self-control enables individuals to better regulate their smartphone usage and manage the anxiety or panic associated with being separated from their devices. This finding is consistent with prior research by (Budury et al., 2020), which also demonstrated that self-control negatively affects nomophobia among high school students in Yogyakarta. Those with elevated self-control exhibited reduced anxiety symptoms when without their smartphones.

Similarly, Pratiwi et al. (2020) conducted a study on students at UIN Ar-Raniry Banda Aceh and concluded that individuals possessing high self-control were more capable of controlling their smartphone use and thus less susceptible to anxiety arising from phone separation. These findings are further reinforced by international research; studies conducted by Hattingh et al. (2022) and P et al. (2022) in the United States demonstrated that self-control acts as a moderating factor in the relationship between smartphone use and anxiety symptoms. Individuals with better self-regulation could manage their smartphone habits more effectively and exhibited reduced anxiety when disconnected from their devices.

Collectively, these insights underline self-control as a critical psychological resource in attenuating nomophobia. Those with strong self-control skills tend to have healthier smartphone usage patterns and are less likely to develop excessive dependence or experience distress when access to smartphones is restricted or unavailable (Bayram & Yilmaz, 2024). This emphasizes the importance of interventions that enhance self-control mechanisms as a means to combat nomophobia.

Furthermore, the results of this study spotlight fear of missing out (FoMO) as a significant and positively correlated variable associated with nomophobia. This suggests that individuals who experience higher FoMO levels are more vulnerable to developing nomophobia tendencies (Pilarska & Baumeister, 2023). Since FoMO drives compulsive checking behaviors and anxiety about being disconnected from social or digital interactions, targeting FoMO in preventive strategies could be especially beneficial for individuals exhibiting low self-control.

Several components of self-control, such as inhibition and delayed gratification, contribute directly to lowering nomophobia. Inhibition is instrumental in suppressing the urge to constantly check smartphones, while delayed gratification allows individuals to prioritize long-term goals over the immediate satisfaction derived from smartphone use (Gezgin et al., 2018). These cognitive control skills constitute important protective factors against behavioral addiction.

As (Przybylski et al., 2016) categorize nomophobia as a form of behavioral addiction, self-control emerges as crucial in preventing such addictive behaviors. Individuals with high self-control are better positioned to resist overuse impulses, regulate their behaviors consciously, and maintain balanced smartphone engagement. Supporting this, research by (Yıldırım & Sezer, 2020) further found that people with high self-control not only limit their smartphone usage time but also avoid using smartphones in inappropriate contexts and can effectively ignore distracting notifications.

Moreover, self-control also contributes to reducing the panic and anxiety experienced when individuals are without their smartphones, further establishing its protective role against nomophobia (İdil et al., 2022). This body of evidence collectively affirms that higher self-control is linked with lower nomophobia tendencies, whereas lower self-control corresponds with heightened vulnerability to nomophobia.Yildirim & Correia (2015)

In summary, the findings reinforce the dual importance of both cognitive self-regulatory mechanisms and emotional factors like FoMO in understanding and addressing nomophobia. While self-control provides the capability to manage and mitigate smartphone dependency, FoMO reflects underlying emotional anxieties that fuel compulsive use. Integrative interventions that enhance self-control and simultaneously address FoMO are recommended to effectively reduce nomophobia, especially in vulnerable groups such as students and young adults who are highly engaged in digital environments.Yildirim & Yildirim (2015)

CONCLUSION

This study was designed to explore the intricate relationship between key psychological factors influencing nomophobia among students, with a particular focus on self-control and the fear of missing out (FoMO) (Przybylski & Weinstein, 2015). The findings provide several important insights and confirm the proposed theoretical frameworks.

Firstly, the results support the initial hypothesis asserting a significant inverse relationship between self-control and nomophobia (Bayraktar & Akın, 2020). Specifically, students who exhibit higher levels of self-control tend to experience markedly lower levels of nomophobia. This suggests that self-control serves as a protective factor, helping individuals regulate their engagement with smartphones and thereby reducing the emotional dependence on these devices.

Secondly, the study reinforces the mediating role of FoMO in the relationship between self-control and nomophobia (Yildirim & Correia, 2018). The data indicate that individuals with diminished self-control are more susceptible to experiencing FoMO, which subsequently amplifies their risk of developing nomophobia. FoMO acts as a psychological trigger by intensifying the anxiety and discomfort associated with the possibility of missing crucial information, social interactions, or rewarding experiences when disconnected from their smartphones. Thus, this study elucidates that FoMO is not merely a peripheral concern but a central variable that exacerbates the harmful effects of low self-control on nomophobic tendencies.

Moreover, these findings have broader implications for understanding behavioral addiction related to smartphone use. Przybylski et al. (2009) They highlight the complex interplay between cognitive self-regulation mechanisms and affective motivational states like FoMO in shaping problematic technology-related behaviors. The evidence suggests that effective interventions aimed at reducing nomophobia should incorporate strategies to enhance self-control capacities while simultaneously addressing FoMO-related anxieties.

In conclusion, this research contributes valuable knowledge to the growing body of literature on smartphone dependence and provides a nuanced understanding of how self-control and FoMO jointly influence nomophobia among students. It underscores the necessity for educational and psychological programs that promote self-regulatory skills and mitigate the pervasive fear of social exclusion or loss of connectivity in the digital age. Future studies are encouraged to further investigate these dynamics across diverse populations and explore additional moderating or mediating factors that could inform comprehensive preventive measures.

Based on the results of this study and previous research, the researcher offers the following recommendations:

1. Suggestions for Research Subjects

   This study demonstrates that many students use smartphones beyond the normal limit, exceeding four hours per day. Additionally, it reveals that a significant number of students exhibit high levels of nomophobia. Therefore, it is recommended that students use smartphones more wisely. Students should enhance their self-control to limit smartphone usage, ensuring that smartphones are used as needed and not excessively. Engaging in productive activities, such as reading books, writing daily journals, or participating in other positive pursuits, can help reduce dependency on smartphones.

   Furthermore, the study highlights that many students experience high levels of FoMO, which can have long-term negative consequences. To address this, students are encouraged to use social media more mindfully. Allocating specific times or spaces for themselves without access to social media or other digital platforms can help mitigate FoMO-related behaviors.

2. Suggestions for Further Researchers

The findings of this study can serve as a literature review for future research on related topics. It is recommended that further studies explore additional variables that may correlate with nomophobia, such as self-efficacy, motivation, and coping mechanisms. Expanding the research sample to include different generations and diverse locations can enrich scientific findings. Additionally, future researchers should aim to achieve a balanced sample across demographic aspects to facilitate more detailed and comprehensive discussions. The results of this study are also expected to serve as a reference for academic courses and contribute to the literature review of similar research.

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