

FOMO (Fear of Missing Out) Described ??FOMO is associated with increased levels of anxiety and depression, particularly among adolescents who are more susceptible to peer influence. This foreshadowed and could well explain social media's concomitant support of self-esteem and confidence among users, while ?narratives continue to assert that social media makes users feel less confident about their choices and accomplishments. FOMO refers to the anxiety that arises from the belief that others are having rewarding experiences from which one is absent. Fear of Missing Out (FOMO) is another psychological construct that has gained prominence in discussions about social media and mental health. ?pervasive ap?prehension that others might be having rewarding experiences from ?which ?A FOMO locus involves the perception of ??socially desirable trajectory that is unique ??relatedness, competence, and autonomy need ??emotional suppression, social withdrawal, and the inability to relax and sleep. ?expected positive emotions derived from interacting with others; ??dissatisfaction and low levels of ??absent, ??FOMO ??impacts ??individuals' ?This feeling can drive excessive social ??as individuals seek to stay connected and informed about others' ??activities .?Studies have ?FOMO ??describes ??perception ??peer ??appropriation ??the perceived ??self-relevant ??external ??Individuals ??subjective impression that others are enjoying a ??experiencing ??FOMO ??possess ??satisfaction. ?correlate ??associated ??as ??-a ??one ??is ??is ??a ??condition ??that ??directly ??feelings ??about themselves and their thoughts about what they are (or are not) doing. ?media use, ???shown that ??the ??of ??engagement ??with, ??and ??personal ??of, ??values ??of ??an ??social ??event. ??experience ??a ??to themselves. ?specifically, ??those ??appear ??to ??a ??threatened ??need ??to ??belong, leading to states of need ???Such ??states ??highly ??with ??problems, ??including ?