

GROUP GUIDANCE IN HELPING TO OVERCOME THE PHENOMENON OFFEAR OF MISSINGOUT IN GENERATION Z

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Abstract

The fear of missing out (FoMO) phenomenon is an increasing problem among Generation Z, mainly triggered by the excessive use of social media. FoMO can negatively impact young people's mental health and productivity. One effective approach to address FoMO is through group mentorship. Through these mentorship sessions, generation Z can explore the problem, share experiences, and develop strategies to manage FoMO in a healthy manner. Group coaching provides education and raises awareness about the definition, causes, and negative consequences of FoMO. In addition, it helps develop time management skills, increases self-confidence and self-esteem, and promotes living in the present (mindfulness) and appreciation of what one has right now. Group support and experience sharing are also strengths of the mentorship, creating a safe environment for sharing and support. Through structured group guidance, Generation Z can develop the skills and perspectives necessary to overcome FoMO and lead a more balanced and meaningful life. With the right support and guidance, they can break free from the shackles of the fear of missing out and enjoy the present moment more mindfully.

Keywords: Group Guidance, Missingout, Generation Z.

1. Introduction

In this connected digital era, technology and social media have become an integral part of everyday life, especially for Generation Z who were born and raised amidst rapid technological development. Although it provides many benefits, excessive use of social media can also cause new problems, one of which is the fear of missing out (FoMO) phenomenon. (Abdulloh, 2021)

FoMO refers to feelings of anxiety or worry about missing out on other people's experiences or moments, often triggered by activities on social media. When seeing friends or relatives posting fun moments on social media, individuals experiencing FoMO will feel anxious and worried that they are missing out on something fun or important. This feeling then drives them to constantly check social media and engage in excessive online activities, in an effort not to miss out on information or experiences. (Rahmania et al., 2023)

FoMO is not only limited to activities on social media, but can also affect an individual's real life. Those who experience FoMO often feel compelled to be present at every event or activity, even if they are not really interested or have reasons not to attend. This can lead to stress and burnout, and disrupt life balance. The FoMO phenomenon is increasing among Generation Z, which is the generation born between 1997 and 2012. This generation has grown up with easy access to technology and social media, making them more susceptible to the negative influence of FoMO. Research shows that most adolescents and young people experience significant level of FoMO, which can negatively impact their mental health, productivity, and interpersonal relationships. (Hariadi, 2018)

Negative impacts of FoMO on generation Z may include:

- a. Mental health disorders, such as anxiety, depression and low self-esteem.
- b. Decreased productivity and concentration due to too much time spent checking social media.
- c. Problems in interpersonal relationships, such as lack of intimacy and quality interactions due to over-focus on online activities.
- d. Addiction to social media and technology, which can lead to other problems such as insomnia and social isolation.

Given the significant negative impact of FoMO, it becomes imperative to address this phenomenon, especially among generation Z. One effective approach is through group guidance. Group guidance provides an opportunity for individuals to explore the root causes of FoMO, share experiences, and develop strategies to manage FoMO in a healthy manner. (Prameswari et al., 2022)

In group coaching, participants can be educated on the definition, cause and negative consequences of FoMO. They can also develop good time management skills, improve self-confidence and self-esteem, as well as promote living in the present (mindfulness) and appreciation of what they have right now. Group support and experiences having are also strength so the mentorship, creating as a environment for sharing and support.

Through structured and well-planned group mentorship, Generation Z can develop the skills and perspectives necessary to overcome FoMO and live a more balanced and meaningful life. With the right support and guidance, they can break free from the shackles of the fear of missing out and enjoy the present moment more mindfully. (Rahardjo & Soetjningsih, 2022)

2. Method

In an effort to overcome the fear of missing out (FoMO) phenomenon in generation Z through group guidance, the approach that can be used is to combine various group guidance techniques and methods that have been proven effective. (Larasati, 2022) Here are some methods that can be applied:

a. Cognitive Behavioral Therapy (CBT) in Group Guidance

CBT is a method that focuses on changing non-adaptive thought patterns and behaviors. In the context of FoMO, CBT can help participants identify negative and irrational thoughts that cause FoMO, and replace them with more positive and realistic thought patterns. Techniques such as cognitive restructuring and behavioral assignment can be used in group guidance sessions.

b. Mindfulness and Relaxation Techniques

Mindfulness practices and relaxation techniques can help participants learn to be more present in the present moment and reduce anxiety associated with FoMO. Exercises such as breath meditation, body scans, and yoga can be integrated into group coaching sessions to increase self-awareness and better manage emotions.

c. Social and Communication Skill Building

One of the causes of FoMO is the fear of missing out on social connections or experiences that others have had. Therefore, developing effective social and communication skills is important. In group guidance, participants can practice developing more meaningful and quality interpersonal relationships, and learn to Communicate more assertively. (Pratiwi et al., 2020)

d. Improved Self-Esteem and Self-Confidence

Individuals with low self-esteem and self-confidence tend to be more prone to FoMO as they rely too much on validation from others. Through group guidance, participants can explore their own strengths and talents, as well as learn to value themselves without needing to rely on recognition from others.

e. Time Management and Prioritization

Group coaching can also help participants develop good time management skills, such as prioritizing activities that are truly important and limiting time spent on social media and other technologies. This can reduce dependence on social media and reduce the risk of FoMO.

f. Group Support and Experience Sharing

One of the strengths of group guidance is that it creates a safe environment to share experiences and support each other. Participants can learn from others' experiences and realize that they are not alone in dealing with FoMO, so they can provide each other with support and motivation.

The above methods can be combined and adapted to the needs and characteristics of the group guidance participants. Guidance sessions can be conducted in a structured and sustainable manner to ensure effectiveness in helping Generation Z overcome FoMO and live a more balanced and meaningful life. (Afrilia, 2023)

3. Results and Discussion

Through the application of group guidance with the methods previously described, it is hoped that it can provide positive results in helping Generation Z overcome the fear of missing out (FoMO) phenomenon. (Mandas & Silfiyah, 2022)

The following are some of the results and discussions that can be obtained:

a. Increased Understanding and Awareness of FoMO

After attending the group guidance session, participants are expected to have a deeper understanding of the definition, causes, and negative consequences of FoMO. They will have a better awareness of the dangers of social media addiction and its impact on mental health and productivity. This awareness becomes an important foundation to motivate changes in mindset and healthier behavior.

b. Development of Time Management and Prioritization Skills

Through techniques such as cognitive behavioral therapy (CBT) and social skill building, group guidance participants are expected to develop better time management skills. They will be able to prioritize activities that are truly important, limit their social media time, and allocate their time more efficiently to more productive and meaningful activities.

c. Increased Self-Confidence and Self-Esteem

Group guidance sessions that focus on improving self-esteem and self-confidence can help participants reduce reliance on validation from others through social media. They will be better able to appreciate themselves, explore their strengths and talents, and be less affected by the false standards created on social media.

d. Mindfulness and Relaxation Skill Development

The mindfulness practices and relaxation techniques taught in the group coaching can help participants to be more present in the moment and reduce FoMO-related anxiety.

They will be better able to enjoy and appreciate the present moment, without getting too caught up in other people's experiences on social media.

e. Improved Quality of Interpersonal Relationships

By developing effective social and communication skills, group guidance participants are expected to build more meaningful and quality interpersonal relationships. They will rely less on social media interactions and enjoy more intimacy and quality interactions in real life.

f. Group Support and Experience Sharing

One of the strengths of group guidance is that it creates a safe environment for sharing experiences and mutual support. Participants can learn from others' experiences, realize that they are not alone in dealing with FoMO, and gain support and motivation from other group members.

Through a combination of various methods and approaches in group guidance, Generation Z can develop the skills and perspectives necessary to effectively cope with FoMO. They will be better able to manage anxiety related to missing out, increase productivity, and live a more balanced and meaningful life, without being overly affected by the negative influence of social media and FoMO. (Utami, 2022)

4. Conclusion

The fear of missing out (FoMO) phenomenon is an increasing problem among Generation Z, mainly triggered by excessive social media use. FoMO can negatively impact young people's mental health, productivity and interpersonal relationships. Through structured group guidance and applying methods such as cognitive behavioral therapy (CBT), mindfulness, social skill building, self-esteem enhancement, and time and priority management, generation Z can be helped to effectively overcome FoMO.

Group coaching provides education and raises awareness about the definition, causes, and negative consequences of FoMO. Guidance participants can also develop good time management skills, increase self-confidence and self-esteem, and promote living in the present (mindfulness) and appreciation of what one has right now. Group support and experience sharing are strengths of the mentorship, creating a safe environment for sharing and support.

Through this group guidance effort, Generation Z is expected to experience increased understanding and awareness of FoMO, development of time management and prioritization skills, increased self-confidence and self-esteem, development of mindfulness and relaxation skills, improved quality of interpersonal relationships, as well as group support and experience sharing.

Thus, group guidance can be an effective solution in helping Generation Z overcome FoMO and live a more balanced and meaningful life. They can break free from the shackles of the fear of missing out, increase productivity, and enjoy the present moment more mindfully. However, this effort requires commitment and consistency from the participants to apply the skills and perspectives gained in their daily lives.

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