

ROLE COUNSELING INDIVIDUAL BASED ON MINDFULNESS IN REDUCING FOMO IN GEN Z

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Abstract

FOMO (Fear of Missing Out) is a psychological phenomenon characterized by anxiety and fear of being left out of information or social experiences, especially through digital media. Generation Z, who grew up in the era of technology and social media, is particularly vulnerable to experiencing FOMO, which can negatively impact mental health, such as causing stress, anxiety, and restlessness. Mindfulness-based individual counseling emerges as a potential strategy to reduce FOMO in Gen Z. This type of counseling provides individuals with the opportunity to learn how to manage attention, intention, and attitudes toward their digital and social experiences in a healthier and more conscious way. Through counseling, adolescents can acquire mindfulness skills that can be applied in daily life to overcome the fear of missing out and excessive anxiety caused by social media. This study uses a library research approach, which involves systematically collecting, reviewing, and analyzing data from various literature sources. The data includes both direct and indirect quotations used to examine the role of mindfulness-based individual counseling in reducing FOMO in Generation Z. The findings suggest that mindfulness, as a counseling approach, teaches individuals to be fully aware of the present moment without judgment, thus helping them manage emotions and reduce the impulsive urge to constantly check social media. Mindfulness practices in counseling such as breathing meditation techniques, conscious observation of thoughts and emotions, and self-acceptance significantly reduce FOMO levels and improve self-control. The integration of mindfulness into daily routines also supports the development of self-awareness and emotional balance, despite challenges such as ingrained habits and environmental distractions. Overall, mindfulness-based individual counseling is a relevant and effective strategy to help Generation Z cope with the pressures of digital social life, improve mental well-being, and live a more balanced and healthy social and digital life.

Keywords: Individual Counseling, Mindfulness, FOMO, Generation Z.

1. Introduction

Behavior and personality Generation Z is different with generation previously. Among characteristic features general Generation Z includes: Generation Z is They called as the “Digital Generation” because skill and familiarity they with various computer programs or laptop and technology information. They have access fast and easy to various information Good For need education and also daily (Rachmayanti) et al. 2020) . They more Like interact with people from circles different and talk in term longer time. They can with free express his thoughts and feelings through this media. In addition that, Generation Z is very care to environment and tends to accept diversity culture (Irwanto et al. 2020) . Member Generation Z is accustomed to do multitasking. They can reading, speaking, watching and listening music in a way together. They expect all something completed with fast and not like the long process or boring. Attributes This have two opposite characteristics. Because of this This can give benefit for Generation Z and beyond, things this is in one side can viewed as good thing. On the contrary, the thing This viewed negative Because can impact negative on Generation Z and their environment (Junaidi et al. 2023) .

Generation Z Hadion et al. interpreting Gen Z as fluent generation in utilise technology, communicating and interacting with using social media intense and multitasking but own

weakness in interact verbally, individualistic egocentric (Fadhlizha et al. 2020) . His birth together creation technology and this make it flexible, techno savy and like with culture instant. Sensitivity about essence personal Because in a way consistent share his life on social applications (Lintang et al. 2020) .

Generation Z has a number of characteristics, namely: 1. tendency to technology and social media. This is caused by them living in an era of technology that has develop rapidly, and they tend using social media in a way active (Zis, Effendi, & Roem i et al. 2021) .2. FOMO (Fear of Missing Out) ie Afraid left behind existing trends. This is No only applicable For existing trends but also afraid left behind by the achievements of others. So that matter This cause height stress levels by generation Z (Adriansyah et al. 2021) . 3. Social skills and patterns think open : Generation Z tends to be own skills different social and patterns think open, but also possible difficulty in manage pressure and express dissatisfaction they with different ways, including with (Ichsani et al. 2022) .

Generation Z is known as generation that grows and develops in an era of ever- changing technology develop, so that technology and social media become part important from life they (Erlianti et al. 2020) . Development technology has bring change big in life society, especially in method communicate. Social media, as one of the innovation the most significant technology, has been become need essential in the modern era and can accessed When just (Bradian et al. 2022) . One of the social media platforms that experienced improvement popularity globally is tiktok. Application origin China This allow its users create and share short videos lasting 15 to 60 seconds. According to Forbes, more from 60 percent user tiktok originate from Generation Z, namely individual born after 1996 (Walangitan & Dewi et al. 2023) . Generation Z becomes majority social media users Because they growing up in a digital era that is rich in information and technology (Nurul et al. 2022) .. Tiktok, as one of the dominant social media, is used by Generation Z to various needs, such as entertainment, filling time free time, express self, until promote product or service (Safitri et al. 2022).

In the beginning, social media created For build ecosystem more communication Good for its users. However, along with with development of internet and technology, social media has evolve become tool the most communication used moment this, especially by Generation Z as user the largest in Indonesia (Izzah Nurul et al. 2022) . In uses and gratification theory, audience in a way active using media to fulfil his needs. This is seen in pattern use tiktok by Generation Z, who don't only functioning as means entertainment, but also as a medium for build identity and get validation social (Muliadi) et al. 2022) . One of the a frequent phenomenon experienced by Generation Z on TikTok is the Fear of Missing Out (FOMO), namely feeling worried Because Afraid left behind from trend that is going viral. This FOMO push they For Keep going follow various trends on tiktok, such as challenges, lip-sync, trends music, to FOMO in experience like watch concert or follow discussion popular on the platform (Frisk) et al. 2022) . Based on findings this, obviously that trend Generation Z for experiencing FOMO very much influenced by progress technology and intensity use of social media. Along with with the more rapid digital media development, patterns interaction and engagement Generation Z on social media estimated will Keep going increase.

Fear of Missing Out (FOMO) is anxiety and fear that causes somebody follow social media activities so as not to left behind things interesting. If somebody No know about incident important, someone the Possible experience feeling loss, stress, frustration, and anxiety due to fear lost (Imaddudin, et al. 2020) . Individuals who experience FOMO find it difficult For realize what 's missing in detail, but they will feel lost when see and know other people experience a special and precious moment (Christy et al. 2022) . FOMO flagged with desire continuously For interact and connect with others, and defined as a

fear when see other people doing a something more fun and satisfying (Aisafitri et al. 2021) . The term " self-determination " for describes

FOMO, which is a form arrangement less self good and happening when somebody fail fulfil need psychological For term long time (Komariah et al. 2022) . According to Adelia Putri Marseal (2020) stated under FOMO has impact negative like lack of sleep and patterns disturbed eating Because too Busy look for information about their idols, they also feel the more seldom communicate with environment around Because too Busy with his world Alone

Fear loss, or FOMO, is mental disorder in which a person worry they will lost moment important other people if they No involved. Condition This characterized by motivation For Keep going connected with other people's experiences in the virtual world (Taswiyah et al. 2022)

Feeling worried moment left behind or see activity more family pleasant from what was experienced known as FOMO According to (Purwanto, et al. 2024) . This can happen when somebody No can open or use social media, so they No can to obtain information latest or see activity his friends on social media (Sachiyati, et al. 2023) .

The FOMO (Fear of Missing Out) phenomenon has be one of issues among generation Z, which is growing group in the digital and social media era. FOMO is condition psychologically marked with afraid somebody For left behind information, experience, or the opportunity that is experienced by others, especially through social media. Generation Z, who grew up and developed in the digital era with intensity high use of social media, very prone to experiencing FOMO. This is caused by a tendency they For continuously connected in a way social and doing comparison self - comparison with other people in cyberspace, which ultimately trigger feeling anxious, restless, and stressed.

One of the approach considered effective in overcoming FOMO is through mindfulness practice, namely awareness full to experience moment This with attitude No judging and accepting. Mindfulness can help individual For focus on the moment now, reduce anxiety related afraid missed, and increase control self in use of social media. thing This is supported by research conducted by (Wahyuni Langelo et al. 2021) with title " Management mindfulness stress level anxiety power health during the covid-19 pandemic ". Where based on data analysis that has been carried out by researchers that mindfulness approach can focus thinking somebody For off from feeling or thought negative as trigger anxiety in energy health at the health center motorcycle east, district South Minahasa, North Sulawesi Province. Research results this also supports study previously that mindfulness approach can overcome and reduce anxiety.

Counseling individual mindfulness -based is approach therapeutic that integrates principles of mindfulness to in practice counseling. Mindfulness itself is ability For present fully in moment moment this, with unconscious awareness to judge to thoughts, feelings and sensations physique (Bulantika et al. 2020) . Approach This aiming For help individual develop awareness a better self high, reduce stress, and increase mental well-being (Riwandah et al. 2022)

In session counseling, therapist use various mindfulness techniques, such as meditation, breathing conscious, and reflective, to help client understand pattern thoughts and emotions them. Through practice this, client taught For observe thoughts and feelings without trapped inside, so that they can reduce reactivity emotional and enhance calm inner.

One of benefit main from counseling mindfulness based is his ability For help individual overcome frequent anxiety and uncertainty appear in life everyday, including FOMO phenomenon

(Fauzia, et al 2022) . With develop mindfulness skills, clients can Study For more value experience they moment this and reduce comparison social harm.

Counseling individual mindfulness based becomes potential strategy For reducing FOMO in Gen Z. Counseling This can give room for individual For Study manage attention, intention, and attitude to digital and social experiences they in a way more healthy and conscious. Through guidance counseling, teenagers can to obtain mindfulness skills that can applied in life daily For overcome feeling Afraid left behind and anxiety excessive due to social media.

2. Methods

How the role of individual counseling based on mindfulness in reducing FOMO in Generation Z will be examined through a library research approach. Library research is a systematic method of gathering, reviewing, and analyzing information from various literature sources, such as books, scientific journals, theses, and other relevant documents. This research aims to build a comprehensive conceptual framework regarding the role of individual counseling based on mindfulness in addressing FOMO (Fear of Missing Out) among Generation Z. The data collected consists of direct and indirect quotations from literature sources, which are then analyzed descriptively using written words. In-depth analysis and synthesis of information from various references will provide a deeper understanding of how mindfulness-based individual counseling can help reduce FOMO in Generation Z.

3. Results and Discussion

3.1 Results

3.3.1 FOMO (Fear of Missing Out)

According to Theory from Przybylski, Murayama, DeHaan and Gladwell FOMO is feeling worried when see other people get valuable experience However himself No involved in it, so that appear desire For Keep going connected with something things that other people do in particular through social media (Andi et al. 2021) . Awilsol say FOMO is emergence feeling Afraid when need psychological on needs For always connected with social media No fulfilled, thing This can marked with the emergence of anxiety when individual missed something on social media Because existence obstacle like time, money and obstacles other so that individual the No can always connected in social media (Zahro & Ima et al. 2022) . FOMO is anxiety concerning the emotions that exist in self somebody like there is a feeling of loss and being left behind when knowing other people do activities that he thinks more valuable than What is He do (Syaikah et al. 2024) .

According to Astuti following This factors that can trigger the occurrence of FOMO includes is :

a) Social media

FOMO needs individual For Keep going connected on social media, and continue want to know activities done by other people. FOMO appears and develops via social media so that give encouragement to individuals For follow development or the latest trend. The main FOMO indicator namely social media (Rahmawati et al. 2021) .

b) Influence Friend same age

Environment social can potential acceptance and rejection individual in society. Then culture can also push individual For follow take in part advanced technology so that with No

direct give impact individual become internet addiction or can called conformity to the environment (Dianto et al. 2023) .

Fear FOMO has been missed impact strong on mental health, where FOMO is anxiety spread that occurs when individual Afraid lost experience positive from others, FOMO is correlated positive with depression and anxiety and can allow cause stress. Someone who experience high FOMO more Possible suffer abuse alcohol, and disorders sleep. FOMO can also lower well-being and satisfaction life (Liu et al. 2023)

Mc Ginnis mention that FOMO syndrome can cause somebody experience disturbance anxiety so that damaging someone's mentality, besides That individuals who experience FOMO will lost productivity in himself. Individuals who have FOMO with level tall will experience anxiety, excessive worry as well as consider other people's activities more pleasant than activity self Alone (Ayu et al. 2020) . FOMO can happen fatal consequences because impact negative on mental health, as follows This The impact of FOMO on mental health :

1) Excessive anxiety

FOMO is one of the causes of anxiety and depression, individuals who experience FOMO will easily feel anxious when they believe other people have valuable experiences that they do not have. FOMO is a type of anxiety that is very common in everyone (Nila et al. 2021). This means that individuals have a feeling of fear if they are said to be less up to date and are afraid of being left behind by current trends. Even the feelings of anxiety and fear that arise will have an impact on their physical and psychological well-being

2) Life Satisfaction

Individuals who experience FOMO, especially on social media, will experience life satisfaction, low need satisfaction and mood in real life. This is due to the increasingly developing technology so that individuals want to stay up to date on what is happening. However, this is very dangerous because if individuals experience acute FOMO, problems with self-identity, loneliness, feeling inadequate, negative self-image, envy, and feeling left out will arise (Linda et al. 2022).

3) Sleep Problems and Fatigue

FOMO is closely related to social media, when individuals experience FOMO they will use social media excessively to get trending information, resulting in irregular sleep times and easy fatigue (Maula et al. 2023).

FOMO (Fear of Missing Out) is A a term that describes anxiety or afraid somebody will lost experience valuable in the middle experienced by others (Suryani, et al. 2024) . Phenomenon This often appears among connected individuals with social media, where they continuously see activities, events, or experience interesting shared by friends or the people they follow. With existence easy and fast access to information, individual can feel stressed For always involved in every moment or experience that is considered important (Sujarwo & Rosada, et al. 2023) .

The emergence of Fear of Missing Out (FOMO) in Generation Z especially triggered by intensity the use of social media is very high. Social media like Instagram and other platforms allow teenager For continuously connect and monitor activity friends them, so that cause feeling Afraid left behind from experience or information important thing that is happening shared.

When teenager see uploads about moment happiness, achievement, or activity interesting what other people do, they tend compare self in a way social, which can cause anxiety and dissatisfaction to self Alone.

Besides that, pressure social For always seen active and relevant in cyberspace make Generation Z feels must Keep going follow trends and activities that are considered “cool” so as not to lost existence social. Dependence on validation social through number of “likes,” comments, and followers the more strengthen FOMO feeling, where the value self teenager start depends on the response social that they receive on social media. Low control self also contributes to the difficulty they control desire For Keep going monitor social media, so to aggravate FOMO condition.

Other supporting factors the emergence of FOMO is culture consumerism that is growing among teenager consequence social media influence. Teenagers pushed For follow style life and trends that are seen popular, even though matter the No always in accordance with need or desire personal they. This is to blur mark the real self and make it worse feeling No believe self. Jealousy to achievement or other people's lives that appear more good to add too pressure emotional experiences teenagers, so that they the more prone to against FOMO.

Symptoms of Fear of Missing Out (FOMO) in Generation Z can identified through a number of sign behavior and emotions that emerge consequence anxiety will left behind information or experience on social media. One of symptom main is inability For divert view from gadgets, even moment be in the situation it should be No need attention to the device such as moment across road or being in the crowd. Besides that, individual often feel panic and worry when gadget they dead or the battery weak Because Afraid lost announcement important on social media, so that they tend always bring a charger for ensure device still light up.

Other symptoms that may occur observed is habit continuously check social media in a way constant For follow status updates of other people and messages received. Generation Z who experience FOMO also show desire strong For do activity interesting that they see on social media and even try visit places that are trend said. Time spent For open social media applications Can very long, even reach more from 7 hours a day, including moment want to Sleep or new wake up. Feeling left behind appear when they No can follow various experience possessed friends in cyberspace, who then triggers feelings of restlessness and not satisfied in self. Some individual even pushed For emit money for having goods or same experience with what they see on social media, even though condition finance No support.

3.3.3 Counseling Individual Based on Mindfulness

Approach Mindfulness that is a condition with attention and awareness of events moment This, Kabat-Zinn further argues that Mindfulness is awareness and giving attention to self Alone in a way full in every the activities we do do, Next Mindfulness means awareness, attention, and remembering (Fitri, et al 2023) . Mindfulness is a the approach used For centralize attention and awareness of a events that occur at the time This. Mindfulness is defined as “ a” form the awareness that arises through words that address the situation moment this, no to judge, and ability For enjoy every experience in life (Wiwiek, et al 2020) .

Mindfulness has benefit For help teenager realize himself, able accept his life with all things that are in him, good personality, advantages or shortcomings, and accept experience

from the past (Abdullah, et al 2020) . Attention full can help teenager become more aware will self they yourself and your environment they, learn For life with part good and bad from personality them, and overcome past experience. According to Lange, in mindfulness there are aspect that is see events, circumstances, or situation from various another perspective (Adi Setiawan, et al 2020) . Mindfulness is centralization attention by individuals to every experience or conditions experienced with openness and acceptance self to experience or conditions experienced (Knowledge et al 2023) . Mindfulness approach helps somebody For accept self yourself, which can leading to improvement connection socializing and independence alive. This can also be help individual set goals and achieve them. Through individual mindfulness can develop potential full in self they (Fachurrahmi et al 2021) .

Counseling individual mindfulness based can reducing the Fear of Missing Out (FOMO) in Generation Z by method increase awareness full awareness of experience moment this and change pattern think as well as attitude individual in facing social media. Through mindfulness practice, counselee taught For centralize attention to the moment Now without to judge, so that they capable control anxiety and anxiety that arise consequence feeling Afraid left behind information or experiences that other people have in cyberspace. Counseling This integrate formal training such as meditation For calm thought moment emotion negative appear, and informal practices that invite counselee do activity daily with awareness full, like walk Relax or exercise, so that reduce encouragement For continuously check social media.

Besides that, mindfulness counseling helps change three aspect important in self individual, namely attention, intention, and attitude. With change this, counselee Study For accept condition without reaction excessive and reduce habit compare self with other people who often triggers FOMO. The application of mindfulness in counseling also improves control yourself, so that teenager can limit time social media usage and management response emotional they in a way more healthy. This is in a way significant lower level stress, anxiety, and feelings restless that becomes characteristics typical FOMO.

Integrate mindfulness practice to in routine daily For reducing FOMO in Generation Z can done through a number of step simple However consistent. First, teenagers can start with take time out time 5-10 minutes every day For do meditation short, focus on breathing, and observe thought as well as feeling without to judge. Exercise This help increase awareness yourself and reduce reaction impulsive to encouragement For Keep going check social media.

Besides meditation, Gen Z can also implementing mindful eating, namely notice every bite food with full awareness, so that practice ability For present fully in activity everyday and reduce frequent multitasking tendencies trigger stress and FOMO. Writing journal daily about feelings and experiences can also be become method effective For processing emotions and reduce anxiety related feeling left behind.

This mindfulness practice help teenager For recognize signs beginning stress and anxiety that arises due to FOMO, so that they can respond with a better way healthy and not impulsive. With consistent practice, ability regulation emotion increase, allowing they For manage encouragement excessive in using social media and reducing digital dependency.

Besides that, mindfulness increases focus and concentration, so that Gen Z can more productive and unproductive easy disturbed by irrelevant information important in social

media. Awareness full also push attitude reception to self myself and experience live, reduce need For always compare self with other people who often exacerbate FOMO. With Thus, the integration of mindfulness into in life daily become strategy effective For reduce FOMO and increase Generation Z mental health in the digital age.

A number of challenge common common faced moment try integrating mindfulness into in routine daily among other things old habits die hard changed, where the individual used to with pattern fast and full life distraction so that difficult For slow down and really present at every moment. habit continuously using gadgets and busy schedules become barrier main in build awareness full.

Besides that, the lack of awareness will the importance of mindfulness also becomes obstacles. Many people have not fully understand benefits of mindfulness for mental and emotional health, so that motivation For take time out time and practice in a way consistent become low. Environment about the less support, such as a full atmosphere stress, noise, or Lots distraction, also makes difficult find space and time For practice mindfulness optimally.

Incompatibility with style a busy and dynamic life become challenge others, because mindfulness requires calmness and focus that sometimes difficult customized with demands activity high daily. This is make individual difficulty For insert mindfulness practice in the midst busyness them. Besides that, the lack of awareness self make somebody difficult recognize needs and ways best For face stress or emotions, so that mindfulness practice is difficult prioritized and executed in a way effective.

Challenge other frequently encountered techniques appear is easy mind wander moment practicing mindfulness, impatience Because results that are not instant, and difficulty face emotion negative that appears during practice. All This need patience and consistent practice so that mindfulness can be achieved become part from habit daily.

3.3.4 Discussion

Role Counseling Individual Based on Mindfulness In Reducing FOMO in Gen Z Role counseling individual mindfulness based in Reducing Fear of Missing Out (FOMO) in Generation Z is very important. important and effective. Counseling This help individual For increase awareness full to experience moment This without to judge, so that capable manage anxiety and fear will left behind information or frequent experience appear consequence intense use of social media. Through mindfulness approach, counselee taught For focus on the moment now and accept condition with attitude open, which is significant can lower symptom stress, anxiety, and feelings restless that becomes characteristics typical FOMO.

In In practice, mindfulness counseling provides techniques like meditation breathing, observation thoughts and emotions in a way aware, and exercise reception helping self teenager reduce habit compare self with other people on social media. This is increase control yourself and reduce encouragement For continuously inspect or follow developments in cyberspace. Research show that after get mindfulness therapy, there is decline significant in FOMO scores in Generation Z, although difference with group control No always significant in a way statistics, but in a way clinical therapy This give benefit real.

Besides that, counseling individual mindfulness- based also helps teenager understand

and manage need psychological they, like need will connectedness social and recognition, with a better way healthy and not depends on validation external from social media. With Thus, counseling This No only reduce FOMO, but also support mental health and wellbeing emotional Generation Z in face pressure social in the digital age.

Mindfulness as approach counseling for Generation Z in Reducing the Fear of Missing Out (FOMO) plays a role important in help teenager For increase awareness full to experience moment this and manage anxiety that arises consequence pressure social on social media. With mindfulness, individuals taught For focus on the moment Now without to judge, so that capable reduce encouragement impulsive For continuously check social media and compare self with others. Approach This help lower level stress, anxiety, and feelings restless that becomes characteristics typical FOMO, so adolescent mental health can more awake.

In practice counseling, mindfulness applied through various technique like meditation breathing, observation thoughts and emotions in a way aware, and exercise reception self. Techniques This help Generation Z for develop control a better self good and reduce dependency on validation social from social media. Research show that therapy effective mindfulness lower FOMO tendency among social media users from Generation Z, though difference with group control No always significant in a way statistics, but in a way clinical give benefit real for their mental well-being.

More far, mindfulness in counseling also helps teenager understand and fulfill need psychological they, like need will connectedness social and recognition, with a better way healthy and not depend on cyberspace. With However, the mindfulness approach does not only reduce FOMO, but also support development of self-efficacy, reducing stress and depression, as well as increase quality life.

4. Conclusions

FOMO in Generation Z emerges consequence intensity high social media use, pressure social, as well as habit compare self with other people online. FOMO symptoms can recognized from behavior like anxiety excessive moment No can accessing social media, habits continuously inspect digital devices, as well as feelings of restlessness and dissatisfaction to self alone. Condition This impact negative on mental health and well-being emotional teenager.

Integration mindfulness practice to in routine daily can help reduce FOMO by increase awareness full to moment now, control reaction emotional, and reduce encouragement impulsive For Keep going checking social media. However, the challenge in adopting mindfulness includes old habits die hard changed, lack of motivation, and disturbance from environment around.

Counseling individual mindfulness based has role important in overcoming FOMO in Generation Z. Through techniques like meditation breathing and exercise reception self, counseling This help teenager manage anxiety, increase control yourself, and reduce dependency on validation social media. Mindfulness approach in social media. counseling also supports fulfillment need psychological in a way healthy, so that increase mental and emotional well-being.

In general overall, mindfulness as approach counseling give strategy effective and sustainable For help Generation Z overcomes FOMO, increases awareness yourself, and live life social and digital with more balanced and healthy.

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