

Relationship between Fear of Missing Out and Locus of Control

Dissertation submitted in partial fulfilment of the requirements for the award of

Bachelor of Science in Psychology

By

Sneha P.P

Register No: SB20PSY052

Under the guidance of

Sara Sunny

Assistant Professor

Department of Psychology



ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

Nationally Re-accredited at 'A++' level (4th cycle)

Affiliated to: Mahatma Gandhi University

MARCH 2023

CERTIFICATE

This is to certify that the dissertation entitled, “Relationship between Fear of Missing Out and Locus of Control”, is a bonafide record submitted by Sneha P.P, Reg.no. SB20PSY052, of St. Teresa’s College, Ernakulam under the supervision and guidance of Ms. Sara Sunny and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title, or recognition before.

Date:

Ms. Bindu John
Head of the Department
Department of Psychology
St. Teresa’s College, Ernakulam

Ms. Sara Sunny
Assistant Professor
Department of Psychology
St. Teresa’s College, Ernakulam

External Examiner 1:

External Examiner 2:.....

Internal Examiner:

DECLARATION

I, Sneha P.P, do hereby declare that the work represented in the dissertation embodies the results of the original research work done by me in St. Teresa's College, Ernakulam under the supervision and guidance of Ms. Sara Sunny Assistant Professor, Department of Psychology, St. Teresa's College, Ernakulam, it has not been submitted by me to any other university or institution for the award of any degree, diploma, fellowship, title or recognition before.

Sneha P.P,

Place:Ernakulam

Date:

ACKNOWLEDGEMENT

It is not possible to prepare a project report without the assistance and encouragement of other people. This one is certainly no exception. I would like to express my deep heartfelt gratitude to the Department of Psychology, St. Teresa's College, Ernakulam for providing me with the opportunity to undertake the research.

I acknowledge my indebtedness and deep sense of gratitude to my research guide, Ms. Sara Sunny, Assistant Professor, Psychology, for encouraging and guiding me throughout all the phases of my research.

I extend my sincere thanks to my parents, teachers, and my friends who all have supported me throughout the time. I am grateful to each and everyone who has given me guidance, encouragement, suggestions, and constructive criticisms which has contributed immensely for this project.

Above all, I thank God Almighty for blessing me in all the stages of the project and for helping me complete the project successfully.

Thanking you

Sneha P.P.

Table of Contents

	Content	Page No.
Chapter I	Introduction	1
	Need and Significance of the study	4
Chapter II	Review of Literature	7
	Research Gap	9
Chapter III	Methodology	12
	Operational Definition	13
	Research Design	14
	Sample	14
	Tools	15
	Procedure	16
	Data Analysis	17
	Ethical Consideration	17
Chapter IV	Result and Discussion	19
Chapter V	Conclusion	30

	References	32
	Appendices	36

List of Tables

Table No.	Title	Page No.
1	The table shows the reliability of the scales used in the study.	16
2	The table shows the result of test of normality of Fear of Missing Out and Locus Of Control.	17
3	This table shows the correlation between Internal Locus of Control and Fear of Missing Out.	19
4	This table shows the correlation between External Locus of Control and Fear of Missing Out.	21
5	The table shows the result of Mann-Whitney U test comparing the difference in Fear of Missing Out among the selected age group.	22

6	The table shows the result of Mann-Whitney U Test comparing difference in Fear of Missing Out among male and female	23
7	The table shows the result of Mann-Whitney U Test comparing difference in Internal Locus of Control among male and female	24
8	The table shows the result of Mann-Whitney U Test comparing difference in External Locus of Control among male and female	26
9	The table shows the result of Mann-Whitney U Test comparing difference in Internal Locus of Control among adults of early age and early middle age groups	27
10	The table shows the result of Mann-Whitney U Test comparing difference in External Locus of Control among adults of early age and early middle age groups	28

Abstract

The fear of missing out (FOMO) is a pervasive anxiety felt by many people in today's fastpaced, connected world, resulting in an overwhelming sense of anxiety that one is missing out on something important or exciting. Locus of control is a psychological concept that describes an individual's perceived level of control over their own life and the outcomes of their decisions.

This study aimed to examine the relationship between Fear of Missing Out (FoMO) and Locus of Control (LOC) among 336 early aged adults (22 to 34) and early middle adulthood (34 to 44) residing in Ernakulam district of Kerala. The Fear of Missing Out Scale (Przybylski et al., 2013) and Locus of Control Scale (Rotter, 1966) were used to measure FoMO and LOC, respectively. The tools for the data collection also included socio-demographic data sheet. The sampling method used in the study was convenient sampling method. Test for Normality, Spearman Correlational Analysis and Independent Sample t test were performed on the collected data. The results of this study indicated that there was no significant correlation between FoMO LOC. Additionally, no significant difference was found between FoMO and LOC. This study provides further evidence for the need for further research on FoMO and LOC in order to better understand their relationship

Chapter 1

Introduction

Everyone has had the desire to stay connected with what others are doing while they are not present. It's common, real, and has the power to make us feel sense of guilt and feelings of shame for something that didn't happen or that we couldn't be a part of. Many theorists have proposed theories to explain this behaviour in humans. Self-determination theory is a human motivation and personality theory that proposes that people can become self-determined when their needs for competence, relatedness, and autonomy are met. The purpose of this study is to investigate the relationship between Fear of Missing Out and Locus of Control in adults.

Fear of Missing Out:

According to self-determination theory, social relatedness is what drives intrinsic motivation, which in turn can promote positive mental health. Przybylski et al proposed that FOMO is a negative emotional state caused by unmet social relatedness needs using self determination theory. FOMO has been shown to play a mediating role in the relationship between social self-efficacy and life satisfaction. The needs for competence, autonomy, and relatedness of an individual are likely to be direct predictors of feelings of loneliness or FOMO.

The concept of FOMO arose in the context of social media use. FOMO is defined as a pervasive fear that others may be having rewarding experiences that one is missing out on. It is characterized by the desire to stay constantly connected with what others are doing. Participation in social media may be especially appealing to those who are afraid of missing out. p. 1841) (Przybylski et al., 2013). Fear of Missing Out, or FOMO, is a novel term coined in 2004. It can be an episodic feeling that occurs in the middle of a conversation, a long-term disposition, or a state of mind that leads to a deeper sense of social inferiority, loneliness, or rage.

FOMO is comprised of two processes: the perception of missing out, followed by compulsive behaviour and an urge to maintain these social connections. The social aspect of FOMO could be defined as relatedness, which refers to the desire to belong and the establishment of strong and stable interpersonal relationships. Humans are hardwired for

connection and involvement, but the Fear of Missing Out can have a negative impact on physical and mental health. When you have FOMO, you may feel as if you aren't as connected to society's latest happenings and norms as you would like or "should" be. FOMO can have a negative impact on your overall life by affecting your physical and mental health and awareness.

Alt (2015) discovered that FOMO influenced an individual's social media engagement—that is, extrinsic motivation influenced FOMO more than intrinsic motivation. It has also been established that FOMO and problematic internet use are associated with lower levels of subjective well-being (Stead & Bibby, 2017). It can also be viewed as a problematic attachment to social media, which is linked to a variety of negative life experiences and feelings. Social Networking Services (SNS) serve as a medium for people with unmet social desires to manage and maintain their communication rates—that is, SNS assists people with social deficits to compensate for unmet social needs instantly and with minimal effort. The social compensation process is more likely to exacerbate social fears and predispose one to anxiety disorders. Negative ruminations, such as frequently checking and refreshing SNS for alerts and notifications, characterise the entire FOMO cognitive aspect. As a result, anxiety levels rise in order to keep up with the theme while anticipating a reward. Adults ignoring peer relationships are associated with problematic SNS use and the development of FOMO, potentially leading to depressive symptoms. In a 2014 Belgian study of 1000 subjects, 6.5% were found to have excessive use of SNSs, as well as lower emotional stability and agreeableness, conscientiousness, perceived control, and self-esteem, which could be a risk factor for affective disorders. A constant desire for rewarding experiences encourages people suffering from FOMO to engage in risky activities in order to maximise socialisation opportunities. FOMO has been linked to negative alcohol-related outcomes, either through increased alcohol consumption or a greater willingness to engage in high-risk behaviors. Adolescents with FOMO are more likely to experiment with drugs and alcohol in order to fit in with their peers on social media. Despite the instant and desired interactions with peers available through social media, young adults are feeling lonelier and more disconnected than ever. FOMO may exacerbate pre-existing feelings of loneliness after extensive use of SNS. It may impair an individual's ability to make commitments and agreements because one feels compelled to keep options open in order to avoid missing out on an important, potentially life-changing experience that could provide greater meaning and personal gratification.

Furthermore, excessive use of social media has been linked to lower academic performance and activity. FOMO does not last forever. Doing your best to be present can help remind you that you are enough, just as you are, right now.

Locus of Control:

If you believe you have control over your destiny, you are more likely to make the necessary changes. If you believe that the outcome is beyond your control, you may be less likely to work towards change. When something goes wrong, it's natural to point the finger at the perceived source of the calamity. The majority of people attribute negative events in their lives to external factors. This can range from the presence of a god to the presence of a powerful other.

Locus of Control is a psychological concept that refers to how strongly people believe they have control over the situations and experiences that affect their lives. Julian Rotter, a psychologist, proposed in 1954 that our behavior was influenced by rewards and punishments. Rotter named the construct the Locus of Control of Reinforcement. Rotter was bridging behavioral and cognitive psychology by giving it this name. The consequences of our actions influenced our beliefs about the likely outcomes of future actions. It is the degree to which a person feels they have control over their lives. The Locus of Control, like other psychological constructs, exists on a scale. Genetic factors may influence one's Locus of Control, as well as an individual's early experiences, particularly the behaviors and attitudes modelled by their early caregivers.

Most people believe that Locus of Control is something you are born with. Most people believe that Locus of Control is something you are born with, that it is an innate part of your personality. However, evidence suggests that parents can play a significant role in their child's development of a Locus of Control. Encouragement of independence and teaching children to associate actions with consequences can result in a more developed internal Locus of Control. If you believe you have control over what happens, you have an internal Locus of Control, as psychologists call it. You have an external Locus of Control if you believe you have no control over what happens and that external variables are to blame.

An individual's locus can be internal (belief that one can control one's own life) or external (belief that one's life is constrained by outside factors over which the individual has

no control, or that possibility or destiny controls their lives). A high internal perceives themselves as having a great deal of personal control and is thus more likely to accept personal responsibility for their behaviour, which they see as a product of their own effect. High external perceive their behaviour to be more influenced by external forces or luck.

Locus of Control is a well-known personality variable that is commonly used to predict workplace behaviour such as job performance, job satisfaction, job stress, and turnover intention. One important aspect of personality trait revealed that as the organisation changes, so do perceptions of internal and external control reinforcement. Employees are generally accepted to lose control over situations at their workplace as a result of organisational change, with negative outcomes such as intentions to quit, layoffs, reduced salaries, and so on. In general, it appears to be psychologically healthy to believe that one has control over those things over which one has influence. In general, a stronger internal Locus of Control is regarded as preferable. Internal Locus of Control is also known as "self-agency," "personal control," "self-determination," and other terms.

Need and Significance of the study:

This study will examine and investigate the relationship between Fear of Missing Out and Locus of Control in adults- aged 22 to 40. Both possess a power to direct or destruct an individuals life. FOMO manifests itself in different forms. It can be an episodic feeling that occurs in the middle of a conversation, a long-term disposition, or a state of mind that leads to a deeper sense of social inferiority, loneliness, or rage. Locus of Control is a well-known personality variable that is commonly used to predict workplace behaviour such as job performance, job satisfaction, job stress, and turnover intention. It can also be defined to describe an individuals overall perception towards their life.

Leilei Liang, Chuanen Li, Cuicui Meng, Ximeng Guo, Jianping Lv, Junsong Fei, and Songli conducted a study on Psychological distress and internet addiction following the COVID19 outbreak: Fear of Missing Out and boredom proneness as mediators in the year 2020. The study found that internet addiction, boredom, and psychological distress were all strongly positively correlated. As a result, psychological distress, boredom, and FOMO are all risk factors for Internet addiction. In today's world, studying FOMO and Locus of Control in early adults is important because the decisions they make now can have a long-term impact on

their physical, mental, and emotional health. FOMO (Fear of Missing Out) is a psychological phenomenon in which people believe they will miss out on something important, exciting, or valuable if they do not actively participate. As people try to meet the expectations of their peers, this sense of anxiety and insecurity can lead to unhealthy decision making. Meanwhile, Locus of Control refers to how much people believe their lives are primarily controlled by their own actions or by external forces beyond their control. Individuals with an external Locus of Control are more likely to engage in risky behaviour and are less likely to accept responsibility for the consequences of their actions. We can better understand this age group's decision-making processes and develop strategies to help them make healthier choices by studying their FOMO and Locus of Control.

In today's society, the FOMO phenomenon is an increasingly pervasive issue, particularly among young adults, and has been linked to a number of negative psychological and physical health outcomes, including anxiety, depression, and sleep disturbances. Similarly, LOC, or the degree to which people feel they have personal control over their lives, has been linked to increased psychological well-being and healthy behaviours. The ability to effectively manage FOMO and maintain a healthy LOC is a critical factor in early adult psychological health. Early adults, who are transitioning from childhood to adulthood, are especially vulnerable to the negative effects of FOMO because they frequently lack the life experience required to effectively manage their feelings of envy, regret, and insecurity that are associated with FOMO. Similarly, early adults require the ability to maintain a healthy LOC because they are often in the process of establishing their sense of identity and developing the necessary skills to navigate the world around them.

ADHD is a disorder characterized by deficits in delayed gratification, and a person suffering from ADHD would not only be vulnerable, but also more likely to have poor overall outcomes related to FOMO. ADHD is strongly linked to internet gaming disorder, and we hypothesize that these subtypes are more likely to have aggressive outbursts. An alternative explanation for these phenomena could be negative feelings of envy. The most commonly accepted reasons are a lack of intimacy in these interactions and having a large group on social media where one is constantly comparing oneself to others. In this pool, it is likely that people will feel frustrated and envious when comparing themselves to others, but they will still be tempted to strive to be closer to the person. Understanding the underlying psychological processes is essential for both providing psychoeducation and planning individualized

psychotherapy-based interventions. It's also worth noting that FOMO is a global phenomenon, with research evidence coming from North America, Asia, Europe, and Australia, emphasizing the importance of understanding the address. An individual's locus (or whereabouts) of control defines how much they "perceive they control events and outcomes in their lives" and how much they believe their actions drive the rewards they receive. (Galvin et al., 2018, p. 1). The social learning theory, which gave rise to the concept of the Locus of Control, proposes that we learn by observing what is going on around us, leading us to believe that certain behaviors result in predictable outcomes. (Rotter, 1966). Individuals with an internal Locus of Control have a strong sense of control over the events and outcomes in their lives. Typically, they believe they have control over their fate and that the outcomes reflect the amount of effort they put forth.

As a result, studying FOMO and LOC in young adults is an important area of research in today's world. Interventions to help early adults effectively manage their FOMO and maintain a healthy LOC can be developed with a better understanding of the factors that contribute to FOMO and LOC. This can help early adults improve their psychological well-being while also lowering their risk of developing mental health issues like anxiety and depression.

Chapter 2

Review of literature

The body of the literature centers on the connection between Locus of Control, Fear of Missing Out, and its associated factors, including self-esteem, and Internet dependence. This understanding of the variables' interconnection and how they relate to one another helps create a framework that allows a person to succeed in a variety of facets of who they are. The emotion or perception that others are having more fun, leading better lives, or having better experiences than you are is referred to as the Fear of Missing Out. It lowers self-esteem and involves a strong sensation of envy. There has been ample empirical evidence pointing out a clear positive correlation between psychological distress, boredom proneness, and internet addiction. Hence, psychological distress, a proneness for boredom, and FOMO are all risk factors for Internet addiction. The relationships between IA and psychological distress, FOMO, and boredom propensity were all substantial and favorable. (Liang et al., 2022). This study was done by a cross-sectional survey including 552 young people between the ages of 17 and 28 was carried out and self-reported questionnaires were given to the recruited participants and emphasized the importance to stop young people from falling into IA, governments and education departments should concentrate on those with psychological deficiencies. Lee Hadlington and Mark O. Scase in 2018 explore the impact of FOMO, internet addiction, and personality on end-user frustrations and failures in digital technology. The study explored how individual differences in personality traits, Fear of Missing Out, and internet addiction could be related to frustrations associated with technological failures. It was found that people who score higher on aspects of FOMO, Internet addiction, and neuroticism are more likely to exhibit more extreme, negative, and maladaptive reactions to technological failures, which can reduce confidence in using technology. The discovery advances our knowledge of the connections between FOMO, Internet addiction, and dependence on digital technologies. It might also be helpful as a foundation for coming up with methods and tactics that could reduce more extreme, maladaptive reactions to technological failures. Alessio Gori, Eleonora Topino and Mark D. Griffiths, in 2023 recognized Fearful attachment, preoccupied attachment, and FOMO as factors that are highly correlated with problematic social media use. Elisa Wegmann, Ursula Oberst, Benjamin Stodt, and Matthias Brand, in 2017 investigated online-specific Fear of

Missing Out and internet use expectancies leading to internet communication disorder and it was found that FOMO had no direct effect on internet gaming disorder and was also not a mediator of the various relationships. This finding underscores that Internet gaming disorder doesn't really appear to be linked to social interaction, linguistic exchange, or a sense of community belonging, and hence not to the FOMO notion. FOMO has consistently been shown to be a significant predictor of problematic social media use (Blackwell et al., 2017). Adolescents with healthy home environments may experience fewer depressive symptoms and FOMO, which would reduce PIU and online time. (Sela et al., 2020) This concludes that a poor family environment is linked to high levels of adolescent sadness, which in turn causes Fear of Missing Out (FOMO), which is linked to PIU and online activity. Phubbing is correlated with both psychological and relational responses, and FOMO has a favorable relationship (Tandon et al., 2021) Significant factors in the negative effects of technology and social media use in the workplace include FOMO and phubbing. By encouraging workers to pay more attention to their social networks' updates than to their work-related tasks, FOMO serves as a distinct trigger to promote employees' engagement in phubbing on their cellphones during working hours. As a result, certain areas of an employee's professional life may suffer, such as their relationships with coworkers owing to rudeness at the office and their inventiveness due to cognitive obsession with reducing FOMO. It was interesting to note that there were no gender differences in experiencing FOMO (Dmitri Rozgonjuk, Cornelia Sindermann, Jon D. Elhai, Christian Montag, 2021) FOMO ratings were greater in younger individuals. On a domain level, Neuroticism showed a positive association with FOMO, whereas Extraversion, Openness to Experience, Agreeableness, and Conscientiousness showed a negative link with FOMO (with small correlations). Moreover, poor internet use and a Fear of Missing Out caused a considerable negative impact on total subjective well-being (Holly Stead and Peter A. Bibby, 2017) Negative correlations were found between FOMO and problematic internet use and emotional and interpersonal connections, but not physical health. Therefore, while personality has a direct impact on subjective well-being, there are additional negative effects of FOMO and problematic internet use that go beyond personality. A research conducted on Chinese students concluded that FOMO, SNS use, and smartphone addiction all have a close connection. An increased level of FOMO and excessive use of social media may be contributing factors to smartphone addiction. Addiction to smartphones may also lead to increased levels of FOMO and excessive SNS use (Li Li, Zhimin Niu, Songli Mei, and Mark D. Griffiths, 2021) The main nodes in the relationship network between FOMO, SNS use, and

smartphone addiction were at feeling worried and lost and state-FOMO. Extrinsic and motivation for learning are more likely to be mediated by FOMO, indicating a favorable relationship between social media engagement and both motivational factors (Dorith alt, 2015) The findings support the hypothesis that students who lack intrinsic motivation and who use social media in the classroom are more inclined to do so.

The degree to which people feel they influence the outcomes and events in their lives is referred to as their Locus of Control. The concept of Locus of Control refers to people's perceptions of their accountability for the things that happen in their life as well as who or what is to blame for the effects of these things (Rotter, 1966). As a result, an individual's level of regret is likely to depend on her Locus of Control, as feeling regret requires a sense of personal accountability. People regret their decisions more when the unfavorable results are incongruent than when the unfavorable results are congruent with the norms, and this impact is only seen in those with a high internal Locus of Control. People with a low internal Locus of Control often regret choices that are both consistent with current norms and inconsistent with those norms (Hernandez et al., 2022). A study conducted on Chinese undergraduates between the ages of 17 to 24 showed that chance Locus of Control was a predictor of moral disengagement, which was linked to less pleasant feelings, more negative emotions, poorer spiritual well-being, and poorer general health via less prosocial engagement. These findings imply that those who prefer to shirk ethical duty have a lower likelihood of benefiting from prosocial involvement in terms of their well-being. This suggests that moral disengagement may have its roots in the idea that success or failure is determined by fate or chance (Guo et al.,2021). Locus of Control, self-esteem, and academic attributional style are factors that are associated with the academic motivation and performance of students (Irina Macsingaand Ioana Nemeti, 2012). The LOC Scale, the Self-Esteem Scale, and the AAS Questionnaire were completed by a large group of 80 students, students with high self-esteem have an internal LOC and an internal AAS that is correlated to the activation of active coping mechanisms. These results can be utilized to modify university policy and teaching methods. Results indicate a strong positive link between LOC and self-esteem, more pupils who report greater levels of self-worth will generate more internal attributions. Internal student belief that academic outcomes are within their control increases confidence in their talents. Depending on how highly they value their sense of self, people will evaluate the viability of their control differently. (Mehmet A. Karaman, and Joshua C. Watson et al.,2017) , compared U.S. and international students, and the results indicate a

statistically significant difference in achievement motivation between American and international students. Significant correlations between the predictor and criteria variables were discovered through further analysis. 18% of the variance in achievement motivation was significantly explained by Locus of Control, academic stress, and life satisfaction. Another study showed that one of the most important predictors of psychological well-being among emerging adult migrants in China was social integration. Significantly mediating that association was perceived stress. By lessening the buffering effect of social integration on perceived stress, the Locus of Control attenuated the indirect effect of social integration on psychological health. Moreover, the Locus of Control also masked the detrimental consequences of perceived stress (Xia yiwei and Ma Zhihao, 2020). Among individuals with an internal Locus of Control believe that they are responsible for the events in their life, internal Locus of Control also negatively moderates the effect of superstitious beliefs (Arvid Hoffmann, Daria Plotkin, Patrick Roger, and Catherine D'Hond, 2022). The association between superstitious beliefs, Locus of Control, and feeling at risk for COVID-19 was investigated in two research carried out among people in Belgium and the United States. Superstition and internal Locus of Control are positively and adversely correlated with feeling at risk for Covid-19 in both nations, our research shows. Also, in Belgium, those with a higher level of internal Locus of Control experienced superstition's effects less strongly. The higher levels of superstitious beliefs and lower levels of internal Locus of Control in the U.S., along with a stronger sense of being at risk for Covid-19, may account for the lack of an interaction effect between superstition and Locus of Control there. Alternatively, cultural differences, such as Belgium's higher level of uncertainty avoidance, may also contribute to the lack of this interaction effect. It was also found that in groups having an internal Locus of Control, the Locus of Control affected behavior in favor of sustainability. The study provides a foundation for attaining sustainable development by explaining why sustainability knowledge, attitude, and behavior cannot be translated into one another. Governments, educational institutions, and groups that support children in changing their behavior must take seriously the findings of this study. (Durdhana Ovais, 2023) In the case of employees, they were more likely to report higher job satisfaction if they had an internal Locus of Control. It can be said that job satisfaction is adversely connected with both work Locus of Control and workplace stress, whereas the former is favorably correlated with the latter. Stress at work, job satisfaction, and work Locus of Control did not significantly differ by gender. According to the findings, employees who had an internal Locus of Control expressed more job satisfaction than those

who had an external Locus of Control. The participants in the current study were workers in private-sector businesses. It is also recommended that this study be carried out on a broader population to ensure that the results are more broadly applicable (Sindhu Padmanabhan, 2021). According to empirical findings of a study, work overload, a hostile work environment, and poor role congruence stressors are all positively and significantly impacted by family-work conflict. Poor organizational structure and low role congruence are found to be negatively impacted by the internal Locus of Control, but bad organizational structure is positively impacted by the external Locus of Control. Findings show that extraversion personality and self-confidence have no discernible impact on stress (Karabay et al., 20216) Therefore in a work environment, the Locus of Control is crucial because individuals' perspectives on stress can be influenced by internal or external beliefs about the results of their activities. Depending on how much control they have over their lives, people can cope with stress in a variety of ways. It was also discovered that a person with a higher internal Locus of Control may be better able to control their use at inappropriate times, which could lessen some of the negative effects of high-frequency cell phone use. In contrast, a person with a higher external Locus of Control may find it more difficult to control their use. The negative effects of excessive cell phone use include poor sleep quality, decreased academic performance, and decreased subjective well-being. Externals, in comparison to internals, have less control over their cell phone use i.e., less likely to control use at bedtime; less likely to control use in class and while studying (Barkley et al., 2015)

Chapter 3

Methodology

Aim:

The aim of this study is to find the relationship between Fear of Missing Out and Locus of Control among early adults and early middle-aged adults.

Research Question:

To find out whether there is a relationship between Fear of Missing Out and Locus of Control among early adults and early middle-aged adults.

Objectives:

- To study the relationship between Fear of Missing Out and Locus of Control.
- To study the relationship between internal Locus of Control and the Fear of Missing Out among adults.
- To study the relationship between the external Locus of Control and the fear of missing out among adults.
- To study the difference in Fear of Missing Out among early and early middle-aged adults.
- To study the difference in Fear of Missing Out among male and female participants.
- To study the difference in internal Locus of Control among males and females.
- To study the difference in external Locus of Control among males and females.

- To study the difference in internal Locus of Control among early and early middle-aged adults.
- To study the difference in external Locus of Control among early and early middle-aged adults.

Hypotheses:

H.1.a: There will be a relationship between the internal Locus of Control and the Fear of Missing Out.

H.1.b: There will be a relationship between the external Locus of Control and the Fear of Missing Out.

H.2: There will be a significant difference in Fear of Missing Out among early and early middle-aged adults.

H.3: There will be a significant difference in Fear of Missing Out among male and female participants.

H.4: There will be a significant difference in internal Locus of Control among males and females.

H.5: There will be a significant difference in external Locus of Control among males and females.

H.6: There will be a significant difference in internal Locus of Control among early and early middle-aged adults.

H.7: There will be a significant difference in external Locus of Control among early and early middle-aged adults.

Operational Definition:

Locus of Control is a psychological concept referring to the degree to which an individual perceives that a reward follows from, or is contingent upon, their own behaviour or attributes, versus the degree to which they feel the reward is controlled by forces outside of him/herself, occurring independently of his/her actions.

Fear of Missing Out is operationally defined as “a pervasive apprehension that others might be having rewarding experiences from which one is absent” and “a desire to stay continually connected with what others are doing” (Przybylski et al., 2013).

Research Design:

Correlational research design is used to analyze the data.

Sample:

The proposed study would include a sample size of 342 adults. The age range for the sample would be between 22 to 44- that is, people belonging to early adulthood and early middle aged adulthood are selected for the research.

Population:

The population for the research is people of early to middle-aged adults residing in Ernakulam district, Kerala.

Sampling Design:

The method chosen for the collection of data is purposive sampling.

Inclusion Criteria:

- Adults who are willing to participate.
- Adults who are in the age group of 22 – 44.
- Adults who can read and write English.

Exclusion Criteria:

- Adults who cannot read and write English.
- Adults who have psychiatric disorders.
- Adults who are illiterate

Tools:

- 1) The Locus of Control Scale (LCS): The Locus of Control Scale (LCS), a 29-item questionnaire, developed by Julian Rotter in 1966 to assess a person's perception of internal and external control, or how much they attribute events to their own choices or outside forces. The LCS is a forced-choice questionnaire in that respondents must select a response choice that provides a specific answer to each item. For each item, the respondent selects the statement they agree with the most from an 'a' or 'b' option, the estimated time to complete the measure is 8-10 minutes. The 29-item version contains six filler items to make ambiguous the purpose of the test. Scores range from 0 to 13, with lower scores indicating internal control and higher scores indicating external control. The Cronbach's alpha coefficient, which measures internal consistency, has been reported to range from 0.60 to 0.87 across studies. Each item receives a score between 0 and 1. You should not score the fillers (1, 8, 14, 19, 24, and 27). The scale's possible scores fall between 0 and 23. The responses 2(a), 3(a), 4(a), 5(a), 6(a), 7(b), 9(a), 10(a), 11(b), 12(b), 13(b), 15(b), 16(b), 17(a), 18(a), 21(a), 22(b), 23(a), 25(a), 26(b), 28(b), and 29(a) are directed towards externality and carry a score of one each, whereas the responses 2(b) indicates the internal Locus of Control. Thus an individual's overall score on the 23 important elements of this scale shows his Locus of Control.

- 2) The Fear of Missing Out (FOMO) scale: The Fear of Missing Out Scale (FOMOS), developed by Przybylski and colleagues in 2013 and is a 10-item unidimensional scale set on 5-point Likert-type responses, and measures the degree to which one fears missing out on social events, in particular involving their friends and often, using social media to stay (hyper) connected. The scale has shown reliability to demonstrate high internal consistency ($\alpha = .82$; Przybylski et al., 2013). Przybylski and colleagues (2013) discovered that the measure's positive connection with social media involvement ($r = .40$; measure also created by Przybylski and colleagues) demonstrated convergent validity. An adverse correlation with La Guardia, Ryan, and other racial groups was used to demonstrate discriminant validity. The total scores on the scale range between 10 and 50, where higher scores indicate a higher level of Fear of Missing Out.

Table 3.1:*Reliability of the scales used in the study*

Name of Scale	Number of Items	Cronbach Alpha Value
The Fear of Missing Out Scale	10	0.745
The Locus of Control Scale	29	0.785

Procedure:

The participants were asked to fill out a consent form to permit the researchers to use the results for research purposes. Participants were informed that the test results would be kept confidential and anonymous. The study was conducted by circulating google forms where the instructions were clearly explained to the participants. The first part of the form consists of their demographic details and the next part comprised of questions to assess FOMO and Locus of Control respectively. After the data collection, the questionnaire scoring was done according to the scoring norms provided by the scale authors.

Data Analysis:

The data was stored in an Excel sheet and statistically analyzed by a t-test and correlational analysis using SPSS software. Appropriate statistical techniques were applied to test the hypotheses. Since the variables chosen for the research were dichotomous the test administered was an independent t-test technique for data analysis along with correlational analysis. The collected data was analyzed using SPSS software. SPSS (Statistical Package for the Social Sciences) 29.0 is a software used to analyze statistical data. The normality of the test was analyzed using Kolmogorov Smirnov test. As the population is found to be not normal, the correlation was analyzed using Spearman's Correlational Coefficient. Mann - Whitney U test was also done to compare the age and gender of the participants.

Table 3.2*Test for Normality- Kolmogorov-Smirnov Test*

	Sig.
Locus of Control	<0.001
Fear of Missing Out	<0.001

From the above table, it is inferred that the distribution is not normal as the significance 0.001 for both Locus of Control and Fear of Missing Out are lesser than the level of significance 0.05.

Ethical Considerations:

- Consent was obtained from the participants prior to the study.

- The confidentiality of the data and the anonymity of the participant was ensured.
- Any deception or exaggeration about the aims and objectives of the research were avoided.
- Any type of communication in relation to the research was done with honesty and transparency.
- Any type of misleading information, as well as representation of primary data findings in a biased way was avoided.

Chapter 4

Result and Discussion

The chief objective of the study was to establish the relationship between Locus of Control and Fear of Missing Out among people belonging to the early adult age group. The term "Fear of Missing Out" was coined in 2004 to describe a phenomenon observed on social networking sites. FOMO is comprised of two processes: first, the perception of missing out, which is followed by a compulsive behavior to maintain these social connections. The Locus of Control refers to the degree to which an individual feels agency over his or her life. Someone with an internal Locus of Control believes that their own abilities, actions, or mistakes have a large influence on what happens to them. Locus of Control, like other constructs in personality psychology, exists on a spectrum. Individuals' Locus of Control may be influenced by genetic factors as well as their childhood experiences, particularly the behaviours and attitudes modeled by their early caregivers. The study was conducted among 342 participants who are capable to read and understand English. The sample was chosen from Ernakulam district, Kerala. Through Correlational analysis test, we analysed the impact of age on FOMO and LoC and also the relationship between FOMO and different dimensions of LoC was also analyzed. Using an Independent Samples T-Test, the level of impact of FOMO and LoC among males and females along with the significant difference between different dimensions of LoC and age were also analyzed.

Table 3:

The table shows the Correlation between Internal Locus of Control and Fear of Missing Out

Variables	Fear of Missing Out
Internal Locus of Control	.093

From the above table 1, it is evident that there is statistically no significant relationship between Fear of Missing Out and internal Locus of Control as the p-value (.167) is greater than the level of significance (0.05). Spearman's correlation coefficient (.093) suggests that there is a positive correlation between Fear of Missing Out and internal Locus of Control. Spearman's correlation coefficient indicates that there is a weak to no correlation between the two variables. Thus we can say these two concepts are unrelated, as an individual's belief in their own ability to influence their outcomes does not necessarily have any bearing on their fear of not participating in certain activities

There is very little evidence to suggest a relationship between internal Locus of Control and Fear of Missing Out. This lack of correlation could be due to several factors. For example, an individual with an internal Locus of Control may feel that they have control over their life and be less inclined to worry about missing out on events and experiences than someone with an external Locus of Control. Additionally, an individual's Fear of Missing Out may depend more on their personality type, their environment, or their life experiences than their Locus of Control. Finally, the concept of Fear of Missing Out is relatively new, so more research is needed to determine whether there is a relationship between it and the internal Locus of Control. This study suggests that a person's internal locus of control is not related to their fear of missing out. This indicates that a person's attitude towards control does not influence the level of fear they experience regarding potential experiences or opportunities they may miss.

Hypothesis 1 states that there will be a significant correlation between internal Locus of Control and Fear of Missing Out. Since the p value was obtained to be as more than 0.05, a significant correlation between internal Locus of Control and Fear of Missing Out isn't proved. Hence the hypothesis is rejected.

Table 4:

The table shows the Correlation between External Locus of Control and Fear of Missing Out

Variables	Fear of Missing Out
External Locus of Control	-.117

From the above table, it is clear that there is no significant relationship between external Locus of Control and Fear of Missing Out as the p-value (.211) is greater than the level of significance (0.05). Spearman's correlation coefficient (-.117) suggests that there is a negative correlation between the external Locus of Control and Fear of Missing Out. Spearman's correlation coefficient indicates weak to no correlation between two variables.

FOMO is typically defined as an excessive preoccupation with the idea that one is missing out on experiences, opportunities, or events that others may be engaged in or have access to. On the other hand, external LOC is a psychological concept that refers to a person's belief that their life and fate are determined by external factors beyond their control.

Although both concepts are related to mindset and behavior, there is no clear evidence that suggests a correlation between the two. This may be because FOMO is more of an emotional response to a situation, while external LOC is a cognitive belief about the level of control one has over their life. It is possible that FOMO can lead to an external LOC if a person feels like they have no control over the things they are missing out on, however, this is not a direct correlation.

Overall, there is little evidence to suggest that FOMO is directly linked to external LOC. It is likely that further research would be needed to determine if the two concepts are related. This suggests that external locus of control is not a significant predictor of fear of missing out, and individuals with higher external locus of control may not necessarily experience fear of missing out at higher levels than those with lower external locus of control. Therefore,

interventions for fear of missing out should focus on other aspects such as social comparison, self-esteem, and anxiety.

Hypothesis 1.b state's that there will be a significant correlation between external Locus of Control of control and Fear of Missing Out. Since the p value was obtained to be as more than 0.05, a significant correlation between external Locus of Control and Fear of Missing Out isn't proved. Hence the hypothesis is rejected.

Table 5:

The table shows the result of Mann-Whitney U test comparing the difference in Fear of Missing Out among the selected age group

Age	N	Mean Rank	U	Z	sig
Early age	220	172.18	11951.500	18737.500	.298
Middle age	116	161.53			

Mann Whitney U-T test was conducted to analyse the difference of FOMO among early and middle age group adults. From the above table, it is evident that there is no greater significant difference between them. The p value was obtained to be as 0.294- this shows that there is no significant difference between the FOMO among early and middle adults.

The results of this study indicate that there is no significant difference between fear of missing out in early and early middle aged adults. This could mean that the experience of

FOMO is not age-dependent and is something that crosses generational boundaries. It could also suggest that the prevalence and severity of FOMO is similar regardless of age. Therefore, it is important to recognize that FOMO is a real phenomenon and should be given attention and consideration regardless of age. A study conducted in 2022 by Sherri Gordon showed there is some kind of difference between FOMO among early and middle-aged people. Hence, our hypothesis was supported by the data. Some studies shows that people in the middle age has higher level than the early aged people.

Hypothesis 2 states that there will be a significant difference in Fear of Missing Out among early adults and middle-aged adults. Since the p value obtained to be as more than 0.05,significance difference between FOMO among early and middle aged people isn't proved. Hence the hypothesis is rejected.

Table 6:

The table shows the result of Mann-Whitney U Test comparing difference in Fear of Missing Out among male and female

Gender	N	Mean Rank	U	Z	sig
Males	132	165.77	13103.500	-.415	.678
Females	204	170.27			

Mann Whitney U-Test was conducted to analyze the difference of Fear of Missing Out among male and female participants. From the above table, a clear mean rank is evident where there isn't a greater difference between the mean ranks of both genders. The p-value was

obtained to be as 0.678- that is, from the study conducted, it is clear that there is no significant difference between level of Fear of Missing Out among males and females.

This result suggests that fear of missing out is a gender-neutral phenomenon, and both genders may experience similar levels of fear of missing out. Future research may further investigate the potential differences in fear of missing out between genders in different contexts and with different populations. A study conducted in 2021 by Dmitri Rozgonjuk, Cornelia Sindermann, Jon Elhai and Christian Montag showed no gender differences in experiencing FOMO. Hence, our hypothesis was supported by the data. However, some studies have found that females have a higher level of FOMO than males, while others have found that males have a higher level of FOMO than females. As a result, gender differences in FOMO merit further investigation.

Hypothesis 3 states that there will be a significant difference in Fear of Missing Out among early adults male and female participants. Since the p-value was obtained to be as more than 0.05, a significant difference in Fear of Missing Out among early adults male and female participants isn't proved. Hence, the hypothesis is rejected.

Table 7:

The table shows the result of Mann-Whitney U Test comparing difference in Internal Locus of Control among male and female

Gender	N	Mean Rank	U	Z	sig
Males	103	104.46	5403.500	-1.342	0.180
Females	117	115.82			

Mann Whitney U-Test was conducted to analyse the significant difference in Internal Locus of Control among male and female participants. From the above table, a clear mean rank is evident where greater difference between the mean ranks of both genders is obtained. The p-value was obtained to be as 0.180- that is, from the study conducted, it is clear that there is no significant difference between the Internal Locus of Control among males and females.

This result suggests that both genders have a similarly strong sense of autonomy, self-efficacy, and responsibility in their lives. Although there may be variations in the way that each gender approaches life decisions, this study has shown that these differences do not have a major impact on their internal locus of control. Individuals who develop an internal Locus of Control believe they are in charge of their own success. Those who believe in an external Locus of Control believe that external forces such as chance determine their outcomes. Gender differences in control perception exist across behavioural domains. The analysis of results of a study conducted by Anweshha Mohanty indicates that there is no significant gender difference in Locus of Control. Another study conducted by Andrew McPherson and Colin R Martin in the year 2017 found no clear statistically significant differences in Locus of Control orientation as a function of gender. Therefore, this data supports the mentioned hypothesis.

Hypothesis 4 states that there will be a significant difference in Internal Locus of Control among early adults male and female participants. Since the p-value was obtained to be as more than 0.05, a significant difference in Internal Locus of Control among early adults male and female participants isn't proved. Hence, the hypothesis is rejected.

Table 8:

The table shows the result of Mann-Whitney U Test comparing difference in External Locus of Control among male and female

Gender	N	Mean Rank	U	Z	sig
Males	29	58.97			
			1248.000	-0.89	0.929
Females	87	58.34			

Mann Whitney U-Test was conducted to analyse the significant difference in External Locus of Control among male and female participants. From the above table, a clear mean rank is evident where greater difference between the mean ranks of both genders is obtained. The pvalue was obtained to be as 0. 929- that is, from the study conducted, it is clear that there is no significant difference between the Internal Locus of Control among males and females.

These results show that individuals of both genders have similar levels of external locus of control, suggesting that this trait is not significantly influenced by gender. This research indicates that external locus of control is not gender-dependent and is instead likely to be influenced by other factors such as upbringing, environment, and experience. According to Adrian C. Sherman, Graham E. Higgs, and Robert L. Williams' research, both men and women are becoming more external. Females, on most Locus of Control measures, are more external than males. Gender differences in control perceptions exist across behavioural domains. This might be due to the differences among the chosen population.

Hypothesis 5 states that there will be a significant difference in External Locus Of Control among early adults male and female participants. Since the p-value was obtained to be as more than 0.05, a significant difference in External Locus of Control among early adults male and female participants isn't proved. Hence, the hypothesis is rejected.

Table 9:

The table shows the result of Mann-Whitney U Test comparing difference in Internal Locus of Control among adults of early age and early middle age groups

Age	N	Mean Rank	U	Z	sig
Early age adult	140	115.20	4942.000	-1.472	.141
Early middle -aged adults	80	102.28			

Mann Whitney U-T test was conducted to analyse the significance difference in internal Locus of Control among early and middle-aged adults. From the above table it is evident that there isn't a significant difference in mean rank in internal Locus of Control among early and middle aged adults. The p value was obtained to be as 0.141. That is from the study conducted it is clear that there is no significant difference between internal Locus of Control among early adults and middle-aged adults.

These results show that individuals of both genders have similar levels of external locus of control, suggesting that this trait is not significantly influenced by gender. This research indicates that external locus of control is not gender-dependent and is instead likely to be influenced by other factors such as upbringing, environment, and experience. A study conducted on 1986 by Margie E Lachman showed no age difference were found in internal Locus of Control among early and middle-aged adults. Hence our hypothesis was supported by the data. Some studies shows that middle aged people has more internal Locus of Control.

Hypothesis 6 states that there will be a significant difference in internal Locus of Control among early and middle adults. Since the p value obtained was more than 0.05, significant difference in internal Locus of Control among early and middle-aged adults isn't proved. Hence the hypothesis is rejected.

Table 10:

The table shows the result of Mann-Whitney U Test comparing difference in External Locus of Control among adults of early age and early middle age groups

Age	N	Mean Rank	U	Z	sig
Early age adults	80	61.30	1216.000	-1.384	.166
Early middle -aged adults	36	52.28			

Mann Whitney U-test was conducted to analyse the difference in external Locus of Control among early and middle aged adults. From the above table it is evident that there isn't a significant difference in mean rank in external Locus of Control of both age groups. The p value is obtained to be as (0.166). That is, from the study conducted, it is clear that there is no significant difference in external Locus of Control among early and middle aged adults.

This result indicates that adults of any age may rely on external factors to shape their lives to a similar degree. This could be due to the fact that external locus of control is deeply rooted in an individual's personality and remains relatively stable over time. It is important to note, however, that further research is needed to determine if this result is consistent across a wider age range, as well as to explore the potential factors that may contribute to a person's locus of control. A study conducted in 2014 by Sagone and De Caroli found out that middle adults have more external Locus of Control than early aged. Hence it is contradictory to the

study. Prior studies on Locus of Control have shown that general control beliefs increase with age. It has also been suggested that people have the ability to differ in their control orientations during different stages of their lives and that older people sense a higher level of control over their work domains.

Hypothesis 7 states that there will be a significant difference in internal Locus of Control among early and middle aged adults. Since the p value was obtained to be as more than 0.05, a significant difference in external Locus of Control among early and middle aged adults isn't proved. Hence the hypothesis is rejected

Chapter 5

Conclusion

The study was conducted to find out the relationship between Fear of Missing Out and Locus of Control among early age adults- that is, people belonging to the age group of 18-40. The entire study sample comprised of 342 participants. The survey was conducted in online mode by sharing google forms. The online form consisted of a consent form, demographic data form, The Locus of Control Scale, and The Fear of Missing Out Scale. The Locus of Control Scale (LCS), a 29-item questionnaire, developed by Julian Rotter in 1966 to assess a person's perception of internal and external control, or how much they attribute events to their own choices or outside forces. The Fear of Missing Out Scale (FOMOS), developed by Przybylski and colleagues in 2013 and is a 10-item unidimensional scale set on 5-point Likert-type responses, and measures the degree to which one fears missing out on social events, in particular involving their friends and often, using social media to stay (hyper) connected. The collected data was later scored and analyzed using Statistical Package for Social Sciences version 29.0. Test for Normality, Spearman Correlational Analysis and Independent Sample t test were performed on the collected data.

The findings of the study are as follows:

- There is no significant correlation between internal Locus of Control and Fear of Missing Out.
- There is no significant correlation between external Locus of Control and Fear of Missing Out.
- There is no significant difference in Fear of Missing Out among early adults and middle-aged adults.
- There is no significant difference in Fear of Missing Out among early adults and male and female participants.
- There is no significant difference in internal Locus of Control among males and females.
- There is no significant difference in external Locus of Control among males and females.

- There is no significant difference in internal Locus of Control among early and middle-aged adults.
- There is no significant difference in external Locus of Control among early and middle-aged adults.

Implications:

- The present study provides an insight into the relationship between different dimensions of Locus of Control and Fear of Missing Out among adults belonging to early adult group and early middle-aged adult group.
- This study implies that there are no gender differences in experiencing FOMO and Locus of Control.

Limitations:

- Biases in self-reported data: These include Selective memory or the ability to remember or not remember experiences or events that happened in the past; telescoping or the ability to recall past events as though they happened in the present; attribution or the ability to attribute positive events and outcomes to one's own agency while attributing negative events and outcomes to outside forces; and exaggeration or the ability to represent outcomes or embellish past events as more significant than they actually are.
- A strong regional focus: The study was conducted on a population comprising Keralites majorly, and South Indians.
- Sample size: The study was conducted on a population of 211 adults only, with equal numbers of males and females.

References

- Ovais, D. (2023). Students' sustainability consciousness with the three dimensions of sustainability: Does the Locus of Control play a role? *Regional Sustainability*, 4(1), 13–27. <https://doi.org/10.1016/j.regsus.2023.02.002>
- Padmanabhan, S. (2021). The impact of Locus of Control on workplace stress and job satisfaction: A pilot study on private-sector employees. *Current Research in Behavioral Sciences*, 2, 100026. <https://doi.org/10.1016/j.crbeha.2021.100026>
- Karabay, M. E., Akyüz, B., & Elçi, M. (2016). Effects of Family-Work Conflict, Locus of Control, Self Confidence and Extraversion Personality on Employee Work Stress. *Procedia - Social and Behavioral Sciences*, 235, 269–280. <https://doi.org/10.1016/j.sbspro.2016.11.030>
- Wegmann, E., Oberst, U., Stodt, B., & Brand, M. (2017). Online-specific Fear of Missing Out and Internet-use expectancies contribute to symptoms of Internet-communication disorder. *Addictive Behaviors Reports*, 5, 33–42. <https://doi.org/10.1016/j.abrep.2017.04.001>
- Gori, A., Topino, E., & Griffiths, M. D. (2023). The associations between attachment, self-esteem, Fear of Missing Out, daily time expenditure, and problematic social media use: A path analysis model. *Addictive Behaviors*, 141, 107633. <https://doi.org/10.1016/j.addbeh.2023.107633>

- Sela, Y., Zach, M., Amichai-Hamburger, Y., Mishali, M., & Omer, H. (2020). Family environment and problematic internet use among adolescents: The mediating roles of depression and Fear of Missing Out. *Computers in Human Behavior, 106*, 106226. <https://doi.org/10.1016/j.chb.2019.106226>
- Tandon, A., Dhir, A., Talwar, S., Kaur, P., & Mäntymäki, M. (2022). Social media induced Fear of Missing Out (FOMO) and phubbing: Behavioural, relational and psychological outcomes. *Technological Forecasting and Social Change, 174*, 121149. <https://doi.org/10.1016/j.techfore.2021.121149>
- Rozgonjuk, D., Sindermann, C., Elhai, J. D., & Montag, C. (2021). Individual differences in Fear of Missing Out (FOMO): Age, gender, and the Big Five personality trait domains, facets, and items. *Personality and Individual Differences, 171*, 110546. <https://doi.org/10.1016/j.paid.2020.110546>
- Stead, H., & Bibby, P. A. (2017). Personality, Fear of Missing Out and problematic internet use and their relationship to subjective well-being. *Computers in Human Behavior, 76*, 534–540. <https://doi.org/10.1016/j.chb.2017.08.016>
- Li, L., Niu, Z., Mei, S., & Griffiths, M. D. (2021). A network analysis approach to the relationship between Fear of Missing Out (FOMO), smartphone addiction, and social networking site use among a sample of Chinese university students. *Computers in Human Behavior, 128*, 107086. <https://doi.org/10.1016/j.chb.2021.107086>
- Alt, D. (2015). College students' academic motivation, media engagement and Fear of Missing Out. *Computers in Human Behavior, 49*, 111–119. <https://doi.org/10.1016/j.chb.2015.02.057>
- Blackwell, D., Leaman, C., Tramposch, R., Osborne, C., & Liss, M. (2017). Extraversion, neuroticism, attachment style and Fear of Missing Out as predictors of social media use and addiction. *Personality and Individual Differences, 116*, 69–72. <https://doi.org/10.1016/j.paid.2017.04.039>

- Xia, Y., & Ma, Z. (2020). Social integration, perceived stress, Locus of Control, and psychological wellbeing among chinese emerging adult migrants: A conditional process analysis. *Journal of Affective Disorders*, 267, 9–16.
<https://doi.org/10.1016/j.jad.2020.02.016>
- Hoffmann, A. O. I., Plotkina, D., Roger, P., & D'Hondt, C. (2022). Superstitious beliefs, Locus of Control, and feeling at risk in the face of Covid-19. *Personality and Individual Differences*, 196, 111718. <https://doi.org/10.1016/j.paid.2022.111718>
- Da Costa Hernandez, J. M., Da Costa Filho, M. C. M., Kamiya, A. S. M., Pasquini, R. O., & Zeelenberg, M. (2022). Internal Locus of Control and individuals' regret for normal vs. abnormal decisions. *Personality and Individual Differences*, 192, 111562.
<https://doi.org/10.1016/j.paid.2022.111562>
- Guo, Q., Guo, Y., Xiuqing, Q., Leng, J., & Lv, Y. (2021). Chance Locus of Control predicts moral disengagement which decreases well-being. *Personality and Individual Differences*, 171, 110489. <https://doi.org/10.1016/j.paid.2020.110489>
- Macsinga, I., & Németi, I. (2012). The relation between explanatory style, Locus of Control and self-esteem in a sample of university students. *Procedia - Social and Behavioral Sciences*. <https://doi.org/10.1016/j.sbspro.2012.01.076>
- Karaman, M. A., & Watson, J. C. (2017). Examining associations among achievement motivation, Locus of Control, academic stress, and life satisfaction: A comparison of U.S. and international undergraduate students. *Personality and Individual Differences*, 111, 106–110. <https://doi.org/10.1016/j.paid.2017.02.006>
- Generalized expectancies for internal versus external control of reinforcement.* (1966). PubMed. <https://pubmed.ncbi.nlm.nih.gov/5340840/>

Buglass, S. L., Binder, J. F., Betts, L. R., & Underwood, J. (2017). Motivators of online vulnerability: The impact of social network site use and FOMO. *Computers in Human Behavior*, *66*, 248–255. <https://doi.org/10.1016/j.chb.2016.09.055>

Ahlin, E. M., & Antunes, M. L. P. (2015). Locus of Control Orientation: Parents, Peers, and Place. *Journal of Youth and Adolescence*, *44*(9), 1803–1818. <https://doi.org/10.1007/s10964-015-0253-9>

Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of Fear of Missing Out. *Computers in Human Behavior*, *29*(4), 1841–1848. <https://doi.org/10.1016/j.chb.2013.02.014>

Appendix

Informed Consent Form

We are Gopika G, Ameesha Nelbi, and Sneha P. P. - currently pursuing our bachelor's degree at St. Teresa's, Ernakulam. As a part of our final year project, we are conducting research to study the relationship between Fear of Missing Out (FOMO) and Locus of Control (LOC) among adults.

You can be a part of this study if:

- You are of the age group 22-40
- you can read and understand English

Your participation in this survey is voluntary and all information that you provide will remain confidential and will solely be used for academic purposes. Please answer all questions honestly and to the best of your knowledge. You can withdraw from this survey at any moment you wish to discontinue. There are no right or wrong answers. Your responses are greatly appreciated! If you have any queries, you may contact us at

ameeshanelbipsy20@teresas.ac.in

gopikagnairpsy20@teresas.ac.in

snehapppsy20@teresas.ac.in

Thank you in advance.

By clicking on 'Yes, I agree", you accept that

1. you belong to the 22-40 age group.
 2. you are becoming a part of this research with free consent.
 3. you are aware that this research may or may not benefit you directly
- I agree to be a part of the study.
 - I do not agree to be a part of the study.

Socio-Demographic Data Form

Basic questions to get to know the participant and decide whether they are eligible to be a part of this study.

Name (initials): _____

Age: _____

Gender:

- Male Female

Qualification

Undergraduate

Postgraduate

Form A

Following is a questionnaire on Fear of Missing Out (FOMO), containing statements about your everyday experience.

Using the scale provided, please indicate how true each statement is of your general experiences. Please treat each item separately from every other item and answer according to what reflects your experiences rather than what you think your experiences should be.

1. I fear others have more rewarding experiences than me.

- Not at all true of me. Slightly true of me. Moderately true of me. Very true of me.
- Extremely true of me

2. I fear my friends have more rewarding experiences than me.
 - Not at all true of me
 - Slightly true of me.
 - Moderately true of me.
 - Very true of me.
 - Extremely true of me.
3. I get worried when I find out my friends are having fun without me.
 - Not at all true of me.
 - Slightly true of me.
 - Moderately true of me.
 - Very true of me.
 - Extremely true of me
4. I get anxious when I don't know what my friends are up to.
 - Not at all true of me.
 - Slightly true of me.
 - Moderately true of me.
 - Very true of me.
 - Extremely true of me.
5. It is important that I understand my friend's "in-jokes."
 - Not at all true of me.
 - Slightly true of me.
 - Moderately true of me.
 - Very true of me.
 - Extremely true of me.
6. Sometimes, I wonder if I spend too much time keeping up with what is going on.
 - Not at all true of me.
 - Slightly true of me.
 - Moderately true of me.
 - Very true of me.

Extremely true of me.

7. It bothers me when I miss an opportunity to meet up with friends.
 - Not at all true of me. Slightly true of me. Moderately true of me.
 - Very true of me. Extremely true of me.
8. When I have a good time it is important for me to share the details online (e.g. updating status).
 - Not at all true of me. Slightly true of me. Moderately true of me.
 - Very true of me. Extremely true of me.
9. When I miss out on a planned get-together it bothers me.
 - Not at all true of me. Slightly true of me. Moderately true of me.
 - Very true of me. Extremely true of me.
10. When I go on vacation, I continue to keep tabs on what my friends are doing.
 - Not at all true of me. Slightly true of me. Moderately true of me.
 - Very true of me. Extremely true of me.

Form B

Following is a questionnaire on Locus of Control (LOC).

For each question, select the statement that you agree with the most.

1.
 - Children get into trouble because their parents punish them too much. The trouble with most children nowadays is that their parents are too easy with them.
2.
 - Many of the unhappy things in people's lives are partly due to bad luck. People's misfortunes result from the mistakes they make.

3.

- One of the major reasons why we have wars is because people don't take enough interest in politics
- There will always be wars, no matter how hard people try to prevent them.

4.

- In the long run people get the respect they deserve in this world ○ Unfortunately, an individual's worth often passes unrecognized no matter how hard he tries

5.

- The idea that teachers are unfair to students is nonsense.
- Most students don't realize the extent to which their grades are influenced by accidental happenings.

6.

- Without the right breaks one cannot be an effective leader.
- Capable people who fail to become leaders have not taken advantage of their opportunities.

7.

- No matter how hard you try some people just don't like you.
People who can't get others to like them don't understand how to get along with others.

8.

- Heredity plays the major role in determining one's personality ○ It is one's experiences in life which determine what they're like.

9.

- I have often found that what is going to happen will happen.
- Trusting to fate has never turned out as well for me as making a decision to take a definite course of action

10.

- In the case of the well prepared student there is rarely if ever such a thing as an unfair test.
- Many times exam questions tend to be so unrelated to course work that studying is really useless

11.

- Becoming a success is a matter of hard work, luck has little or nothing to do with it. ○ Getting a good job depends mainly on being in the right place at the right time.

12.

- The average citizen can have an influence in government decisions.
- This world is run by the few people in power, and there is not much the little guy can do about it

13.

- When I make plans, I am almost certain that I can make them work.
- It is not always wise to plan too far ahead because many things turn out to be a matter of good or bad fortune anyhow.

14.

- There are certain people who are just no good. ○ There is some good in everybody.

15.

- In my case getting what I want has little or nothing to do with luck.
- Many times we might just as well decide what to do by flipping a coin.

16.

- Who gets to be the boss often depends on who was lucky enough to be in the right place first
- Getting people to do the right thing depends upon ability. Luck has little or nothing to do with it.

17.

- As far as world affairs are concerned, most of us are the victims of forces we can neither understand, nor control
- By taking an active part in political and social affairs the people can control world events.

18.

- Most people don't realize the extent to which their lives are controlled by accidental happenings. ○ There really is no such thing as "luck."

19.

- One should always be willing to admit mistakes. ○ It is usually best to cover up one's mistakes.

20.

- It is hard to know whether or not a person really likes you. ○ How many friends you have depends upon how nice a person you are.

21.

- In the long run the bad things that happen to us are balanced by the good ones.
- Most misfortunes are the result of lack of ability, ignorance, laziness, or all three.

22.

- With enough effort we can wipe out political corruption.

It is difficult for people to have much control over the things politicians do in office.

23.

- Sometimes I can't understand how teachers arrive at the grades they give.
- There is a direct connection between how hard I study and the grades I get.

24.

- A good leader expects people to decide for themselves what they should do. ○ A good leader makes it clear to everybody what their jobs are.

25.

- Many times I feel that I have little influence over the things that happen to me.
- It is impossible for me to believe that chance or luck plays an important role in my life.

26.

- People are lonely because they don't try to be friendly.
- There's not much use in trying too hard to please people, if they like you, they like you.

27.

- There is too much emphasis on athletics in high school. ○ Team sports are an excellent way to build character.

28.

- What happens to me is my own doing. ○ Sometimes I feel that I don't have enough control over the direction my life is taking.

29.

- Most of the time I can't understand why politicians behave the way they do.
- In the long run the people are responsible for bad government on a national as well as on a local level

