

FOMO (Fear of Missing Out) and Social Anxiety Among Gen Z Tiktok Users

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ABSTRACT

The social media platform Tiktok has had a significant impact on the life of Generation Z, especially in terms of their social interactions and mental health. The intensity of use has increased and has resulted in the phenomenon of Fear of Missing Out (FOMO) which is the fear of being out of the loop of information and social activities. The research problem is the nature of the FOMO phenomenon in TikTok users of Generation Z, the extent of social anxiety that occurs in them and the relationship between FOMO and social anxiety in TikTok users. The aim of this study is to analyse the experience of FOMO among Generation Z TikTok users and to understand the association of FOMO with social anxiety. The study had a qualitative approach and a phenomenological method. The data were obtained through in-depth interviews with Generation Z students who actively use TikTok. Also, the data were collected by reviewing the literature from scientific journals and relevant books about FOMO, social comparison, and social anxiety. The results suggest that using TikTok leads to social comparison, FOMO and the need to be constantly connected online. These factors contribute to developing social anxiety that manifests as low self-confidence and concern about the judgment of others. The research revealed a strong link between Generation Z TikTok users and FOMO and social anxiety.

INTRODUCTION

The development of digital technology has brought great changes in the way of communication and the way of establishing social relations of people (Amelia & Balqis, 2023; Azzaakiyyah, 2023; Engelbrecht & Borba, 2024; Lv et al., 2022; Yıldız & Nur, 2024). Social media is now a part of everyday life and Gen Z is no different, having grown up in a digital world from the beginning (Bhatia & Pathak-Shelat, 2023; Chang & Chang, 2023; Serbanescu, 2022; Siagian & Yuliana, 2024; Wandhe, 2024). College students are some of the most voracious users of any platform on TikTok. Students can use TikTok to entertain themselves, follow trends, search for information and express themselves in the digital space. The frequency of using TikTok shows that this platform is a part of the lifestyle of the modern students (Aulia et al., 2024; Neng & Abidin, 2023; Syam & Meldawati, 2022).

It has so many benefits but overusing of TikTok can also affect psychologically. Students often feel pressured to be on social media at all times for fear of missing out on information or trends. This compulsion is associated with the phenomenon of Fear of Missing Out (FOMO). FOMO is the anxiety that arises when someone feels like they are missing out on popular activities or experiences that their social circle is participating in. The fear of missing out (FOMO) causes students to constantly want to view the hot content, stay in the know about viral trends, and compare themselves to other TikTok users.

The tendency to compare oneself with others on social media can be understood through the Social Comparison Theory proposed by (Festinger, 1954). This theory explains that individuals naturally have an urge to evaluate themselves by comparing themselves to others. In the context of TikTok, the process of social comparison occurs very quickly through the display of lifestyles, the number of likes, comments, and followers. When students feel unable to meet the standards they see on social media, feelings of dissatisfaction with themselves can arise and develop into social anxiety.

In addition to FOMO, TikTok use is also linked to increased social anxiety among college students. This social anxiety manifests as a fear of being judged by others, a worry about receiving negative comments, and a desire to always appear perfect on social media. This can affect students' self-confidence in their daily lives. As explained by (Nurfalah et al., 2020), Self-confidence plays a crucial role in helping individuals manage social and emotional stress. Students with low self-confidence are more likely to experience FOMO and social anxiety when using social media intensively.

According to a study conducted by (Guk et al., 2024) Students who frequently use TikTok have high levels of FOMO because they want to avoid social situations and relationships. The results of this study, which used a quantitative approach, show that consumers are willing to spend more money the more frequently they use TikTok. However, FOMO is the primary focus of this study rather than psychological effects such as social anxiety.

Research conducted by (Putri & Virlia, 2023), that adolescents with high levels of media addiction and low self-esteem tend to experience more serious social problems. The psychological aspects of social media use were analyzed in this study, but the direct relationship between FOMO and social anxiety was not explained.

Research conducted by (Oktaviani et al., 2025), explains that FOMO is a psychological disorder arising from the need to withdraw, the desire to travel, and the need to be seen on social media. The study's findings indicate that people who actively use social media often experience FOMO because they want to engage in various online social activities, including daily routines, travel, shopping, and housing. This study employs a qualitative methodology and analyzes the psychological aspects of FOMO, but does not address how it might influence potential social or emotional issues.

The Impact of FOMO (Rizki et al., 2025) The findings indicate that impulsive shopping behavior and shopping trends on TikTok Shop are significantly influenced by FOMO. The results of the study, based on a phenomenological analysis, suggest that FOMO is influenced by social dynamics and the psychological need for acceptance within digital communities. Although the primary focus of this study is on the consumer side.

A lack of self-control increases a person's vulnerability to FOMO, according to research by (MUFARIDA & SANTOSA, 2024) This happens because people want to avoid being left out by continuing to participate in others' activities. However, the impact of FOMO on mental health conditions such as social anxiety is not addressed in this study.

People are increasingly comparing themselves to others on social media platforms, according to research (Akbar & Hakim, 2024) will increase social interaction. The results of this study support social comparison theory (Festinger, 1954), which states that people often evaluate themselves based on how they behave and how others perceive them.

However, the relationship between FOMO and social comparison mentioned earlier was not explored in this study.

FOMO is defined as an unpleasant emotion that arises when someone feels overwhelmed by social activities, information, or the activities of others. (Przybylski et al., 2013) introduced the concept of FOMO for the first time. When they aren't using social media or following viral trends, people with high levels of FOMO often feel anxious. According to (Clark, David M.; Wells, 1995). Social anxiety is a condition that arises when an individual holds negative belief about how they are perceived by others in social situations. Individuals with social anxiety tend to focus excessively on themselves (self-focused attention) and assume that their behavior or appearance will be judged negatively.

This excessive focus leads individuals to interpret social situations as threats, even though such threats may not be real; this mindset then triggers a fear of rejection, feelings of embarrassment, and excessive worry about social evaluation. As a result, individuals may exhibit withdrawn behavior or constantly monitor social responses as a way to reduce anxiety. Such methods can have an impact on a person's self-expression and self-confidence. Ultimately social media, meant to be a communication tool and a source of entertainment, can become a source of emotional stress. Social anxiety and FOMO (Fear of Missing Out) are linked closely. FOMO sufferers tend to compare their lives with people who are more active on social media. It's through this process of social comparison that self-dissatisfaction is formed. Which ultimately leads to anxiety.

Theory of Social Comparison (Festinger, 1954) says people can measure themselves against others. On TikTok, the comparison process continues, as users are always paying attention to content that shows individual achievement, creativity or popularity. The greater the FOMO (Fear of Missing Out) a person has, the greater is their risk of developing social anxiety. Those who feel left behind are more prone to experience a crisis of self-confidence, a strong desire to fit into the trend and not stand out, and deep-seated fear.

Several previous studies have shown that TikTok use is indeed linked to users' psychological well-being. Research (Putri & Virlia, 2023) found that activity on TikTok is associated with increased social anxiety among adolescents. In addition, the study (Guk et al., 2024) It also shows that college students who use TikTok are prone to experiencing FOMO due to constant exposure to content. However, most of these studies still use a quantitative approach and focus more on measuring levels of FOMO or social anxiety rather than on understanding users' subjective experiences.

Research Gaps Based on a review of previous research, there are several research gaps that warrant attention. First, studies that specifically focus on Generation Z students as the primary users of TikTok remain limited. Second, previous research tends to address FOMO and social anxiety separately, thus failing to examine the interconnection between the two as a single, holistic psychological experience. Third, previous research has predominantly used quantitative approaches, so the real-life experiences of students as TikTok users have not been explored in depth.

The urgency of this study is determined by the high frequency of Tik Tok use among college students that may affect their emotional and social well-being. Students can find social media turning from a source of fun to a source of mental stress if the phenomena of FOMO and social anxiety are not understood in the right way. Therefore, more research is

needed to understand in depth students' experiences with TikTok, which can be a basis for promoting healthier and more responsible social media use.

The originality of this study is the phenomenological qualitative approach to exploring the lived experiences of Generation Z students as active TikTok users. Rather, this study does not treat FOMO and social anxiety as separate variables; rather, it seeks to understand them as one, interconnected psychological experience. The main difference of this study compared to other studies is that it is based on the TikTok context and students' subjective experiences.

The title "FOMO (Fear of Missing Out) and Social Anxiety Among Gen Z TikTok Users" was chosen because these two phenomena are the issues most relevant to the lives of today's college students. TikTok was chosen as the research context because it is the most dominant social media platform used by Generation Z and features highly intense interaction dynamics. Thus, this study is expected to provide a more comprehensive understanding of the psychological impact of TikTok use on college students.

Based on the above discussion, this study aims to analyze the experience of FOMO among college students who use TikTok, explore the implications of FOMO for the social anxiety they experience, and analyze the challenges students face in dealing with this condition. The main issue in this study is the lack of in-depth understanding of how college students interpret their experiences of FOMO and social anxiety as TikTok users. This research is expected to provide both theoretical and practical benefits. Theoretically, this study contributes to the development of social psychology and digital communication by integrating social comparison theory (Festinger, 1954), FOMO theory (Przybylski et al., 2013), and social anxiety theory (Clark & Wells, 1995) to offer a comprehensive framework for understanding the interconnection between FOMO and social anxiety among Generation Z TikTok users. The findings enrich the literature through an in-depth phenomenological account of students' subjective experiences. Practically, this study provides valuable insights for students, educators, and mental health practitioners. For students, the findings raise awareness of the psychological risks of excessive TikTok use and encourage more mindful consumption. For educational institutions, the results can inform the development of digital literacy programs and mental health support services. For parents and counsellors, this research offers a deeper understanding of the factors contributing to FOMO and social anxiety, enabling more effective guidance. Additionally, the findings may support the development of intervention strategies such as social media detox programs and digital well-being initiatives to help Generation Z manage social media-related psychological pressures.

METHOD

The research employed a qualitative phenomenological design. This approach is in line with the research objective to provide an in-depth account of the subjective experiences of Generation Z students utilizing TikTok with respect to the stress, social anxiety and FOMO phenomena resulting from their TikTok interactions. This approach helps researchers to appreciate the importance of their own perspective. The subjects of this study were Generation Z students at Universitas Swadaya Gunung Jati (UGJ) at Campus 1, 2, and 3 who are active TikTok users. Participants were chosen by purposive sampling which is purposeful

selection of participants based on specific criteria related to research objectives. Participant requirements included:

1. is a member of Generation Z
2. actively use the TikTok app for at least two hours every day; and
3. experience social anxiety or FOMO when using the app.

This method was used to collect data that could comprehensively describe the phenomenon and align with the research objectives. Data were collected through three methods: in-depth interviews, documentation, and observation (Sugiyono, 2013). Their experiences with FOMO and social anxiety could be clearly understood through the use of interviews. The behavior and interactions of students using TikTok were observed on campus. However, interview transcripts, field notes, and screenshots of activities related to the research environment were used to collect data through documentation.

The next part of (Abdussamad, H. Z., 2021) used the phenomenological analysis paradigm from (Creswell 2015) for data analysis. This paradigm consists of three main dimensions:

1. Textural Description: To define the phenomena of FOMO and social disengagement, the researchers used observational data and interview results. Each key statement was recognized as part of their language acquisition process.
2. Structural Description of the Experience: The researchers describe the social and emotional environment that influences the experience mentioned above. For example, social pressure from TikTok activities can lead to psychological stress.
3. Essential Findings: This final stage builds the core meaning or essence of the participant experiences, revealing the association of stress, social anxiety, and FOMO among Gen Z TikTok users.

Triangulation of sources and methods was used to check the accuracy and consistency of the data collected for the study, i.e. to compare findings from observations, interviews and documentation. The purpose of this phenomenological approach is to achieve a holistic understanding of the psychological dynamics of Gen Z TikTok users, especially the interaction between FOMO, social anxiety, and the stress they face on a daily basis.

The data in this study were tested for its accuracy and consistency through source and procedural triangulation, by comparing the results of observations, documentation, and interviews. This study, which employs a phenomenological approach, is expected to provide an in-depth understanding of the psychology of Generation Z TikTok users, particularly regarding the phenomena of stress, social anxiety, and FOMO that they experience on a daily basis.

RESULTS AND DISCUSSION

Research Results

This study presents the findings obtained through in-depth interviews regarding symptoms of Fear of Missing Out (FOMO) and social anxiety among students at Swadaya Gunung Jati University who use the social media platform TikTok. The analysis in this study is based on Self-Comparison Theory

(Festinger, 1954) and the Fear of Missing Out theory from (Przybylski et al., 2013) and the Cognitive Social Anxiety Theory introduced by (Clark, David M.; Wells, 1995) as a basis for analyzing the informants' experiences and views on the use of TikTok.

All participants in this study are Generation Z college students who actively use TikTok. The platform is used by the informants for various purposes, ranging from entertainment, information-seeking, and keeping up with the latest trends to building social connections in their daily lives. The high frequency of TikTok use makes this app an integral part of the informants' digital activities. Having a TikTok account constantly exposes users to a variety of content showcasing the lifestyles, activities, and achievements of other users. This situation implicitly influences individuals' perspectives in evaluating themselves and comparing themselves to other users in the virtual world. Exposure to such content then triggers a fear of missing out (FOMO) and social anxiety, particularly regarding how they are perceived and accepted socially.

The interview results indicate that the informants' experiences of FOMO and social anxiety are strongly linked to social comparison mechanisms, the need to stay socially connected, and concerns about negative judgment from the digital community.

FOMO (Fear of Missing Out) Among TikTok Users Social Comparison on Social Media

The results of the interview suggest that the most reported experience by the informants about TikTok is social comparison. Informants often compare themselves with other users who have activities, lifestyles, achievements or appearances considered to be more attractive. This type of content is constantly shown on the For You Page, thus subconsciously influencing certain social standards.

“At first, I often felt left out when I saw so many people following TikTok trends, and that’s when I started to worry that people would think I wasn’t up to date. Even though I tried to accept that the trend had already passed, that anxiety still crept in.”

(Interview with Informant 1: Aan Anisah, January 23, 2026, UGJ Campus 1)

The social comparisons that occur on TikTok clearly shape a complex psychological experience for the informants. Observing other users who showcase more engaging activities, achievements, or appearances causes the informants to unconsciously set certain social standards for themselves. These standards trigger a desire to constantly keep up with trends so as not to fall behind, while also causing anxiety and internal pressure.

Such an occurrence is known as Fear of Missing Out (FOMO). The feeling of FOMO is not only when a trend is in the moment, but also when the informant recognizes that they are behind on the trend. This situation results in feelings of anxiety, restlessness and discomfort about their position in the digital social environment. The informant fears that a lot of other users have already joined the trend, making him seem out of touch with developments and out of sync with the environment. While the informant tries to embrace the now passed trend, that effort does not fully get rid of the feeling of anxiety. Therefore, the social comparison that takes place on TikTok increases the experience of FOMO which leads to the social anxiety of the informant. The pressure to conform to social norms on social media creates ongoing emotional stress, making FOMO a concern for the informant when using TikTok.

Fear of Missing Out with Trends and Information

The informant's social comparison then turned into a fear of missing out on trends and popular content on TikTok. The informant had a need to know what was going on so they would not be out of touch with their peer group.

"I definitely feel like I'm missing out on a lot of information and whenever there is new information or gossip and I don't know about it, I feel like I'm out of the loop."

Interview with Informant 2: Risha Ramadhani, 24 January 2026, UGJ Campus 2

This fear drives informants to visit TikTok more often than they are necessarily required to do so. This impulse is a clear sign of FOMO, anxiety in the form of the fear of missing out on social connections and important information perceived as relevant. Informants also described that this phenomenon generates regret if they missed certain trends/activities, generating an internal urge to quickly adapt to the visible standards of digital social life. But even though the informants try to keep up with the ever-changing stream of information on TikTok, these efforts do not fully resolve their anxiety.

They still feel compelled to follow trends and popular content so as not to be seen as left behind by their social circles. This situation indicates that the social comparison and FOMO experienced by the informant create ongoing psychological pressure, so that TikTok users continue to be accompanied by the worry of missing out on important information.

The Drive to Stay Socially Connected

The informants' FOMO is also evident in their urge to stay connected to others' activities on TikTok. They feel that following trending topics and popular activities is a way to maintain their social presence within their circle of friends.

"I sometimes feel restless because I need the entertainment provided by TikTok content." (Interview with Informant 3: Moza Al Zahrani Firdaus, January 23, 2026, UGJ Campus 3)

This sense of restlessness suggests that the most important factor influencing TikTok use is the need for social connection. Informants feel more at ease after accessing trending content, as this fosters a sense of mutual respect and closeness with others. The informants participate in popular events and activities and feel that they are part of social situations even when interactions are not always peaceful. This case shows that FOMO is a strong catalyst for repetitive social media usage, the primary motivator being the need to feel included and connected.

TikTok is a platform that fulfils social needs, particularly those related to building a sense of community, acceptance, and social connections. Therefore, the informants' experience of FOMO is exacerbated by the need to maintain social connections, which also influences how much they use TikTok each day.

Social Anxiety Among TikTok Users

Concerns About How Others Perceive Us

Studies show that participants are concerned about what others think of them, especially when they want to post something on TikTok. Participants consider how their audience will judge the content, both in terms of its substance and its presentation.

“I often feel afraid that people will look at me and judge me negatively.” (Interview with Informant 4: Rahayu Meylina, January 24, 2026, UGJ Campus 2)

This statement indicates that the informants consciously experience anxiety about how others perceive them. They must be more cautious about the information they post because they worry about negative judgments. To avoid negative criticism from their audience, the informants typically select the content they share and reconsider how they express themselves. This caution influences how the informants speak on social media. Informants do not have complete freedom to present themselves as they wish; rather, they do so in accordance with perceived social norms. This suggests that concerns about others’ opinions affect autonomy in digital interactions.

As a result, the fear of being judged by others influences informants’ behavior on social media. This makes self-expression more limited and restrained as they strive to maintain a socially acceptable self-image. This is a sign of social anxiety, in which people continue to actively participate in social media out of fear of receiving negative criticism from those around them.

Fear of Negative Evaluation

Informants are not only concerned about being judged, but also fear negative feedback, such as unkind comments or a low number of likes. Audience reactions are used as a sign of social acceptance.

“I’ve received negative comments before, but I don’t respond to them.” (Interview with Informant 5: Selma Annisabila, January 23, 2026, UGJ Campus 3)

Although the informants said they did not take negative feedback too seriously, such experiences still evoked certain emotional reactions. The informants acknowledged that they felt uncomfortable in certain situations, which could lead to doubts about their own abilities. However, recognizing that everyone has different opinions, the informants tried to manage the psychological impact so it would not worsen.

Fear of negative evaluation also affects informants’ self-confidence. When audience responses fall short of expectations, informants tend to be more cautious about posting future content and reconsider the self-expression they display. This suggests that negative evaluation leads to social anxiety, which occurs when people try to alter their behavior to avoid socially and emotionally harmful reactions.

Restrictions on Self-Expression on Social Media

In response to social anxiety, some participants chose to limit how they express themselves on TikTok. They tend to be viewers rather than content creators, or they only post certain types of content that they consider safe.

“Negative comments used to undermine my self-confidence, but over time I’ve learned that those comments don’t fully reflect my self-worth.” (Interview with Informant 6: Shalmalia Azzahra, January 23, 2026, UGJ Campus 1)

Informants became more cautious when using social media after receiving negative comments. However, the process of reflection allowed them to understand that others’ judgments do not always reflect their overall quality or self-worth. Respondents knew this, and so they deliberately limited themselves – not because they were desperate but to

safeguard their mental health. One of the coping mechanisms used by the informants to deal with social anxiety is to limit the type of content or the frequency of participation. Informants believe that this will reduce emotional stress while allowing them to remain engaged on social media. The findings imply that self-censorship is an adaptation to the demands and expectations of social media.

Generation Z

As the informant explained, “I think people are scared of not being in the loop of trends and popular information on TikTok in my experience.” Generation Z is the generation born from roughly 1995 to 2012, and who were raised in an environment fully integrated with digital technology. According to (Jean M. Twenge 2017), cited in (Livingstone, 2018), Generation Z, also known as iGen, is the first generation to have been exposed to smartphones, the internet, and social media as part of their daily lives from childhood onward. This has shaped social interaction patterns that are very different from those of previous generations.

Members of Generation Z have a strong affinity with the digital world. Social media is not only a communication tool, but also a space for self-expression, identity formation and a way to gain social recognition. At this point, social interaction is no longer a face-to-face meeting, but it's done virtually through platforms such as TikTok. “Psychologically, Gen Z is usually very socially aware. They were raised in a culture that values visibility, presence and instant feedback. Likes, comments, and views are measurable in every post on social media. Social acceptance is more tangible and measurable. This can influence how people view themselves and how they measure themselves against others.

Generation Z is also characterized by the constant connection they have. The constant connectivity puts them at higher risk of digital social pressure, especially when exposed to the activities, achievements or experiences of others that are selectively promoted on social media. They may find themselves feeling socially irrelevant or left out in such situations. Therefore, the features of Generation Z as digital natives, their need for social validation and their intense use of social media are key factors to understand their psychological dynamics, including in relation to the phenomena of FOMO and social anxiety.

Research Discussion

The existence of Fear of Missing Out (FOMO) and social anxiety on Gen Z TikTok users indicates the relation of social media usage and the social and psychological condition of the user. Research findings indicate that the causes of anxiety and FOMO include the frequency of app usage, individual psychological factors and social pressure, and the characteristics of a fast-paced digital environment. TikTok is no longer merely an entertainment platform, but rather, it is a social interaction platform that influences the construction of the digital identities and perceptions of its users.

Users are always under pressure to catch up with trends, information and digital activities and it becomes very challenging to stay connected with friends, influencers and online communities. Social deprivation is often used to describe the constant feeling of FOMO caused by not having access to digital information. This situation is in line with the view that (Przybylski et al., 2013), which states that FOMO reflects people's desire to gain recognition

from those around them and feel like they belong to a social group. Generation Z experiences FOMO not only because of technology but also because of their fundamental need for social connections.

The research findings suggest that in addition to FOMO, social comparison is a key factor affecting users' emotional states and beliefs. Many participants reported that they tend to compare themselves to other creators who seem more confident, creative or aesthetically pleasing. This act of comparison frequently leads to feelings of inadequacy and pressure to meet perceived ideal digital social standards. Consistent with social comparison theory (Festinger, 1954), This is part of the increased social comparison that people feel that they don't measure up to the perfect standards that they see on social media. These standards are often the result of editing, retouching and curated content but users still use them as a measure of their self-worth which ultimately leads to a lack of self-confidence and self-doubt.

This situation aligns with the theory (Clark, David M.; Wells, 1995) which defines social anxiety as being overly aware and concerned about others' negative evaluations of the self. The likes, comments and audience reactions are all social evaluation measures on TikTok, which directly influence users' perception and add psychological pressure. Social anxiety is not only experienced when creating content, but also when consuming it. Content creators can seem more creative, popular, or successful which can make users feel inferior or inadequate. But not everyone has this level of anxiety, it depends on personality, experience and self confidence. For people with stronger secure self-esteem, TikTok is a form of entertainment or self-expression, but for those more vulnerable to social scrutiny, high levels of social comparison may have adverse effects on their psychological health.

Moreover, research has indicated that Gen Z has developed alternative means of coping with FOMO and social anxiety, while not compromising on a healthy use of social media. Some choose to do a social media detox, taking a break from TikTok for a while to improve their emotional health and cut down on the content that causes them to feel like they're comparing themselves to others. Other strategies involve more selective consumption, focusing on the positive, and redirecting attention to offline activities that bring personal satisfaction. Based on (Przybylski et al., 2013), People are changing their digital engagement habits to help them maintain their mental health and emotional well-being. These strategies are examples of adaptive coping strategies. Also, users demonstrate a more careful ability to assess situations. They start to learn that not every trend is worth jumping on and that digital success or recognition does not Define their self-worth. This awareness can help you feel less stressed and more in control of your social media use. Reappraisal is when you re-evaluate a situation, that is, a person's ability to interpret circumstances in a more balanced way so they do not feel excessive emotional strain. This is essential because social media demands quick, constant interaction.

Thus, TikTok use influences Gen Z's social identity and self-image via extreme online interactions. The combination of high digital pressure, social needs and social comparison causes FOMO and social anxiety. However, this study demonstrates that self-awareness, control over social media use, and the adoption of self-care strategies can reduce this phenomenon. Those Gen Zs who can manage the need for social acceptance and mental health use social media in a healthier fashion.

The results show that TikTok is not only a social interaction space, but also a psychological environment that influences users' emotions, thoughts and behaviors. The online interaction is important for the identity and social relationships of Generation Z. Social anxiety and FOMO are part of the experience of digital communication. However, users can utilize social media in a positive way and balance their online and real life by using adequate coping strategies, self-reflection, and behavioral changes.

CONCLUSION

According to the results of the research, it can be said that Generation Z is a generation that grew up in a digital environment, strongly attached to social media, especially TikTok. Using TikTok is now a daily activity that provides entertainment, information seeking and a space for interaction and self-expression. However, the level of social media use has also led to the phenomenon of Fear of Missing Out (FOMO) especially with people feeling like they are missing out on trends or popular activities. The emergence of social anxiety is closely linked to Generation Z's FOMO. The informants said they felt anxious, less self-confident and worried about what others judged, when they compared themselves with the content that the other users publish on TikTok. This constant social comparison process makes individuals feel insufficient, unimportant or incapable to meet the social standards established in the digital environment. The results of this research also showed that the main problems Generation Z faces in the process of overcoming FOMO and social anxiety are the inability to control the use of social networks and lack of self-awareness. However, some participants have started to develop adaptive strategies, such as restricting their TikTok usage and perceiving social media only as a form of entertainment. Therefore, it is necessary to work on improving digital literacy and psychological awareness so that Generation Z can use social media in a healthier and more balanced way.

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