The Role of Agreeableness and Self-esteem on Fear of Missing Out

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Abstract--- *This study aims to examine the interaction between agreeableness personality type, self-esteem, and fear of missing out in college students. This study useda quantitative approach with the correlational method. The data was collected using the Big Five Inventory, SLCS-R, and the Fear of Missing Out Scale. The participants were 536 college students in Bandung. The results of this study show that agreeableness and self-esteem can affect fear of missing out. Those who have agreeableness personality and low self-esteem are more prone to experience fear of missing out than those who have not. Furthermore, self-esteem can moderate the relationship between agreeableness and fear of missing out. Thus, this study highlights the influence of personality and self-esteem on fear of missing out.*

Keywords--- *Role of Agreeableness, Self-esteem on Fear, FoMO.*

I.   INTRODUCTION

Thedigital age makes people inseparable from electronic devices marked by the emergence of the internet network. Theinternet has manypositive impactson human life, suchas facilitating tasks, work and communication, and asamediumfordataexchange, the media looking for information and communication media. Along with a positive impact, the internet also has a negative impact, such as pornography, offense - violence, fraud,also their addiction to the use of the internet.

Social media provides many personal conveniences and pleasures. The facilities that are obtained by using social media include unlimited space and time. Communication with others and the latest information can be done quickly.Socialmedia can be a place to socialize and make new friends, besides social media can also be entertainment in free time.Przyblylski et al. (2013) argue that social media makes it easy to access information in real-time about various activitiesand hot topics. This convenience can give anxious feelings when using social media (Przybylski et al., 2013).

Individuals may feel so worried if they miss a trend that is happening in social life.These feelings vary, such as the feeling of anxiety and fear of being left with friends and others. This feeling of fear of being left behind is known as the FoMO phenomenon. It is said that someone experiences FOMO when accompanied by behavior that continues to check other people's activities on social media. Individuals will easily find out what other people are doing through social media. They may continuously check what other people are doing and compare with what they were doing.

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Other studies on FoMO talk a lot about the impact of FoMO on well being and one's mental health. FoMO can be an essential factor in determining individual health outcomes related to social media use (McLaughlin, 2016; Baker et al., 2016) FoMO has the impact of online vulnerability and psychological well-being such as sense of support, sense of connectivity, and self-esteem (Buglass , et al, 2017; Przybylski, et al 2013).

JWT Survey results in 2011 found that people in 19-26 years had jealousy and pressure when using social media with a percentage of more than half. They also conducted surveys on adult millennials and the percentage obtained from FoMO indications reached an average of 70%. Research Przybylski et al. (2013) also found people under the age of 30 years were most likely to experience FoMO. Internet users with the largest percentage are in the age range of 19-34 years (APJII, 2017). This phenomenon is crucial, given that individuals who feel it is at the stage of development of adolescent transition to adulthood. The transition from adolescents to today is known as the era of emerging adult hood development. At the time this someone experiencing the dynamics of psychological, one of which is the tendency to establish relationships interpersonal more in the others (Azka, 2018). Difficulties at this time can make them vulnerable to having social media dependency.

The broad factors that influence FoMO are personality constructs (Poropat, 2009, in Przybylski et al., 2013). Przyblski added that the next FoMO research could continue the research between big five personalities and FoMO. Tresnawati (2016) found that two traits in the big five personalities have a positive relationship with FoMO, which are agreeableness and extraversion. Compared to extraversion, agreeableness has a higher predictive level of FoMO.

Based on the existing phenomena and facts, researchers are interested in seeing further the FoMO phenomenon in Bandung students. Bandung was called as smartcity, Ridwan Kamil who was the mayor of Bandung has made significant changes related to the government's attitude towards the use of technology. He mentioned the five pillars of the 'smart city' in his plan: technological infrastructure, technology-oriented government, open government, empowerment, and "technopolis" 40,000 hotspots were installed to ensure more Bandung residents could get online (Techinasia, 2014).

In a preliminary survey on junior high, high school and college students with each of the 15 subjects in each group, the results show that these students were indicated having FoMO. Based on the results of interviews and observations, there were 9 people indicated FoMO out of a total of 15 people. They spend more than 6 hours using the internet and checking their social media more than 10 times a day. They feel anxious when they see the experiences of other people and friends more fun than him. Two people express trembling because they feel emotions that are too deep like anxiety, sadness, jealousy and so on when they use social media. All of them feel the same way that there are mixed feelings when they use social media. This mixed feeling is stated that they have some feelings felt when using social media such as feelings of anxiety, sadness, and fear.

McLaughin (2016) says many of the cases of FoMO are very negative with individuals not realizing it. Some respondents said that they did not feel important in daily updates.However, the fact was that they updated Snapgrams or stories in their WhatsApp every time, more than 3 times each day.These updates may mean that they need to keep continuously updated everyday. Further research found that four out of nine people who were indicated to have FoMO had agreeableness personality types.

The level of the influence of agreeableness personality types on FoMO is still low at 2.3%. Thus, there could be other variables that can be a reinforcer in the relationship between agreeableness and FoMO.Self-esteem is suggested to affect the level of FOMO experiencedby someone (Abel, Buff, and Burr, 2016). An experimental study by Hunt, Marx, Lipson and Young (2018) showed that people with low self-esteemare moreproneto compare their lives with others in social media.Previous studies show the correlation positive between self-esteem are low and levels of anxiety were high (DeJong, Sportel, de Hullu & Nauta, 2012; Hulme, Hirsch, & Stopa, 2012; Schriber, Bohn, Aderka, Stangier,& Steil, 2012, in Abel, 2016).

Agreeableness Personality Type

Agreeableness is the personality trait of someone who tends to be friendly, trustworthy, cooperative, warm, generous, defeatist, easy to accept, and has good behavior. Meanwhile, those who did not have agreeableness personality tend to be cold, confrontational, cruel, suspicious, stingy, unfriendly, irritable, and full of criticism of others (Friedman & Schustack, 2006; McCrae & Costa, in Feist & Feist, 2010).

In this study, students who indicated FoMO were someone who had agreeableness personality types. Agreeableness and extraversion personality can affect interpersonal relationships (Weisberg et al., 2011). Someone with agreeableness personality type involves a tendency of cooperation and maintenance of social relations and altruism.Thus, it is closely related to the FoMO factor, namely the need for relatedness. They desire to continue to maintain relationships with others, and they afraid to be left behind.

In Seidman's view (2013, in Tresnawati, 2016) agreeableness trait relating to updates on social media such as Facebook to communicate and connect with others relating to social activities in order to inspire others. This agreeableness trait can cause fear to be left behind in knowing information and activities that are up to date because of the speed of social media in displaying it in real-time.

Self Esteem

Abel, et al. (2016) state the psychological state that is present when someone uses social media is the basis that helps to understand the concept of FoMO. Self-esteem represents an evaluative component of self-concept that indicates how people feel about themselves. Self-esteem is commonly referred to as the difference between the baseline value and the value instrumental (Tafarodi & Swann, 2001). Values in self-esteem relate to what is right and what must be done; self-esteem assumes that the self is good or not, appropriate or not. Someone with high self-esteem will naturally know their competence and feel valuable. These two things become the global dimension of self-esteem itself, namely self-competence and self liking.

Przybylski et al. (2016) argue that the basis of FoMO is social anxiety. Low self-esteem is a risk factor for social anxiety and depression (Sowislo & Orth, 2012, in Abel et al., 2016). Some literature shows the positive correlation between self-esteem is low and high levels of anxiety (De Jong, Sportel, de Hullu and Nauta, 2012; Hulme, Hirsch, & Stopa, 2012; Schriber, Bohn, Aderka, Stangier, & Steil, 2012, in Abel, 2016).

McLaughn (2013) also argues that FoMO comes from the attitude of looking out so that their activities compare themselves with others that it means a lack of acceptance of yourself. Someone who has such an attitude tends to

havelow self-esteem. Tafarodi and Swann (2001) suggest that someone with high self-esteem has an appreciation in himself so thatheaccepts himself. Triani(2017) added that self-esteem can be a predictor of FoMO.

Fear of Missing Out

The FoMO phenomenon that is happening right now is because of the advancement in information technology, especially with the presence of social media. Social media plays a vital role in the presence of FoMO.FoMO can occur due to two factors, the first is the lack of relatedness needs . This lack of need makes an individual feel anxious when others get better experiences and feel anxious when not participating in activities carried out by others. The second is the need for self, including the needs for competence and autonomy. This lack of need makes individuals spend time looking for information or news that is updated and kept updated from the activities carried out daily.

In this research, students have a high level of FoMO. Students have anxious feelings and are afraid of being left behind when using social media. Checking social media per day also exceeds the average of more than 10 times per day. The time spent reaches more than 6 hours. Someone with a high level of FoMO often texts and checks messages and emails. What is happening now is that students often check and chat as in WhatsApp, Line, and so on. Checking on social media is no longer free at leisure but when driving and learning or lectures take place can occur (Przyblylski et al., 2013).

Students who experience FoMO are prone to losing their identity because they feel they are not with other people when gathering with friends or closest people. Sciendaily (2013) suggested that someone who has a high level of FoMO feels unhappy because they are comparing the activities of other people.This means that if someone has a high level of FoMO, it will affect themselves and their daily activities.Therefore, researchers want to see further the relationship between agreeableness and FoMO personality types with self-esteem as a moderator variable on Bandung students.

II. RESEARCH METHODS

This research uses a quantitative correlational approach. The variables to be examined are agreeableness as an independent variable, fear of missing out as the dependent variable, and self-esteem as a moderator variable. To see the influence of personality type variables agreeableness and FoMO with self-esteem as moderating variables used moderated regression analysis techniques.

The population in this study were Bandung students who lived or boarded in Bandung. The sample in this study was 536 students in Bandung who actively used social media and chat applications for more than 3 hours per day and were in the age range of 18-25 years. The number of research samples taken according to Crocker & Algina (1986) states that the number of subjects taken as samples is seen from five to ten times the items to be tested. Researchers took half that is eight times the number of items with a total of 67 items, so 67 x 8 = 536 samples. This sample is obtained by convenience sampling technique where the samples taken are easily found or reachable by researchers.

Personality type agreeableness was measured using a scale of adaptation results Big Five Inventory by Ramdhani in 2012. Self-esteem variable was measured using a modified scale from the SLCR scale made by Tafarodi & Swann in 2001. FoMO variable was measured by the modification of the Scale of Fear of Missing Out about Social Media created by Przybylski and colleagues in 2013.

Item analysis calculations were obtained from a try out with a sample of 200 Bandung students. Crocker and Aligna (1986) suggested that 200 people were sufficient to be sampled. Using the Pearson product moment analysis, several items did not meet the criteria. In the big five inventory scale, there are two items that do not meet the criteria. On the SLCS-R scale, there is one item that does not meet the criteria and on the FoMO scale, all items meet the criteria.The scale used is valid and reliable to measure the three variables in the study.The data analysis technique uses moderated regression analysis which is the development of multiple regression to see the role of self-esteem in the relationship between agreeableness and FoMO personality types.

III. RESEARCH RESULTS AND DISCUSSION

Research Result

The results were obtained using the moderated regression analysis test. The researcher calculated the effect of agreeableness and self-esteem personality type variables on FoMO by using multiple regression tests. The results show that personality type and self esteem simultaneously significantly influence FoMO ($R^2 = .066$, $F(2) = 18.772$, $p < .001$). This result shows that the agreeableness and self-esteem variables have a positive effect on FoMO of 6.6%, whilethe remaining 93.04% are other variables. The influence of the agreeable personality type and self-esteem on FoMO is included in the low category. Further analysis showed that partially, agreeableness personality type ($B = .130$, $t = 2.960$, $p < .003$) significantly had a positive effect on FoMO, meaning that the more someone had a high agreeableness score then the level of FoMO would be high too. Meanwhile, self-esteem ($B = -.265$, $t = -6.020$, $p < .001$) has a significant negative effect on FoMO.The lower one's self-esteem, the higher the level of FoMO. The possibility of self-esteem as a moderator will also increase the relationship between agreeableness and FoMO personality types.

Further analysis was carried out to determine whether self-esteem can be a moderator between the relationship between agreeableness and FoMO personality types by looking at ΔR^2, whether it has increased or decreased. The results of calculations with the regression test show that the relationship between agreeableness and FoMO personality types increases with self-esteem as a moderator variable, ($\Delta R^2 = .073$, $F(2, 533) = 21.480$, $p = .001$). This result shows that self-esteem can significantly moderate the relationship between agreeableness and FoMO personality types. Self esteem including quasi moderation variable because when a predictor ($p = .001$) and moderator ($p = .001$) both have a significant effect.

Table 1: Average Cross Tabulation of Agreeableness and Self Esteem Variables on FoMO

Self-esteem	Agreeableness		
		High	Low
	High	33.63	33.28
	Low	34.24	32.91

Based on Table1, FoMO is at the highest level when agreeableness is high and self-esteem is low at 34.24. FoMO is at the lowest level if its agreeableness is low and self-esteem is low at 32.91. This finding means that if the student agreeableness is high and self-esteem is low, the level of FoMO will be high. Subjects with agreeableness, self-esteem, and FoMO are categorized into low and high. From 536 participants, 59% of them have strong agreeableness personality types and 41% have not. Self-esteem that is classified as high as 49.81% and the other 50.19% were low. The level of FoMO in students were 60.83% high and 39.17% low. In this case, we can see that the majority of students have high levels of FoMO. FoMO is said to be a vulnerability in the use of social media.

In addition, the demographicdescription of the subjects was obtained by comparing the number of subjects between groups in gender, age and residence did not have a significant difference. The difference in number is not too much. Unlike the group of subjects at the university's origin, state universities make up the majority with a percentage of 60.44% while the number of subjects enrolled at official universities is at least only 5% of the total subjects. On parental income too, the majority of subjects had a high parental income with a percentage of 52.05% while subjects with low-income parents were only 2% of the total subjects.

IV. DISCUSSION

The results show that the agreeableness personality type together with self esteem can significantly influence one's FoMO by 6.6%, and another 93.4% is influenced by other variables. Agreeableness has a positive effect on FoMO; the higher the agreeableness, the higher the level FoMO. The agreeableness personality type involves the tendency of cooperation, maintenance of social relations and altruism so that it is closely related to the FoMO factor, namely the need for relatedness. In Seidman's view (2013, as quoted from Tresnawati, 2016) the trait agreeableness relating to updates on social media such as Facebook to communicate and connect with others relating to social activities in order to inspire others (Marshall & Lefringhausen, 2015: 35). Someone who has agreeableness is most likely to feel a sense of fear to be left behind in knowing information and activities that are up to date due to the speed of social media.

In contrast, self-esteem has a negative effect on FoMO, the higher one's self-esteem, the lower the level of FoMO. Then it was found that self-esteem has a role in the relationship between personality types agreeableness and FoMO. The relationship between agreeableness and FoMO were increased from 2% to 7.5%. This result means that self-esteem strengthens the relationship. Self-esteem moderates the relationship between agreeableness personality types and self-esteem as a moderator predicting FoMO of 7.5%. Self-esteem can predict FoMO and also moderates the relationship between agreeableness personality types and FoMO.

Self-esteem affects the level of FoMO in Bandung students. An experimental study conducted by Hunt, Marx, Lipson and Young in 2018 stated that individuals with low self-esteem or bad self-images were more vulnerable to engaging in social comparison and spending time on social media sites. Someone who has low self-esteem is prone to experience high FoMO. Moreover, students are in the era of emerging adulthood where at this time, individuals have entered into an independent adult life pattern, namely career, marriage and household. This phase causes relationships with friends to become increasingly tenuous. Involvement in social activities outside the home continues to diminish, making early adult individuals begin to utilize the presence of social networking sites as an

alternative means of staying in touch with friends (Azka, 2018). The desire to connect with others can then become vulnerable because low self-esteem will make social media which used to be a communication medium become dependent to stay connected continuously because of the existence of FoMO which disrupts the activities of the students themselves.

The next result shows there is no significant difference seen from the average categorization of each variable. Then the level of agreeableness and self-esteem does not affect the level of FoMO Bandung students. This is consistent with the previous results considering the level of predictive personality type agreeableness and self-esteem, including the low influence. The small contribution indicates that there is a personality construction in the agreeableness personality type that is aware of the impact of FoMO. The need for further research that discusses variables outside of the study amounted to 93.4%. There are still many other personality constructions such as self-regulation (Sianipar & Kaloeti, 2019) or maybe external variables such as social environment, network availability and others.

V. CONCLUSIONS AND SUGGESTIONS

Conclusions

Based on the data obtained and the calculation results in this study, it can be concluded that there is a correlation between agreeableness and FoMO personality types with self-esteem as a moderator variable on Bandung students.The agreeableness and self-esteem personality types simultaneously influence the FoMO of Bandung students. The effect of both of them on FoMO is in a low category.Self esteem can increase the relationship between agreeableness and FoMO personality types in Bandung students. Self-esteem is a moderator variable in the relationship between agreeableness and FoMO personality types as well as FoMO predictors.

VI. SUGGESTION

The researcher hopes that the educational institution can make students aware of the vulnerability of the use of social media by holding seminars or scientific discussions, especially regarding the disadvantages and factors of FoMO. In addition, the researcher hopes that the public will be more aware of the vulnerability of using social media and make preventive efforts such as counseling, about the use of the internet or social media.

Further research can look for other personality factors that can affect FoMO. Future researchers can also be more careful in data collection and analysis. For example, extraversionhas a positive influence on previous studies (Tresnawati, 2016). Researchers can then focus their research on gender, especially women, because big five personalities and self-esteem are closely related to gender. Future studies can use different measurement tools to measure each variable such as the agreeableness personality type variable using the NEO-PI-R scale (Costa & McCrae, 2008), and FoMO which has now been developed from the scale used, namely the FoMO scale by social media (Przybylski et al., 2013). There are also many other internal and external factors that have not been explored yet that can affect FoMO.

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