ABSTRACT

LIRA AISAFITRI, 14816069

The phenomenon of the Fear of Missing Out Syndrome in Millennial Generation in the city of Depok

Keywords : Social media, FoMO Syndrome, Millennial.

This research discusses “The Phenomenon of Fear of Missing Out Syndrome in the Millennial Generation, where the Millennial Generation is the most active in using social media so that it affects their lifestyle. This study aims to determine the lifestyle characteristics of Millennials who experience FoMO (Fear of Missing Out) syndrome and the impacts that arise from Millennials experiencing FoMO (Fear of Missing Out) syndrome on the millennial generation in Depok. The theory used is the Symbolic Interaction theory to find out the characteristics of their lifestyle, and the Self-Determination theory to see what impacts arise on Millennial Generations who experience Fear of Missing Out syndrome. This research uses qualitative research with a phenomenological approach, where the data collection techniques used are observation, interviews, and documentation. The results of the study found that Millennials who experience FoMO (Fear of Missing Out) syndrome will have lifestyle characteristics that spend more time on cellphones, and for them accessing social media is important, because with social media there is an emotional connection that makes themselves they often pay attention to their friends' posts. Not only that, they also post something that others want to see, show something that is fine, and don't want to show their weaknesses, because for them other people's judgments about them are very important. Likewise with the impact on Millennials who experience FoMO (Fear of Missing Out) syndrome where they are often negligent with their obligations, and always want to be lazy while opening social media so it's difficult to sleep, even they themselves forget that it turns out that life is life in the world. real.

Bibliography (2002-2020)