

TACTICAL STRATEGIES FOR DEALING WITH 'FEAR OF MISSING OUT': A COGNITIVE-BASED INDIVIDUAL COUNSELING GUIDE FOR VOCATIONAL SCHOOL ADOLESCENTS

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ABSTRACT :

Study studies case qualitative This aim For analyze manifestation , factors causality , and effectiveness intervention Restructuring Cognitive in Cognitive Behavior Therapy (CBT) framework towards Fear of Missing Out (FOMO) behavior in two vocational school students (EP and KC). FOMO in the subject case This manifested as social media addiction chronic (>5 hours/ day) which leads to dysfunction behavior, including neglect task school, obligations basic , and anxiety excessive consequence encouragement irrational For always update and get validation social. Root of the problem identified on distortion cognitive fear considered ' unintelligible and lost moment valuable which triggers dependence chronic . CBT intervention, through technique Restructuring Cognitive and Coping Thought training, focus challenge and replace thought negative the with statement a better self rational and adaptive. Evaluation results show significant transformation in both subjects . They succeed reduce duration use gadgets , improve focus academic , and demonstrate stability emotional with reduced fear left behind and anxiety . Research conclusions This confirm that Restructuring Cognitive is effective intervention For organize repeat thought irrational and return mental balance of adolescents from impact negative FOMO phenomenon .

Keywords : FOMO, Restructuring Cognitive , Individual Counseling , Cognitive Behavior Therapy (CBT),

INTRODUCTION

Contemporary world covered by acceleration development technology information and communication (ICT) that is not unavoidable . Speed This has shift paradigm communication , making the internet the main medium and most sought after by almost all layer society . The Internet has incarnate become a giant portal , a place every individual can access and distribute information in a way



instant and limitless . Transformation This No only change method We communicate , but also define repeat fundamental human needs : information now become vital commodities that drive almost every aspect life , involving chain complex sender and recipient of data (Amallia, 2022) .

Condition This the more strengthened with presence cell phone smart (smartphone). A small , smart device This has democratize internet access , let it go from limitations space and time . The presence of smartphones opens up gate going to various facility increasingly rich and diverse digital communications , starting from letter electronic (email), browsing, to features interactive on social media (Avcı & Kula, 2023) .

Social Media and Generation Z: A Inevitable Attachment , from all digital innovation , social media appear as star main . Global statistics show trend improvement massive social media users from year to year . Social media has become stage interaction and expression oneself , especially for teenagers . Group age this — often called as Generation Z or digital natives— born and raised in vortex progress information and digitalization , making social media No Again just choice , but A tool essential For fulfil need interaction and validation social they (Chan et al., 2022) . They using platforms like Instagram, Facebook, and TikTok as window For see and be seen by the world.

The Dark Side of Digital Connectivity : Impact Negative and Vulnerable Adolescents. Although social media offer extraordinary convenience and connectivity ordinary , excessive use and without control keep potential impact significant negative , especially for teenagers . Teenagers , in general psychological , still is at in phase search vulnerable identities . They own trend tall For easy influenced by the environment social and often not yet ripe in consider consequence term long from behavior they (Shane-Simpson & Bakken, 2024) . Vulnerability This make they easy fall into in effect bad from digital overexposure .

Impact negative the covers decline quality communication face face , risk



internet addiction , threats privacy , as well as isolation social paradoxical : distancing what is close and bringing what is far closer (Tanhan et al., 2022) . More specific again , exposure without stop towards other people's " ideal lives " on social media has bring up phenomenon psychological worrying new : Fear of Missing Out (FOMO) (McKee et al., 2024) .

FOMO, a acronym meaning Fear of Missing Out, defined in a way academic as afraid deep that other people might experience experience valuable or satisfying the unsatisfactory experienced by individuals said , marked with encouragement compulsive For still Keep going connect and monitor what other people do via the internet (Al-Furaih & Al-Awidi, 2021) . FOMO isn't it only just curiosity ; he is A anxiety social triggers scrolling behavior without end , compare self , and prolonged worry , which in development classification disturbance internet usage has identified as symptom new ones that require attention serious . For students Vocational High Schools (SMK), which are facing pressure academic , demands social , and preparation career , FOMO symptoms can bother focus learn , lower price self , and trigger stress prolonged .

See urgency FOMO problems in teenagers , especially in the environment institutions education such as Muhammadiyah Larangan Vocational School, is needed A approach intervention structured and proven psychological effective . Researchers believe that approach Cognitive Behavior Therapy (CBT) counseling offers the right solution targets . CBT focuses on relationships between thoughts , feelings , and behavior , with objective For help individual change pattern thoughts and beliefs negative become more views realistic and adaptive (McKee et al., 2022) .

In a way special , symptoms afraid missing out (missing out) can be reduced and prevented through CBT techniques , including management self , training skills coping , and the most relevant : Restructuring Cognitive . This technique allows student For identify , challenge , and replace distortion cognitive triggers



FOMO anxiety (Ghufron & Nasir, nd) .

Therefore that , researcher feel very interested For study more in root causes and effectiveness handling FOMO behavior . Based on background behind critical issues this research This submitted with focus For give handling applied to cases student FOMO behavior . Proposed title is “ Restructuring Cognitive as a FOMO Solution Through Individual Counseling for Students at Muhammadiyah Larangan Vocational School . Research This expected can become guide practical For cut off chain digital anxiety and returns mental balance of students .

METHODS

Study This designed with use approach qualitative (Vanover et al., 2021) , a framework highly relevant work For dig holistic and contextual understanding about phenomenon complex psychological approach . This allows researchers For dive into reality subjective participants and capture wealth of data that is not can measured in a way numeric.

As for the types selected research is a Case Study (Weyant, 2022) an ideal research strategy for investigate phenomenon contemporary in context life real in a way in-depth . Case study This focused in a way specifically on two students (EP and KC) at Muhammadiyah Larangan Vocational School who were identified show symptom significant from Fear of Missing Out (FOMO) behavior . Approach studies case allows researchers No only describe problem , but also explore root causes , analyzing the impacts caused , and evaluate effectiveness effort the treatment provided .

Focus main study This is produce comprehensive and intensive overview about manifestation FOMO behavior in EP and KC students , starting from factor trigger specific to the digital and social environment they , the consequences psychological feelings that are felt , until implementation intervention Restructuring Cognitive as handling (Toliver, 2021) .



Determination subject study done through a careful selection process at Muhammadiyah Larangan Vocational School. After get permission and do observation beginning as well as gather information demographics basic (initial name , type gender , class), researcher succeed identify EP and KC as the subject whose case is most representative FOMO problems studied (Kostere & Kostere, 2021) .

Data collection in studies case qualitative This use method data triangulation for reach high validity (Elliott & Timulak, 2021) . The technique used includes : Observation participatory For see behavior daily life , Interview in-depth (in-depth interview) for dig experiences , thoughts , and feelings subject in a way directly , Documentation related to supporting data (such as social media usage logs) when relevant), and Socialization or discussion with party related (guidance teacher counseling and guardianship class) (Timmermans & Tavory, 2024) . All of these data analyzed in a way inductive For give answer complete to problem study about causes , impacts , and handling of FOMO through counseling individual (Savin-Baden & Major, 2023) .

RESULTS AND DISCUSSION

Study This serve results exploration deep about Fear of Missing Out (FOMO) behavior and effectiveness intervention Cognitive Behavior Therapy (CBT) counseling with Cognitive Restructuring technique on two female students School Intermediate Muhammadiyah Larangan Vocational High School (SMK). This result shared become three part main : overview clinical FOMO behavior , factors the underlying causal and process and external handling carried out (Hendrawan, 2024) .

1. Unraveling Trend FOMO Behavior in Students

a. Profile Case Subject : EP and KC

Two subjects the case that became focus intervention This is female



students class XI Department Accounting at Muhammadiyah Larangan Vocational School. EP, 15 years old , is known as individuals who like make up self , reading novels, and activities social like strolling together friend . He is the eldest of two siblings . Meanwhile that , KC, aged 17 , also has same interests in make up self , but highlight creativity through painting , beside enjoy time gather with his friends . KC is child second from three siblings . Both female students this , although own interest high social , it turns out keep deep anxiety related their digital life .

b. Manifestation Clinical FOMO behavior

Interview results deep disclose manifestation real and disruptive FOMO behavior on both sides students , in line with indication clinical FOMO presented by Taswiyanah (2022) and Anwar & Amien (2022).

At Siswi EP: EP shows behavior dysfunction clear self due to FOMO. He confess use up time hours playing TikTok until ignore tasks the school that should be become priority academically . More far , behavior compulsive This even expanding to neglect need basis and obligations religious , such as forget breakfast and late or forget time prayer . In a way socially , he is very vulnerable to validation external , with easy follow invitation Friend For visit viral places , even when He currently No own sufficient allocation of funds , in order to avoid feeling ' kudet ' (not up to date).

At KC Students : KC shows pattern more social media addiction chronic . He confess use up at least five hours a day for scrolling without stop on Instagram and TikTok. Activity This make it lost orientation time and even forget life real (forgot with life the original). His anxiety seen when He must Eat while staring gadgets and feel intense anxiety if No checking TikTok or Instagram. Behavior This driven by fear fundamental that He will left behind from activity his friends .



Both EP and KC validate indication general FOMO: the existence of feeling No comfortable , restless , and anxious when No hold gadget or open social media . Encouragement For keep updating and scared will lost moment valuable experiences experienced by others (Przybylski et al., 2013) are at the core of anxiety they .

2. Causal and Impact Factors Multidimensional

a. The Root Cause of FOMO

phenomenon in teenagers driven by a combination internal and external factors . In general external , social media make it easier individual For Keep going follow every things done by the closest people , creating pressure For always updated (Aisafitri , 2020).

key factor experienced by EP and KC is, the need Validation and Recognition Social : They viewing posts on social media as mandatory things done For prove existence and getting confession from Friends (Aisafitri , 2020). Fear considered outdated (kudet) pushing they For buy items that are not too important (for example make-up or viral treatment) just to follow trend .

Fear of Missing Precious Moments: There is a feeling nervous moment see other people's excitement triggers addicted For Keep going monitor other people's activities (SENDA et al., 2024) . Fear this , as form concern miss something experience without presence self , is factor main the emergence of FOMO in teenagers .

Social Media Addiction : Unwillingness For miss what other people do making EP and KC experience dependence chronic to gadgets and social media .

b. Impact Negative Multidimensional

Unexplained FOMO behavior handled cause a series impact negative impact all over aspect life Subject . Academic Impact : Komala



(2022) noted improvement duration smartphone use in class bother concentration learn and pass down achievement . In EP and KC, this manifested as decline activity academic , ignoring tasks school , and not focus moment follow lesson .

Mental Health Impact : A Concern excessive trigger anxiety . In line with Sachiyati (2023) and Nafisa (2021), FOMO can increase risk depression , stress , and anxiety , as well as cause feelings of insecurity and lack believe self . Second female students experience anxiety excessive Because desire For Keep going use gadgets .

Impact Behavior and Social : Female Students experience disturbance time (forgot) time eating and praying), lack of interaction social face advance Because too focus on social media , and the trend For display side life best on social media , which is precisely maintain circle anxiety (Maknun , 2023).

3. Intervention Restructuring Cognitive : Process and Results

See impact serious on EP and KC, decided that intervention quick required . Researchers choose Cognitive Behavior Therapy (CBT) Counseling with technique key Restructuring Cognitive (Cognitive Restructuring). This technique chosen Because his proven focus in help individual change thoughts , beliefs , and emotions that are not rational become more thinking adaptive . Handling focus on two factors main : feeling left behind / not updated and scared will things new viral.

a. Stages Implementation Intervention

Counseling process case (study cases) on EP and KC were carried out through a series systematic stages . Initial Assessment & Commitment : Filling in biodata, explanation principles counseling (confidentiality), and signing sheet commitment For ensure readiness subject .



Identification & Diagnosis: Digging description problem in a way comprehensive (Identification) and determine factor reason main (Diagnosis) for focus intervention.

Prognosis & Solution Selection : Establishing CBT with Cognitive Restructuring techniques as solution For change pattern FOMO thinking and behavior . The goal is organize repeat thoughts and conduct disputes (debates) against unfounded beliefs rational .

Implementation of Cognitive Restructuring, Delivery Rationale : Counselor strengthen belief that thought negative (e.g. , "If you don't update, I will will ostracized ") affects behavior .

Mind Analysis : Identifying thought negative / distortion that appears in situation trigger anxiety . Teaching Coping Thought: Teaching subject For divert focus from destructive thoughts myself ("I have to viewing TikTok now ") to thought positive alternative ("I'm fine ") just my job more important ").

Reinforcement & Homework : Practice self-reinforcement (making statement positive self) and provide Homework Assignment so that the subject practice deep coping thinking situation real .

b. Results and Evaluation Transformation

After undergo a series session CBT counseling with Cognitive Restructuring technique , results evaluation show change significant behavioral and cognitive changes in EP and KC. Initial Condition (Dysfunction): More like playing social media, Addiction , spending >5 hours a day , restless If not updated, Ignore assignment , forgot time prayer and eating , thoughts negative : afraid left behind , afraid considered Kudet , Anxiety excessive and insecure (Lodewijk, 2024) .

Final Condition (Adaptive): More Lots interact direct with friends , talking about matter positive non- trend , Reducing time



playing gadgets, start arrange time social media usage , Focus in do task school , no forget time praying and eating , able to control thought negative and divert it to the positive . No more consider self outdated , Lack of fear left behind , more trust in friends , and not direct assume negative . The purpose of treatment has achieved , showing that effective Cognitive Restructuring intervention in organize repeat thought irrational that becomes base FOMO behavior in EP and KC students .

c. Action Follow -up

As step end , researcher do follow-up with give motivation and reward for success subject overcome FOMO problem . Giving strengthening This aim For maintain change behavior positive . Session official CBT counseling ended after subject show stable ability in applying coping thoughts and tasks House (Fazria, 2024) .

CONCLUSION

Study studies case This in a way firm conclude that intervention Restructuring Cognitive in the Cognitive Behavior Therapy (CBT) framework is highly effective and transformative solutions For handle destructive Fear of Missing Out (FOMO) behavior in adolescents , especially students of Muhammadiyah Larangan Vocational School.

Two subjects , EP (15 years old) and KC (17 years old) , showed severe manifestation of FOMO , going beyond just use of social media excessive . The symptoms found are very worrying , including neglect obligation academic (assignments) school), dysfunction need basic (forgetting) eating and praying), until addicted chronic (scrolling duration is longer than 5 hours a day) triggered by fear irrational will considered ' kudet ' and needs compulsive will validation social . The root of the problem identified strong on distortion cognitive that causes



anxiety excessive , insecure, and dependent chronic on gadgets .

Through a series stages structured counseling — starting from a comprehensive diagnosis until implementation Cognitive Restructuring technique — research This succeed cut off chain thought negative the key his success lies in the teaching of Coping Thought; subject trained For challenge thinking destructive ("If it doesn't update, I will ostracized ") and replace it with statement positive and rational self ("I'm fine") just my priority more important ").

Evaluation results show transformation significant behavior : both female students succeed reduce duration play gadgets , set time use of social media , increasing focus academically , and most importantly , achieving stability emotional with reduced fear lagging behind and anxiety . They now capable control thought negative in a way independent and switch from compulsive digital interaction to interaction social face more face Healthy .

With Thus , research This No only identify depth FOMO problem among teenager , but also prove that Restructuring Cognitive No just theory , but rather intervention practical that can restore mental balance and restore teenager to reality a better life productive and adaptive .

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