

# FOMO Syndrome: The more people use Facebook, the more afraid they are to be abandoned

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In fact, this syndrome has been discovered for a long time, but perhaps it must be the time when Facebook became the "most populous" online community in the world with the competition of many other social networks such as Instagram. Twitter, FOMO is really clear.

In the past 10 years, social networking sites have become important tools to help people connect and interact. These platforms allow us to create public or semi-public profiles (Semi-public) to share, acquaint, make friends and chat with millions of people around the world. With such proven useful features, Facebook or other online communities are contributing to reducing geographical barriers, helping people become closer to each other and the concept of "foreign". also gradually not too heavy anymore.



Among the generations, young people born in the time of technology boom (generation Z onwards) are said to be influenced by the strongest impact of social networks and the Internet. They become more integrated, more knowledgeable not only about common issues but also "far ahead" of parents about many other things, such as

comfort in using language, sharing pictures photos, lifestyles, public relations, making friends with people from all over the country and most of them, most people own a "friends" network that affects both behavior and awareness. their.

However, the outbreak of social networking also led to the emergence of a psychological phenomenon called "*Fear of missing out*" (FOMO), also known as the "*fear of abandonment syndrome.*" " or "*forgotten syndrome* ". In August 2013, FOMO was officially added to the Oxford Dictionary (Oxford English Dictionary) with a very clear definition. Even companies now recognize the importance of FOMO in marketing strategies and start applying it to attract the attention of young people.

## So what is the fear of abandonment syndrome?



The abandoned fear syndrome (FOMO) is a feeling of anxiety when you are not allowed to participate in an event, awakened by seeing posts (with pictures) appearing on social networking sites.

Admittedly, most of us have experienced this syndrome, especially for those who regularly use social networks. For example, you decide to stay home and take a rest on Saturday night but feel it is not easy to miss a meeting with friends or another situation like that.

Recent studies have shown that forgotten fear syndrome is associated with a sense of disconnection and frustration and a social network is "fuel" that makes this phenomenon worse.

## FOMO syndrome and social network

Learn about this relationship because **social networking facilitates this person to be jealous of the other person** because they have the opportunity to participate in an important event, be present somewhere or show off an item. According to statistics, up to 56% of social network users have a fear of missing something like an important event, news or a status from friends or people they are watching . If not constantly present on social networks.

This is not simply a login to Facebook a few times a day, it is a feeling of restlessness, impatient when there is no time that you cannot access (such as no internet connection, power outage or busy work) job.). We like sophistication that it is the job that forces us to go online continuously, but in fact, it is more about our choices. You have the choice to surf the News Feed or not, no one is forcing you.

As mentioned earlier, FOMO syndrome has been recognized by psychologists for centuries, but its rate and intensity have never increased at the current rapid pace. Imagine a farmer living in the fourteenth century might be curious about the life of a nobleman living in a magnificent castle but certainly, they have no chance to compare. For now, when information can spread quickly across all forums, online newspapers, social networks in less than a minute, anyone can easily share everything with friends via the app. Free messaging with just one touch or click, comparing your life to millions of people around the world is too easy.



Not to mention that when you start posting a photo or status on Facebook, you also worry that your post will not have many "likes" or comments. At this time, a series of negative thoughts began to appear as *"sure the picture is not beautiful, unattractive?"*, *"No one noticed me?"* or *"why does she like the other's photo without liking your photo?"*.

## Invisible obsession

With the help of social networks, FOMO has never been as popular as it is now. More strangely when this syndrome is accepted in young people as a trend that everyone should have, even if not "fear of abandonment", it is automatically considered an outdated person. Behind the push for Facebook to become more expansionary, **FOMO only makes people more competitive with each other in the fight to win positions in society.**

See also: **Don't let this 19 regret appear in your life**

The person himself is always "afraid of being forgotten" or feeling self-deprecating, worried. When they miss a party, a holiday or a social event, they will feel they are not being looked after by anyone. In some cases, some people are afraid to miss unhealthy things. According to a study, FOMO is the most popular among people aged 18 to 33, two-thirds of this age group admits they feel that fear. At the same time, a negative impact of this syndrome on health has also been found, including **depressive symptoms** and **negative thoughts**.

# Deal with FOMO

It's not easy to give up smartphones and online reading habits or surf the News Feed. However, you can still learn how to control the FOMO outbreak by answering some of the questions below:

## 1. Is this what you want to do?

One of the cool things about the fear of abandonment syndrome is that it helps you realize that the missing worry is derived from your true desire. For example, you want to have a light Saturday night with your family, then, go to your room to watch your favorite movie. However, when holding the phone up, according to the habit, you go to Facebook and see your friend has just posted a few photos with some other people in a party with a lot of celebrities. At this point, even though the friend called you to go and you don't go, you still feel abandoned. What is the reason cannot be explained.

Obviously, the feeling of FOMO does not arise from one's true desire but because of jealousy towards others. If you are aware and clear about it, you will easily be able to control that "forgotten fear" feeling.

## 2. Is it time for myself to change?



If the reason is not jealousy then it may be time for yourself to change. FOMO doesn't mean you want to do exactly what others do. The important thing is that you need to know how to differentiate from the feeling of "fear of being abandoned" and what is the feeling you feel you need to have a transition.

Also, learn how to enjoy that fun to miss. Don't worry, wondering if you can't be present in many ongoing events, but put your own tasks on par with them. This means that having dinner with your family, watching movies at home or reading an unfinished book . needs to be taken seriously as if you feel down when you can't attend a party. As a result, when you see photos of friends, you no longer feel jealous because you know that what you are doing is equally interesting and meaningful.

## 3. Are the things you are seeing real?

We all know that the majority of social networks are "virtual". What you see on reality TV or videos, photos posted on Facebook is not really a person's life or a real person. So as soon as you realize that you start feeling "afraid of being forgotten", try asking if they are real or just fake?

#### **4. Are you a person who knows how to use technology wisely?**

A social study shows **that using Facebook or other social networks can reduce feelings of happiness and satisfaction with people's lives.** However, if we look at the fact, exactly Facebook is just a tool, the happiness or sadness that we feel depends on how we use it.

See also: **The more you use Facebook, the more likely you are to live negative and often disappointed**

Therefore, the best way here is to become a smart technology user with an effective time management method. Set the rules of time to surf the web, go to social networks, chat with friends, read newspapers and be strict with established plans. You can even do "more aggressively" by "unfriending" unknown people or those who just boast all day, posting virtual photos.

Once you have done all of the above, you will find yourself no longer "afraid of being abandoned" as before.

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