



Phubbing, Fear of missing out (FoMO) and Psychological Well-being among Youth

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Abstract: *Smart phones have become an inseparable part of an individual's life. With the availability of wide-ranging features, people especially youth are seen to be completely engrossed in their immobile phones. Developing on the existing study of phubbing, fear of missing out (FoMO), and psychological well-being, the present study examined their relationship among youth as well as gender differences in all three. Data was collected from youth aged 15-24 years old (N=287: 117 Male & 170 Female) through the online mode using Google forms. As expected, phubbing and FoMO are positively correlated with each other and negatively associated with psychological well-being. Surprisingly, no gender differences were found in phubbing, FoMO, and psychological well-being.*

Keywords : *Pubbing, Fear of Missing out (FoMO), Psychological well-being, Youth.*

Introduction

Youth is defined as a period between the reminiscence of childhood and transition to adulthood having the age range of 15 and 24 (United Nations General Assembly, 2001). It is the time of life that is characterized by vigor, zeal, and enthusiasm. Achievement in school competitions, autonomy in decision making, engagement in the workforce marks the developmental milestone of youth (Arnett, 2004). It is said that youth is the spine of any nation and the future of a country depends heavily on its youth. Thus, much attention is paid to positive youth development as the stakes of the vulnerabilities and negative consequences are very high.

With the advent of the gadget-oriented era, people's inclination towards the digital world and their engagement in it has become increasingly prominent. Electronic gadgets such as smart phones have eased the process of constant access to anyone and everyone as well as to their ongoing social activities like partying and dining but this has also induced feelings of discontentment, anxiety, and worthlessness in people (Abel et al., 2016; Pryzbylski et al., 2013) affecting their psychological well-being. Moreover, in the technology-driven era with the inclusion of smart phones having tempting features from the camera to web, from writing, editing to 3-D games has led to a novel problem termed "Phubbing" (Karadag et al., 2015). Not only this, today's youth immensely value their virtual social connections,

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