

THE EFFECTIVENESS OF GROUP COUNSELING COGNITIVE RESTRUCTURING TECHNIQUES TO REDUCE FEAR OF MISSING OUT (FOMO) IN ADOLESCENT SOCIAL MEDIA USERS IN BAYUNG LENCIR

Hartika Utami Fitri¹, Ima Maslahatun Azizah², Suryati Suryati³

^{1,2,3}Universitas Islam Negeri Raden Fatah Palembang

Corresponding Email: hartikapit@gmail.com

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Abstract

Fear of missing out (FoMO) is the behavior of actively accessing social media, continuous access that disturbs the subject, causing feelings of laziness, delays in scheduled activities and concerns about not knowing interesting events that other people are doing. The purpose of this study was to determine the level of fear of missing out (FoMO) in adolescent social media users and the extent to which cognitive restructuring technique group counseling is effective in reducing fear of missing out (FoMO) in adolescent social media users. This type of research is quantitative with an experimental method and uses a one group pretest posttest research design. The population in this study was 77 adolescents with research samples taken using purposive sampling techniques from the results of the pretest treatment, namely 8 people. Furthermore, for data collection techniques, researchers used questionnaires and data analysis techniques were carried out through the Wilcoxon test. The results showed that there was a decrease in the posttest score (high and medium categories with a mean value of 57.5) compared to the pretest results (high and medium categories with a mean value of 75.12). From the data analysis using the Wilcoxon test, it shows that the Zscore value <0.05 with a Zscore value of -2.533, so it can be concluded that group counseling with cognitive restructuring techniques is effective in reducing fear of missing out in adolescents who use social media.

Keywords: group counseling, cognitive restructuring, fear of missing out

Introduction

Teenagers who have social media accounts usually update their stories, personal activities and moments with friends. Social media allows everyone to comment and express their opinions freely. This is due to the fact that it is very easy to cheat or commit crimes on the internet, especially social media. However, Teenagers interact with their friends during study sessions in an attempt to discover who they are. However, today's teenagers are often considered cool and cool if they are active on social media. Teenagers who don't have social media accounts are usually considered less social, outdated, and traditional. While social networking has its advantages, it is also important to consider its disadvantages. 86% of children in grades 7 to 12 use social media every day, and this explains why. According to some developmental experts, teenagers tend to make social comparisons when evaluating themselves. A survey shows that 57% of teenagers aged 13 check their social media accounts 6 times a day even if they don't upload anything. (Christina et al., 2019)

Social media has recently emerged as the fastest and cheapest way to disseminate information and is useful for interacting with people around the world. has the adverse

effect of reducing direct and face-to-face social contact, leading to over-reliance on social media, and creating ethical and legal problems as a result of the spread of harmful content that violates the law, ethics and privacy.(Pratiwi & Fazriani, 2020) In essence, social media promotes and maintains peer interaction, which helps teens grow. Additionally, in addition to teaching teenagers how to utilize the latest technology, social media can be used to exchange knowledge about various subjects, including health and education.(Christina et al., 2019)

Initial observations carried out on 5 subjects aged 15-25 years in Bayung Lencir sub-district stated that they were active in accessing social media. However, this is different from global population data, which shows that 57% of people use the internet with an average of 5-6 hours of online time per day. This number indicates a higher level of intensity than expected. Due to the high intensity of use, most participants spend 8-12 hours a day on the internet using social media. Of most of the subjects interviewed, an average of four social media were used: Instagram, Facebook, WhatsApp, and TikTok.

In 2018, the Indonesian Internet Service Providers Association (APJII) conducted a survey on the behavior and penetration of internet users throughout Indonesia. The results show that 91% of internet users include teenagers, with social media being the second main reason for internet use(APJII, 2017). According to research shows that most of the subjects spend more than 8 to 12 hours per day on internet activities and social media access. Continuous access disturbs the subject, causing feelings of laziness, delays in scheduled activities, and worry about not knowing about interesting events carried out by other people. Of these various characteristics, one of them is FoMO.(Christina et al., 2019)

Fear of Missing Out (FoMO) is an event where teenagers are always worried about missing information and want to use multiple social media platforms. Missed opportunities to make social connections, attend meetings, make profitable investments, or other satisfying experiences. Many studies have investigated how FoMO mediates. It is very common that teenagers use social media. There is a link between not meeting the psychological demands of worry and excessive use of social media. When details are missing, such as the inability to communicate with other people, teenagers will become nervous, this is often found in life, and teenagers usually engage in social interactions to seek information about their idols.(Astika et al., 2022)

FoMO is a syndrome that causes a lot of concern in the world, as shown by the theme of this research which discusses FoMO. Even though Allah SWT has told us that we are afraid of various things in the world, one of the tests that Allah SWT gives to humans is what they experience in order for humans to be sufficient and patient to face them as explained in Qs. Al-Baqarah: 155 It means:

“And we will certainly test you with some fear, hunger, lack of wealth, souls and fruits. And convey good news to those who are patient.”

This verse explains that every human being will receive a test from Allah SWT, either in the form of pleasure or difficulty. This means that humans must be able to anticipate their needs and avoid feeling anxious about this mortal world. However, in this advanced age, people have more and more opportunities to be consumed by worldly interests through various channels, including social media, which has an impact on mental health.

FoMO is an important phenomenon to research because in individuals who are starting to reach young adulthood or adolescence, this will interfere with developmental tasks that should be passed, such as exploring different values and lifestyles, and spending more time with peers. However, difficulty disengaging from social media access activities

can lead to lower behavior and life satisfaction.(Andi, 2016) This low basic life satisfaction will see social media as the main platform for connecting with other people. Because individuals feel they can improve their social relationships and improve their social abilities through these connections. Thus, FoMO has a negative relationship with general mood, according to other research. Therefore, it is important for this research to be researched with teenagers as research subjects.

In general, FoMO can affect daily physical and mental health, so it must be identified immediately and reduce the possibility of developing it. The cognitive behavioral therapy counseling model, which focuses on emotional problems, is one method available to determine FoMO.(Afdilah et al., 2020) An alternative that can be used in this FoMO problem is cognitive behavior therapy (CBT) group counseling with cognitive restructuring techniques.

Cognitive restructuring is one of many CBT approaches. Cognitive restructuring is a method for exploring and assessing one's perceptions, understanding the impact of certain negative thoughts on behavior, and learning how to replace perceptions with realistic and relevant thoughts. If a person is influenced by painful emotions and behaves when doing so is harmful to themselves or others, uses language that always, should or should not be done, or has a belief system that hinders the process of self-improvement, cognitive restructuring techniques can be applied.(Kelompok et al., 2016) Cognitive restructuring strategies focus on discovering a person's behavior and changing their negative, irrational thoughts. By using group dynamics, group counseling to make it easier for group members to express their problems and find solutions, can be an appropriate curative approach in dealing with adolescent problems.(Fitri & Kushendar, 2019)

Interference with cognitive restructuring techniques to reduce FoMO in adolescent social media users is possible through group counseling services. With the aim of prevention and healing, group counseling is an effort to help individuals in groups. It aims to give people the opportunity to grow and mature.(Fitri & Kushendar, 2019) Using group dynamics, group counseling to make it easier for group members to express their problems and find solutions, can be the right curative approach to dealing with adolescent problems(Edmawati et al., 2018)

To solve adolescent problems, group counseling can be an appropriate curative method. Group dynamics help group counseling members express problems and find solutions. The aim of group counseling using cognitive restructuring techniques is to reduce the fear of missing out experienced by Bayung Lencir teenagers. By using group dynamics, teenagers can learn to solve problems and change the mindset of teenagers who think irrationally and inappropriately about trends or information. FoMO creates negative self-perception, low self-esteem, and self-deprecating thoughts directed at oneself. Adolescents will experience difficulties in social adjustment and self-actualization as part of achieving adolescent developmental tasks if they do not have good self-acceptance.

Various adjustment disorders are found in adolescents with FoMO due to maladaptive thought processes towards their circumstances. If not handled properly, the fear of missing out (FoMO) effect can become a problem for teenagers. Adolescents face difficulty accepting themselves, which leads to difficulty being satisfied, self-actualizing, and may hinder normal mental growth. To reduce fear of missing out (FoMO), curative interventions are needed, one of which is group counseling that uses cognitive restructuring techniques. One of the CBT methods known as cognitive restructuring aims to replace the client's logical thinking with rational and adaptive thinking.(Edmawati et al., 2018)

This research is still little researched, therefore researchers are interested in conducting research on the effectiveness of cognitive restructuring technique group

counseling to reduce the fear of missing out among teenagers who use social media in Bayung Lencir. The aim of this research is to find out how the level of fear of missing out (FoMO) among teenage social media users in dibayung lencir is described. And to find out how cognitive restructuring technique group counseling can reduce the fear of missing out in teenage social media users in dibayung lencir.

Method

This research uses a quantitative approach with a type of experimental research, in experimental research it is used to look for the effect of certain treatments on others under controlled conditions. The experimental design used in this research is one group pre-test post-test design, this research was carried out twice, namely before the experiment (pre-test) and after the experiment (post-test) with one group of subjects. The population in this study was all teenagers in RT 08 and RT 09 RW 01, Bayung Lencir Indah sub-district, namely 77 teenagers. Sampling in this research was carried out using a purposive sampling technique. Based on sampling, the researcher took 8 teenage samples for research. The reason for taking 8 samples was because in this study the researcher used group counseling services consisting of 2 men and 6 women.

Questionnaires or questionnaires can be used as the name of the data collection technique, and can also be used as the name of the research instrument. To collect data, questionnaires are sent to respondents which are then filled out in writing so that researchers can develop further information. The questionnaire question used by researchers to be answered by respondents was using the fear of missing out (FoMO) scale. Questions that must be answered by respondents use a Likert scale with four alternative answers, namely strongly agree (SS), agree (S), disagree (TS), and strongly disagree (STS). As for the statements submitted to respondents for them to answer, the statements are as follows:

Table 1. Fear of missing out (fomo) questionnaire

No	Aspects	Indicators
1	Unmet psychological need for relatedness	a. Fear of not being able to take part in activities or experiences with friends or others. b. Fear when friends have better experiences or activities than me
2	Unmet psychological need for self	a. Feeling too long to find out what is going on with friends in cyberspace. b. Stay updated to notify yourself to cyberspace.

The points given for each response with a positive question score are SS with a score of 4, S score 3, disagree with a score of 2 and strongly disagree with a score of 1. The negative question scores are SS 1, S 2, TS 3, STS 4. After calculating the results of the instrument that has been carried out to find out whether the items entered in the questionnaire or questionnaire are really valid, this study is tested for validity by calculating the pearson correlation. The number of samples used in this study was 77 people, so the calculation was $77-2 = 75$. From the results of these calculations, the rtabel value used is 0.224 with a significance level of 5%. Based on computational findings conducted for validity tests using the SPSS application package by comparing with the rtabel value of the formula $df = n-2$ of 0.224. The fear of missing out question item consisting of 30 questions contained 25 items that were declared valid and 5 items that were declared invalid.

Result and Discussion

The description of the level of FoMO in teenagers using social media is in the shadow of 77 teenagers before the treatment given. The pretest results obtained data with a percentage of 73% categorized as medium, a percentage of 16% categorized as high and a percentage of 12% categorized as low. Of the 77 respondents, the researchers took the medium category. Of the 56 respondents, the researchers only took 8 respondents who would receive therapy using cognitive restructuring techniques in the form of group counseling.

Table 2 Standard Percentage Of Pretest Results

Interval	Category	F	Percentage
>92	High	12	16%
70-92	Medium	56	73%
<70	Low	9	12%
Total		77	100%

After carrying out treatment it can be concluded that there are changes experienced by teenagers. This is indicated when they gather to do group counseling while waiting for other group members, they are no longer glued to their cellphones and no longer update the status of what they are doing. This can be seen in the posttest scores. It can be seen that there is a change in scores, where before being given the fear of missing out treatment, teenagers occupy a medium position with a score of 70-92 and then occupy a low criterion with a score of 52-61. It can be said that group counseling services with cognitive restructuring techniques are effective in reducing the fear of missing out in teenage social media users who were initially in the medium category to become the low category.

Tabel 3 Standard Percentage Of Posttest Results

Interval	Category	F	%
>61	High	2	25%
53-61	Medium	4	50%
<53	Low	2	25%
Total		8	100%

The aim of this study was to evaluate the impact of cognitive restructuring group counseling on adolescents in Dibayung Lencir who use social media to reduce the fear of missing out. The average (mean) must be calculated from the pretest and posttest.

Tabel 4 Results of pretest and posttest calculations before and after applying group counseling using cognitive restructuring techniques

No.	Initial Responden	Pre-test	Category	Post-test	category
1	RA	82	High	52	Low
2	RRP	80	Medium	60	Low
3	DA	74	Medium	56	Low
4	DAR	79	Medium	63	Low
5	RE	76	Medium	62	High
6	IK	59	Medium	52	Low
7	DPS	76	Medium	58	Medium
8	SO	75	Medium	57	Medium
Mean (SD)		75,12(7,060)		57,5(4,140)	

It can be observed that from the results of the pretest and posttest calculation table before and after conducting group counseling using cognitive restructuring techniques to reduce the fear of missing out in teenagers using social media in dibayung lencir, namely: able to divert negative thoughts into coping thoughts, classified in the highest score category before doing treatment numbered 1 person, medium value numbered 6 people and low value numbered 1 person. After being given treatment, 2 people were categorized as having high scores, 4 people with medium scores and 2 people with low scores. So it can be concluded that the level of FoMO among adolescent social media users is in the moderate category and has decreased from the pretest to the posttest results.

The data analysis technique used in this research is the Wilcoxon test. The Wilcoxon test is a non-parametric technique used to evaluate differences between groups when two matched data sets have an ordinal or interval scale but the distribution is not normal. This test was carried out using a significance level of 0.05. The Wilcoxon test was carried out using SPSS V22.

Tabel 5 Wilcoxon test

		N	Mean Rank	Sum of Ranks
posttest - pretest	Negative Ranks	8 ^a	4,50	36,00
	Positive Ranks	0 ^b	,00	,00
	Ties	0 ^c		
	Total	8		

a. posttest < pretest

b. posttest. > pretest

c. posttest. = pretest

Based on the table above, it shows that the positive ranks or difference (-) between the pretest and posttest is 8 in the N value. 0, so it can be said that there is no similarity between the pretest and posttest scores.

In this Wilcoxon test research, researchers use benchmarks in making decisions that will be used as guidelines or guidelines, namely:

- If the probability (asympt.sig (2-tailed) > 0.05 then H0 is rejected and Ha is accepted.
- If the probability (asympt.sig (2-tailed) < 0.05 then H0 is accepted and Ha is rejected.

Tabel 6 Test Statisticsa

	posttest - pretest
Z	-2,533^b
Asymp. Sig. (2-tailed)	,011

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

Judging from the statistical test data above that Zscore < 0.05 with a Zscore result of -2.533, it is concluded that H_a is accepted and H_0 is rejected, so it can be concluded that group counseling using cognitive restructuring techniques is effective in reducing the fear of missing out in teenage social media users. under the shadow of slime.

Fear of missing out that occurs in teenagers who use social media dibayung lencir based on one of the staff of Lurah Bayung Lencir Indah is true that it still has a fairly high level of fear of missing out on the latest information or trends, which can be seen from several posts of teenagers who always update on their social media about information or trends that are currently there. With the results of research that researchers have obtained by conducting a pretest, it shows that the level of fear of missing out occupies a medium position with a value score of 75%. This is influenced by the existence of an environment that has high negative thoughts about social media so that teenagers consider this good to follow.

Many are not aware that there are negative impacts of habits that are often done by teenagers such as always monitoring social media so as not to miss information or trends so that teenagers often monitor their social media just to find out other people's activities. This is because phone addiction makes teenagers always open their social media. Many studies say that individuals with fear of falling behind information or trends (FoMO) have problems with mental health, looking at it from a certain perspective, knowing unhealthy relationships can cause adolescents to experience physical stress, and loss of non-virtual relationships between individuals and local communities. What makes teenagers become more intense on their smart phones has its own level of happiness and poor health so that teenagers are more interested in the virtual world than the real world.(Afdilah et al., 2020)

That teens with FoMO are interested in using social media to stay in touch with friends. In addition, Fuster et al found that people who experience high levels of FoMO are influenced to access social media more frequently in order to stay informed about their plans and activities with others. Social media exists as a tool to interact, share thoughts, and experience unforgettable experiences. As a result, the actions of individuals experiencing FoMO can trigger greater use of social media.(Fathadhika & Afriani, 2018)

Fear of missing out in adolescent social media users is categorized at medium and high levels. Group counseling with cognitive restructuring techniques is effective in reducing the fear of missing out because through this cognitive restructuring technique

counselors are invited to change irrational thoughts that initially they had to force themselves to have to follow the latest information or trends into rational and positive thoughts. Researchers conducted group counseling with cognitive restructuring techniques carried out with 6 stages, namely rational, problem identification, recognition and coping thought exercises, switching from negative thoughts to coping thoughts, positive thought recognition and training, and homework. This is in the implementation of group counseling with cognitive restructuring techniques is carried out as many as 5 meetings with a duration of 2 times a week.

After conducting group counseling in 5 meetings given by researchers to respondents who received treatment or treatment with cognitive restructuring techniques where there was a decrease in FoMO levels in adolescents in Bayung Lencir Indah Village who initially had irrational thoughts such as wanting to always follow existing trends, always updating the status of activities being carried out, more concerned with social media, is always curious about other people's lives, and it is difficult to refuse invitations. For this reason, researchers feel the use of cognitive restructuring techniques is appropriate because the purpose of this strategy is to replace negative, unrealistic, and illogical thinking with constructive and realistic thinking.

This is supported by research conducted by Yenti Arsini et al, stating that anxiety is a psychological response felt by a person when he feels a threat or threat in his life. There are many ways to understand anxiety, such as biological, psychological, social, and environmental. By studying the three main causes of anxiety, it will be easier to find the source. They are: 1) Self-confidence that can be undermined by worries for our skills and appearance. 2) Low expectations for the future, uncertainty in decision-making, and voicing unresolved issues can be threats to our personal well-being. Anxiety is an emotional state that causes a person to feel uneasy, a vague experience accompanied by feelings of helplessness and anxiety due to something that is not yet clear. Cognitive recovery is a counseling technique that can be used to help teens reduce anxiety. Using their ideas, beliefs, and perceptions as a basis, this approach assists individuals in analysis, processing, and problem solving. It has been proven that cognitive restructuring can help reduce anxiety in a number of contexts, including social anxiety, work-related anxiety, academic anxiety, and some phobias. Cognitive restructuring can be a useful technique for lowering anxiety and improving adolescent general well-being by helping them recognize and challenge unfavorable ideas and beliefs.(Arsini et al., 2023)

Conclusion

Based on the results of research that has been carried out entitled The Effectiveness of Cognitive Restructuring Techniques Group Counseling to Reduce Fear of Missing Out (Fomo) in Adolescents and Dibayung Lencir Social Media Users, it can be concluded as follows.

First, the level of fear of.missing.out among teenage social media users in Bayung Lencir is at a medium level with a score of 75%. This is influenced by the existence of an environment that has high negative thoughts towards social media so that teenagers think it is a good thing to follow.

Second, based on the results of research on the effectiveness of group counseling with cognitive restructuring techniques to reduce the fear of missing out in adolescent social media users. So the effectiveness of cognitive restructuring technique group counseling is effective in reducing the fear of missing out in teenage social media users in Bayung Lencir.

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Author Contributions Statement

HUF writes, translates, discusses, and submits the results in this paper. As the second author, IMZ comprehends the introduction, thoroughly compiles the essay, and evaluates the facts.

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