Chapter 1
Balancing FOMO and Digital Detoxification

Rekha Mewafarosh
Indian Institute of Forest Management, India

Shivani Agarwal
https://orcid.org/0000-0002-3205-552X
Galgotias University, Greater Noida, India

Deeksha Dwivedi
Leslie's Pool Supply, USA

ABSTRACT

In the contemporary world, where everything is available in the blink of an eye, it can be appropriate to say that everything is available within a click. All the products and services are available in no time. But this facility of getting almost everything creates a feeling of missing out on the users which creates the further need for detoxification from the digital world. The study deals with the two major concepts of today's scenario which are fear of missing out (FOMO) and digital detoxification. In the study, the author will suggest the ways in which people can make a balance between FOMO and digital detoxification. The study will mention the challenges of dealing with FOMO and how to do digital detoxification for better functioning in the digital world.

INTRODUCTION

The technology has paved the path for almost half of the world's people to use the internet through smartphones (Statista.com, 2021; We are Social, 2018). The rise

of technology has greatly connected the world and created a global community. However, this increased accessibility comes with its drawbacks, such as excessive usage by certain individuals. Researchers have started to examine this behavior in depth (Griffiths, 1996; Young, 1996). As a result, different terms like internet addiction (Young,1997), smartphone addiction, or social media addiction have been used to describe similar phenomenon leading to taxonomical issues. FOMO is term revolves around the constant need for connection with one's social network through frequent use of social networking sites and messaging services (Kwon et al., 2013; Andreassen, et.al., 2012). The scientific interest in FOMO aligns with the ongoing societal discussion on whether excessive "screen time" is detrimental for both children and adults.

LITERATURE REVIEW

Many psychopathological issues arise due to excessive use of internet results in suicidal attempt, stress, anxiety and, depression (Elhai, et.al., 2017; Demirci, et.al., 2015; Ryu, Choi, et.al., 2004). It leads to many habits which is detrimental to an individual like disturbance in sleep (Rod, Dissing, Clark, Gerds, & Lund, 2018), anxiety, depression, stress, and isolated feeling (Karsay, et.al., 2019; Weinstein et al., 2015), procrastination habit (Li, Griffiths, Mei, & Niu, 2020), disorders like, hostility and attention-deficit hyperactivity (Ko, et.al., 2012). Additionally, some individuals may feel nomophobia or the fear of being separated from mobile phones (King et al., 2014). Excessive use of the internet lead to strange behaviour, where individuals snub others using their smartphones, thereby damaging their relationships too (Al-Saggaf & O'Donnell, 2019). Moreover, prolonged internet use can cause various neurological issues among addictive users (Tripathi, 2017).

FOMO

The concept of FOMO emerged in the media during the early 2010s (Fake., 2020; Morford M.,2020). Notably, popular media characterized FOMO as a source of anxiety from its inception (Fake., 2020; Morford M.,2020). With the advancement and widespread availability of smartphones, accessing SNS became effortless, allowing individuals to easily become aware of potentially rewarding experiences they might be missing out on. This coincided with a significant rise in worldwide usage of social networking sites (Hitlin P.,2020; Poushter J.,2020). At the core of FoMo lies individuals' perceived necessity to continuously stay connected with their social network which often leads to frequent and sometimes excessive use of

13 more pages are available in the full version of this document, which may be purchased using the "Add to Cart" button on the publisher's webpage: www.igi-global.com/chapter/balancing-fomo-and-digital-detoxification/336738

Related Content

Certificate Authentication and Verification Using Secured Blockchain Approach for Blind People
Jyoti P. Kanjalkar, Rutuja Shinde, Tanmay Sharma, Abhishek Tyade, Uma Thakurand Pramod Kanjalkar (2023). *Recent Developments in Machine and Human Intelligence (pp. 153-167).*
www.irma-international.org/chapter/certificate-authentication-and-verification-using-secured-blockchain-approach-for-blind-people/330326

Plant Species Classification Using Information Measure and Deep Learning for an Actual Environmental Problem
Pankaj Dwivediand Dilip Kumar Sharma (2023). *Recent Developments in Machine and Human Intelligence (pp. 208-227).*
www.irma-international.org/chapter/plant-species-classification-using-information-measure-and-deep-learning-for-an-actual-environmental-problem/330330

Artificial Intelligence in Computer Science: An Overview of Current Trends and Future Directions
Arun Prasad G, A. V. Senthil Kumar, Priyanka Sharma, Indrarini Dyah Irawati, Chandrashekar D. V., Ismail Bin Musirin, Hesham Mohammed Ali Abdullahand Manjunatha Rao L (2023). *Advances in Artificial and Human Intelligence in the Modern Era (pp. 43-60).*
www.irma-international.org/chapter/artificial-intelligence-in-computer-science/330397

Dangers of Digital-Only Financial Inclusion
Peterson K. Ozili (2024). *Business Drivers in Promoting Digital Detoxification (pp. 54-70).*
www.irma-international.org/chapter/dangers-of-digital-only-financial-inclusion/336742

Senses, Thought, Connections, and Disconnections of a Divided Experience:
Broken Communities in Social Networks