



The Role of Islamic Religious Education in Maintaining Mental Health: An Analysis of the FOMO Phenomenon and Existential Needs

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Abstract. The phenomenon of Fear of Missing Out (FOMO), which has rapidly developed among students as a consequence of the intensification of social media use, has given rise to various significant mental health issues, including anxiety, emotional instability, and a crisis of life meaning, thereby necessitating a more comprehensive and integrative approach. This study aims to develop a conceptual framework for Islamic-based mental health that is contextually relevant to the FOMO phenomenon, to align religious terminology with scientific psychology, and to formulate applicable approaches that are relevant to the digital generation. This research employs a qualitative approach with a literature study design, utilizing data collection techniques through an

extensive review of relevant scholarly sources, and analyzed using content analysis techniques. The findings indicate that FOMO is not merely a psychological phenomenon but is also closely related to the human existential need for meaning in life, while the Islamic perspective offers a holistic approach through the integration of spiritual, emotional, and social dimensions that can enhance mental resilience. These findings affirm that the Islamic psychospiritual approach holds significant potential as an effective intervention model in addressing the negative impacts of FOMO. Therefore, the integration of modern psychology and Islamic values is essential in fostering adaptive and sustainable mental health in the digital era.

Introduction

The rapid development of digital technology and the pervasive penetration of social media into everyday life have generated new patterns of social interaction that significantly influence individuals' psychological conditions, particularly among students. The intensive use of platforms such as Instagram, TikTok, and other social networking applications has given rise to a psychological phenomenon known as Fear of Missing Out (FOMO), defined as anxiety arising from concerns about missing out on information, experiences, or social interactions perceived as important (Rosida dkk., 2022). This phenomenon is not only associated with digital consumption behavior but also has direct implications for mental health, including increased anxiety, depression, and self-dissatisfaction due to intensified social comparison (Dwijayanti & Pratiwi, 2025). Furthermore, FOMO has been shown to correlate with loneliness and social media addiction, thereby exacerbating individuals' psychological conditions in the long term (Luth & Maryam, 2024). Within the context of younger generations, this phenomenon becomes increasingly critical as it is

closely related to identity formation and emotional stability, both of which are still in developmental stages.

Despite the growing body of literature on FOMO and mental health within modern psychological studies, a significant gap remains in the integration of religious perspectives particularly Islamic perspectives in comprehensively understanding and addressing this phenomenon. Most existing studies continue to rely on secular psychological approaches without adequately considering the spiritual dimension as an integral component of mental health (Cucchi & Qoronfleh, 2025). In contrast, several studies indicate that spirituality plays a significant role in enhancing mental resilience, providing meaning in life, and assisting individuals in managing stress and anxiety (Munawwaroh, 2025). However, attempts to relate the FOMO phenomenon to Islamic values have largely remained normative and have not yet been developed into a systematic and applicable conceptual framework (Fitri dkk., 2025). This condition underscores the urgency of developing an integrative approach capable of bridging scientific psychology and Islamic values in a more contextual and operational manner.

From a conceptual standpoint, this study connects the FOMO phenomenon with three primary approaches: Islamic mental health psychology, FOMO theory as a form of digital social anxiety, and the concept of existential needs as the pursuit of meaning in life. Within the perspective of Islamic psychology, mental health is not merely understood as the absence of psychological disorders, but as a state of balance among spiritual, emotional, and social dimensions grounded in faith-based values. The integration of psychological and theological dimensions has been shown to enhance mental resilience and foster a more stable self-concept among Muslim individuals (Zamzam & Winsidi, 2024). Meanwhile, FOMO as a psychological construct is closely associated with low self-esteem and self-concept among university students (Hafiza dkk., 2024). On the other hand, the existential approach emphasizes that the human need for meaning in life constitutes a crucial factor in maintaining mental health, where a lack of meaning may trigger anxiety and psychological disorientation (Neagu, 2024). Therefore, the integration of these three approaches is highly relevant for understanding the FOMO phenomenon in a more holistic manner.

Based on this background, this study aims to: (1) develop a systematic Islamic conceptual framework for understanding mental health in the context of the FOMO phenomenon; (2) harmonize the communication between religious discourse and scientific psychological terminology in a manner that remains academic, communicative, and applicable; and (3) formulate strategies for presenting religious concepts that are not dogmatic, but rather operational and relevant to the characteristics of the digital generation. In line with these objectives, the research questions include: first, how to formulate an Islamic conceptual framework in mental health psychology that is contextual to the FOMO phenomenon; second, how to integrate religious language with scientific psychological approaches without diminishing spiritual essence; and third, what implementation strategies can be developed to make Islamic approaches more applicable in addressing mental health problems among the younger generation. The urgency of these objectives is reinforced by findings indicating that properly integrated religious approaches can enhance mental well-being and reduce the negative impacts of social media use (Haliza & Surawan, 2025).

The scientific contribution (novelty) of this article lies in its integrative effort to develop an Islamic-based conceptual model of mental health that is not only normative, but also dialogical with modern psychology and responsive to contemporary digital phenomena such as FOMO. In contrast to previous studies that tend to separate spiritual and psychological dimensions, this article proposes a synthetic approach that integrates theological, psychological, and existential aspects within a unified analytical framework. Moreover, this study contributes to enriching the literature on psychospiritual interventions by presenting the Islamic perspective as a source of values that can be operationalized within modern life contexts. Previous findings suggest that spirituality can function as a protective factor against social media addiction and enhance mental well-being (DemiRoğlu & Taş, 2021), while alternative concepts such as Joy of Missing Out (JoMO) indicate that an orientation toward meaning in life and self-acceptance can serve as effective strategies for

mitigating the negative impacts of FOMO. Therefore, this article is expected to provide both theoretical and practical contributions to the development of Islamic-based mental health approaches that are relevant to the dynamics of contemporary digital society.

Literature Review

Studies on mental health from an Islamic perspective, the phenomenon of Fear of Missing Out (FOMO), and existential needs as the pursuit of meaning in life constitute the three principal conceptual foundations of this research. In Islamic psychology, mental health is understood as a state of balance among spiritual (*ruhijah*), psychological (*nafsiyah*), and social dimensions integrated within an individual's life, resulting in inner tranquility and an optimal capacity to adapt to life's pressures (Raharjo, 2025). This concept differs from Western psychological approaches, which tend to emphasize empirical and clinical aspects without fully incorporating the transcendental dimension (Cucchi & Qoronfleh, 2025). Meanwhile, FOMO as a contemporary psychological construct refers to social anxiety arising from the fear of missing out on important experiences or information within digital interactions, rooted in the fundamental human need for social connectedness and self-recognition (Rosida dkk., 2022). From an existential perspective, the search for meaning in life constitutes a fundamental human need, where failure to attain meaning may trigger existential anxiety and identity crises, as articulated in the logotherapy approach (Luth & Maryam, 2024). These three concepts intersect in explaining the dynamics of individual mental health in the digital era.

Numerous prior studies have examined the FOMO phenomenon in relation to mental health and social media use, particularly among younger generations. Research indicates that FOMO is significantly associated with increased anxiety, depression, and life dissatisfaction due to the high intensity of social comparison in digital environments (Dwijayanti & Pratiwi, 2025). Furthermore, FOMO has been shown to contribute to social media addiction and disruptions in sleep quality through specific psychological mediation mechanisms (Xie & Li, 2025). In terms of social behavior, this phenomenon has also been linked to an increased tendency toward hedonism and excessive consumption among youth, often in contradiction with religious values (Istiqomah & Wahyudi, 2024). On the other hand, several studies have begun to relate FOMO to Islamic perspectives, suggesting that spiritual approaches can provide alternative solutions for managing digital anxiety through the reinforcement of religious values and life balance (Apriyanti & Wijayani, 2024).

Nevertheless, these studies reveal a significant research gap, particularly regarding the systematic conceptual integration of modern psychology and Islamic perspectives. Most research tends to examine FOMO as an isolated psychological phenomenon without deeply connecting it to existential and spiritual dimensions. Moreover, attempts to relate this phenomenon to Islamic values remain partial and have not yet produced comprehensive and applicable conceptual models (Fitri dkk., 2025). Another limitation lies in the lack of multidisciplinary approaches capable of integrating psychological, theological, and social aspects within a unified analytical framework. In fact, the FOMO phenomenon is not merely related to individual behavior but also to the construction of meaning in life and self-identity, both of which are shaped by complex digital environments (Li & Han, 2025).

In this context, the present article seeks to address this research gap by developing an integrative conceptual framework that combines Islamic psychological perspectives, FOMO theory, and existential approaches in understanding mental health. This approach is expected to provide a more holistic understanding of the FOMO phenomenon, not only as a psychological disorder but also as a reflection of unmet human existential needs. Furthermore, this integration aims to offer a more contextual and applicable approach to addressing mental health challenges in the digital era. Several studies indicate that integrating spiritual values into psychological interventions can enhance mental well-being and strengthen individual resilience against social pressures (Carey dkk., 2024), thereby reinforcing the relevance of the approach proposed in this study.

From the perspective of theoretical and methodological trends, studies on FOMO and mental health predominantly employ quantitative methods, focusing on relationships among variables such as social media addiction, loneliness, and psychological well-being. However, there has been a growing adoption of qualitative approaches and literature-based studies to explore this phenomenon in a more in-depth and contextualized manner. Psychotheological research, for instance, demonstrates that integrating spiritual reflection with psychological analysis can yield a more comprehensive understanding of individuals' mental conditions (Zamzam & Winsidi, 2024). In addition, recent research trends indicate increasing attention to alternative concepts such as Joy of Missing Out (JoMO), which emphasizes the importance of self-acceptance and mindfulness as strategies for coping with FOMO (Kaya dkk., 2026). This development suggests that approaches emphasizing meaning in life and self-awareness are becoming increasingly relevant in contemporary mental health studies.

Based on the overall body of literature, the conceptual synthesis in this study positions FOMO as a psychological phenomenon influenced not only by social and technological factors, but also by individuals' existential and spiritual dimensions. Mental health within the Islamic perspective is framed as both a normative and applicative framework capable of providing guidance in managing digital anxiety through the strengthening of faith, self-regulation, and the construction of meaning in life. In this context, existential needs are understood as a key element linking psychological and spiritual conditions, thereby forming the foundation for developing relevant psychospiritual interventions. This approach is further supported by findings indicating that spirituality is negatively correlated with social media addiction, thus functioning as a protective factor in maintaining individuals' mental health. Accordingly, this synthesis provides a robust theoretical foundation for proceeding to the methodological discussion in the subsequent section.

Research Method

This study employs a qualitative approach using a literature review strategy (library research), aimed at examining, interpreting, and synthesizing various scholarly sources relevant to mental health from an Islamic perspective, the phenomenon of FOMO, and existential needs. This approach is selected because it enables the researcher to construct a comprehensive conceptual framework through the integration of previously published theoretical and empirical findings. A literature review is also particularly suitable for conceptual research that focuses on the development of theoretical models and critical analysis of contemporary socio-psychological phenomena.

The data sources in this study consist of secondary data obtained from various academic literatures, including reputable journal articles, scholarly books, and other scientific publications relevant to the research topic. The selected literature focuses on works addressing mental health, FOMO, Islamic psychology, and existential theory, with priority given to publications from the last five years to ensure the currency and relevance of the data. In addition, classical sources with significant conceptual contributions are retained as primary theoretical foundations.

Data collection was conducted through a systematic literature search using open academic databases such as Google Scholar, DOAJ, and other open-access journal portals. The search process employed key terms including "mental health," "FOMO," "Islamic spirituality," and "existential needs," in both Indonesian and English. The identified literature was subsequently organized and classified based on thematic relevance, significance, and contribution to the research focus.

The inclusion criteria in this study comprise: (1) scholarly articles relevant to the research topic; (2) publications within the last five years, except for foundational theories; (3) sources available in open-access formats; and (4) works demonstrating methodological clarity and academic credibility. The exclusion criteria include: (1) sources not subjected to a peer-review process; (2) articles lacking direct relevance to the research focus; and (3) publications with weak or unverified methodological quality.

The unit of analysis in this study consists of concepts, theories, and research findings related to the relationship between mental health, FOMO, and existential needs within the Islamic perspective. The analysis focuses on the textual content of the selected literature, emphasizing the identification of patterns, conceptual relationships, and the construction of meaning emerging from various sources.

The data analysis technique employed is content analysis, a qualitative method aimed at systematically and objectively interpreting the meaning of textual data. The analytical process involves several stages, including data reduction, thematic categorization, conceptual interpretation, and narrative synthesis. This approach enables the researcher to integrate diverse scholarly perspectives holistically, thereby producing a conceptual framework that is relevant, applicable, and contextual to the phenomenon under investigation.

Research Findings

Based on a systematic literature review of various scholarly sources, several key findings emerge that illustrate the relationship between the phenomenon of Fear of Missing Out (FOMO), mental health, and existential needs within an Islamic perspective. These findings are organized thematically to address the formulated research questions, with an emphasis on descriptive-analytical aspects concerning what occurs, how the phenomenon unfolds, and why it is significant in the context of the digital generation.

First, the FOMO phenomenon among students is identified as a direct consequence of the high intensity of social media use, which triggers social anxiety rooted in self-comparison with others. FOMO is not merely associated with the desire to remain connected, but also reflects a psychological need for social recognition and self-validation. Studies indicate that individuals with high levels of FOMO tend to experience emotional instability, feelings of inadequacy, and persistent anxiety due to exposure to others' seemingly more ideal lives on social media (Rosidakk., 2022). Furthermore, excessive social media use reinforces addictive cycles that exacerbate mental health conditions, making it increasingly difficult for individuals to disengage from such digital pressures (Dwijayanti & Pratiwi, 2025).

Second, the findings reveal that FOMO is closely associated with various indicators of mental health disorders, including anxiety, depression, loneliness, and a decline in quality of life. In this context, FOMO functions as a psychological mediator linking digital media use to more complex mental health disturbances. Research shows that FOMO contributes to sleep disturbances and mental fatigue through increased dependence on digital devices (Xie & Li, 2025). Moreover, FOMO is correlated with loneliness and social isolation, despite individuals being actively connected within digital networks, highlighting a paradox in modern social relationships (Luth & Maryam, 2024). This suggests that digital connectedness does not necessarily correspond to psychological well-being.

Third, from an existential perspective, the FOMO phenomenon can be understood as a manifestation of an *existential vacuum* experienced by individuals amid the overwhelming flow of information. Individuals who lack a clear orientation toward meaning in life tend to seek external validation through social media, which ultimately reinforces their dependence on social recognition. In this context, existential needs become a key factor in explaining why FOMO has developed so extensively among younger generations. Studies indicate that an individual's inability to find meaning in life may trigger existential anxiety, which contributes to mental disorders such as depression and identity crises (Neagu, 2024). Thus, FOMO is not merely a behavioral phenomenon but also reflects a philosophical problem related to the meaning of life.

Fourth, from an Islamic perspective, mental health is understood holistically as a balance among spiritual, emotional, and social dimensions, rooted in an individual's relationship with God (*hablum minallah*) and with fellow human beings (*hablum minannas*). The literature indicates that Islamic values such as patience (*sabr*), trust in God (*tawakal*), gratitude (*syukur*), and self-control play a crucial role in maintaining individuals' mental stability. These values contribute to the

development of strong psychological resilience in facing life's pressures, including social pressures arising from digital media (Raharjo, 2025). Furthermore, the integration of spiritual reflection and psychological approaches has been shown to enhance mental resilience and strengthen the self-concept of Muslim individuals (Zamzam & Winsidi, 2024).

Fifth, the findings also indicate that spirituality serves a protective function against the negative impacts of FOMO and social media addiction. Individuals with higher levels of spirituality tend to demonstrate better self-regulation, clearer life orientation, and a greater capacity to interpret life experiences positively. This condition contributes to a reduced dependence on social media as a primary source of happiness and self-validation. Empirical evidence shows that spirituality is negatively correlated with social media addiction, meaning that higher levels of spirituality are associated with a lower likelihood of experiencing disturbances related to digital media use (DemiRoğlu & Taş, 2021). In addition, religious content on social media may exert positive effects on mental health by enhancing inner peace and individual optimism (Haliza & Surawan, 2025).

Sixth, within the context of social behavior, FOMO is also found to contribute to shifts in values and lifestyles among younger generations, particularly in the form of increased consumerist and hedonistic tendencies. The pressure to follow trends and avoid being left behind encourages individuals to engage in excessive consumption, which often conflicts with religious values and social ethics. Research indicates that FOMO plays a role in shaping irrational consumption behaviors driven by the need for social recognition and the desire to maintain visibility in digital spaces (Batubara, 2024). This phenomenon reflects a tension between the values of digital modernity and the spiritual principles guiding the lives of Muslim individuals.

Seventh, as a response to the FOMO phenomenon, an alternative concept known as Joy of Missing Out (JoMO) has emerged, emphasizing the importance of self-acceptance, mindfulness, and the ability to enjoy the present moment without social pressure. JoMO is considered a healthier approach to navigating social media dynamics, as it prioritizes internal well-being over external validation. Studies demonstrate that JoMO is positively associated with mental health and can function as a mediator in enhancing psychological well-being through increased self-compassion and self-awareness (Kaya dkk., 2026). This concept aligns with Islamic teachings that emphasize *qana'ah* (contentment) and a focus on a meaningful quality of life. The following table summarizes the main findings of the study:

Table 1. Research Findings

Aspect of Analysis	Key Findings	Implications
FOMO	Social anxiety driven by digital media	Increases mental health disturbances
Mental Health	Influenced by the intensity of social media use	Reduces psychological well-being
Existential Needs	Absence of meaning in life	Triggers existential anxiety
Islamic Perspective	Emphasizes spiritual balance	Enhances mental resilience
Spirituality	Protective factor against FOMO	Reduces digital addiction
JoMO	Positive alternative to FOMO	Improves mental well-being

Overall, the findings of this study indicate that the FOMO phenomenon is a multidimensional issue that extends beyond psychological aspects, encompassing significant existential and spiritual dimensions. Therefore, approaches to understanding and addressing this phenomenon should be integrative in nature, combining modern psychological perspectives with Islamic values in a balanced and contextual manner.

Results and Discussion (14 pt, bold)

The phenomenon of Fear of Missing Out (FOMO) identified in this study exhibits characteristics of a complex and multidimensional form of digital social anxiety. The finding that FOMO is closely associated with anxiety, depression, and emotional instability reinforces theoretical constructs in modern psychology that conceptualize FOMO as a manifestation of the fundamental human need for relatedness and social recognition. In this context, [Turkle \(2011\)](#) argues that FOMO emerges when individuals' psychological needs are not adequately fulfilled in real life, leading them to seek fulfillment within digital spaces. This aligns with the study's findings, which indicate that the intensity of social media use amplifies cycles of social comparison, ultimately diminishing mental well-being. Other studies further confirm that individuals with high levels of FOMO tend to experience psychological distress due to exposure to unrealistic representations of idealized lives on social media ([Rosida dkk., 2022](#)).

Moreover, the relationship between FOMO and mental health disorders cannot be separated from the dynamics of social media as a space for identity construction. In contemporary discourse, social media functions not only as a communication tool but also as a performative arena in which individuals construct self-images that are often selective and idealized. This condition generates psychological pressure on others to conform to unrealistic social standards. Research indicates that dependence on social media contributes to declining mental health through increased anxiety and emotional disturbances ([Dwijayanti & Pratiwi, 2025](#)). In this regard, FOMO operates as a psychological mechanism that reinforces individuals' attachment to social media, thereby creating a negative feedback loop between media use and mental health conditions.

A deeper analysis suggests that the FOMO phenomenon cannot be fully explained solely through psychological approaches, but also requires an existential perspective to uncover its underlying roots. The need for meaning in life constitutes a fundamental human drive that determines the quality of individual existence. When this need is not fulfilled, individuals are likely to experience an *existential vacuum*, which manifests in forms such as anxiety, life dissatisfaction, and the pursuit of meaning through external and often superficial means. The findings of this study indicate that FOMO can be understood as a compensatory response to such a lack of meaning, wherein individuals attempt to fill this void by engaging in trends, social activities, or digital experiences perceived as meaningful. This interpretation is supported by research demonstrating that the inability to find meaning in life is correlated with increased psychological disturbances such as depression and anxiety ([Neagu, 2024](#)).

From an Islamic perspective, these findings can be interpreted through the concept of balance between spiritual and psychological dimensions within the human self. [Daradjat, \(1982\)](#) emphasizes that mental health in Islam is not solely determined by psychological conditions, but also by the quality of an individual's relationship with God and the internalization of spiritual values. In this context, FOMO may be viewed as an indication of spiritual imbalance, where individuals become more oriented toward external validation rather than inner tranquility rooted in faith. The study's finding that spirituality functions as a protective factor against the negative impacts of social media further supports this argument. Individuals with higher levels of spirituality tend to possess a more stable life orientation and are less susceptible to digital social pressures ([Munawwaroh, 2025](#)).

Further analysis indicates that the integration of modern psychological approaches and Islamic values holds substantial potential for developing more comprehensive mental health intervention models. In recent literature, psychospiritual approaches have gained increasing attention as viable alternatives for addressing mental health disorders, particularly in communities with strong religious backgrounds. Studies demonstrate that the integration of psychological therapy and spiritual practices can enhance intervention effectiveness and strengthen individuals' mental resilience ([Carey dkk., 2024](#)). This aligns with the findings of the present study, which emphasize the importance of an integrative approach in understanding the FOMO phenomenon

not merely as a psychological disorder, but also as a reflection of unmet spiritual and existential needs.

On the other hand, the FOMO phenomenon also carries significant social implications, particularly in shaping behavioral patterns among younger generations. The finding that FOMO correlates with consumerist and hedonistic behaviors suggests a shift in societal values within the digital era, where success and happiness are often measured according to external, materialistic standards. Research indicates that FOMO drives individuals to engage in excessive consumption as a means of maintaining social presence and recognition (Batubara, 2024). From an Islamic perspective, such behavior contradicts the principles of simplicity (*zuhd*) and self-restraint, which are fundamental in maintaining life balance. Therefore, Islamic approaches can offer a relevant value framework for addressing the negative impacts of FOMO through the internalization of spiritual principles.

In addition, the emergence of the concept of Joy of Missing Out (JoMO) as a response to FOMO provides an alternative and insightful perspective within mental health studies. JoMO emphasizes the importance of self-acceptance, mindfulness, and the ability to enjoy the present moment without social pressure. Research indicates that JoMO is positively associated with mental well-being and can serve as an effective strategy for reducing digital anxiety (Kaya dkk., 2026). When viewed through the lens of Islamic teachings, this concept resonates with the values of *qana'ah* and *tawakal*, which emphasize acceptance of one's circumstances and trust in divine decree. This convergence highlights a meaningful intersection between modern psychological concepts and Islamic values in fostering more stable mental health.

Nevertheless, it is important to acknowledge that integrating Islamic perspectives with modern psychology cannot be undertaken in a simplistic or reductionist manner. One of the primary challenges lies in harmonizing religious terminology with the scientific language employed in psychology, ensuring that it remains academically comprehensible without losing its spiritual essence. Research suggests that non-contextual approaches in linking religious values with psychological phenomena may result in superficial and non-applicable interpretations (Fitri dkk., 2025). Therefore, a multidisciplinary approach is required to critically and systematically integrate diverse perspectives.

From a methodological perspective, the findings of this study also highlight the importance of employing qualitative approaches and literature-based research in understanding complex phenomena such as FOMO. In contrast to quantitative approaches that tend to focus on relationships among variables, qualitative methods enable researchers to explore deeper meanings and contextual dimensions of the phenomenon under investigation. This is evident in studies that integrate spiritual reflection with psychological analysis, which are capable of producing a more comprehensive understanding of individuals' mental conditions (Zamzam & Winsidi, 2024). Accordingly, the methodological approach adopted in this study is considered appropriate for addressing the complexity of the phenomenon examined.

In the context of education and youth development, the findings of this study carry significant implications. FOMO not only affects individual mental health but also influences character formation and social values. Therefore, interventions are required that are not merely curative but also preventive, implemented through contextual mental-spiritual education. Research indicates that the integration of Islamic values within educational frameworks can strengthen mental resilience and assist individuals in coping with modern social pressures (Raharjo, 2025). This suggests that value-based educational approaches play a crucial role in addressing the FOMO phenomenon in the long term.

Furthermore, the analysis of the FOMO phenomenon reveals a paradox in the use of social media as a communication medium. On the one hand, social media facilitates interaction and information sharing; on the other hand, it generates significant psychological pressure. Studies show that digital connectedness does not necessarily lead to psychological well-being and may, in fact, increase feelings of loneliness and social isolation (Luth & Maryam, 2024). This indicates that

the quality of social interactions is more important than the quantity of digital connections in determining individuals' mental health.

In conclusion, this discussion demonstrates that the FOMO phenomenon is a complex and multidimensional issue that requires an integrative approach for its understanding and resolution. The integration of modern psychology, existential approaches, and Islamic perspectives provides a more comprehensive analytical framework for understanding mental health dynamics in the digital era. Such an approach not only offers theoretical explanations but also establishes a foundation for developing more contextual and applicable interventions to address the mental health challenges faced by contemporary generations.

Conclusion

Based on the results of the literature review and the analysis conducted, it can be concluded that the phenomenon of Fear of Missing Out (FOMO) among students represents a complex manifestation of the interaction between digital social pressures, psychological needs for recognition, and an existential vacuum related to the absence of meaning in life. From the perspective of modern psychology, FOMO has been shown to contribute to the increase of mental health disorders such as anxiety, depression, and emotional instability, particularly as a result of intensified social comparison in digital environments. Meanwhile, from an Islamic perspective, this condition reflects an imbalance between spiritual and psychological dimensions, where life orientation that is excessively centered on external validation neglects the inner tranquility derived from faith. Therefore, the integration of scientific psychological approaches, the concept of existential needs, and Islamic values becomes essential in formulating a more holistic, applicable, and contextual conceptual framework of mental health. This study demonstrates that Islamic spirituality holds significant potential as both a protective factor and a therapeutic approach in addressing the negative impacts of FOMO through the strengthening of life meaning, self-regulation, and the balance between worldly and spiritual dimensions. Accordingly, it is recommended that future efforts focus on developing more operational and empirically validated Islamic-based psychospiritual intervention models, as well as integrating mental-spiritual education into formal educational systems to equip younger generations with adaptive psychological resilience in navigating the dynamics of the digital era.

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