

A Comparative Study on Resilience and Fear of Missing Out (FoMO) Among First Born and Last Born

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ABSTRACT

The present study examined differences in resilience and Fear of Missing Out (FoMO) among first born and last-born students, as well as gender differences in these variables. Resilience refers to the capacity to cope with stress and adapts to adversity, whereas FoMO involves anxiety about missing rewarding social experiences, often heightened by social media use. A quantitative descriptive research design was used. The sample consisted of 120 undergraduate and postgraduate students from Bareilly city, equally divided by birth order and gender, selected through purposive sampling. Data were collected using the Fear of Missing Out Scale (Przybylski et al., 2013) and the Resilience Scale by Vijaya Lakshmi and Shruti Narain (2015). Independent samples t-tests were applied to compare groups, and Pearson's correlation was used to examine the relationship between resilience and FoMO. The findings indicated no significant differences between first born and last-born students, nor between males and females, on either resilience or FoMO. However, a moderate negative correlation was observed between resilience and FoMO, suggesting that higher resilience is associated with lower FoMO.

Keywords: Resilience; Fear of Missing out (FoMO); Correlation; Gender

INTRODUCTION

Resilience

The etymological derivation of the word 'resilience' comes from Latin which means softening, which means 'bouncing, jumping / stomping'. These adverse or traumatic events can put individuals at risk to sacrifice their ability to deal with pressure. The American Psychological Association (APA) defines resilience as the ability to cope with difficult situations, during the adjustment process. The ability to be flexible in one's thoughts, feelings, and behavior in order to adapt to external as well as internal demands. A skill set that must be acquired gradually is necessary for resilience. Resilience is a skill that requires time, strength, and the support of others around you. There will most likely be roadblocks in one's way. It is influenced by a person's actions and communication skills as well as by external elements like the accessibility of resources and social support. Being resilient does not spare one from adversity, pain, or emotional upheaval. The idea of resilience theory explains how individuals react to and cope with challenging circumstances like risk, loss, change, and hardship. Resilience theory has been researched in

many different sectors, including human development, change management, and psychiatry. The notion of resilience states that resilience is not a fixed quality. People can access their resilience with the help of flexibility, adaptability, and persistence by changing attitudes and habits. A study found that students who think they can develop and enhance their social and intellectual skills are more resilient, perform better, and exhibit less stress when faced with adversity. (Bonanno, 2014) "Resilience is the capacity to maintain healthy functioning and psychological well-being in the face of stress and trauma, often without significant intervention." [1]. Resilience Theory by Michael Rutter: Michael Rutter developed the theory. It gives an interactive idea that addresses the coexistence of significant risk events and a largely favorable psychological result despite such experiences. (Rutter, 2006) defines resilience as "ability in the face of risk" [2]. Resilience, as defined by him in 2013, is the quality that "some individuals have a relatively good outcome despite having experienced serious stresses or adversities – their outcome being better than that of other individuals who suffered the same experiences". Over time, this definition has not changed. Rutter's early research on kids whose parents had schizophrenia served as the foundation for a significant amount of his work. The changes and events which cause stress must be experienced by adults in everyday life. Unpleasant events will grow a challenge for humans. This challenge triggers humans' ability to have a high effort, enthusiasm and courage in facing challenges and willingness to change. Individuals apply several strategies related to change that can help them adapt with the adverse situation. One of the strategies is resilience which is one of the studies in positive psychology. Keyes' research shows that good mental and physical is not only finding none of pathology or disease, but also individuals' welfare. One of the individuals' welfare is resilience, which is the ability to deal with stress and problems. Resilience is defined as a process of significant adaptation from various sources of stress or trauma.

Fear of Missing Out (FoMO)

Fear of Missing Out (FoMO)-Coined as a psychological term (often credited to Dr. Dan Herman, later studied by Przybylski et al.), it is a, "pervasive apprehension that others might be having rewarding experiences from which one is absent," and a desire to remain constantly connected. (Gupta et.al, 2021) FoMO, marked by persistent anxiety about missing out on rewarding experiences, often compels individuals to maintain constant digital connectivity and social media surveillance [3]. Research has linked high levels of FoMO to negative emotions such as loneliness, envy, poor sleep, and reduced self-esteem. It is frequently found to mediate the relationship between psychological distress (like depression) and excessive technology use. While anyone can experience it, studies show that younger people are more susceptible to FoMO. The rise of social media has led to a constant stream of information about the experiences of one's peers, resulting in the emergence of a new phenomenon known as the fear of missing out (FoMO), which refers to a feeling of anxiety or unease that one might miss an interesting or exciting event, opportunity, or experience, particularly when seeing others post about it on social media. It is further characterized by a constant worry of being absent from enjoyable experiences and activities happening around oneself, and is defined as a pervasive anxiety that results from the desire to remain continually connected with others' experiences and activities. (Rahmah et.al, 2024) Multiple studies have established a negative correlation between FoMO and life satisfaction, indicating that higher levels of FoMO are consistently associated with increased anxiety, depression, and a diminished sense of well-being [4]. These outcomes are typically attributed to the pressure to monitor others' lives and the distress generated by upward social comparisons. FoMO is closely tied to the need for belonging and social interaction anxiety. It is often described as a form of social anxiety where the individual feels excluded.

REVIEW OF LITERATURE

Prajapati et.al (2025) The rapid expansion of social media has significantly influenced adolescents' social experiences, giving rise to psychological concerns such as Fear of Missing Out (FoMO). FoMO refers to the pervasive apprehension that others are having rewarding experiences from which one is absent, often intensified by constant online exposure. The present study aimed to examine the level of FoMO among high school students and to explore gender differences in the experience of FoMO. A cross-sectional research design was employed with a sample of 50 high school students (25 boys and 25 girls) from Rudrapur city. Data were collected using the Fear of Missing Out Scale developed by Przybylski et al. (2013), a standardized measure with good reliability and validity. Descriptive statistics and independent samples t-test were used for data analysis. The findings indicated that FoMO was present among high school students; however, no statistically significant difference was observed between boys and girls. This suggests that adolescents of both genders experience comparable levels of fear related to social exclusion and missed social experiences in the digital environment. The results highlight that factors such as social media exposure and peer dynamics may play a more crucial role in FoMO than gender alone. The study underscores the need for awareness programs and school-based interventions to promote healthy digital habits and psychological well-being among adolescents [5].

Singh and Sinha (2025) In order to comprehend how adaptive coping skills affect psychological well-being, this study investigated resilience as a predictor of mental health among students. Purposive and incidental sampling were used to choose 200 undergraduate and graduate students, ages 18 to 25. Resilience and mental health were evaluated using standardized instruments, the Connor-Davidson Resilience Scale (CD-RISC) and the Mental Health Inventory (MHI), respectively. Simple linear regression, t-tests, and Pearson's correlation were among the statistical methods used. These results support resilience as a powerful psychological tool that improves emotional stability and guards against distress. The study emphasizes how crucial it is for educational institutions to implement resilience-building initiatives and mental health promotion methods [6].

Mukherjee (2025) Children and adolescents are exposed to a wide range of stressors, including academic pressure, family conflict, poverty, bullying, violence, health problems, and psychosocial challenges, which place them at increased risk for emotional and behavioral difficulties. Despite such adversities, many young people demonstrate positive adaptation, highlighting resilience as a key protective factor for mental well-being and healthy development. This paper presents a comprehensive and multidimensional overview of resilience in childhood and adolescence, examining its conceptualization as a trait, process, and outcome, and tracing the historical development and recent advances in resilience research. It synthesizes empirical evidence on major risk and protective factors operating at individual, family, school, and community levels, and discusses prominent theoretical models of resilience, including compensatory, challenge, and protective factor frameworks. The review also outlines commonly used assessment tools that conceptualize resilience as a multidimensional construct and examines resilience-focused interventions across developmental stages, including universal, selective, and indicated programs. With particular attention to community- and school-based applications and emerging evidence from the Indian context, the paper emphasizes the importance of culturally sensitive, multi-systemic approaches. Finally, it highlights future directions for research and practice, stressing the need for rigorous evaluation, contextually relevant measurement, and scalable interventions to strengthen resilience and promote mental health among children and adolescents [7].

Gupta and Singh (2025) This study examined the relationship between university students' fear of missing out (FoMO) and stress, anxiety, and depression. FoMO is the persistent feeling that other people are having better satisfying experiences than oneself. Using a random sampling technique, the sample comprised 114 students, 58 of whom were undergraduates and 56 of whom were postgraduates. Data was collected using the Anxiety, Depression and Stress Scale (ADSS-BSPSA) and the Fear of Missing Out Scale (FoMOs). According to the findings, postgraduate students reported significantly higher levels of stress, despair, and FOMO than undergraduate students did. Regression analysis showed that stress, anxiety, and sadness were significantly positively predicted by fear of missing out. Nevertheless, there were no appreciable differences between the age groups (18–21 vs. 22–25 years). Impact of Fear of Missing Out (FOMO) on anxiety, depression and stress among university students: A Comparative study of undergraduate and postgraduate students [8].

Yildirim and Yentür (2024) Being online and active on social media is becoming more and more important in today's environment, as digitization is changing social structures. People are suffering the FoMO (Fear of Missing Out) syndrome in this situation. This problem has grown widely and its effects on people and, consequently, on society have become more evident with the growth of digitalization and social media in contemporary cultures. FoMO by encouraging the constant cycle characteristic, which in turn causes people to experience detrimental psychological effects as tension, worry, fatigue, and low self-esteem. The sense of constantly being current in the social environment and comparing oneself to others is triggered by digital transformation, which has a detrimental effect on life satisfaction in general. Simple techniques including digital detox, short-term home interventions, and reorganizing digital media use are said to be useful for managing FoMO. In this regard, people might lessen the detrimental consequences of FoMO by managing their digital lives more effectively. Simultaneously, our study will explore how social media is reshaping interpersonal connections, how it is altering contemporary views of social acceptance and status, and how FOMO is influencing social roles and mental health [9].

Imam et.al (2024) The objective of this study is to determine and examine how the TikTok platform is used to show and spread the Fear of Missing Out (FoMO) phenomenon associated with the Coldplay concert in Jakarta. This study also intends to investigate how TikTok, as a social media platform, contributes to and intensifies users' emotions of FoMO in this particular setting. Purposive sampling was used in this study to record information and gather data from five informants, ages 20 to 29, who enjoy Coldplay and music performances. According to the interviews, people's motivation to keep up with entertainment events and music trends is significantly influenced by their fear of missing out (FoMO). FoMO has detrimental effects on one's financial situation, mental and emotional well-being, and consumerism [10].

Kothari (2022) The term "fear of missing out" (FoMO) was first used in 2004 to characterize a phenomena seen on social networking platforms, which is the impression that others are enjoying themselves more, leading better lives, or going through better experiences than oneself. The feeling of missing out and the obsessive action to keep up these social ties are the two processes that make up FoMO. Unhealthy ties with social networking sites are predicted by FoMO, and its effects may extend beyond the virtual world. To feel good about themselves or forget their pain, youngsters may turn to drugs. In some cases, some teenagers may take up drugs just because their friends or maybe a youth icon they idolize endorse drugs. Tobacco and alcohol is the most common form of substance abuse among adolescents followed by

inhalants and cannabis. Social media is like a two-edged sword, it enables social interaction but it also inculcates compulsive behaviors and addictions [11].

OBJECTIVES OF THE STUDY

1. To compare first born and last born on resilience.
2. To compare first born and last born on Fear of Missing Out (FoMO).
3. To compare males and females on Fear of Missing Out (Fomo).
4. To compare males and females on resilience.
5. Find the correlation between Resilience and Fear of Missing Out (FoMO).

HYPOTHESES

1. There will be no significant difference in fear of missing out (FoMO) between first born and last born.
2. There will be no significant difference in resilience between first born and last born.
3. There will be no significant difference in fear of missing out (FoMO) between males and females.
4. There will be no significant difference in resilience between males and females.

RESEARCH METHODOLOGY

According to American Psychological Association (APA), “research methodology in psychology includes the principles and procedures for the ethical and scientific study of behaviour and mental processes”. (Kerlinger,1973) Research methodology is the systematic, controlled, empirical, and critical investigation of hypothetical propositions about the relationships among psychological variables [12]. (Woody,1924) “Research methodology comprises defining and redefining problems, formulating hypothesis or suggested solutions; collecting , organizing and evaluating data; making deductions and reaching conclusions; and at last carefully testing the conclusions to determine whether they fit in the formulating hypothesis” [13].

Design of the study:

(Creswell, 2014) Quantitative study is being done for the present research. Quantitative research is an approach for testing objective theories by examining the relationship among variables, which can be measured numerically and analyzed using statistical procedures [14].

This study used a descriptive research method for relevant data collection to conduct research on the present problem “a comparative study of resilience and fomo among first born and last-born child.” (Manuel et.al, 2014) Descriptive research involving the description, recording, analysis, and interpretation of the present nature, composition, or processes of phenomena, focusing on prevailing conditions, behaviours, or functions of people, groups, or things, often using comparison and contrast to understand the current situation [15],

Population:

(Kerlinger, 1972) Population is the total set of elements or cases that conform to specific criteria and to which the results of the research are intended to generalized [15]. A well-defined and identifiable group is known as population. In this study, population was taken from college going undergraduate and postgraduate students of Bareilly city.

Sample:

(Best et.al, 2006) A sample is a subset of the population chosen to represent the population characteristics, so that the findings of the study can be generalized to the whole population [16]. In the present study, a comparative research design was adopted. The participants were recruited using a purposive sampling

method. The sample consists of 120 first and last borns, which are further classified into 60 boys and 60 girls.

Tools:

1. **Fear of Missing Out (FoMO) Scale (Przybylski et al., 2013)**- Fear of missing out was assessed using this scale developed by (Przybylski, Murayama, DeHann, and Gladwell, 2013) [17]. It is a self-report scale that measures the extent to which individuals experience anxiety or fear of missing out on social experiences from which one is absent. It consists of 10 items , each rated on a 5-point Lickert-scale ranging from 1=Not at all true of me to 5=Extremely true of me.
2. **Resilience Scale (Vijaya Lakshmi & Shruti Narain,2015)**- To assess the level of resilience i.e.,the ability to cope with stress and recover from adversity among individuals , this scale was used. It is a standardized Indian psychological self-report questionnaire designed by (Lakshmi & Narain, 2015) [18]. It consists of 30 items related to emotional strength, coping ability, optimism, self-confidence, adaptibility, responses are taken on a Likert-type Scale 1-5 (e.g.,strongly agree to strongly disagree).

RESULTS AND ANALYSIS

Comparison between first born and last born on resilience.

Table 1: Showing the mean and standard deviation of first born and last born.

GROUP	NUMBER	MEAN	S.D.	t-value
First born	60	112	14.45	1.73*
Last born	60	105.83	13.22	

*Not significant at 0.05 level of confidence

Table 1:- The means of two groups were put to t-test for knowing the significance of difference between first and last born and t-value was found to be 1.73 which is not significant at 0.05 level of confidence. This indicates the acceptance of null hypothesis i.e., there is no significant difference in resilience between first born and last born.

Comparison between first born and last born on fear of missing out (FoMO).

Table 2: Showing the mean and standard deviation of first born and last born.

GROUP	NUMBER	MEAN	S.D.	t-value
First born	60	22.67	7.39	0.66*
Last born	60	21.75	7.93	

*Not significant at 0.05 level of confidence

Table 2:- The means of two groups were put to t-test for knowing the significance between first and last born and t-value was found to be 0.66 which is not significant at 0.05 level of confidence. This indicates the acceptance of null hypothesis i.e., there is no significant difference in fear of missing out (FoMO) between first born and last born.

Comparison between males and females on fear of missing out (FoMO).

Table 3: Showing the mean and standard deviation of boys and girls.

GROUP	NUMBER	MEAN	S.D.	t-value
Males	60	20.92	7.77	0.79*
Females	60	22	7.05	

*Not significant at 0.05 level of confidence

Table 3:- The means of two groups were put to t-test for knowing the significance between males and females and t-value was found to be 0.79 which is not significant at 0.05 level of confidence. This indicates the acceptance of null hypothesis i.e., there is no significant difference in fear of missing out (FoMO) between males and females.

Comparison between males and females on resilience.

Table 4: Showing the mean and standard deviation of males and females.

GROUP	NUMBER	MEAN	S.D.	t-value
Males	60	107.67	16.18	0.37*
Females	60	108.67	13.45	

*Not significant 0.05 level of confidence

Table 4:- The means of two groups were put to t-test for knowing the significance between males and females and t-value was found to be 0.37 which is not significant at 0.05 level of confidence. This indicates the acceptance of null hypothesis i.e., there is no significant difference in resilience between males and females.

Table 5: Showing the correlation between Fear of Missing Out (FoMO) and Resilience.

VARIABLES	CORRELATION (r)
Fear of Missing Out(FoMO)	- 0.50
Resilience	

Table 5:- The value -0.50 shows a moderate negative correlation between resilience and fear of missing out (FoMO). This states that the individual having higher resilience is less likely to experience fear of missing out (FoMO).

CONCLUSIONS

1. There is no significant difference found between first born and last born on resilience.
2. There is no significant difference found between first born and last born on fear of missing out (FoMO).
3. There is no significant difference found between males and females on fear of missing out (FoMO).
4. There is no significant difference found between males and females on resilience.
5. Moderate negative correlation between Resilience and Fear of Missing Out (FoMO).

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