

Bibliometric Analysis of Studies on the Concept of Fear of Missing Out with VOSviewer

Fear of Missing Out Kavramı Üzerine Yapılan Çalışmaların VOSviewer ile Bibliyometrik Analizi

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Makale Başvuru Tarihi: 30.07.2024

Makale Kabul Tarihi: 30.10.2024

Makale Türü: Araştırma Makalesi

ÖZET

Anahtar Kelimeler:

Gelişmeleri Kaçırma
Korkusu,

Anksiyete,

Sosyal Medya,

Bibliyometrik Analiz,

Bu çalışmada Fear of Missing Out kavramına dair yapılan çalışmaların haritasının çıkarılması hedeflenmiştir. Çalışmada nicel veriler kapsamında çağımızın başlıca problemlerinden biri haline gelmiş kavramlardan olan Fear of Missing Out (gelişmeleri kaçırma korkusu) kavramına ilişkin mevcut yazının bibliyometrik analiz kullanılarak incelenmesi amaçlanmıştır. Analiz birimi olarak Web of Science veri tabanında taranan, 2013-2023 yılları arasında yayınlanmış çeşitli türlerdeki çalışmaların bibliyometrik verileri baz alınmıştır. Fear of Missing Out ile ilgili 648 çalışmanın yayınlanma yıllarına göre dağılımlarına bakıldığında en fazla 2023 (148 çalışma) ve 2022 (134 çalışma) yıllarında yoğunlaşma olduğu, en fazla atıf alan araştırmacıların Andrew K. Przybylski, Kou Murayama, Cody R. DeHaan ve Valerie Gladwell olduğu, yayın türünün çoğunlukla dergi makalesi (563) olduğu, araştırma alanları bakımından psikoloji (264), işletme ekonomisi (88), bilgisayar bilimleri (51) ve sosyal bilimler (30) alanlarında çalışmalar yapıldığı, SSCI (468), SCI (185) ve ESCI (114) endekslerde taranan yayınların daha çok olduğu tespit edilmiştir.

ABSTRACT

Keywords:

Fear of Missing Out,

Anxiety,

Social Media,

Bibliometric Analysis,

This study aims to map the existing literature on the concept of fear of missing out. Within the scope of quantitative data in the study, it is aimed to examine the existing literature on the concept of fear of missing out, which has become one of the main problems of our age, using bibliometric analysis. The unit of analysis is based on the bibliometric data of various types of studies scanned in the Web of Science database and published between 2013 and 2023. When we look at the distribution of 648 studies on Fear of Missing Out according to the years of publication, we see that there is the highest concentration in 2023 (148 studies) and 2022 (134 studies), the most cited researchers are Andrew K. Przybylski, Kou Murayama, Cody R. DeHaan, and Valerie Gladwell. The type of publication is mostly journal articles (563), the fields of research are psychology (264), business economics (88), computer science (51) and social sciences (30), and there are more publications indexed in SSCI (468), SCI (185) and ESCI (114).

Önerilen Alıntı (Suggested Citation): AYZ, Esra (2024), "Bibliometric Analysis of Studies on the Concept of Fear of Missing Out with VOSviewer", *Uluslararası Yönetim Akademisi Dergisi*, S.7(2), ss.645-655, Doi: <https://doi.org/10.33712/mana.1524970>

1. INTRODUCTION

With the widespread use of the internet, social media tools have made it easier for individuals to obtain information about social activities in which they can participate. While the fact that all these social resources offer many opportunities for interaction is seen as a positive aspect, the fact that they offer more options than can usually be pursued given limited time and practical constraints is seen as a negative aspect. This dual nature of social media has heightened interest in the concept of "*fear of missing out*". This concept, which can be defined as a widespread concern that others may be having rewarding experiences in one's absence, is associated with the desire to stay in touch with what others are doing (Przybylski et al., 2013).

Unlike systematic literature reviews, bibliometric analysis can be defined as an analytical method used to obtain quantitative data on the current status of any field, making it easy to track academic trends through some visualization software. Bibliometrics provides quantitative findings on authors, journals' productivity, countries', research strengths and weaknesses, universities', potential opportunities, gaps in the literature, and the widespread impact of outputs produced in any field. This method can also be used as a preliminary stage of a systematic literature review (Dirik et al., 2023).

This study discusses the fear of missing developments, a prevalent concept in today's world that can lead to severe physical and mental issues if left unresolved. In this study, a bibliometric analysis was conducted on the publications on the concept of fear of missing out, and the prominent trends in the studies on this concept were tried to be determined. The fact that the subject of fear of missing out has been examined by researchers in many different fields, especially psychology, business economics, computer science, and social sciences, with different aspects, it is thought that it would be useful to present holistic studies on the concept to the interest of researchers.

2. CONCEPTUAL FRAMEWORK

In this section, definitions related to the concept of fear of missing out and the symptoms and some possible consequences of this fear are discussed. This concept, which has been used as FoMO as a result of the abbreviation of the initials of the concept used in English as "*fear of missing out*", has been a concept that has been discussed in digital media for many years (Morford, 2010). Although the feelings caused by this concept, which enters our language as "*fear of missing out*", are known, it has been named precisely as a result of the increased visibility of individuals through digital tools. The concept, which is mostly powered by digital media, is called fear of missing out (FOM) in the world of continuous updating and monitoring behavior. Fear of missing out occurs as a result of individuals' fears of social exclusion and is seen in individuals who actively use social media. Even in romantic relationships, individuals constantly focus on what they do not experience, do not have, and miss (Przybylski et al., 2013; Blackwell et al., 2017).

At a basic level, fear of missing out is seen as a specific form of anxiety, and the source of this anxiety is the worry of experiences that may not be available (Riordan et al., 2015). Although it was first studied in the context of brands in the early 2000s, the widespread use of social media in society has taken the concept of fear of missing out to new dimensions. Some researchers argue that social media informs people that they are missing out on something, which may cause people to be more anxious about the experiences they have not had (Holte and Ferraro, 2020). Since people are less aware of the experiences they have missed before social media, they may be less inclined to feel that they have missed such experiences. In this sense, since individuals tend to share their enjoyable experiences on social media, they are more likely to learn about experiences they no longer have, compared to pre-social media, when such opportunities were not displayed in a way that could be seen after the event (Przybylski et al., 2013; Holte, 2023). As a result of the rapid inclusion of social media applications in human life, they have had serious effects on the lives of many people. Social media addiction, along with the continuously increasing number of posts, has caused users to worry about missing information or posts. In particular, this situation has led to the fear of missing developments in the users of the generation after the 90s (Wang et al., 2021).

Fear of missing out has recently become a concept studied in the field of social sciences. Fear of missing out can be expressed as individuals feeling the lack of something while thinking that other individuals have more useful pursuits. People who experience a high fear of missing out may believe that others have better jobs and spouses, and enjoy life more than they do. Therefore, this concept can also be expressed as the state of anxiety and worry caused by missing something (Alptekin and Özkara, 2019; Bailey et al., 2018; Hodkinson, 2019).

Social media resources today provide convenience in terms of rapid access to various activities. Social media users can perform most of their tasks from any location with just a small movement. Cell phones, which were initially used by individuals only for necessities, are now used as a leisure tool (Fox and Moreland, 2015:169; Öz and Tortop, 2018:18).

The fact that social media applications are increasing day by day and that people use them intensively makes it faster for those who use these applications to follow the shared content continuously and instantly. While this situation makes it easier for social media users to exchange information, it can also contribute to their continuous communication (Metin et al., 2017). Today, individuals spend almost all their time with digital devices and feel uncomfortable when they are not interested in their cell phones. Thanks to digital media tools, it has become easier for individuals to be aware of what is happening in their immediate surroundings and in the world and to obtain various information.

In a definition of the concept, it is stated that an individual sees the photos of his/her friends in social media applications but cannot see himself/herself in these photos and therefore feels negative emotions. Fear of missing out on developments, which can be expressed as a feeling of missing out on what other people share on social media applications and experiences worth seeing, is also stated to be related to unhealthy social media use (Riordan et al., 2021). This situation leads individuals to constantly visit social media applications such as Instagram, TikTok, Facebook, and X. As a result, people are spending more time and paying more attention to these social media applications than to real life.

It is seen that the fear of missing developments, which is common in societies today, can cause negative situations such as excessive eating and drinking, sleep disorders, lack of focus, anxiety, and an inability to keep up with the flow of life. At the same time, a study concluded that it can prevent students from fulfilling their responsibilities and that the need to be constantly informed about something can negatively affect students' success in school (Mccoy, 2016). In another study, it was suggested that students experience the fear of missing developments while performing an important task later in the day, and this state of fear has been shown to exhibit negative consequences such as stress, fatigue, physical symptoms, and insomnia (Milyavskaya et al., 2018). In this sense, individuals become addicted to social media applications with the fear of missing something that is happening online or no longer being a part of the online community and with the expectation that this situation can prevent negative emotions, and they feel obliged to use these applications (Wegmann et al., 2017).

It is stated that individuals make choices under the influence of the fear of missing out on developments in situations such as anxiety about being excluded by other people, the possibility that other people will buy or do better things than them, or the possibility of missing out on opportunities. At the same time, research has also shown that fear of missing out can cause negative effects such as anxiety, depressive symptoms, and loneliness in individuals. It is stated that when individuals are exposed to these negative effects, their level of fear of missing developments increases even more (Dossey, 2014; Baker et al., 2016; Blackwell et al., 2017).

Studies on the fear of missing out on developments indicate that individuals with this fear experience common situations, reactions, and feelings. Studies focusing on young people in general have concluded that this fear is more common in individuals who grew up during periods of increased technological developments (Tanhan et al., 2022). In a study, it is stated that there are some common symptoms that individuals who have fear of missing developments have. These are (Rodríguez, 2017);

- The individual feels bad when he/she is not informed about the activity or event organized by the friends he/she follows on social media applications or in the group he/she is in,
- The individual constantly checks social media applications,
- Individuals look at the lives and events on social media applications and think that they cannot catch up with people and that they are behind them,
- It can be shown as the individual's desire to do all the activities that appeal to him/her on social media applications.

Another study examined the common symptoms of individuals who fear missing developments (Modzelewski, 2020);

- The individual wants to check their e-mails continuously even when they go on vacation,

- The individual cannot take his/her eyes off his/her phone in a crowded environment or on social media accounts, even though there is nothing left to look at,
- The individual wants to take pictures of everything they see,
- Spending excessive amounts of money on expensive things that others own and experience, despite their limited financial resources, is a common practice,
- It is expressed as the individual's inability to say no to the activities to which he/she is invited.

In addition to all these symptoms, the fear of missing out on developments is also associated with social media applications that are used quite a lot. These applications have begun to assume a significant role in human life. Individuals who constantly follow these applications may feel happy as if they have taken some kind of drug, while they may feel bad if they stay away from these applications. With the development and spread of social media applications, individuals can reach hundreds of different places and people (Tarhan, 2021). Considering all these symptoms, it can be said that individuals' preference to communicate using social media applications, constantly following what other people are doing on these applications are the most common symptoms of fear of missing out on developments. Individuals may feel bad when they stay away from these applications for a certain period of time.

3. MATERIALS AND METHODS

In this section of the study, the purpose of the research, analysis, and the findings are presented. Ethics committee permission is not required for studies conducted with Vosviewer bibliometric map programming analysis (Arslan, 2022; Erer, 2023; Yeşiltaş, 2021). Since the research data were obtained as a result of examining the documents in a database already open to online access through a program, ethics committee permission was not obtained.

In this study, all rules specified in the "*Directive on Scientific Research and Publication Ethics of Higher Education Institutions*" were followed. None of the actions specified under the second section of the Directive, "*Actions Contrary to Scientific Research and Publication Ethics*", were carried out.

As a result of the bibliometric analysis of the concept of fear of missing out on developments as a result of quantitative data and numerical measurement indicators, it is aimed to examine the studies on this concept from a holistic perspective.

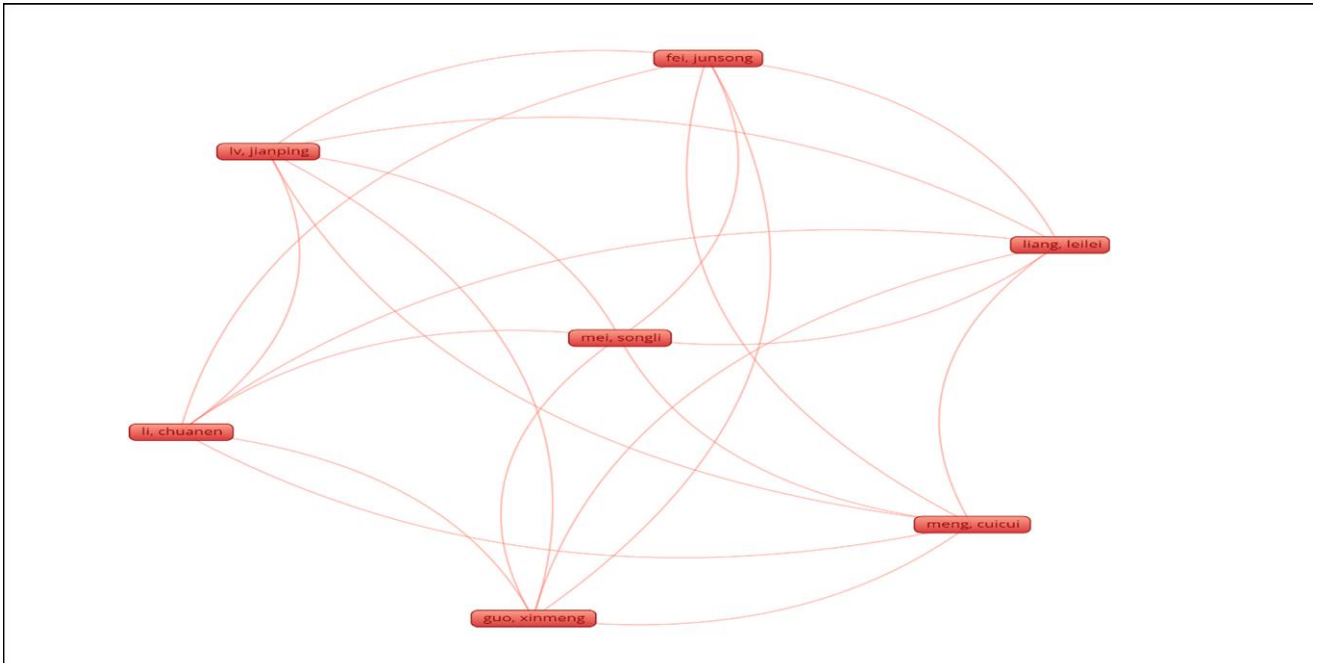
A review of the literature shows that there are various tools for bibliometric analysis. In this study, the VosViewer program was preferred as an analysis tool for mapping, visualization, and multidimensional analysis and to explore new concepts and relationships. Web of Science was used as a database in the study. This database was preferred because it contains reliable and qualified studies in terms of publication ethics and has advanced search indicators for advanced data analysis.

On 29.11.2023, 648 results were found in the search made by selecting "*all fields*" in Web of Science with the keyword "*fear of missing out*". According to the years, 563 articles, 48 early view studies, 30 papers, 27 article reviews and 21 meeting abstracts were found in various fields, with the oldest in 2013 and the most recent 2023. When we look at the fields of study, it is seen that the vast majority are in fields such as psychology (264), business economics (88), computer sciences (51), communication (44) and social sciences (30). The data were analyzed by authors, citations, journals, countries and keywords.

4. FINDINGS OF THE STUDY

This section presents the findings of the study. The co-authorship analysis conducted to identify the most collaborating and most connected authors was conducted by selecting at least 1 citation and at least 1 publication criterion, and a network map was created.

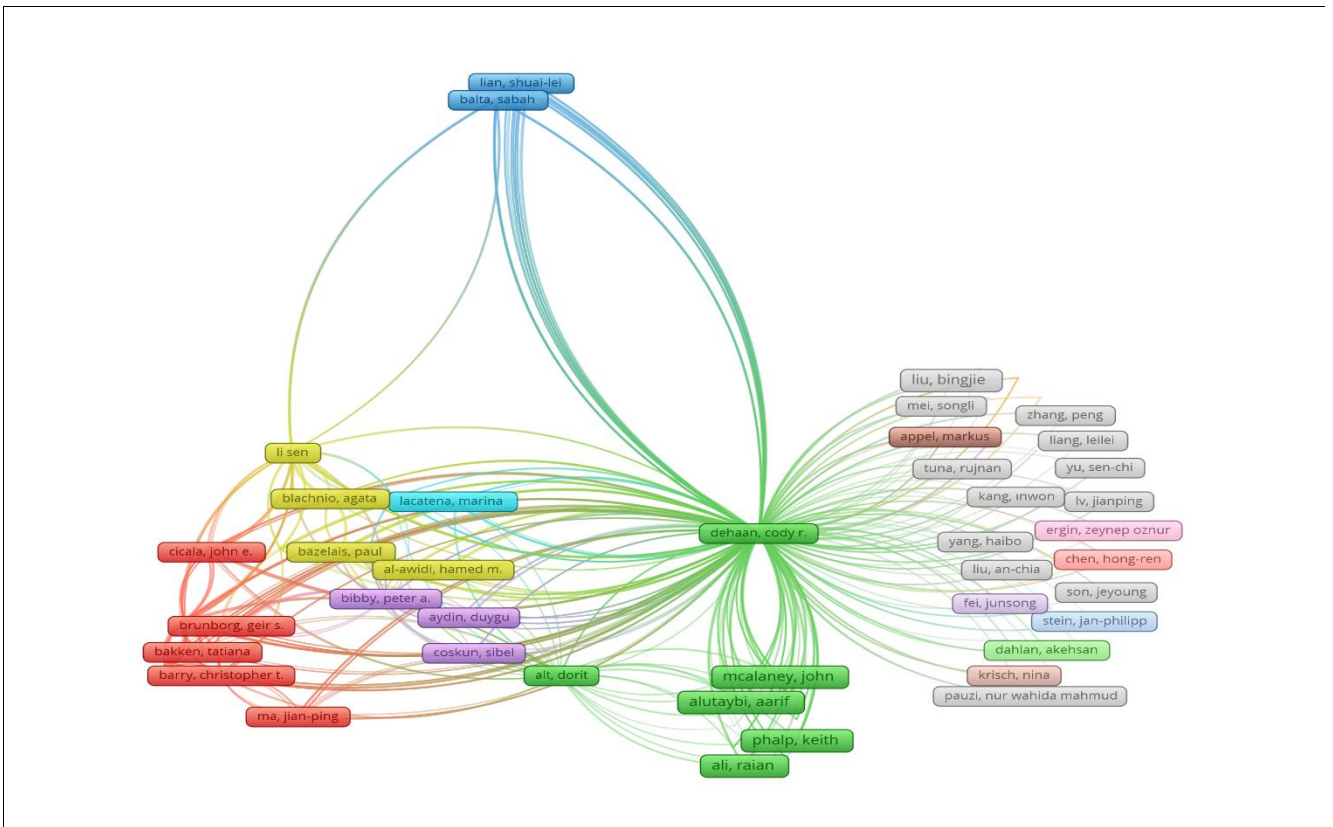
Figure 1. Co-author Links



When the analysis of the authors with the highest number of connections between them was analyzed, it was determined that there were 7 names merged in a single cluster and 21 connections in total. The most cited authors (*Andrew K. Przybylski, Kou Murayama, Cody R. DeHaan and Valerie Gladwell 1094 citations*) were not the most connected authors. Figure 1 shows the map resulting from the co-author analysis.

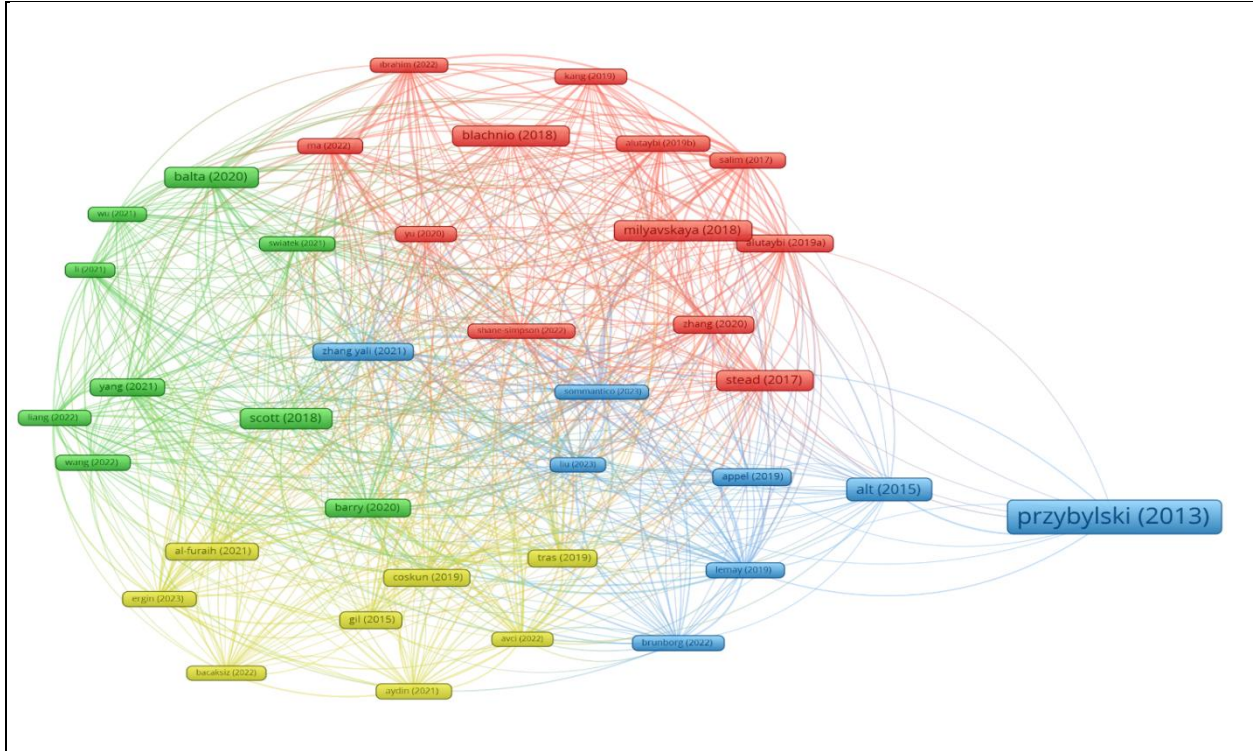
In order to determine the citation networks of the authors, a network map was created by selecting at least 1 citation and at least 1 publication criterion. Figure 2 shows the map resulting from the citation analysis of the authors.

Figure 2. Authors' Citation Links



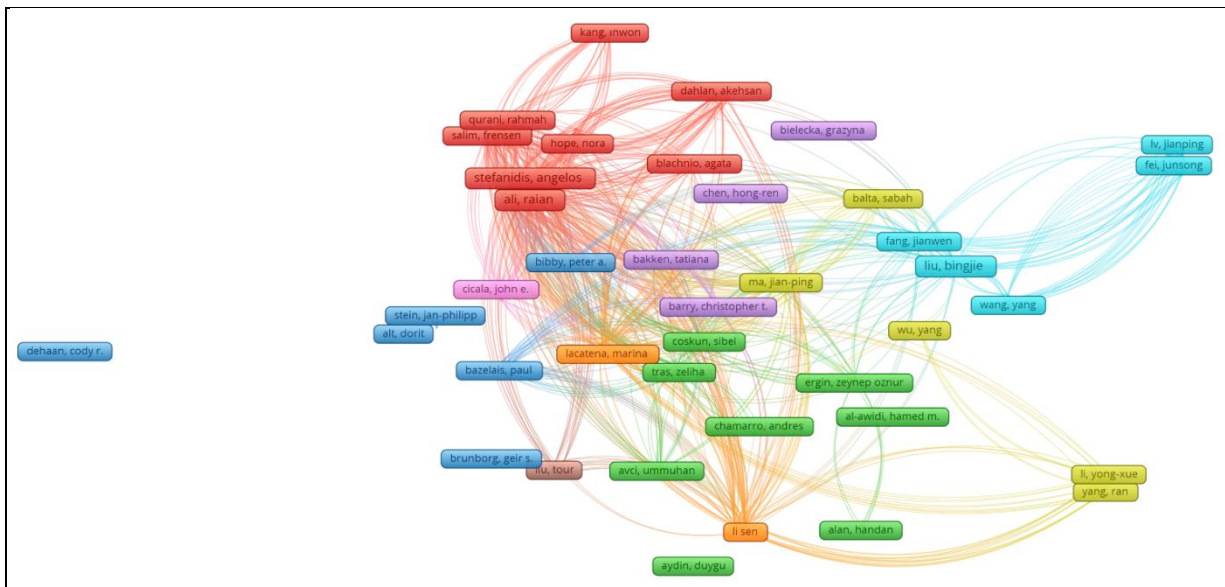
When we look at the most used keywords in the publications on Fear of missing out, it was found that the most common keywords were fear of missing out with 48 repetitions, loneliness with 6 repetitions, smartphones, with 6 repetitions, social media with 6 repetitions and university students with 5 repetitions. These words were also found to be the strongest in terms of total link strength. As a result of the analysis conducted with 134 units that were seen at least once and had a relationship between them, a total of 19 clusters, 426 links and 492 total link strengths were identified. Figure 4 shows the map resulting from the keyword analysis.

Figure 5. Bibliographic Match Links of Publications



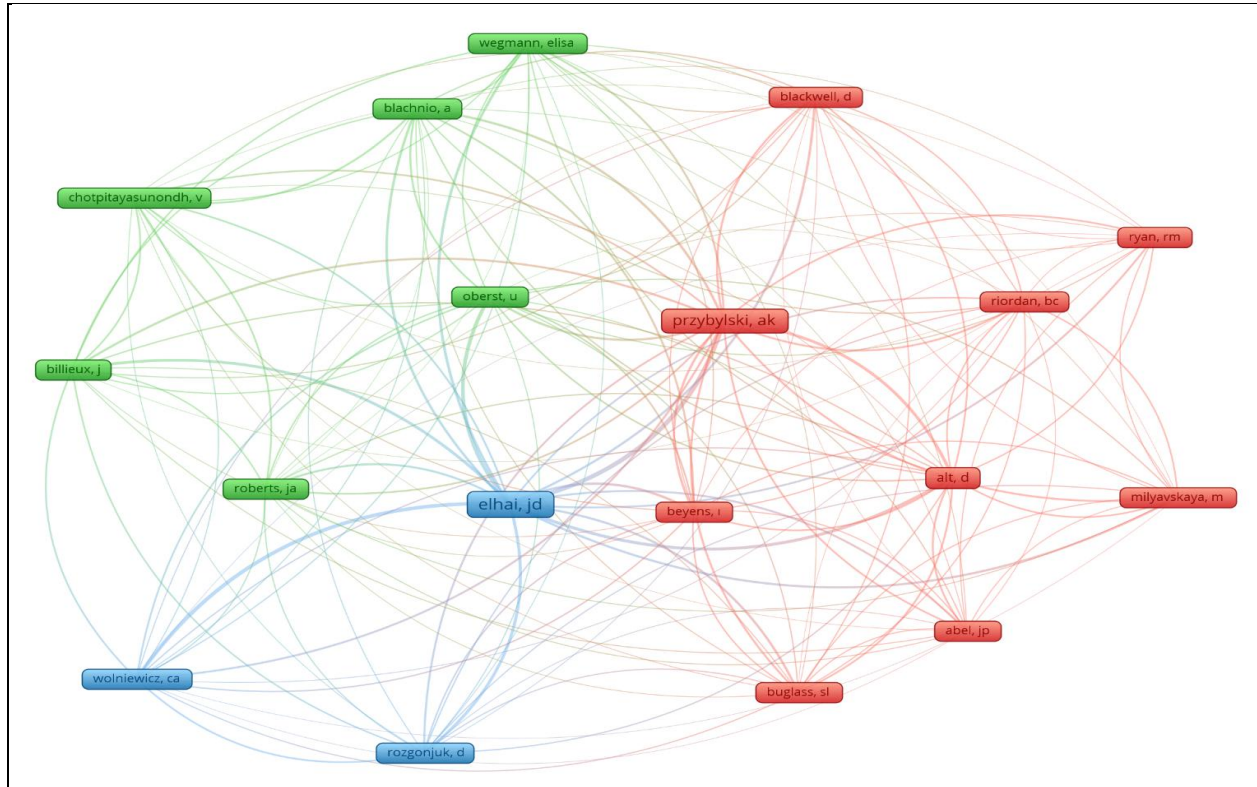
The citation of a common work cited by two independent sources is referred to as a bibliographic match (Dirik et al., 2023). By selecting the criterion of having at least 1 citation, 4 clusters, 641 links and 1579 total link strength were determined according to the analysis made with 37 units with links between them. The publications with the most bibliographic matches were Przybylski (2013) with 1094 citations, Alt (2015) with 219 citations, Milyavskaya (2018) with 126 citations and Stead (2017) with 123 citations. Figure 5 shows the map resulting from the bibliographic match analysis of the texts.

Figure 6. Authors' Bibliographic Match Links



According to the analysis conducted with 115 units with at least 1 citation and at least 1 publication, 9 clusters, 6259 links and 23940 total link strength were obtained. The authors with the highest number of bibliographic matches were Andrew K. Przybylski, Kou Murayama, Cody R. DeHaan and Valerie Gladwell with 1094 citations, while the authors with the highest link strength were Raian Ali, Aarif Alutaybi and Emily Arden-Close with 811 link strength. Figure 6 shows the map resulting from the bibliographic match analysis of the authors.

Figure 7. Links between co-cited authors



It is stated that different sources cited in a publication are called co-citation (Dirik et al., 2023). According to the analysis conducted over 18 units by selecting the criterion of at least 10 citations, it was determined that there were 148 links in 3 clusters and 1077 total link strength. The most co-cited authors are Jon D. Elhai (59) and Andrew K. Przybylski (51). Figure 7 shows the map resulting from the co-citation analysis of the authors.

5. DISCUSSION

Social media applications have made it easier than ever for people to find out what their family, friends or acquaintances are doing, what they are buying and what they are talking about. These social applications are seen as positive in many ways, such as highlighting opportunities and connecting people to each other. But time constraints mean that people must also miss out on an important subset of the potentially rewarding experiences that social media use facilitates. This dual aspect of social media use has sparked increased speculation and public interest in the nature of FOMO (Przybylski et al., 2013:1846).

The advancement of communication and information technologies has led to an increase in options for communicating, which is one of people's most basic needs. These social media applications have facilitated mutual and continuous interaction between people regardless of time and space. Psychological and social issues such as the intensive use of social media and the rapid increase digital devices have recently become quite common. From this point of view, in order to contribute to the rapidly growing literature in the field, a bibliometric analysis of the fear of missing out on developments was conducted in this study. In this sense, the study aims to map the studies on the concept of fear of missing out. Within the scope of quantitative data in the study, it was aimed to examine the existing literature on the concept of fear of missing out, which has become one of the main problems of our age, using bibliometric analysis. The unit of analysis is based on the bibliometric data of various types of studies scanned in the Web of Science database and published between 2013 and 2023. Looking at the distribution of 648 studies on fear of missing out according to the years of publication, it is seen that there is the highest concentration in 2023 (148 studies) and 2022 (134 studies), and

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It can be stated that the fear of missing out on developments is mostly experienced through social media applications and internet use. Since these countries are among the countries where the internet and social media applications are used the most, it can be said that this finding is an expected situation. When we look at the most used keywords in the publications related to the concept, it was found that fear of missing out with 48 repetitions, loneliness with 6 repetitions, smartphones, with 6 repetitions, social media with 6 repetitions and university students with 5 repetitions were at the top. In parallel with the results of this keyword analysis, in the majority of the studies, it was determined that the fear of missing out on developments is more common in young people, and those with high levels of this fear spend a lot of time with smartphones and social media applications. It has also been observed that people who spend a lot of time on social media applications compare their own lives with the lives of people on these applications and constantly think that their own lives are worthless. This can cause people to experience more anxiety, unhappiness, and loneliness. These negative situations can negatively affect the relationships of university and high school students and can also harm societies. In order to recognize these negative situations, the concept was analyzed through VOSviewer, and the topography of the literature was discussed in detail. Detailed information on the countries where the most citations were received, the countries where the publications were made and the authors was given. As a result, the study was conducted to provide guidance to researchers. The limitation of the study is that only the Web of Science database was used in the study. It is thought that the use of different databases and different software tools in future studies may provide new perspectives to the literature.

YAZAR BEYANI / AUTHORS' DECLARATION:

Bu makale Araştırma ve Yayın Etiğine uygundur. Beyan edilecek herhangi bir çıkar çatışması yoktur. Araştırmanın ortaya konulmasında herhangi bir mali destek alınmamıştır. Makale yazım ve intihal/benzerlik açısından kontrol edilmiştir. Makale, "*en az iki dış hakem*" ve "*çift taraflı körleme*" yöntemi ile değerlendirilmiştir. Yazar(lar), dergiye imzalı "*Telif Devir Formu*" belgesi göndermişlerdir. Mevcut çalışma için mevzuat gereği etik izni alınmaya ihtiyaç yoktur. Bu konuda yazarlar tarafından dergiye "*Etik İznine Gerek Olmadığına Dair Beyan Formu*" gönderilmiştir. Yazar, çalışmanın tüm bölümlerine ve aşamalarına tek başına katkıda bulunmuştur. / **This paper complies with Research and Publication Ethics, has no conflict of interest to declare, and has received no financial support. The article has been checked for spelling and plagiarism/similarity. The article was evaluated by "at least two external referees" and "double blinding" method. The author(s) sent a signed "Copyright Transfer Form" to the journal. There is no need to obtain ethical permission for the current study as per the legislation. The "Declaration Form Regarding No Ethics Permission Required" was sent to the journal by the authors on this subject. The author contributed to all sections and stages of the study alone.**

İTHAF / DEDICATION

Bu çalışma, 6 Şubat 2023 tarihinde Kahramanmaraş depreminde kaybettiğim sevgili çalışma arkadaşım Dr. Alican AFŞAR'a ithaf edilmiştir. / **This study is dedicated to my dear colleague Dr. Alican AFŞAR, whom I lost in the Kahramanmaraş earthquake on February 6, 2023.**

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