



Original Research

THE RELATIONSHIP OF FEAR OF MISSING OUT (FoMO) AND PEER SOCIAL SUPPORT WITH THE BODY IMAGE OF FEMALE ADOLESCENT AT SENIOR HIGH SCHOOL

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ABSTRACT

Introduction: Female adolescents were involved and exposed to various comments regarding physical appearance, which can lead to experiences of body dissatisfaction, resulting from failing to meet the unrealistic standards of physical attractiveness set by society. This research aimed to analyze the relationship between Fear of Missing Out (FoMO) and social support from peers with body image in female adolescents at Senior High School in Surabaya.

Method: This research used a descriptive correlation design with a cross-sectional approach. The population was 650 female adolescents at senior high school in Surabaya. The sample was 191 respondents obtained by simple random sampling. The independent variables were FoMO and peer social support. The dependent variable was body image. Data was taken using a questionnaire and analyzed using Spearman's Rho test.

Results: There was a relationship between FoMO and body image in female adolescents ($p=0,031$, $r = -0,156$) and there was no relationship between FoMO and peer social support ($p=0,568$).

Conclusions: FoMO may be related to body image, but peer social support was not associated with body image, because it requires other problem factors that each individual responds to from this support.

Keywords: body image, female adolescent, FoMO, peer social support

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1. INTRODUCTION

Female adolescents become the focus of attention and attraction of the opposite sex during puberty and become worried about the opinions of other people, especially men, regarding the physical condition of their bodies (Dwivedi et al., 2023). Fredrickson and Roberts (1997) as cited by Bell et al. (2021) stated that female adolescent is repeatedly exposed to many messages that emphasize the importance of physical attractiveness, in the form of body ideals and beauty. Awareness and awareness to adopt a positive body image is important to avoid negative self-perceptions and can increase female adolescents' self-confidence in themselves.

Alomari and Makhdoom (2019), mention one of the impacts of negative body image, namely Body Dysmorphic Disorder (BDD), when a person cannot stop thinking about the flaws in their appearance, and in Saudi secondary schools, BDD is a common but difficult to recognize disorder that commonly occurs in 12-year-olds. 3% of Saudi high school girls. Dwivedi et al. (2023) identified 24.15% body shame which is a representation of negative body image in Indian female adolescents. Coelho et al. (2023) stated that 42.15% of participants often or always made social comparisons focused on appearance, which was associated with body dissatisfaction, negative affect, and eating pathology.

Preliminary studies in secondary schools in Surabaya found that body image consisted of feeling insecure when seeing other people who had good body shapes 51.3%, feeling like they didn't like other people's more attractive appearance 66.7%, feeling bad appearance after seeing other people. others are better by 48.7%, feel uncomfortable with my body shape after knowing other people are more ideal by 48.7%, feel afraid about other people's negative judgments, so I have to present myself physically as ideal by 64.1% and feel afraid of falling behind the ideal physical criteria (like the trend) because it can make oneself look bad physically due to falling behind the ideal criteria by 46.2%.

Factors that influence body image include body weight, life cycle, culture, socialization which includes social comparisons related to appearance, psychosocial problems, gender, self-concept, and the influence of body image distortion. Factors related to psychosocial problems and social comparison are known to influence body image (Allen et al., 2021; Dent and Martin, 2023). Psychosocial problems include concerns about appearance during adolescence, including physical changes to the body during puberty increased importance of relationships, and peer pressure (Jarman et al., 2023). Peer social support in the form of positive comments regarding social comparisons in terms of appearance and acceptance by peers can influence body image. Dent and Martin (2023) explain that, if negative comments are given by peers, it can be a problem for body image.

Female adolescents need a flexible body image in responding to threats to negative body image and become an awareness strategy for negative body image (Brichacek et al., 2023). Body image flexibility is an individual's adaptability to oneself as it relates to body image, specifically body satisfaction, body appreciation, positive coping, self-care, intuitive eating, and well-being, and negatively to eating disorders. Body image stimuli such as psychosocial concerns and social comparisons, are related to FoMO and social peer social support (Allen et al. 2021; Dent and Martin 2023),

It is hoped that it can be processed adaptively or form a flexible body image to prevent maladaptive responses in the form of negative body image. This study aims to analyze the relationship between FoMO and social support from peers with body image in female adolescents.

2. METHODS

This research uses a correlational descriptive design with a cross-sectional approach. The research population was 650 female adolescents at Senior High School in Surabaya. The sample were 191 female t adolescents in grades X and XI. The sampling technique uses simple random sampling with randomization of the population by drawing lots. The independent variables are FoMO and peer social support, and the dependent variable is body image.

The FoMO instrument was adopted from Przybylski et al. (2013) and consists of 10 questions with 3 indicators, they are competence, autonomy, and relatedness, using the Likert scale (1-5) with a reliability test value of 0.72. The peer social support instrument was adapted from The Social Provision Scale (SPS) by Cutrona & Russel (1984) and modified by Sari (2023). The questionnaire uses a 1-4 Likert scale with a validity test $\alpha = 0.00 < 0.05$ and $r = 1 > 0.60$ and a reliability test $\alpha = 0.730 > 0.60$. Interpretation of high peer social support with a value of ≥ 25 and low social support with a value of < 25 . The body image instrument was adopted from the MBSRQ-AS according to Cash (2000) using a 1-4 Likert scale and has 14 items, with a validity test result of 0.858 and results reliability test $\alpha = 0.951$. The interpretation of the questionnaire was divided into positive and negative. Data was then analyzed using the Spearman Rho test.

This research was conducted after receiving ethical clearance from the research ethics commission of the Faculty of Nursing, Airlangga University with number 3187-KEPK.

3. RESULTS

The results of 191 respondents can be explained in Table 1. Of all respondents, 191 respondents (100%) were female. The largest age group with 93 respondents (48.7%) was 16 years old. Other age groups were 17 years old of 77 respondents (40.3%), 15 years old of 18 respondents (9.4%), and 18 years old of 3 respondents (1.6%). Based on class distribution, class X there were 104 respondents (54.4%), and class XI there were 87 respondents (45.6%). The majority of FoMO levels are at a medium level with 130 respondents (68.1%). High-level FoMO was 52 respondents (27.2%) and low-level FoMO was 9 respondents (4.7%). The highest number was high peer social support with 184 respondents (96.3%) while in the low level category, there were 7 respondents (3.7%). The highest level of body image of respondents was positive with 175 respondents (91.6%) and negative body image with 16 respondents (8.4%)

The results of statistical tests on the relationship between FoMO and body image are explained in Table 2. Data analysis used the Spearman test and obtained p value = 0.031 or it can be interpreted that there is a relationship between FoMO and body image. The correlation coefficient (r) is -0.156 which shows that the strength of the relationship is very weak with a negative correlation direction, namely the higher

Table 1. Respondent's Characteristics

	Characteristic	f	%
Gender	Female	191	100
Total		191	100
Age (year)	15	18	9.4
	16	93	48.7
	17	77	40.3
	18	3	1.6
Total		191	100
Class	X	104	54.4
	XI	87	45.6
Total		191	100
FoMo	High	52	27.2
	Mild	130	68.1
	Low	9	4.7
Total		191	100
Peer social support	High	184	96.3
	Low	7	3.7
Total		191	100
Body image	Positive	175	91.6
	Negative	16	8.4
Total		191	100

Table 2. Relationship between FoMo and Body Image

		Body image		Total
		Positive	Negative	
		f (%)	f (%)	f (%)
FoMo	High	50 (26,2)	2 (1)	52 (27,2)
	Mild	119 (62,3)	11 (5,8)	130(68,1)
	Low	6 (3,1)	3 (1,6)	9 (4,7)
Total		175 (91,6)	16 (8,4)	191(100)
Spearman Rho test		p = 0,031; r = -0,156		

Table 3. Relationship between peer social support and body image

		Body image		Total
		Positive	Negative	
		f (%)	f (%)	f (%)
Peer social support	High	169 (88,5)	15 (7,9)	184 (96,3)
	Low	6 (3,1)	1 (0,5)	7 (3,7)
Total		175 (91,6)	16 (8,4)	191 (100)
Spearman Rho test		p = 0,568		

the FoMo, the lower the body image of adolescent girls. The results of the statistical analysis test in table 3 explain that there is no relationship between social support from peers and body image in adolescents. Spearman Rho Test results show $p = 0.568$.

4. DISCUSSION

The Relationship between FoMo and body image
The results of the research show that there is a relationship between FoMo and body image in adolescent girls with a negative relationship. The higher the FoMo, the lower the body image, leading to negative body image in the form of dissatisfaction with the body. Dipayani (2023) explained that women prefer to tell stories and share their feelings, thus causing addiction to the social environment. This addiction is the reason for FoMo, so they try to show their existence and express themselves, which can increase body satisfaction and make them more

confident. Addiction, which is related to relationships with other individuals, is an indicator of FoMo and as coping, will be processed by the individual's psychosocial process to create a response to body image in the form of satisfaction or dissatisfaction with the body.

The frequency distribution results revealed that most respondents were 16 years old. Sari et al. (2022) and Khasanah and Sianturi (2024) revealed that 16-year-olds are in the middle adolescent category with the characteristics of loving themselves and liking friends who have the same characteristics. Teenagers tend to try to have an attractive perception of the ideal body following their peer group. The respondent's age is in the middle teenage category which has the characteristic of caring about appearance, which is influenced by other individuals, and can influence the FoMo mindset, where they don't want to be left behind by other individuals, so they try to display an ideal body according to the ideal criteria of the social environment.

The research results explained that the majority of respondents experienced moderate FoMO and experienced a positive body image. FoMO shows that individuals feel quite worried when they are not connected with other individuals and are anxious if they miss out on information in the social environment (Przybylski et al., 2013 in Komala, Rafiyah and Witdiawati, 2022). Positive body image is a depiction of an individual who can accept changes in appearance, body function, or structure, does not express helplessness, does not feel hopeless, can control situations, and has a good attitude (Putra and Usman, 2019). One of the factors that influences body image is psychosocial problems, in the form of FoMO as stated by Alleva et al. (2023). Jarman et al. (2023), explain that psychosocial problems such as worry or anxiety focused on appearance, representing FoMO can create problems with a person's body image, in the form of body dissatisfaction such as feeling insecure about one's body. FoMO can result in anxiety related to fear of ideal body criteria, resulting in a negative body image, in the form of distrust of physical appearance.

The research results explained that most respondents experienced a positive body image, one of which was based on indicators of anxiety about body appearance in the form of dark skin color. Most respondents experienced moderate FoMO, one of the indicators of which is connectedness with other individuals and competence. Evolutionarily, FoMO or excessive fear can focus on evaluating physical and appearance because they do not want to be left behind to compete for their position in the social world to avoid feelings of shame and inferiority (Gorea, 2021; Winstone et al., 2022; Davis, Albert and Arnocky, 2023). FoMO is related to body image because it is based on anxiety about physical appearance due to seeing other individuals have a better physical appearance so that it can give rise to competence in the form of individual efforts not to fall behind ideal criteria.

The Relationship between Peer Social Support and Body Image

The results of the study showed that there was no relationship between social support from peers and body image in adolescent girls. Khasanah and Sianturi (2024) explained that in a sample of teenage girls, teenagers who had fewer relationships with peers had better personal growth because these teenagers were able to adapt to the standards of their environment by their peers. Peer influence does not directly impact body image, but through certain problems such as weight, eating disorders, and existing beauty standards. Peer social support is not related to body image because it depends on the adaptation process of everyone. The existence of social support in the form of comments from friends, will be processed in terms of appearance perceptions regarding ideal criteria which will have an impact on body image, so that body image is more influenced by

other factors than ideal criteria such as weight problems, eating disorders, or physical appearance compared to each other. peer social support.

Most respondents aged 16 years are in the middle adolescent category with the characteristics of needing a circle of friends and feeling happy if friends in their circle of friends like themselves. This makes individuals tend to perceive that the ideal body criteria are what they like in the social sphere of friendship with their peers (Khasanah and Sianturi, 2024). They tend to comment or talk about ideal body criteria, such as diet to have an ideal body. Forms of support, such as information expressed through peer comments, will later lead to discussions regarding ideal criteria that influence body image first.

On the other hand, Dent and Martin (2023), revealed that social support in the form of negative comments on social comparisons in terms of appearance and peer acceptance can influence body image. This situation is because there is a problem of body image concerns due to negative comments, in contrast to this research, peer social support does not directly lead to a problem and is still potential if the peer social support experienced by the respondent is low.

The results showed that most respondents had high peer social support for positive body image. Body image can be formed from birth from the influence of other people, the environment, and experiences (Putra and Usman, 2019). In this study, there were no experiences based on specific problems, because the majority of female adolescents tend to have high peer social support. Factors that influence body image, one of which is socialization which includes social support from peers according to Abdussamad and Supradewi (2018). Peer social support is not directly related to body image, as it considers specific issues such as physical deficiencies and adolescent appearance.

5. CONCLUSION

FoMO has a relationship with body image with most respondents experiencing moderate FoMO on positive body image. This situation is based on anxiety about physical appearance due to seeing other individuals have better physical appearance, so that it can give rise to competence in the form of individual efforts so as not to fall behind ideal criteria. Peer social support has no relationship with body image because it requires certain problems that influence body image more, such as physical deficiencies and appearance in adolescents.

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