

# A Qualitative Causal Analysis On Incremental Behavioural Complexities Due To Fomo (Fear Of Missing Out) In Indian Youth

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**Abstract:** FOMO (Fear of Missing Out), a new threatening dampener of youth is prevalent across the world, and is shaping up as a wicked problem to Indian youth, especially in the category of Teens, Adolescents, including educated youth. The vulnerability is getting deeper and severe in terms of behavioural problems that turns as outcome. This qualitative paper contemplates on the human behavior with invasive nature of a newer and stronger, psychological stimulus to youth via, the digital connectivity, social media and mobile phones, called, or abbreviated as FOMO. Why FOMO has become a huge discomfort to almost all the organizations even, at times, separate teams are set to put things at control. This article qualitatively with the secondary statistics carried out across the world, and contemporary research outcome on the FOMO, tries to correlate, how the other countries are impacted, and tries to find a feasible practical moderating factors, that can wane down the impact or pull down the severity, the FOMO is causing in the life of youth. What are the strategies that can be adopted to bring down the level of damages, with suggestions for handling and managing the situation, rather than controlling, as most of the world's work life balance is happening because of the FOMO. Also this study tries to validate the utilities of JOMO, and will it be possible in the Indian environment, since the youth are not in a position to bring down the situation. Is NOMO too is growing up vividly across silently, is what the study concludes.

**Index Terms:** FOMO, NOMO, JOMO, Digital, Behavioural, Connectivity, Psychological.

## 1 INTRODUCTION

Like an anonymous sayings on the arrival of FOMO, "first they spoiled the water, then they spoiled the sky, and now it's our minds". A study shows that 37 percent of the world wastes its time approximately 15 minutes consistently every day, of the time from the sunrise, daily to surf the net, as the first duty in the morning, due to Fear of Missing Out (FOMO). The FOMO is not a syndrome of uneasiness from missing out, but is now an epidemic in the society. FOMO is striking hard at the world population significantly, and now owing to technological connectivity and digital devices flooding more than the requirement, it trickles down to children in a very high level, particularly with children of teens at schools and adolescent students of initials years of college education, and even to the adult students of the post graduate program, and most of the time is taken as new normal behavior, even though all out efforts to control is happening, although the damage is already done. Symptoms of FOMO (Fear of Missing Out), start with frequent checking or getting too anxious to check, and research report says, it stands nearly 150 times a day.

It is slightly more than normal level of anxiety, as being desperate to know the happening around the world, needs to be called as epidemic and not a mere syndrome. In a recent study done with the help of ICSSR funding a project done by the esteemed Aligarh Muslim University, found a serious syndrome called the "Smartphone dependency, hedonism and purchase behavior, conducting the research in 20 central universities found that "anxiety and fear of missing out on information is making Indian students fearful on the missing out from their internet connected virtual world and almost every student at an average is checking mobile phones at least 150 times, is what the report revealed. Very less percentage of the students agreed that, the mobile phones are used only for making calls, and rest of the students agreed that the increased usage of phones were due to increased involvement in the social networking and confirmed that they always have the urge to look into the mobile phones. This has now become an epidemic among the Indian students, and the worrying aspect is that most of the students are unaware of the adverse effects of the continuous usage of mobile phones. Other shocking reports from a study from Korea found that prolonged usage of smartphones is increasing the risk of depression, anxiety and insomnia among teenagers. It also enhances insomnia and their impulsiveness. The study also revealed that almost 23 percent of the students in Korea are using smart phones for more than 8 hrs a day. The above incidents are from two different countries, which clearly tell us that the epidemic is all pervasive and the influences on the lives of students are also similar. Technology though is a blessing, it doesn't exist without the misuse or disadvantages in various spheres of life, like, continuous information inflow, influx of messages, influence of various apps and its uses, internet connectivity, learning process, entertainment, utility purchasing, utility travel and other life style requirements are through the internet apps and at present most of the working middle class uses the mobile phone even for having 3 square meals a day, since the day Swiggy and Zomato are in place. Hence mobile phones has become indispensable, and in fact psychologically

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interdependent, that, NOMO (No Mobile Phobia) is now developing in the student committee, which is otherwise called no mobile phobia, in which every student is even afraid that his or her phone may get snatched or may be that may be lost, and so they are awfully dependent on the mobile phone and nothing can replace them. Another reason for the students to hang on their cell phone is due to increasing number of free apps which are providing life utility services of all kinds.

## 2 OBJECTIVES OF THE STUDY;

- I. To analyse the causal factors influencing young people to FOMO.
- II. To evaluate the damages due to FOMO across the world with available data.
- III. To examine the moderating factors deployed across the world to arrive at controlling factors to avert damages due to FOMO.

Hypothesis: Logical Hypothesis: Is psychological makeup of a person decides the level of damages caused by FOMO. The digital social media, apart from news channels on the damages caused by the digital invasion to personal lives, and its severity. To substantiate the logical hypothetical thinking, the following facts of information gathered from standard research organizations are, indicating that FOMO, logically is a "wicked problem", where in there is no concrete evidence, as what is the real source of this invasion. The Augmented Digitally invaded scenario: Augmented Influx of Information: The onset of online advertising and marketing strategies are bringing in, technology bound digital invasive procedures to touch the heart of the people. Consumers have moved from satisfaction to levels of ecstasy. Artificial Intelligence (AI) and Augmented Reality (AR), are the world leaders to manage apps or social media sites or any utility apps to move in pace with the human intelligence to track consumer desires, where in the influx on invasive apps are flooding, which is putting a huge psychological trap to get prolonged stay with these apps, is increasing the levels of FOMO epidemic to new high.

### Some of the invasive digital intimidation to consumers is:

- a. Going live, for every aspect of life, and platforms like facebook, hotstar, and other social media, going live is pulling in the interface users to maximum, and multifaceted digital gadget connectivity, has improvised the possibilities of usage to very high levels.
- b. Story Culture; Like the Instagram which is sharing Instagram stories which is used by 200 million users across the world at a time is creating unbelievable data traffic to be engrossed in. The facebook project 3,500,000,000 live videos on face book at any given time.
- c. Video Marketing: VM uploading are huge than ever and platforms like the facebook, youtube, and Instagram are emerging to the top of the list of providers of virtual and visual marketing. The vertical videos on IGTV from instagram is now an added feature.

### Usage Traffic and Utility Battles of Social Media Platforms:

FOMO on one hand is the concern, but the causality factor as social media is in war with another factor. Who has the grip is

now a dog fight between the various social media platforms to attract the consumers, who are delving to various platforms, due to which more of freebies are kept as attractive traps to gather attention, and unfortunately that well laid traps are real traps for "younger generation towards FOMO, since they inadvertently gets glued to it". Pew Research Centre, on its recent research report revealed the usage levels of , on the platforms like, You tube, Face Book, Instagram, Pinterest, Snapshot, Linkenin and Twitter. The usage statistics of various countries as on Jan 2019 are: Youtube usage stands at 73 percent (approx), 68 percent usage in Facebook, 35percent use Instagram, 29 percent use Pinterest, 27 percent use Snapchat, 25 percent use LinkedIn, and 24 percent use Twitter, and the irony is these different platforms, are unanimously used for usage of information, and excepting relishing the information in different platforms, with mix of adding spice to various kinds of blends in the forms of photographs, videos, chats, multiple sharing facility, instant exchanging, and more to add glamour, that collate huge attention, excepting the level of utility and validity differs on the usage pattern and the individual who uses the same.

### Analysis and Findings:

- (i) To analyse the causal factors influencing young people to FOMO.

In a recent study released by M/s Tata communications, called connected world II, expressed concern based on the study on 9,417 internet subscribers and users across six emerging and developed countries, 82 percent of Indians are in the FOMO category, and they have expressed that, the fear is rising and almost 46 percent of the respondents use Internet for almost 6 hours a day, to stay connected, and fear of missing out from the context of connectivity, while the global average is only around 29 percent, also it was brought to the notice that, 56 percent of the Indians find it difficult to withhold their temptations from Internet, for more than 5 hours continuously in a day, and they can't imagine themselves out from the internet for more than few hours, as revealed by the report. The Indian women more than 21 percent stands higher than men 16 percent in feeling anxious about not being connected in the internet and their anxiety levels shoots up, if not connected.

**Number of Smart Phone Users:** While the usage of smart phones are shooting up, the number of users using television viewing with usage of tablets and smart phones are rising phenomenally with a whopping 43 percent of the Indians are even willing to avoid television than for the internet, i.e., ready to sacrifice the television than internet, as the levels of preference is quite high, while compared to Americans and Europeans with 17 and 22 percent of respondents, respectively.

### Changing Characteristics of Working Style due to FOMO:

The status quo evolution of technologies and sophistication of electronic gadgets and supporting apps, the power of the internet is beyond imaginable, and the necessity of internet is outnumbering many of the other necessities, and the way we are functioning in our daily life. It has impacted the different aspects of life, economy, and society in general. The numbers figuring on the usage of internet in the global economies and

the exponential growth in the usage by people from 2.5 billion as on date and which may break neck speed of users increasing towards 26 billion by 2020, is the approximate internet users. It is create unbelievable impact on the outlook towards work, culture, connectivity and complexities in related aspects of life of human being, is visible. 61 percent of the Indians believe that every one of them owns the internet compared to 70 percent globally and is far higher than the global average 16 percent. Asians as per continent wise are more internet dependent compared to other parts of the world, where the people can last without internet for 12 hours, while it is less than 50 percent of the people of India, and while people of Singapore, 86 percent of people can last for more than 12 hours, and while for Germany, France, US and UK was 77 percent, 75 percent and 70 percent respectively.

#### **The Evolution of IC (Internet Communication) Disorder:**

As per online-specific and FOMO internet-use- expectancies, the increase in IC disorder, and as per Elisawegmann, Ursulaoberst, Benjamin Stodt, and Mathias Brand (2017), are concerned from their findings of the study on the IC disorder, that applications like Facebook, Whatsapp, and Twitter are increasing negative consequences, due to excessive use of the above applications and termed the IC disorder, or Internet Communication Disorder. Elisawegmann (2017), studied using 270 participants, with a structural equation model used the role of psychopathological symptoms alongside the FOMO, found that many of the users have higher expectancies for using these applications, are helping tools to escape from negative feelings. The study revealed that specific cognitions mediate the effect of psychopathological symptoms, and the results were exactly matching the theoretical model propounded by Brand et al. (2016).

The IC disorder consists of Psychopathological Symptoms, that predict a higher fear of missing out of Internet – communication applications, as appended below:

- Higher fear of missing out on individual internet communication.
- Predicts higher avoidance expectancies towards IC applications.
- Internet related cognitive bias mediating the relationship between person's psychopathological symptoms
- Mediates the relationship.
- Cognitive bias mediates the relationships between person's psychopathological symptoms.

**Objective (ii):** Findings to evaluate the damages due to FOMO across the world with available data.

**Psychological Symptoms:** The interrelated FOMO issues, and the complexities of whether FOMO drives the social media use or the availability of Social Media, increases the FOMO, requires in-depth study, and study by Przybylski found that lack of autonomy, competence and connectedness is driving FOMO to a greater extent, and stimulates the needs or urge to check Facebook, Twitter consistently.

**Increasing Uncertainties and Pre-disposed Behaviour Changes:** FOMO has a very positive emotional experience

and more of negative emotional experiences. The levels of FOMO as high or low is yet to be identified accurately, nevertheless, the symptomatic evidences postulates a peculiar picture with statistical inputs with 87 undergraduate college students found that, students high in FOMO showed more positive emotional experiences and more of negative emotional experience when checking Facebook or otherwise.

- High FOMO contributed to get to social media like facebook than attending classes.
- Distracted Driving Habits.
- Increased Texting.
- Increased Emailing
- Self regulating focus on the moment.
- Urge to stay connected always.
- Compelled to be in relationships.
- Insecurity in relationships.

**Influx of Unwanted Impressions and Information:** the younger generation, specially the millennial are on the rise, and is now a greater concern for parents, teachers and employers, and it mediates the intrinsic concentration levels. The social media users are more controlled from the influx of information and the behavioural tendencies of the millennial or for that matter, most of our behavior are controlled by the digital gadgets and the surrounding buzz of information in it. FOMO is preoccupied in their behavior and according to psychiatrists and psychologists, the “aversion to loss or a tendency to avoid any kind of loss”. According to Psychiatrists, the depressive disorders and anxiety disorders are on the rise. The depression and anxiety in the student life, and people of all ages are on the rise, and the underlying issues related to relationship related issues, are directly or indirectly related FOMO.

**The anxiety of “what might be happening”:** The younger generation, especially millennial are having increased anxiety levels and it rises further due to the fact that, they are always concerned about what might be happening across the world, or the feeling of being left out are some of the signs of FOMO. Though FOMO is not a clinical disorder, the psychiatrists around the world, and added to the fact, psychiatrists also feels that, the responses towards FOMO never came good and made people to always engage in updates more towards self, their profiles publicized and pleading from others indirectly craving for attention, which actually damages the psyche of people of organization. Psychologists and Psychiatrists across the world, reattribute that, FOMO epidemic is impacting more on the social media users. The General characteristics of FOMO impacted person is, more affiliation towards internet and associate social media connectivity, the innate need to stay connected always, basic survival instinct with a feeling that staying connected and not missing out the happenings are very important, consider social media platform as the most important arena to communicate with the outside world, or virtual world, staying alive to keep updated and the powerful influencing capacity of FOMO, is all pervasive into the personal life of the individuals, on social media, to proceed towards worldly experiences than materialistic please, and the consequences are ;

- a. The FOMO impacted younger generation is impacted severely with the feeling insecurity, and they ingrain due to fragile relationships, got out of connectivity digitally, than qualitatively.

- b. Developing Poor Self Image:
- c. The need for constant gratification:
- d. Fear of failure and rejection
- e. Pre FOMO regret or envy
- f. Regretting for missing out.
- g. Self victimization for not being updated.

**Objective (iii) :** To examine the moderating factors deployed across the world to arrive at controlling factors to avert damages due to FOMO.

**Pervading Causative factors of FOMO:** A simple seizure of the mobile phone from a student by a teacher for a day can create havoc in the student's life, is what the student imagination. The millennial generation is not in a position to get departed from the Mobile phone (related internet connectivity), as it is resting on his psyche as a soul mate. A feeling of soul mate as mobile, and life lines as the connectivity into the virtual world, and being connected is the indispensable arena of life, and a reflection of updated personality, and showing with the latest updated with happenings across the world, whether it matters or not, is the norm of life.

The above is the status quo of the scenario of the younger millennial.

- a. Social Media Addiction
- b. Increased Social Anxiety
- c. Increasing desire to stay connected.

**Addressing on the following Symptoms:** If the addiction levels goes to an extent of sacrificing, time for television, or trade for television, sports, physical activity, listening to class or even to the level of trading on cinema, shopping, eating out and picnics, for being on the internet, then it's a clarion call on the symptoms of FOMO, which is taking the student away from the mainstream of life's happenings.

- a. Frequent talks about Instagram, Youtubes, Facebook, Inbox of Twitter or any other matter related to above, or essential networking sites, then, it is a clear symptom of FOMO.
  - i. When the mind wanders to the digital device immediately after waking up.
  - ii. Having multiple accounts for different sites for different purposes.
  - iii. Jumping from one site to another and returning back with anxiety as soon as possible.
  - iv. Waiting for the ting sound or anxious when mobile bell sounds, even when in a busy schedule.
  - v. Greater concern about immediate replying.
  - vi. Concerned to a greater extent for acknowledgement from other end.
  - vii. Like spots for the messages as well as opinions are sought with expectations.

- viii. Being alive to all the conversations within as well as outside groups.

- b. Psychological issues of Anxiety and Depressive Symptoms and jealousy:  
The feeling of being left behind by unnecessary comparison of self and others, and psychologically pulling self down towards ignorant comparison on jobs, opportunities, friends, association, relationships, social lives, experiences, luck and feel that the better part of life is always with others. Feeling apprehended on being left out of important events, while the events could be even of least significant.

**Severe degradation on the attention span;** FOMO has taken out the practice of full concentration, and the span of attention has come down to abysmally low levels, since the thought process never happens, as the longingness to associate with digital and virtual world, or imaginary fear of missing out of important happenings, puts anxiety on students, teachers, workers or anyone for the matter, which takes away wholesome concentration from the people, is in terms of heading towards disaster for many of the students and millennial in their jobs even.

**Damages on the Self Esteem and Self Confidence:** Breaking news, 24/7/365, hotlines, hot news, whatsapp, twitter, and digital devices in hand, and above all our attention span need to be intact. Researchers, Sociologists and Psychologists are warning on the emerging crisis of the damaged and yet all pervasive attention span, which is waning out. Researchers of Germany from Technische Universität Berlin, Max Planck Institute for Human Development, found that there is increasing rates of change within collective attention. It is found that allocated attention in our collective minds have a certain size, and that cultural items competing for that attention have become more densely packed". Euromonitor International analysts predict that FOMO is now getting older as more people especially Asians are moving towards JOMO (Joy of Missing Out). Since consumers in Asia are hyper connected, and relative evidence from FOMO to JOMO, an upcoming social phenomena pendulum is swinging back, which advocates, disconnecting from internet connectivity and start to have digital well being called JOMO, by which disconnect from virtual to become real and original in living the moment. The fact based conclusion was drawn from a study done in Asian countries like China, Japan, Singapore, Sweden and the United States, and like, where in the participants in the research accepted, with special reference to "stress increases in them as per the levels of internet usage, the more they use, the more stressful they get", for which the concept of JOMO arose.

**De-stabilising the "FOMO Process Cycle":**

- a. Breaking the "pervasive apprehension of thinking of missing out, and that others are overwhelmingly joyful".
- b. Considering Social Networking Sites as "Dynamic Platforms" that decides identity of a person.

- c. Refreshing every micro seconds: Trying to look back almost countless times, despite knowing the changes are not impacting us directly.
  - d. Irrelevant and redundant details on surface of the net: Imaginary multiplication of every action to attract attention by means of worthless comparisons, glaring at popularity charts and prioritizing the non-priority items adds to the problems.
  - e. Tech stress: All pervasive levels of stress, through FOMO is making its presence, and it is increasing the anxiety of the younger generation, and it takes the form of a mental unrest, feeling of distress, uncontrollable anxiety at times, and it places itself in subconscious so well, that it becomes difficult to control.
  - f. Escalation of Anxiety: the anxiety levels invisibly and intricately, and at times it is very difficult to keep track on the fact that whether are we under anxiety disorder, and at times get into as FOMO and sometimes may lead to medical state of depression, and couple of studies done by Australian Psychologists, that under intense exposure to FOMO and perennial status quo of it can escalate anxiety levels.
  - g. Increasing Superficial Feeling of Self: Youngsters always feel that, they have to be part of the any of the social media bashing as, not relating to dynamic digital platforms, pulls down the image in front of peers is what is increasing superficial feelings of supremacy in the circle of peers, and most of the time feel superficial on self, and expectations, rise with the feeling that others too must think on the same line.
  - h. FOMO encroachment on personal lives: Studies from various countries reveal that FOMO is heading to toxic in nature and has developed into a very dangerous syndrome of our body system.
  - i. Trying to be alive in all Running Apps: Just to prove that I am updated with all apps, and doing this increases toxicity in the brain, that leads to stress and anxiety, and its better not to try maximum apps, hence putting off all the apps for time being can bring bank energy and peace of mind, and that relaxation can increase the concentration, and concentration can improve concentration as well as span of attention.
- them to feel less competent at times when they can't stand to demands or to say no, to feel less competent, to feel less autonomous and less connected, than the people who do not worry about being left out in the crowd. So everything at every point of time can't be yes, hence staying away from YES mentality can save a lot.
- a. Realising that nothing actually misses out. Drop the habit of comparing life of self with lavishing life style projected in the media, which may not exist in reality, and the only way to do this is to have contentment.
  - b. Always seeing the highs, and avoiding lows: Everyone needs to balance between highs and lows, and equanimity needs to be maintained during the times of high or low.
  - c. Precariously using Social Media for requirements alone: Over usage and getting engrossed towards lavishing fantasy world will make students really compare self from reality, and the intensity of the information to update is not required until unless it is really required.
  - d. Giving a day or night of pass for healing: Just having mercy towards self brings in lot of resolute strength mentally, and it destresses people to perform better for the next task. According to psychiatrists posting on the WebMD, everyone needs the necessary me time, and most of the time it is found that we never take time to heal on certain things, and if we relax a bit more, than a guilt hangs over us, which is not required and it is better to give days off at times to relax without thinking and giving thinking a pass, and it can be done by being away from media, and it can slowly heal off FOMO.
  - e. Introspecting Self for Unwinding; having a sense of setting things right mentally and physically, that can develop the psychological insights of how to stay with the art of say "Yes"and "No", appropriately.
  - f. Hosting Parties to communicate frequently or group outing to share feelings rather than digital connectivity: Digital connectivity alone does not help always, at times grouping together with the friends, co-workers, relatives, friends, mutual relations to a gathering or with cup of tea, for consultations and unofficial outings, can improve the relationship, rather than keying always, with the digital device.
  - g. Equanimity in approach: Staying balanced is an option, and it does happen with everyone, in taking things positively and those that gets digested fairly well. So investing in relationship is very much required to have positive outlook towards life and other happenings towards good. Whatever the levels on which things happen in life has to be taken in a balanced outlook and homeostasis be maintained at best, that can bring down FOMO to a great extent.
  - h. Self analysis on general outlook towards life: The real analysis of the linkage with the virtual world through social media needs to be kept in check, by self monitoring of, level of general

### 3 CONCLUSIONS AND RECOMMENDATIONS:

Prevention is better than cure: The slogan fits FOMO too, like what medical doctors say, the branching out of anxiety can be avoided, and not take a leap to think the feelings of loneliness associated with FOMO. FOMO need not be seen as mental illness: FOMO is all pervasive and rewarding experiences, and intense desire to be connected always disturbs the mind, and anxiety increases when the desire to stay continually into the virtual world and consciousness towards what others are doing. Avoiding saying YES to everything: Though in fact its impossible, the mental pressure to say yes to everything is more dangerous, and that is what people impacted by FOMO suffers about. The FOMO affected students feel immense pressure to say yes to all they get through net connectivity, or try to say yes to everything most of the times, and that leads

unhappiness, and the ability to accept that, we cannot be omnipresent and omnipotent, around the happening across the world.

**Recommended Practices to avert FOMO:** Very strong and stringent discipline is required, in the mindset of the people, rather than any aspect, and since FOMO plagues the young and growing population, in most of the cases who try to come out of FOMO is afraid of losing their selected engagements in many experiences may vanish, and that the fear of losing the instant gratification, felt sentiment, and many prefer to keep it an open option. The following measures may be part of practices and in fact for the students, it shall be taken as baby steps to giant leaps to keep things under controllable levels to the maximum. The leadership levels at education institutions, and various supporting sectors needs to get on this serious social malice. The leadership matters here as in the way to handle, with conceptual clarity (karthikeyan,2017), the lattice leadership style (karthikeyan, 2017), the conscious levels in leadership (karthikeyan c,2017), as said in level 7 consciousness of a leader (karthikeyan c, 2017) can put the commitment on top, and then the political leadership in India needs to develop a strong vertical leadership (karthikeyan c 2017) at execution levels to make it viable for the public, as well as industries at all levels to understand and take up the initiative.

- a. **Slowing Down:** Changing gears or shifting gears or we can call touching on breaks, with very sincere steps, in fact baby steps as possible. Practices makes a man perfect holds true, and keeping a check with the help of friends, family members and constant reminders, by putting posters, switching off gadgets etc. Seeking support in this initiative by telling your close relationships, that your efforts towards controlling FOMO will help you to achieve.
- b. **Improving the ability to Discern and Distinguish:** the ability to classify and personify the difference between "Important and Necessary" than taking everything in similar stride. Classifying and choosing to eliminate that does not contribute to quality of life experience. Having the willingness to say "no" to more things, so that quality time shall be spent to activities that are more rewarding. More is not necessarily better, and having focus to enhance quality than quantity of experiences needs to be checked seriously.
- c. **Nourishing experiences than clouding on Symbols:** Looking at the greener pastures from the far, is always beautiful, and contemplating non existing glamour and glitz rather than spending on the blessings in the hand, for example envying others wealth, car, home and style of life, rather than to focus on the present experience at hand, like the feeling of accomplishment, adventure, connection, fun, self-respect, freedom, can distinguish from the feeling of fulfillment rather than obsessive preoccupation that diminishes our ability to experience to nourish the soul.
- d. **Attitude to not to have all:** Philosophically as well as realistically, the thin line of difference between needs

and desires are, having an end "is need" and never ending process is "desire", in other words, to cut off the non-essentials, and there by giving clarity to the attention process, so that it gives meaning towards it. In simple words, letting go of not required items.

- e. **One task at a time:** the clarity in doing one task at a time efficiently and doing too many at a time, or not knowing the priorities can limit the performance enhancement or quality outcome, hence sequencing the actions according to priorities, rather than doing a "mythical activity", by thinking that it is multitasking, neither the activity nor the satisfaction in doing such activity is high. It is better to focus on a single task at a time and giving due attention will bear fruits, and similarly is about handling information.
- f. **Mindfulness:** feeling of self contentment, like hermeneutics mindfulness (karthikeyan c,2020) is the key to every happiness in life and can take the next stage of deeper satisfaction, that can come with cultivation of mindfulness. Getting to aware of self, and moment to moment experience rather than seeking sudden and desperate attention from others.
- g. **High regards for relationships:** Instead of trying to acquire acquaintance and acquisitions, seeking to develop good relationship, investing time and energy in relationships, cultivating skills that require higher levels of commitment can destabilize FOMO.
- h. **Lingering on the Present Pleasurable experience;** time to linger on even the simplest of coffee aroma, rather than rushing to drink, relishing food, having pleasure in sensory activities too can calm down the brain, and can provide better insights.
- i. **Cultivating gratitude:** Cultivating gratitude for what we are blessed with can provide space in us to deeply appreciate what is with us rather than what is lacking in us, and what can fulfill us. Counting on the blessing will remove FOMO.
- j. **Enjoying the opportunities and practices rather than contemplating:** we need to have the highest of the relaxation while doing activities rather than having cluttered and doubtful thought process thinking what could happen etc can bring down the negativity of FOMO.
- k. **Reducing Unhappiness :** ways of creating happiness will wane down the unhappiness, which can be done by chewing what digests and the level the mouth can hold rather than pushing inside for sake of quantity, is what is said as reducing unhappiness. It can be done by avoiding illusions.
- l. **Reducing illusions:** The networked world is full of illusions, and thinking that it can give happiness, replace sanctity in you, etc can lead to severe discontentment and may increase FOMO, so steps to reduce illusions needs to begin to arrest FOMO.

- m. **Detoxing Slowly** : Letting of the bad habit of frequent indulgence into the digital connectivity has to be avoided and slowly getting away in a phased manner can be healthy. Allocating time zones to refer, reflect and respond, can work wonders and the process of detoxification can be natural and fruitful.
- n. **Appreciating Current Assets**: The valuation of current assets, i.e, the blessings in present, rather than contemplating what will come, is the way, can reduce FOMO.
- o. **Making real connections and relationships**: The real relationships and heartfelt connections need not be with all time connectivity, the collective consciousness on personal relationships can be fulfilling rather than chatting endlessly and any relationship grows that way, and nurturing relationships are better than quantifying it, or showcasing it, can bring down FOMO.

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