



The Effect of Mindfulness Therapy on Fear of Missing Out Among Adolescents Aged 17–18 Years

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Article Information		ABSTRACT
Received	: 04 April 2026	High-intensity social media use among adolescents can trigger anxiety and psychological stress, driving continuous information-seeking and social comparison, a phenomenon known as Fear of Missing Out (FoMO). This study aims to analyze the effect of mindfulness therapy on reducing FoMO levels and to contribute to developing mindfulness-based mental health interventions for adolescents. Employing a quantitative approach, this study utilized a pre-experimental, one-group pre-post-test design. A sample of 100 adolescents was selected via purposive sampling based on specific inclusion and exclusion criteria. Data were collected using a content- and construct-validated FoMO questionnaire. The analysis revealed a significance value of 0.000 ($p < 0.05$), indicating a significant effect of mindfulness therapy on reducing adolescent FoMO levels. Furthermore, an effect size of 0.95 demonstrated a large practical intervention effect. Consequently, mindfulness therapy is not only statistically effective but also holds substantial practical implications as a potential intervention to mitigate FoMO and enhance the psychological well-being of adolescents in the digital age.
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Introduction

Adolescence is a transition phase to adulthood, where individuals begin to experience confusion in determining useful activities and have a high sense of curiosity about new things (Nguyen et al., 2026). Observing the phenomenon among teenagers today, shows high enthusiasm in using social media to stay up-to-date, by doing activities such as updating status, viewing and commenting and sharing information that is considered very important (Maza and Aprianty, 2022).

Adolescents who are exposed to social media intensively tend to experience social anxiety and psychological distress, which leads to feelings of being left behind, a desire to stay connected, and dissatisfaction due to social comparisons (Servidio et al., 2025). This condition encourages excessive use of social media, increased anxiety, need to belong, and addiction, and even has an impact on impulsive behavior and sleep disorders, which then develop into fear of missing out (FoMO) (Rochim et al., 2024). Conceptually, FoMO is influenced by external and internal factors, especially low emotion regulation and self-awareness. In this case, mindfulness Acts as an intervention that increases awareness of current experiences as well as the ability to observe thoughts and emotions without judgment (Article, 2024). Increased self-awareness and emotion regulation help individuals manage anxiety, reduce social comparisons, and suppress the urge to use social media compulsively. Thus, mindfulness not only lowers the symptoms of FoMO, but also targets the underlying psychological factors more comprehensively (Nissen et al., 2021).

Fear of missing out (FoMO) is a psychological condition characterized by the emergence of feelings of anxiety and worry about the possibility of missing out on important experiences or moments experienced by others, especially in the context of social media. This phenomenon can affect individual behavior, encouraging them to remain integrated with information and activities that take place (Rain, 2023). Fear of missing out (FoMO) And the fear of being left behind is increasingly widespread among adolescents and has a negative impact on adolescent mental health (Groenestein et al., 2024).

Based on an initial survey conducted on January 25, 2025 through interviews with 7 adolescents aged 17–18 years, it was found that most of the respondents actively use social media such as TikTok, Instagram, and WhatsApp to keep up with the latest trends and information. Respondents also showed a tendency to feel anxious and worried when they couldn't access the internet, which indicated the presence of FoMO symptoms.

The results of a study on social media users who experienced FoMO in Italy with 256 student respondents showed that 74.4% aged 18 years old experienced severe FoMO (Servidio et al., 2024). Based on survey data conducted by Veronika et al Through adolescent respondents aged 17-18 years, a total of 638 adolescents in Indonesia showed around 64.6% and 412 adolescents had FoMO on social media. However, for the results of the research carried out from Princes (2024)) indicates that more than 70% of adolescents experience FoMO. Then followed byby groupAge25-34 years oldby a percentage22% (Anne et al .2021)

The study on FoMO conducted in East Java used a survey for the age group of 12-25 years with a total of 50 participants. All participants experienced FoMO syndrome to varying degrees. Of the total, 30 participants (60%) showed FoMO syndrome in the mild category, 18 participants (36%) were in the moderate category and 2 participants (4%) were in the high category FoMO level (Dewi, 2022).

In addition, several previous studies have also examined the factors that influence FoMO, Another study found a significant positive association between FoMO and phubbing behavior in early adolescence. The results of the product moment correlation analysis showed a coefficient of 0.394 with a significance level of 0.002 ($p < 0.05$). These findings indicate that the higher the level of FoMO an individual experiences, the greater their tendency to ignore direct social interactions because they are more focused on their phones. Thus, FoMO can be understood as one of the factors that encourage the emergence of phubbing behavior, so the management of social media use is important to maintain the quality of adolescent social relationships. (Rochim et al.2024)

On the other hand, research conducted by Maza and Aprianty highlights the role of self-control in influencing FoMO levels in adolescent social media users. The results of the study showed a significant negative relationship between self-control and FoMO This means that individuals with good self-control abilities tend to have lower levels of FoMO. These findings confirm that self-control is an important aspect in helping adolescents manage their use of social media wisely, thereby minimizing adverse psychological impacts (Maza & Aprianty, (2022).

In addition to internal factors such as self-control, psychological interventions have also been shown to have a role in overcoming mental health problems in adolescents. Research by Lekatompessy showed that mindfulness therapy had a significant effect on lowering depression levels in adolescents, with a significance value of 0.003 ($p < 0.05$) based on the Wilcoxon test.

This shows that the mindfulness approach can help individuals increase self-awareness and manage negative emotions more adaptively (Lekatompessy et al.2023). In line with that, research by Sofia et al also found that mindfulness therapy was effective in lowering FoMO levels in Generation Z of Instagram users, indicated by a value of $Z = -2,384$ however, the difference between the experimental and control groups has not shown significant results, so further research with a stronger design is needed (Sofia et al.2023).

The results of this study are also in line with previous research titled "The role of Mindfulness To Overcome Fear of Missing Out (FoMO) Gen Z Youth Social Media" which shows that there is an increase in mindfulness after being given an intervention and mindfulness it persists even if the intervention is not always given formally, due to customary mindfulness can be applied in daily life. Further research by Ramdhonia Rahmawati (2021) with the title "The Influence of Therapy Mindfulness Against Anxiety in Students During the Covid-19 Pandemic" shows that therapy mindfulness Meditation has an effect on students' anxiety and mental state during the Covid-19 pandemic if carried out correctly (Fenza Pledge (2023)).

Based on the overall findings, it can be concluded that FoMO is a phenomenon that is influenced by various factors, both from internal aspects such as self-control and external factors such as the intensity of social media use. In addition, mindfulness-based interventions show potential to be quite effective in reducing the negative impacts caused, both in the form of depression and FoMO tendencies. Therefore, preventive efforts and appropriate interventions are needed to support the mental health and quality of social interaction of adolescents in the digital era

Some of the factors that play a role in the emergence of FoMO include Anxiety (emergency), need to belong (need to be accepted), addiction (addiction) as well need for popularity (need to be popular) (Gupta & Sharma, 2021). FoMO in adolescents in general arises because of the fear of being left behind from social experiences that are considered interesting on social media. The habit of terus connecting and the expectation of getting recognition from peers makes them keep checking their phones even when in unsupportive situations. This forms a cycle between anxiety, dependency and the desire to be accepted to influence each other, which ultimately reinforces the feelings of FoMO (Kurniawan and Utami, 2022).

The negative impacts caused by FoMO include difficulty concentrating, decreased productivity, increased levels of anxiety and stress, and lack of confidence due to comparing

their lives to the ideal lives of others. Adolescents also have the potential to experience sleep problems, as well as impulsive shopping to follow trends, all of which can have a negative influence on their psychological health and well-being (Yulya et al. 2022).

Handling FoMO can be done through various approaches, including complementary therapy, one of which is terapi mindfulness. Terapi mindfulness is a psychotherapy approach with an emphasis on increasing full awareness for the present learner without giving judgment. Through meditation exercises and breathing techniques, individuals are taught to observe their body's thoughts, feelings and sensations with an open and non-judgmental attitude. This approach aims to improve mental and emotional well-being by helping individuals manage stress, anxiety, and depression (Sofia et al., 2023). According to Zulfa et al (2024) There are three main elements in mindfulness (Mindfulness) i.e. observation without assessment (Non-judgmental Observation), acceptance (Acceptance) and full attendance (Full Presence). Despite the phenomenon fear of missing out (FoMO) in adolescents has been extensively researched and proven to have a relationship with social media use behavior as well as internal factors such as self-control, most of the research still focuses on descriptive and correlational approaches (Sofia et al., 2023)..

Research testing interventions to lower FoMO is still limited and shows inconsistent results, especially regarding the effectiveness of mindfulness therapy in stronger designs. In addition, previous studies generally used a wide age range of adolescents, so they have not been able to describe specific conditions in the late adolescent phase (17–18 years) which is a group with a high intensity of social media use and is prone to FoMO. In Indonesia, in particular, studies that combine FoMO measurement with mindfulness-based psychological interventions in this age group are also still very limited.

Therefore, the novelty of this study lies in the direct testing of the effectiveness of mindfulness therapy as a psychological intervention in lowering FoMO levels in adolescents aged 17–18 years, which is an age group with high vulnerability to social media use. In contrast to previous studies that tended to focus on relationships between variables, this study used an experimental approach to evaluate changes in FoMO levels before and after the intervention. In addition, this study specifically targeted the developmental phase of late adolescence, thus providing a more contextual and in-depth picture compared to studies with a wider age range. This research also enriches the literature in Indonesia by presenting empirical evidence on the

effectiveness of mindfulness as an applicable intervention strategy in overcoming FoMO, as well as providing a basis for the development of promotive and preventive programs for adolescent mental health in the digital era.

Therapy mindfulness proven to be effective in lowering the Fear of Missing Out (FoMO) in adolescents through increased self-awareness, focus on the present, and acceptance of current experiences without judgment. This method is particularly relevant for groups of adolescents who are psychologically vulnerable to social pressure, anxiety, and the need for peer recognition on social media—factors that often trigger the compulsive urge to stay connected in order not to be left out of information. Theoretically, the ability of individuals to objectively observe their thoughts, emotions, and body sensations without impulsive reactions can reduce anxiety while suppressing excessive use of social media. Therefore, the intervention mindfulness not only reduces external symptoms, but fundamentally targets the psychological roots of the causes of FoMO, such as chronic anxiety and the fulfillment of social acceptance needs (Abdurrochim and Hanifah, 2024) and (Sofia et al., 2023).

These findings are also supported by previous research that states that mindfulness can increase self-awareness, improve emotion regulation, and reduce stress and anxiety levels in individuals (Utami, 2023). In the context of adolescence, this increased awareness helps individuals to be better able to control social media use behavior and reduce the tendency to make excessive social comparisons.

In addition, this study specifically integrates the concept of mindfulness with the FoMO phenomenon in the context of adolescent social media users, which was still relatively limited in previous studies. The novelty is also strengthened through the use of psychiatric nursing perspectives, particularly the Roy Adaptation Model, which positions FoMO as a maladaptive response to digital environmental stimuli and mindfulness as an adaptive coping mechanism.

Thus, this research is expected to make a stronger empirical contribution to the development of mindfulness-based psychological interventions in adolescents. Mindfulness therapy can be one of the effective and applicable interventions in reducing FoMO in adolescents and supporting sustainable improvement of quality of life.

Method

The research design applied for this study is quantitative "pre-experimental" with a *type of "one-group pre-post test design"*, which reveals the cause-and-effect relationship by involving

one group of subjects to be observed before and after the intervention. The time approach for this study utilizes cohorts, which is a time approach with a longitudinal and *time period approach*. The research population of 130 adolescents who were then selected by *purposive sampling technique* was obtained from a sample of 100 adolescents aged 17-18 years. The data collection techniques used or the instruments used were the standard operating procedure (SOP) of mindfulness therapy and the FoMO questionnaire which consisted of 9 question items, strongly agree (4), agree (3), disagree (2), strongly disagree (1). The analysis test uses *the Wilcoxon* test.

Research Results

Table 1 Distribution of Respondents by Gender and Age In Adolescents

No.	Gender	F	(%)
1.	Male	20	20.0%
2.	Famele	80	80.0%
Total		100	100%
No.	Age	F	(%)
1	17 years	83	83.0%
2	18 years old	17	17.0%
Total		100	100%

Table 2 *Distribution Frequency Fear of Missing Out (Fomo) Before Therapy Mindfulness*

In Adolescents

No.	<i>Fear Of Missing Out (FoMO) Pre</i>	F	(%)
1.	Height	36	36%
2.	Medium	64	64%
3.	Low	0	0%
Total		100	100%
No.	<i>Fear Of Missing Out (FoMO) Post</i>	F	(%)
1.	Height	1	1%
2.	Medium	24	24%
3.	Low	75	75%
Total		100	100%

Therapy <i>Mindfulness</i>	<i>Fear Of Missing Out (FoMO)</i>			Total
	Height	Medium	Low	
<i>Pre-test</i>	36	64	0	100
<i>Post- test</i>	1	24	75	100

Discussion

Identification of Fear of Missing Out (FoMO) Before Mindfulness Therapy in Adolescents Aged 17-18 Years

The results showed that before being given mindfulness therapy, most adolescents aged 17–18 years in Tuban Regency experienced Fear of Missing Out (FoMO) in the medium category as many as 64 respondents (64%), while 36 respondents (36%) were in the high category. These findings show that FoMO is still a problem that is quite often experienced by adolescents, especially in the late adolescent age group who actively use social media. The results of this study are in line with the research of Utami et al. (2023) which showed that before being given intervention, most respondents were in the medium and high FoMO categories. Research by Dewi (2022) also found that adolescents in East Java experience FoMO syndrome with varying degrees, ranging from mild to high categories. The similarity of these results shows that FoMO is a phenomenon that is quite common in adolescent groups of social media users.

The high level of FoMO in this study is suspected to be related to the developmental characteristics of adolescents aged 17–18 years who have a high need to be accepted by their peers and stay connected to their social environment. At this age, social media is the main means of obtaining information, building social relationships, and gaining recognition from the surrounding environment. As a result, adolescents are more prone to experiencing anxiety when they feel left behind in information, activities, or experiences experienced by others.

The majority of respondents in this study were 17 years old as many as 83 respondents (83%). The dominance of this age group shows that late adolescents are a group that is vulnerable to experiencing FoMO due to the high intensity of social media use and the need to gain social acceptance from peers. This condition can increase the tendency of adolescents to continue to monitor activities that occur on social media. The results of the pre-test measurement showed that some respondents had a tendency to feel worried when seeing the activities of their peers on social media and were encouraged to continue to monitor the latest information through digital devices. This condition indicates the presence of FoMO symptoms before being given mindfulness interventions.

Based on the results of the study, it can be concluded that before being given mindfulness therapy, most adolescents still experienced FoMO in the medium to high category. This condition shows the need for psychological interventions that are able to improve adolescents'

self-awareness and emotional regulation so that anxiety due to social media use can be minimized. One of the interventions that can be used is mindfulness therapy.

Identification of *Fear of Missing Out* (FoMO) After *Mindfulness Therapy* in Adolescents Aged 17-18 Years

Research that has been carried out shows that FoMO levels of 100 (100%) adolescents after being given therapy *mindfulness* i.e. most 75 (75%) respondents experienced FoMO levels in the low category. This research is in accordance with Sofia's research *et.al*, (2024) with the title "*Mindfulness Therapy To Lower The Tendency To Fear Of Missing Out (Fomo)*" which shows that H0 is rejected which means H1 is accepted which states that there is a significant influence on the experimental group before and after therapy *mindfulness*. Other research conducted Lekatompessy *et al.* (2023) with the title "*Influence Mindfulness Against Adolescent Depression*" which shows results, that therapy *mindfulness* Effectively reduce levels of depression, stress and anxiety in adolescents.

Therapy *mindfulness* is an approach that helps individuals to focus on the current experience with full awareness, without giving judgment to various thoughts or emotional reactions that arise due to certain situations or stimuli (Sapti, 2019, in Inayah, 2024). According to Sofia *et al.*, (2023) Therapy *mindfulness* It is a psychotherapeutic approach that emphasizes increasing full awareness of current experiences without giving judgment. Through meditation practices and breathing techniques, individuals are taught to observe their body's thoughts, feelings and sensations with an open and non-judgmental attitude.

According to Utami (2022), it shows that therapy *mindfulness* can help teens to increase awareness and attention to current experiences, so they can reduce feelings of anxiety and anxiety that arise due to social comparisons on social media. Application of therapy *mindfulness* will give changes to three axioms, namely *attention* (attention), *intention* (intention or purpose) and *attitude* (behavior or attitude) in individuals, especially in the context of coping with FoMO. In a study conducted by Ardekani, Javidi, Mehryar, & Hossemi (2018) in Inayah (2024) said that the therapy *mindfulness* It is also a non-pharmacological intervention that is able to reduce anxiety and increase adaptation and self-acceptance. *Mindfulness* It is declared efficient in reducing psychological stress for both parents and students. Meditation *mindfulness* It can help reduce anxiety and worry, thus making a person calmer and easier to rest at night. The increased awareness that develops after practicing this technique also contributes to a better quality of life.

Thus, individuals are able to enjoy every moment completely and consciously, without feeling anxious about losing experiences and information that occurs in their lives (Liu et al., 2024).

Therapy *mindfulness* can lower FoMO levels through several methods, such as increasing self-awareness of what is happening in the moment, acceptance without judgment and focusing on the experience of the moment. Methodology this very important to improve one's mental and emotional health (Abdurrochim and Hanifah, 2024). According to Utami (2023) therapy *mindfulness* has a significant role in overcoming FoMO among adolescents, namely increasing full awareness, focusing on the present moment and improving psychological well-being.

Mindfulness *therapy* has been shown to be effective in reducing the tendency of *fear of missing out* (FoMO) among adolescents who actively use social media. Research conducted by Sofia *et al.*, (2023) showed that after being given *mindfulness* therapy, there was a significant decrease in the *fear of missing out* (FoMO) score in the experimental group, with values of $Z = -2.384$ and $p = 0.017$ ($p < 0.05$), which showed a significant difference before and after treatment. This suggests that *mindfulness* therapy can help adolescents to manage negative emotions and improve their psychological well-being, so that they can be calmer and more positive in the face of social pressure caused by social media use.

This study uses therapy *mindfulness* with the STOP technique. According to Patel dan Goyena (2019) The STOP technique stands for four steps, namely. *stop* (stop), *take a breath* (take a breath), *observe* (observe) and *Continue* (process). The STOP technique is a simple, easy-to-use and very helpful technique. The main goal of the STOP technique is to be fully present in the moment and observe what is happening, not just react. Sometimes, we may notice that the sensations in our body, mind, or emotions have changed, while other times, we may notice that there is no change at all. Stress can make us vulnerable to react in ways that are already a habit. When in stressful situations, we often have limited access to our internal resources. This habit of reacting may not be the most effective way to deal with every situation. Therefore, it is important to respond to stress in a more skillful way, rather than reacting impulsively. This research was carried out in 6 meetings, in the first meeting, the researcher conducted a *pre-test* by distributing a questionnaire to the respondents, before giving the questionnaire the researcher provided an explanation related to the research to be carried out and provided an approval sheet to be a respondent to the prospective respondents. After filling

out the consent sheet, then fill out the FoMO questionnaire sheet to the respondents who have filled out the consent sheet.

The second to fifth day meetings provided *mindfulness therapy* interventions, and the time of each meeting was 20 minutes. The sixth day of the meeting the researchers carried out direct observation by providing an identical *fear of missing out* (FoMO) questionnaire for *post test measurement*. The cycle was carried out for three weeks with six meetings throughout the implementation of the respondents' research showing a gradual decrease in the level of FoMO. Based on existing facts and theories, the researcher concluded that there were significant changes in adolescents who experienced FoMO conditions at Nurul Anwar Pakel Montong High School after being given *mindfulness* therapy, most of the respondents experienced FoMO levels in the low category. These changes are caused by various factors that can affect each individual's FoMO levels. Adolescents with FoMO condition are in the low category because at the time of treatment they follow the entire series of *mindfulness* therapy optimally and conducive, feel relaxed, focused and can work well.

Adolescents who showed a decrease in FoMO levels in the low category were able to apply the intervention well that had been given by the researcher during six sessions. This is shown through the results of filling out the questionnaire where the level of FoMO in adolescents decreases significantly along with active involvement in *mindfulness* therapy. In this case, it can be concluded that FoMO levels in adolescents decreased after being given *mindfulness therapy interventions*.

Analysis of the Effect of *Mindfulness* Therapy on *Fear of Missing Out* (FoMO) in Adolescents Aged 17-18 Years

The data analysis of this study was carried out using *the Wilcoxon Test*. The results of statistical testing showed that there was an effect between *mindfulness* therapy on FoMO levels in the adolescent group aged 17-18 years. Based on table 1.3, it shows that FoMO in adolescents aged 17-18 years before the implementation of *mindfulness* therapy, the majority of adolescents amounting to 64 (64.0%) experienced FoMO levels in the moderate category and almost half of 36 (63.0%) adolescents experienced FoMO levels in the high category dominated by female respondents and none of the adolescents with low category FoMO levels.

Meanwhile, after being given *mindfulness* therapy treatment, most adolescents amounting to 75 (75%) experienced FoMO levels in the low category, most of which came from adolescent girls, namely 60 out of a total of 80 adolescent girls (75%) and 15 out of 20 adolescents who

were male (75%). Almost half of the adolescents with FoMO levels in the medium category amounted to 24 (24.0%) adolescents dominated by female respondents, which amounted to 19 (19.17%) adolescents. Meanwhile, there are 1 (1%) adolescents with FoMO levels in the high category.

The analysis of this study was carried out using the Wilcoxon Nonparametric Tests with a significance level of $\alpha = < 0.05$. The calculation process was assisted by SPSS software version 23 for window, with the result of the value Asymp. Sig. (2-tailed) = 0.000 which shows that a smaller p -value identifies an increasingly significant result, so that $p = 0.000 < 0.05$ then H1 is accepted. These findings identify that mindfulness therapy has an effect on FoMO in adolescents aged 17-18 years at Nurul Anwar Pakel High School, Montong district, Tuban regency

The changes that occurred showed that mindfulness therapy was effective in reducing FoMO in adolescents aged 17-18 years in Tuban Regency influenced by the implementation of mindfulness therapy that took place in a comfortable and conducive atmosphere so that it was easily accepted by respondents. This is reinforced by the statement that mindfulness therapy is an effective method in lowering a person's FoMO levels as self-awareness of the current condition increases, acceptance without judgment and the ability to focus on ongoing experiences. There was a significant difference in the results of FoMO observation before and after being given mindfulness therapy, where after being given mindfulness the level of FoMO decreased. Based on theoretical studies and empirical findings, researchers argue that changes in FoMO in adolescents can be observed through a comparison between pre-test and post-test results showing significant changes. Not only in the results of the scores obtained, the difference can also be seen in the results of observation by proving changes in adolescents' attitudes towards their characteristics in full awareness, observation, description, acting consciously and not judging.

Significant changes with the administration of mindfulness therapy are influenced by various factors, one of which is the level of full awareness. The results of this study show that adolescents with high levels of mindfulness tend to have lower levels of FoMO. This happens because the adolescent is better able to pay attention and be aware of the experience that is being experienced. In addition, the aspect of full awareness can also be seen from the ability of

adolescents to act with full awareness. Thus, they can carry out activities with focus, concentrate on one thing at a time, and are able to control themselves and act consciously.

There was 1 adolescent who experienced a decrease in score, but was still in the high category after being given mindfulness therapy. This is due to the lack of focus and attention given by the adolescent during the implementation of therapy. This is evidenced by the insincerity and inconsistency of adolescents in doing therapy. In addition, when experiencing focus disorders, adolescents tend to give up immediately and are reluctant to try again calmly, reflecting a lack of self-control. This statement was strengthened by post-test results which showed a decrease in FoMO level questionnaire scores in adolescents, but were still classified as high. Post-test results showed that adolescents tended to immediately check their phones when receiving notifications, and felt uncomfortable when seeing their peers participating in more interesting activities, and were used to sharing their activities and feelings on social media.

Although the results were not entirely in line with the researchers' expectations, 99 out of 100 respondents experienced a decrease in FoMO levels after the intervention. The success of therapy is influenced by the implementation of *mindfulness therapy* that runs optimally and follows standard operating procedures (SOPs). The success of this therapy is also influenced by the role of parents, teachers, friends and the environment, so that it has a positive impact on reducing the level of FoMO in adolescents in Tuban Regency.

Conclusion

Based on the results of the study, it can be concluded that mindfulness therapy has a significant effect on reducing levels *Fear of Missing Out* (FoMO) in adolescents aged 17–18 years in Tuban Regency. Before therapy *mindfulness*, most of the respondents were in the medium and high FoMO categories. After being given the intervention, most of the respondents experienced a decrease in FoMO levels to the low category. Test results *Wilcoxon* Shows value *Asymp. Sig. (2-tailed)* of 0.000 ($p < 0.05$), indicating a significant difference between FoMO levels before and after mindfulness therapy. These findings prove that mindfulness therapy is effective in helping adolescents increase self-awareness, manage emotions, and reduce anxiety that arises from the use of social media. In general, the results of this study imply that mindfulness therapy can be used as one of the promotive and preventive interventions in an effort to improve adolescent mental health. The application of mindfulness therapy in the school and community environment is expected to help adolescents use social media more healthily so

that they can minimize the risk of psychological problems related to *Fear of Missing Out* (FoMO). For the nursing profession, therapy *mindfulness* can be used as an alternative to non-pharmacological interventions in adolescent mental health promotion programs.

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