

Abstract

Fear of Missing Out is a newly emerging concept that has been associated with excessive and alarming internet and social media use. The excessive use of social media motivated by varying levels of Fear of Missing out can be a cause of major concern of harm especially to adolescents on various factors, the most of which may be overall wellbeing.

This research looks at the relationship between Fear of Missing Out, Social Media Engagement, Social Comparison and Well-Being of Adolescents. Fear of Missing out scale ([Przybylski et al., 2013](#)), Social Media Engagement scale ([Jenkins-Guarnieri, Wright, & Johnson, 2013](#)), Adolescent Social Comparison scale ([Irons & Gilbert, 2005](#)) and EPOCH measure of Adolescent Well-Being ([Kern et al., 2016](#)) were used to collect data from a sample of n=250 adolescents that was selected from the population of Pakistan. Results have shown that there is a positive correlation between Fear of Missing out and Social Media Engagement as well as between Social Media Engagement and Well-being. Multiple linear Regression was used and a Regression equation was found that expressed that Social Media Engagement adds to 8.1% of variance to Well-being.

Further analysis revealed adolescents who used more than one social media app reported higher levels of Fear of Missing out. Secondary analysis also revealed, significant difference among gender and type of school in terms of levels of wellbeing.

Keywords: *Fear of Missing Out, Social Media Engagement, Social Comparison, Wellbeing*