

## Abstract

The current research is aimed to evaluate the correlation between Internet addiction, Emotional Intelligence and Fear of Missing Out in young adults. Correlational Research Design has been implemented to find relationship among the given variables. 600 undergraduate student's male ( $N = 300$ ) and female ( $N = 300$ ) has participated in the study. The sample has been nominated through stratified random sampling method, from major government and private universities in Lahore. To measure the test variables Chen Internet Addiction Test (Chen, 2003), Fear of Missing Out Scale (Bowman & Clark-Gordon, 2019) and Schutte Self-Report Emotional Intelligence Test (Schutte, 1998) was incorporated. Descriptive and inferential statistics were applied to analyze the data using SPSS version 23. Pearson product moment correlation explained that there is significant positive correlation ( $r = .50, p < .01$ ) between internet addiction and fear of missing out. Emotional intelligence has a negative correlation with both internet addiction ( $r = -.11, p < .01$ ) and fear of missing out ( $r = -.08, p < .05$ ). Moreover, perception of emotion and managing own emotions shared negative correlation with both internet addiction ( $r = -.12, p < .01$ ) and FOMO ( $r = -.10, p < .01$ ). Results on step wise regression analysis explained that internet addiction is a significant positive predictor ( $\beta = .50, p < .001$ ) of fear of missing out. Moreover, it contains 26% of the variance. Outcomes from  $t$ -test elucidated, that gender has no impact on internet addiction [ $t(558) = 1.64, p > .05$ ], fear of missing out [ $t(558) = 1.61, p > .05$ ] and emotional intelligence [ $t(558) = -1.24, p > 0.5$ ]. ANOVA test explained that age is non-significant with fear of missing out ( $F(3, 559) = .87, p > 0.5$ ).

**Keywords:** Youth and Young Adults, Internet Addiction, Emotional Intelligence, Fear of Missing Out (FOMO)