

## Abstract

The current study examines Fear of Missing Out with Social Self-Efficacy and Quality of Life among adolescence and young adults. A sample of 300 (157 male and 143 female) adolescence and young adults were recruited via convenient sampling technique. The age ranged between 17-25 year. Fear of Missing Out Scale, Perceived Social Self-Efficacy Scale and WHOQOL-BREF Scale were administered on participants along with demographic sheet to access the study variables. A correlational research design was used. The findings of the study showed that FoMO has significant positive relationship with psychosocial variables age ( $r = .55$ ,  $p < .001$ ), education ( $r = .44$ ,  $p < .001$ ), social media use ( $r = .65$ ,  $p < .001$ ) and monthly income ( $r = .51$ ,  $p < .001$ ). while FoMO has significant negative correlation with social self-efficacy ( $r = -.71$ ,  $p < .001$ ) and quality of life ( $r = -.76$ ,  $p < .001$ ). Regression analysis indicated that 42% variance in FoMO is explained by social media usage. Furthermore, 51% and 13% variance in social self-efficacy and quality of life is acquainted by FoMO. Independent sample t-test showed that there were no gender differences in FoMO. t-test revealed that adolescents and young adults belonging to nuclear family scored higher on fear of missing out ( $t(298) = 4.92$ ,  $p = .00$ ). FoMO was found to have negative consequences. We may conclude that FoMO is adaptive and maladaptive.