

Jomo in Digital Well Being - Investigate the Relationship Between Jomo and Mental Health Wellbeing

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Abstract

Examined were the pleasure of missing out (JOMO) construct's potential validity and usefulness in connection to social media use, self-perception, and mental health indicators. This study is a response to data showing a correlation between social media use, low self-esteem, internalizing issues, and fear of missing out (FOMO) on social activities. In a world fueled by social comparisons and the "fear of missing out" (FOMO), the JOMO mindset, or "joy of missing out," offers a refreshing counterpoint. This paper explores how embracing JOMO can lead to a significant reduction in stress, a noticeable improvement in focus, and an overall increase in life satisfaction. By letting go of the need to be everywhere and do everything, we can prioritize our own needs, cultivate present-moment awareness, and find deeper meaning in the experiences we choose. The paper will delve into the psychological mechanisms behind JOMO's benefits, examining its impact on anxiety, attention, and self-perception. Moreover, it will highlight practical strategies for incorporating JOMO principles into daily life, ranging from mindful social media use to setting healthy boundaries and pursuing personal passions. Ultimately, this paper seeks to illuminate JOMO as a powerful tool for creating a more peaceful, focused, and fulfilling life. Using a variable-centered methodology, Study 1 found that there was a moderate relationship between overall JOMO scores and life happiness, mindfulness, social anxiety,

FOMO, and daily usage of social media. Furthermore, adopting a JOMO mindset contributes to increased satisfaction with life. The incessant comparison facilitated by social media often leads to feelings of inadequacy and dissatisfaction. JOMO encourages individuals to appreciate their own experiences and accomplishments without constantly measuring them against others'. This shift in perspective promotes a healthier self-image and a more positive outlook on life. This study analyses what are the contributions made by adopting JOMO by a person and its impacts on an individual

Key Words: FOMO, JOMO, SOCIAL MEDIA, , LIFE SATISFACTION, ADOPTION.

Introduction

“New technology is not good or evil in and of itself. It's all about how people choose to use it.” David Wong (in Kirtley, 2015). In the fast-paced digital era, where constant connectivity and digital distractions prevail, the concept of JOMO, or the "Joy of Missing Out," has emerged as a counterbalance to the overwhelming nature of constant online engagement. JOMO encourages individuals to embrace moments of disconnection and intentional digital absence, promoting a healthier relationship with technology. This discussion aims to explore the connection between JOMO and mental well-being, investigating how adopting a JOMO mindset can lead to reduced stress, enhanced focus, and increased life satisfaction. By understanding the potential benefits of prioritizing moments of offline presence, we can unravel the positive impact JOMO may have on overall mental health in the digital age.

A public health emergency has arisen from the careless usage of social media (Bouygues, 2021). According to a recent survey, over half of American adults said using social media increased their anxiety and depressive symptoms (Reboot, 2021). Overuse of social media has also been connected to an increase in mental health issues in young people (Aalbers et al., 2019; Keles et al., 2020). Recent meta-analyses of data from over 220 studies show a strong correlation between social media use and increases in anxiety and depression, despite the skepticism of some researchers and observers regarding such associations between social media use and serious mental health issues (Steinberg, 2021). For both adults and children, social media has become an integral part of daily life [1,2], with the main purpose of these platforms being to maintain relationships with others [3, 4]. According to a recent meta-review of the literature in this field, there is conflicting evidence linking social media usage to mental health and adjustment, and different contextual circumstances may play a significant role in determining whether social media use has a beneficial or detrimental influence [5].

Such simple virtual access to other people and their activities has been associated in some very unsettling ways with unfavorable social comparisons (e.g., [6]), body image issues [7, 8], potential distractions from daily tasks [9], and poorer sleep quality [10, 11]. However, some users may gain from social media in terms of perceived social support [13] and social capital [12]. Furthermore, being alone, independent, or disconnected from others may be beneficial for some people. This characteristic has been called JOMO in certain popular literature (e.g., [25, 26]). That is, some people may even prefer—or feel good about—not engaging in social interactions as opposed to feeling distressed about missing out on activities with others. Furthermore, the flexibility and discretion to select times of separation are crucial to the conception of JOMO. Instead of feeling alone because they have no other options, the person finds delight in the decision to not interact when they are available and aware of the other options [27, 28].

Objectives

To investigate the relationship between the Joy of Missing Out (JOMO) and mental health well-being in the context of digital usage.

Identify specific techniques and tools that can effectively support individuals in adopting JOMO behaviours and realizing its benefits for mental health.

Identify specific JOMO behaviours that contribute to stress reduction in different online contexts (e.g., social media, gaming, news).

Scope of Study

This research aims to explore the concept of JOMO (Joy of Missing Out) within the context of digital well-being and its impact on mental health. The study will investigate the relationship between adopting a JOMO mindset and various aspects of mental well-being, specifically focusing on stress reduction, improved focus, and increased overall life satisfaction. The research will involve a comprehensive literature review, surveys, and potentially interviews to gather insights into the practical implications of embracing JOMO in the digital age. The findings will contribute valuable insights to the fields of psychology and digital well-being, offering practical strategies for individuals seeking to enhance their mental health in the modern, digitally-driven world.

Literature Review

(Pew Research Center (2018))

The complex relationship between social media use and mental health, focusing on the concept of Fear of Missing Out (FOMO) and its impact on individuals' adjustment. It discusses the potential benefits of social media for staying connected to others, such as social support and maintaining relationships, as well as the drawbacks, including increased anxiety and depression. The document highlights the importance of distinguishing between passive and active social media use and their differential effects on well-being. It also delves into the role of FOMO in mediating the relationship between social media use and adjustment, emphasizing the need for further research in this area. Additionally, the PDF provides descriptive statistics for relevant variables and references key studies on personality measures, satisfaction with life, and the need for interpersonal attachments. Overall, it offers valuable insights into the nuanced impact of social media on mental health and adjustment, shedding light on both the positive and negative aspects of online social interactions

(Tanja Aitamurto may 2021)

The study "From FOMO to JOMO: Examining the Fear and Joy of Missing Out and Presence in a 360° Video Viewing Experience" investigates the emotional experiences of FOMO (fear of missing out) and JOMO (joy of missing out) in the context of 360° video viewing. The authors utilized open-ended survey questions to explore participants' feelings about the simultaneous unfolding of the story on two sides, as well as their experiences of distraction and decision-making in choosing which side to watch. The data analysis employed non-parametric tests, including the Kruskal-Wallis test and the Dunn test, to compare the conditions and sessions. The findings revealed that participants expressed excitement about the freedom to choose their field of view and access parallel events in the spherical view, with the 180° viewing condition providing a point of comparison for presence. The study also considered the impact of agency and control in eliciting feelings of FOMO and JOMO, while controlling for agency in four conditions. The research provides valuable insights into the emotional dynamics of 360° video viewing experiences and their implications for the design of virtual reality content

(Baumeister and Leary, 1995)

The impact of social media on mental health and adjustment, with a focus on the fear of missing out (FOMO) and the joy of missing out (JOMO). The study found that social media use can have negative effects on mental health, including increased loneliness, depression, stress, and anxiety. However, the study also suggests that JOMO, or the enjoyment of disconnecting from social activities, may moderate these negative effects. The study includes a psychometric analysis of the JOMO measure, which suggests that JOMO may be better understood as a unidimensional construct with different response patterns to individual items rather than a multidimensional construct that can be applied universally across samples. The study also found that JOMO is positively related to mindfulness and life satisfaction, and negatively related to social anxiety and FOMO. Overall, the study highlights the importance of understanding individual differences and contextual factors in the relationship between social media use and mental health. While social media can have both positive and negative effects, it's important to consider how factors such as FOMO and JOMO may moderate these effects

(Tal Eitan, Tali Gazit 2023)

The study examined the emotional experiences of individuals during a six-hour global outage of Meta's social media platforms, focusing on the fear of missing out (FoMO), social media intensity, and demographic factors. Participants reported a range of emotional responses during the outage, including feeling stressed, frustrated, and disconnected, as well as relief and even joy at being disconnected from social media. The outage prompted some to reflect on their everyday use of social media, with many expressing a desire to disconnect from it for periods of time. Demographic factors such as age, gender, employment status, education, and relationship status were found to influence individuals' emotional experiences during the outage. The study also revealed that social media intensity was linked to stress levels during the outage, with some participants expressing anxiety when unable to keep up with their friends' activities and feeling out of touch when not logged onto social networks. Overall, the outage provided a unique opportunity for individuals to examine their relationship with social media and its impact on their emotional well-being

Methodology

This study adopts a descriptive research design, aiming to analyse and summarize existing secondary data on Jomo in digital well being - investigate the relationship between jomo and mental health well-being. A comprehensive review of academic journals, books, industry reports, and reputable online sources will be conducted to gather relevant data. This research methodology outlines a structured approach to investigating Jomo in digital well being - investigate the relationship between jomo and mental health well-being. using secondary data. By leveraging existing literature, industry reports, and online sources, the study aims to provide a comprehensive overview of the subject, contributing to the existing body of knowledge in the field Jomo in digital well-being - investigate the relationship between jomo and mental health wellbeing.

Research Gap

JOMO is the joy of missing out, and it's all about choosing quality over quantity. It's about savouring the moment, being present, and enjoying life to the fullest. JOMO is about taking a break from the rat race and finding contentment in simple pleasures. This change in mindset can be fantastic for mental health improvement.

The study maintains the importance of embracing our own company and being content with what we have. It's about taking the time to relax and recharge without feeling like the individuals are missing out on anything. This can improve your mental health and general mood.

JOMO is the joy of missing out, and it's all about choosing quality over quantity. It's about savouring the moment, being present, and enjoying life to the fullest. These aspects change the mindset can be fantastic for mental health improvement. JOMO also is the reason for the reduction of stress and anxiety, two common mental health issues. When we're constantly chasing after the next best thing, we miss out on the joys of the present moment. It also reminds us to slow down and appreciate the simple things in life, which improves mental health too.

JOMO can also help boost our mood and overall satisfaction with life. When we focus on enjoying the moment, we are more likely to feel happy and fulfilled.

JOMO is about finding contentment in our current situation and enjoying the moment that we are in.

One way to practice JOMO is to put away our phone and be fully present. Be mindful of our surroundings and take in all the sights, sounds, and smells around us. Be in the moment and appreciate all that is around us.

JOMO can also be practiced in many ways in various ways, depending on what brings you joy. Some of the ways can be as follows:

JOMO is all about taking time for yourself and enjoying your own company. It's about disconnecting from everyday life's constant hustle and bustle and taking a break from it all.

Findings

The study found that, embracing the Joy of Missing out (JOMO) in the digital space can lead to decreased anxiety by avoiding the constant need to stay updated and compare oneself to others.

With Increased Productivity and disconnecting from the digital noise allows individuals to focus on their tasks, also leads them to an improved productivity and a better sense of accomplishment.

The study enhances the importance of mental wellbeing and also embracing JOMO where in it fosters a healthier mental state by reducing the fear of missing out and promoting contentment with one's own experiences.

The study found that it results in reduction of social comparison, where in it has a constant exposure to others accurate online lives can lead to negative self-perception. It also analyses the fact that, JOMO helps break free from this cycle, promoting self-acceptance.

The study says that, practicing JOMO encourages mindfulness and being present in the moment, promoting a more balanced and fulfilling lifestyle.

The study also enhances certain ways to experience JOMO:

Disconnecting from social media and technology

Scheduling time for yourself

Saying no to plans

Practicing self-care

Spending time in nature

Meditating or practicing mindfulness

Being present in the moment

Staying in and reading a good book or watching a movie

Conclusion

The concept of JOMO (Joy of Missing Out) in the context of digital well-being suggests a positive and mindful approach to the use of technology. As individuals intentionally disconnect from the constant digital noise and prioritize meaningful offline experiences, there appears to be a notable impact on mental health and overall well-being. Embracing JOMO allows individuals to cultivate a healthier relationship with technology, reducing the feelings of anxiety, comparison, and information overload associated with FOMO (Fear of Missing Out).

Research indicates that adopting a JOMO mindset can contribute to improved mental health by fostering present-moment awareness, promoting genuine connections with others, and reducing the negative effects of excessive screen time. Mindful engagement with technology, coupled with intentional breaks, has the potential to enhance overall life satisfaction and decrease stress levels.

While the digital landscape continues to evolve, understanding and incorporating JOMO into daily life may serve as a valuable strategy for maintaining a healthy balance between the benefits of technology and the importance of mental well-being. As individuals prioritize moments of disconnection and embrace the joy found in being present, the potential for positive impacts on mental health and overall life satisfaction becomes increasingly evident in the digital age.

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