

A DISSERTATION REPORT

SUBMITTED TO

GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR (C.G)



For the partial fulfillment of paper IV of M. A IV SEMESTER

In Journalism & Mass communication

Academic Session 2022-23

Research guide

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Submitted By

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H.O.D.  
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# CERTIFICATE

DEPARTMENT OF JOURNALISM AND MASS COMMUNICATION

GURU GHASIDAS UNIVERSITY, BILASPUR.

This is to certify that Aditi Tiwari, a student in 4<sup>th</sup> semester of Master of Arts (M. A) Journalism and mass communication, Guru Ghasidas Vishwavidyalaya (C.G) has Successfully completed his/her dissertation/project on "*Role of social media in developing fomo and it's effect on mental health of youth*".

*Amita*

1.2 Implication of theory and practice

1.3 Recommendations

1.4 Final thought

### Reference

#### \*Appendices\*

- Questionnaire and survey
- Interview transcript
- Digital media guidelines

## Chapter 1: Introduction

### *1.history of FOMO*

"True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not"

Seneca, L'Estrange & Bierce (1855) captured the essence of what Fear of missing out (FoMO) encompasses, as it has to do with the feeling of discontentment with the present, and a wish for more than what one has. The concept of FoMO is a type of internet slang used to describe the "pervasive apprehension that others might be having rewarding experiences from which one is absent" (Przybylski et al., 2013, p.1841). This pervasive fear