Development of Parenting FoMO Scale on Parents Using Social Media

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Abstract

This study aimed to develop a Parenting FoMO scale on parents using social media in Indonesia. Parenting FoMO is measured through four dimensions: missed experience, compulsion, comparing with others, and being left out. This study involved 115 parents using social media with children aged below 18 years old. Analysis methods used were Cronbach Alpha to examine reliability, analysis item using Corrected-Item Total Correlation (CrIT) and factor loading with Confirmatory Factor Analysis (CFA) to examine validity. Results exhibit that the Parenting FoMO scale is valid and reliable for measuring Parenting FoMO on parents using social media.

Keywords: FoMO; Internet; Social Media; Parents; Parenting

INTRODUCTION

The popularity of social media is increasing every year. In 2021, it is estimated that there will be at least 10 million new users, bringing the total number of social media users to 170 million users worldwide. Of the number of social media users equivalent to 61.8% of the Indonesian population, the most users come from the age group of 18 – 34 years old (WeAreSocial, 2021). The use of social media is based on various motives, such as building social relationships that purely come from the virtual world, or fostering relationships that have been created in the real world through friendships from available social media accounts (Xu, 2022).

The use of social media based on social motives can result in a phenomenon called Fear of Missing Out (FoMO). Przybylski et al (2013) define FoMO as a great concern that others may have valuable experiences that they do not have, which is characterized by a desire to stay connected to what others are doing. Social media is one of the means for people who experience fear and negative emotions due to feeling left behind to continuously connect with others and obtain information about what others are doing (Przybylski et al., 2013). In general, behaviors that indicate individuals experiencing FoMO on social media are having multiple gadgets and social media accounts to the point of being afraid of missing important messages and events when they don’t have time to check all those accounts. Individuals also feel frustrated when people don’t respond to messages immediately. In addition, there is also a feeling of fear of losing the opportunity to gain popularity and information, to the fear of being excluded from certain social groups (Ali et al., 2020). Kaloeti et al (2021) refer to the definition of Przybylski et al using four dimensions of FoMO to be tested on adolescent participants in Indonesia. The four dimensions are as follows: (1) Missed Experience: negative feelings that arise and increase when missing an experience or activity, (2) Compulsion: the behavior of repeatedly checking what has been done, (3) Comparing with Friends: negative feelings that arise and increase because of making comparisons with people around them, and (4) Being Left Out: a negative feeling that arises and increases when abandoned or isolated by his social circle.

Barry and Wong (2020) conducted a study on FoMO with 419 samples from four age groups, namely the age group of 14-17 years, the age group of 24-27 years, the age group of 34-37 years, and the age group of 44-47 years. In his study, it was found that age factors are not the main cause of the FoMO phenomenon in individuals, although research around FoMO is more conducted in the child and adolescent population.

In the elderly, the FoMO phenomenon is actually not a new condition due to the rampant use of social media. In carrying out the role of parenting, parents often seek information from various nearby sources that are easily accessible, such as information from their nearest social sphere. The information sought by parents regarding this parenting role reflects the desire of parents to be good parents for their children and receive good judgment from their social environment. This condition will eventually encourage parents to experience FoMO in parenting or Parenting FoMO. Parenting FoMO is a feeling and behavior of great anxiety in parents when they do not have valuable
experience related to parenting so they want to continue to connect with other parents in their social circle. The phenomenon of Parenting FoMO can actually be found in parents who are members of everyday social groups, but this phenomenon is increasingly occurring in the context of parents’ social groups in the online sphere (Rutledge, 2016).

The behavior of parents that indicate Parenting FoMO, especially in the era of social media, is to consider children as “goblets” where children are directed to always look to follow trends without considering children’s interests and pleasures, excessively showing off children on social media to get validation from other parties without considering children's privacy, and making decisions based on trends or those made by others (Williams, 2021). This behavior is closely related to the term sharenting, where parents use social media to share pictures and all information about their children. This is a risk to children's privacy, security, and well-being. Parents who are too fixated on sharenting, tend to care more about their online activities than actually parenting (Dogan Keskin et al., 2023). Other impacts can be seen in the quality of care, parent-child relationships, and child development. When associated with parenting styles, parents who always direct their children without considering their children's interests and pleasures tend to have parent-centered parenting patterns, easily irritated when children do not meet expectations with standards applied based on what they know from social media, and relationships that are not conducive to children and even partners. This behavior will make parents vulnerable to being trapped in an authoritarian parenting style where parents demand children to behave according to certain standards, in this case it is a prevailing trend related to parenting. Research shows that this parenting pattern will result in problems in children such as poor academic performance, poor social skills, reduced self-esteem, mental health problems such as anxiety and depression to drug or alcohol abuse and also child delinquency (Awiszus, Koenig & Vaisarova, 2022).

In addition, parents who tend to be constantly connected to social media can make children feel neglected. In their research related to technology, Stockdale et al (2018) explained that adolescents who perceive their parents are distracted by technology tend to try to seek attention in various ways, including negative behaviors such as cyberbullying.

Parenting FoMO needs to receive attention for further research because this phenomenon not only has an impact on individual parents but also on the quality of parenting and parent-child relationships. However, unfortunately until now there has been no research that examines Parenting FoMO specifically, including measuring tools to examine it. In Indonesia, a study to develop a measuring tool from the new FoMO construct was conducted to measure conditions in adolescents or early adults with the theme of association/friendship (Syahniar et al., 2018; Kaloeti et al., 2021). The limitations of research as well as the specific FoMO construct measurement tool in the context of parenting, prompted researchers to develop the FoMO parenting measurement tool for the parent population.
RESEARCH METHODS

This study uses a quantitative method that focuses on internal consistency testing with Cronbach Alpha and item analysis with Corrected-Item Total Correlation (CrIT) and loading factor with Confirmatory Factor Analysis (CFA). The study also involved parents who actively use social media and have children under the age of 18. This population was chosen because in the age range of children, parents are considered to have a large parenting role in the development of children to adolescents (Papalia & Martorell, 2023). Parenting FoMO is a measurement tool that has just been developed for the first time with 30 items consisting of 6 items of missed experience, 11 items of compulsion, 7 items comparing with others, and 6 items of being left out.

In an effort to adapt to the context of parenting and parenting, researchers changed comparing with friends to comparing with others to include parents outside the scope of friends whose parenting patterns may be uploaded on social media and can be easily accessed by others. On the questionnaire sheet, the items are arranged based on the arrangement obtained from the automatic number randomization machine. The questionnaire contains four parts, the first is the opening and instructions, the second is the consent sheet, the third is demographic data, and the fourth is the question sheet. In this study, researchers used 6 Likert scale points from 1 (strongly inappropriate) to 6 (very appropriate) to measure Parenting FoMO.

Table 1. Examples of FoMO Parenting Indicators and Measuring Instrument Items

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Indicator</th>
<th>Sample Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Missed Experience</td>
<td>Feel uncomfortable missing out on new parenting information on social media</td>
<td>I get annoyed when I read a new message or information from a group about parenting late</td>
</tr>
<tr>
<td>Compulsion</td>
<td>Respond immediately to information or activities related to childcare even though they are doing other tasks.</td>
<td>I respond as soon as possible to updates (open, reply, like or comment) information updates related to parenting.</td>
</tr>
</tbody>
</table>

Table Source: Researcher

After determining the indicators, the researcher compiled the items of the FoMO Parenting measuring tool. Before distributing the research questionnaire online, the researcher conducted a peer-review and readability test of the questionnaire. The feedback provided is considered by the researcher to correct each item so that it is clear and easy to understand. Respondents were spread across cities in Indonesia although most of them were domiciled in the JABODETABEK area. Respondents filled out an online questionnaire which was distributed from April 27, 2022 to May 7, 2022. The age distribution of respondents is in the range of 25-55 years, with education levels ranging from junior high school to doctoral level.

To test reliability, researchers used internal consistency testing with Cronbach Alpha for the entire measuring instrument as well as for each dimension. In the results of reliability tests with Cronbach Alpha, measuring instruments or dimensions are said to be reliable when the \( \alpha \) value of the test results shows 0.7 or is in the range of 0.7-0.90. The Cronbach Alpha value should not be more than 0.90 because a high Cronbach Alpha value indicates the repetition of the item (Taber, 2018). If there are different Cronbach Alpha
scores, the results can be influenced by external factors such as age, gender, education level, religion, rural or urban living area, survey type and relevance of the research subject to the participants (Ursachi, Horodnic, and Zait, 2015). To test the validity, the researcher conducted an item analysis with Corrected-Item Total Correlation (CrIT) and a loading factor with Confirmatory Factor Analysis (CFA).

The analysis of items carried out on the FoMO Parenting Scale is by calculating the Corrected Item-Total Correlation (CrIT) score both from each dimension and overall using the JASP 0.16.2 (Intel) application. According to Streiner et al (2015), the Corrected Item-Total Correlation score that indicates a good item is in the range of 0.3 – 0.7. To measure the validity of the measuring tool, the researcher used a test using Confirmatory Factor Analysis (CFA). This measuring instrument can be said to be valid for the N < 250 sample if the measurement model meets the criteria, namely: CFI > 0.93; RMSEA < 0.08 and SRMR < 0.08 (Hair et al, 2019). In addition, the researcher also considers the value of the load factor of each item to determine whether the model is fit or not. The reference value of a good factor charge is > 0.4 (Hair et al, 2019).

RESULTS AND DISCUSSION

The reliability and validity test of the FoMO Parenting tool was carried out on 115 respondents of fathers or mothers who have children under 18 years old. The respondents in this study were parents consisting of 21.7% men and 78.3% women, with 16.5% of parents having one child, and 83.5% having more than one child. The average duration of internet use was 4.3% less than 1 hour, 27.8% more than 7 hours, 25.2% 1-3 hours, and 42.6% 3-5 hours.

Parenting FoMO is a combined unidimensional and multidimensional measurement tool because the processing of all existing items is a one-dimensional representation of Parenting FoMO, as well as four dimensions each that describe the complexity of the construct. The results of the reliability test of this measuring tool show a Cronbach Alpha value of $\alpha = .975$ for the entire item. For each dimension of the measuring instrument, the value of Cronbach Alpha $\alpha \geq 0.70$ with a value for the missed experience dimension, which is $\alpha = .869$, compulsion with a value of $\alpha = .950$, comparing with others has a value of $\alpha = .905$, and being left out shows a value of $\alpha = .920$. This shows that the FoMO Parenting tool can be said to be reliable.

For the Corrected Item-Total Correlation score per dimension, it was found that the score on the missed experience dimension ranged from 0.497 to 0.831, the compulsion dimension ranged from 0.692 to 0.841, the comparing with others dimension ranged from 0.551 to 0.814, and the being left out dimension ranged from 0.723 to 0.848. Furthermore, for the Corrected Item-Total Correlation (CrIT) of the entire item was found to have scores ranging from 0.515 to 0.848. Each item in each dimension has a score of $> 0.3$ which means that the item has a good item differentiation to measure each dimension or Parenting FoMO as a whole. So that all items in this analysis stage are maintained.
The first model tested was a model for each dimension with a first-order analysis on each dimension and showed that the results of the model were not fit.

At this stage, the factor load value meets the criteria, which is >0.5, but for RMSEA it still does not meet the specified criteria. Furthermore, the researcher tested the model with a second order analysis consisting of 30 Parenting FoMO items with a fit index obtained of ($x^2=1019.630, p<0.001, x^2 / df=(3759.529/399), CFI=0.813, RMSEA=0.116, SRMR=0.071$). The results of the analysis show that the first and second order analysis for the model with 30 items has not been fitted. After this, an analysis is carried out to select items to find the most fit model.

The reliability test results show that this measuring tool has high reliability ($\alpha >.70$). The results of the validity test using CFA show that the FoMO Parenting tool does not fit the four-factor model (table 4). Then the selection of the first stage of items is carried out based on the number of target items that have been set at the beginning. The researcher conducted a CFA test per dimension and then took two items from each behavioral indicator that had the highest factor charge value. The total items after the first stage selection were 18 items. Then, the researcher tested CFA on 18 items and the results did not fit (table 4).

Then, the researcher modified the indices and got recommendations for items that, if removed, could improve the fit model. The researcher tried to eliminate these items one by one or gradually until he produced a model that fit with 14 items (table 4).
Table 4. Results of FoMO Parenting Validity Test Using Confirmatory Factor Analysis based on Item Elimination

<table>
<thead>
<tr>
<th>Stages</th>
<th>P</th>
<th>/df</th>
<th>CFI</th>
<th>RMSEA</th>
<th>SRMR</th>
<th>Model Fit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tier 30 items</td>
<td>3759.529 p&lt;0.001</td>
<td>1019.630/399</td>
<td>0.813</td>
<td>0.116</td>
<td>0.071</td>
<td>Not fit</td>
</tr>
<tr>
<td>Tier 18 items</td>
<td>353.479  p&lt;0.001</td>
<td>2152.566/129</td>
<td>0.888</td>
<td>0.123</td>
<td>0.065</td>
<td>Not fit</td>
</tr>
<tr>
<td>Tier 14 items</td>
<td>113.589 p&lt;0.001</td>
<td>1500.340/73</td>
<td>0.971</td>
<td>0.070</td>
<td>0.040</td>
<td>Fit</td>
</tr>
</tbody>
</table>

Table Source: Researcher

All selected items (first order) also have a factor charge with a > value of 0.4 (see table 3) and the second order factor load also shows a high value per dimension (missed experience = 0.981, compulsion = 0.793, comparing with others = 0.829, and being left out = 0.932). Here is a visualization of the test results of 14 items.

Figure 1. CFA Test Results 14 items
Image Source: Researcher
From the figure, the results of the model test show that the FoMO construct in parents can be represented by 4 dimensions of FoMO, namely, the dimensions of missed experience (3 items), compulsion (4 items), comparing with others (3 items), and being left out (4 items) with the total number of items being 14.

After the measuring instrument was rearranged using 14 selected items, a reliability test was carried out again to determine whether this measuring instrument was still reliable. The results of the reliability test with Cronbach Alpha show the scores on each dimension as follows: The missed experience dimension consisting of 3 items shows a score of $\alpha = 0.895$, the compulsion dimension with 4 items has a value of $\alpha = 0.914$, the comparing with others dimension consisting of 3 items has a value of $\alpha = 0.886$, the last dimension is being left out which consists of 4 items showing a value of $\alpha = 0.904$, and the overall Parenting FoMO value is $\alpha = 0.954$. This means that with 14 measuring tool items, Parenting FoMO is still reliable. Where each dimension in this measuring tool also still shows a score $\alpha > 0.70$.

The FoMO Parenting Measuring Instrument both before and after the selection of items shows the value of internal consistency, Cronbach Alpha which is relatively high, both in the Parenting FoMO construct and in the dimensions of the construct which means that this measuring tool has good reliability. Although on the one hand the finding of a high Cronbach Alpha score is a good thing, on the other hand it needs attention. A high Cronbach Alpha score on the FoMO Parenting tool may occur because the items have the impression of repetitive sentences (redundancy).

At the beginning, the researcher planned the number of target items to be 18 items which were assumed to represent each behavioral indicator as many as 2 items. However, after validity testing was carried out and the selection of items based on factor load values, the model became fit after elimination on 4 items with modification indices. The researcher re-examined the process of decreasing behavioral indicators in the dimension and found that there were behavioral indicators that overlapped each other so that the 4 items were already represented in the other items in the last 14 items. This is also in line with the same issue when Cronbach Alpha is too high due to the repetition of almost the same item.

In addition, other reasons come from external factors that indirectly affect the acquisition of data such as gender, occupation and education of participants. The descriptive data in this study showed that the female participants were more than men and the education level of the participants, more than half of the participants were Bachelor/Diploma 4 and twenty percent had a master's degree (S2). This indicates the first possibility, namely, that is, generally women as mothers are more involved in daily care. The second possibility is that a high educational background opens up the possibility of a good understanding of the items given so that it produces a relatively high internal consistency.

From the process of testing the measuring instrument, to overcome the repetition/redundancy of behavioral indicators, the recommendation that can be done is to reduce the number of behavioral indicators more carefully and ensure that there is no repetition of behavioral indicators that are similar to combining almost the same behavioral
indicators, for example, such as indicators in the compulsion dimension, namely, "(b) respond immediately to information or activities related to childcare even though they are doing other tasks" and behavioral indicator (c) feeling uncomfortable if not immediately responding/responding to the shared parenting information". Behavioral indicators (c) can be combined into indicators (b).

In addition, in the testing of measuring instruments, participants are sought to be more diverse and balanced to produce better and representative measuring instruments for various population characteristics.

CONCLUSION

The results of the test of the Parenting FoMO measuring tool with fourteen items show that this measuring tool is reliable and valid. Measuring instruments also have items that have good discriminatory power and high factor charge. Reliability tests with the Cronbach Alpha show high reliability values, both for the overall and per dimensional measuring instruments. For the validity test with Confirmatory Factor Analysis, the FoMO Parenting tool is proven to be fit by meeting three indicators of model suitability. The norms prepared for this measuring instrument are based on group norms. In this measuring tool, participants were grouped into three FoMO Parenting groups, namely low, medium and high.

BIBLIOGRAPHY


