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**"INFORMATION PROCESSING STYLES AS A PREDICTOR OF FEAR  
OF MISSING OUT AMONG EMERGING ADULTS USING SOCIAL  
MEDIA"**

SUGANDHA SUNIL NAVLEKAR

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OUT AMONG EMERGING ADULTS USING  
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**MANIPAL**  
ACADEMY *of* HIGHER EDUCATION

*(Deemed to be University under Section 3 of the UGC Act, 1956)*

**APRIL 2022**

**SUGANDHA SUNIL NAVLEKAR**

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*Sugandha N.*

**APRIL 2022**

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**MANIPAL COLLEGE OF HEALTH PROFESSIONS  
MAHE, MANIPAL  
CERTIFICATE**

This is to certify that the dissertation on **Information Processing Styles as a Predictor of Fear of Missing Out Among Emerging Adults Using Social Media** has been completed by **Sugandha Sunil Navlekar** (201199022) under supervision of **Mrs. Anagha S Deshmukh**. We are satisfied with the work presented by the candidate towards the partial fulfilment of Master of Science in Clinical Psychology.

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**Date: 30. 04. 2022**



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**Date: 30. 04. 2022**

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**Sugandha Sunil Navlekar**

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## LIST OF ABBREVIATIONS

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<b>Abbreviations</b>	<b>Definitions</b>
FOMO	Fear of Missing Out
FOMOS	Fear of Missing Out Scale
CEST	Cognitive-Experiential Self Theory
REI-40	Rational-Experiential Inventory 40
R	Rational Scale
RA	Rational Ability
RE	Rational Engagement
E	Experiential Scale
EA	Experiential Ability
EE	Experiential Engagement
SNS	Social Networking Sites

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## Abstract

Fear of Missing Out (FOMO) is a psychological trait that constitutes both affective and cognitive components. It has significant impact on individual decision making and well-being. Cognitive-Experiential Self Theory (CEST) posits that individuals process information in predominantly two ways- rationally and experientially. It explains the individual differences in the preferred thinking styles and plays an important role in decision making. The study used a cross-sectional design to assess the relationship between the rational and experiential thinking styles, and FOMO among emerging adults who use social media on a daily basis. A sample of 115 participants ranging from ages 18-25 was recruited using purposive sampling. Data was collected using survey method through Google forms circulated using social networking sites. Fear of Missing Out Scale (Przybylski et al., 2013) and Rational- Experiential Inventory 40 (Pacini & Epstein, 1999) were used to measure the constructs under study. Results showed that the experiential system did not show any significant results with FOMO. The rational system showed a significant weak negative correlation with FOMO, had a significant main effect on FOMO, with medium effect size of 0.7, and significantly predicted FOMO. It explained 7.7% variance in FOMO (Adjusted  $R^2 = 0.77$ ). Results show that with increased reliance on the rational system there is a decrease in FOMO. The present study identifies rationality as a protective factor against FOMO and helps gain further insight into the theoretical underpinnings of the experience of FOMO.

*Keywords.* Fear of Missing Out (FOMO), Cognitive Experiential Self Theory (CEST), Thinking Styles, Rational System, Experiential System, Social Media, Social Networking Sites (SNS), Emerging Adults, FOMOS, REI-40.