

# FEAR OF MISSING OUT AND INFORMATION AVOIDANCE IN THE SOCIAL MEDIA INFORMATION FLOW IN THE ERA OF INFORMATION SOCIETY: A SYSTEMATIC REVIEW

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**Abstract:** In the current information society era, the role of social media is not only as a communication platform but also as the main source of information flow for billions of users around the world. The increased use of social media in the information society era encourages the massive dissemination of information, thus creating an abundant and continuous flow of information (Information Flow). This condition encourages the emergence of two often contradictory behavioral tendencies: fear of missing out (FoMO) and information avoidance. This study uses the Systematic Literature Review (SLR) methodology to explore the process of information flow on social media affecting the formation of FoMO and Information Avoidance behaviors in the context of the information society. Based on a review that has been conducted on 21 kinds of literature, it is shown that the flow of information encourages users to always be connected and avoid missing important information. The large volume of information creates challenges social media users feel, such as stress and fatigue over information overload. As a result, social media users' responses tend to avoid information as a coping mechanism to reduce cognitive and emotional burdens. Examined using Frank Webster's characteristics of the information society, these two phenomena reflect a complex relationship and influence the mental well-being of users in the information society era.

**Keywords:** Information Flow, Information Society, FoMO, Information Avoidance

## INTRODUCTION

In today's information society era, the role of social media is not only a communication platform for billions of users worldwide, but also as a catalyst for an increasingly massive information flow. According to Frank Webster in *Theories of the Information Society*, modern society is characterized by the dominance of theoretical knowledge and information as drivers of social change that manifest itself in five aspects: technological, economic, occupational, spatial, and cultural (Webster, 2006). Ever-evolving digital technologies facilitate the rapid and seamless production, distribution, and consumption of information that encourages people to engage in a global network of economic, cultural, and scientific information exchange. The abundant flow of information through social media not only creates global connectivity but also gives rise to psychological phenomena such as Fear of Missing Out (FoMO) and Information Avoidance. FoMO appears in response to the anxiety of being left behind from information or social activities, while Information Avoidance is a form of avoidance due to the saturation of information flows. These two phenomena are interrelated and created as a consequence of the dynamics of information flows that continue to increase in today's networked society.

The concept of a network society introduced by Manuel Castells in his work "The Rise of the Network Society" It is one of the important theories in understanding social structure in the information society era. Castells describes the network society as a social

structure based on information and communication networks supported by digital technology. This technology drives global connections and rapid distribution of information, transforming work, communication, and overall human life patterns (Miconi, 2023). This concept develops Daniel Bell's idea that the information society is a society where information is widespread and can be accessed by anyone with information technology as the driving force (Duff, 2023).

Research data report published by We Are Social in January 2024 revealed that the number of active social media users had surpassed 5 billion, equivalent to 62.3% of the global population, this figure had increased by 266 million or 5.6% of users compared to the previous year. The report also explained that the average user of social media platforms like TikTok and YouTube had a record of high usage time with an average of 28 to 34 hours per month. The trend of social media usage such as Facebook, Twitter (now X), and LinkedIn also experienced exponential user growth, with an estimated 10,000 billion users by 2005 (Jayaram et al., 2020). Through social media, which encourages information to spread instantly and massively, it creates a flow of information (Information Flow) which is abundant and continues to flow endlessly. This encouraged not only easier access to information but also presented challenges in selecting relevant information due to the information overload that users must navigate.

In the information society, the flow of information is not only formed from passive distribution but is also created, processed, and reutilized by the community through the aid of digital technology. This process creates a continuously evolving digital culture. Information has become a primary commodity, with flow patterns heavily influenced by global digital networks. Technological developments have transformed the way information is collected, processed, and disseminated. These changes had simultaneously raised new challenges in information regulation and privacy (Iacovitti, 2022). In addition, social media literacy plays an important role in directing the flow of information in a digital society, where user engagement in digital networks determines how information is received and (Kalorth et al., 2020). Through global communications infrastructure, the rapid, real-time dissemination of information worldwide is driven by the dynamic flow of information in today's digital era.

The presence of information technology, in addition to encouraging the acceleration of information flow, also reshapes social and cultural structures through technology-based production, consumption, and experience processes. Castells emphasized that this network integrates technology, power, and culture in dynamic interactions that encourage the interconnectedness of various social actors to form new patterns in global communication and collaboration. In this context, the network society becomes a framework for understanding how digital structures shape individual and collective roles in social spaces (Zhen et al., 2020). The characteristics of this network community condition encourage users to stay connected and stay updated with the latest updates, which can exacerbate feelings of Fear of Missing Out (FoMO). On the other hand, the excessive information flow also causes mental fatigue so that users tend to avoid information that is perceived as excessive or irrelevant.

Fear of Missing Out (FoMO) has become a psychological phenomenon increasingly visible in the information society, particularly with the rise in social media use. FoMO encourages individuals to constantly access the latest information to avoid feeling left behind from experiences that are considered important. FoMO influences excessive social media use behaviors, including increased engagement in online activities such as commenting and sharing content, which often leads to anxiety and productivity disruption (Alutaybi et al., 2020). Additionally, FoMO is associated with a tendency to post more frequent content that indicates social status as a way of addressing the fear of missing out on important information or opportunities (Xi et al., 2022). In an information society, instant and abundant access to information has a positive and negative impact on the behavior and well-being of social media users. Users are challenged to balance the need to stay informed with the need to protect themselves from information overload.

On the other hand, Information Avoidance emerges as a user's response to fatigue due to information overload on social media. This high level of information fatigue can trigger information-avoidance behaviors, including ignoring or filtering out certain content to protect the user's psychological well-being (Zhou & Xie, 2024). The interaction between FoMO drive to stay connected and the tendency Information Avoidance to maintain a balance indicates complex behavioral conflicts among social media users. Understanding the interaction between FoMO and Information Avoidance in the context of information flow is crucial in creating healthier information management strategies in the digital era so that users can access information wisely without feeling burdened. Based on the background presented, this study aims to (1) identify the characteristics of information flow on social media that contribute to the emergence of Fear of Missing Out (FoMO) and Information Avoidance; (2) analyze the relationship between information flow, FoMO, and Information Avoidance based on the findings of previous studies; and (3) explain these findings within the framework of the characteristics of the information society according to Frank Webster. This study provides an understanding of the process of information flow on social media affecting the formation of FoMO and Information Avoidance behaviors and its implications for user behavior in the era of information society.

## METHODOLOGY

This section describes the research steps used to examine the relationship between Fear of Missing Out (FoMO), Information Avoidance, and information flows on social media in the context of an information society. This study uses the methodology Systematic Literature Review (SLR) to identify, assess, and synthesize evidence related to Fear of Missing Out and Information Avoidance in the Flow of Information on social media in the Era of the Information Society. Systematic literature review is a form of secondary study that is systematically designed to identify, analyze, and interpret all evidence relevant to the research question (Barbara, 2007). In this study, the author chose systematic literature review to study the behavior of Fear of Missing Out and Information Avoidance in information flow by systematically evaluating all available evidence and ensuring that the research findings are based on relevant data. To clarify the flow of the research, this section is organized into several subsections, namely Eligibility Criteria, Search Strategy, Screening and Data Extraction, and Quality Appraisal.

### *Eligibility Criteria*

In determining *eligibility criteria*, the author developed several exclusion criteria used in the literature *screening* stage, ranging from *title and abstract screening* to full text screening. The authors excluded literature outside the context of social media and did not focus on FoMO or *Information Avoidance*. Furthermore, literature discussing FoMO or Information Avoidance without addressing information flow was also excluded from this review.

In determining eligibility criteria, the researcher determined the inclusion and exclusion criteria used at the title and abstract screening stage to *full-text screening* as stated in Table 1 and Table 2. These criteria were compiled to ensure that the reviewed studies were relevant to the research focus, namely the relationship between information flow on social media and Fear of Missing Out (FoMO) and Information Avoidance.

**Table 1: Exclusion Criteria**

Criteria	Explanation
Outside the context of social media	A study that does not focus on social media as the main platform in discussing information flow related to FoMO and <i>Information Avoidance</i> .
Not focusing on FoMO or Information Avoidance	Studies that do not discuss in depth the concept of Fear of Missing Out or Information Avoidance.
FoMO and Information Avoidance without Information Flow	Studies that only discuss FoMO or Information Avoidance without connecting it to the flow of information on social media.

**Table 2: Inclusion Criteria**

Criteria	Explanation
Discussing FoMO and/or Information Avoidance	The study explicitly discusses Fear of Missing Out (FoMO), Information Avoidance, or both as the main focus of the analysis.
Being in the context of social media	The study places social media as the main space for information flow, such as Instagram, TikTok, X, Facebook, YouTube, or similar platforms.
Relate to the flow of information	Studies that do not discuss in depth the concept of Fear of Missing Out or Information Avoidance.
Scientific articles published in 2021–2024	The study is a scientific article published in the range of 2021 to 2024 to be in accordance with the latest developments in the issue.
Full-text available	Articles can be accessed in full so that it allows for comprehensive content review at the full-text screening stage.

### **Search Strategy**

The author conducted a structured search of the scientific literature using the Scopus, ScienceDirect, Jstor, and Emerald databases. In conducting the literature search, the author focused exclusively on literature containing the terms "Fear of Missing Out" and "Social Media," as well as "Information Avoidance" and "Social Media" in the title, abstract, and keywords. The search strings are shown in Table 3.

**Table 3: Research Search String**

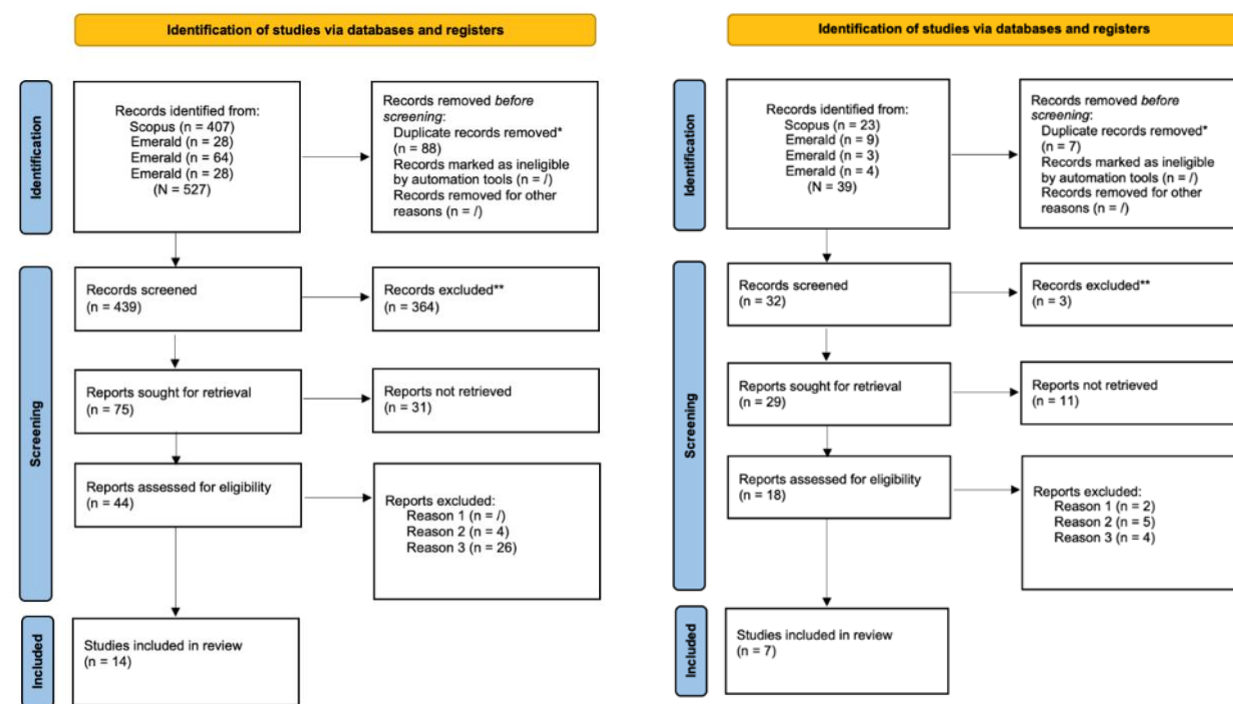
Topic	Search String
FoMO	("fear of missing out" OR FoMO) AND ("social media" OR "social networking sites")
Information Aviodance	("information avoidance" OR "information avoid*") AND ("social media" OR "social networking sites")

The truncation symbol (\*) is used to reach variations of terms, especially in the word 'avoidance'. The Boolean AND and OR operators are used to broaden and refine search results. The researchers limited the results to articles published in the range of 2021 to 2024 through the publication year filter feature available in each database. . This restriction aims to ensure that the literature obtained and reviewed in this study represents the most recent studies relevant to the current dynamics of the research topic. In addition, the Boolean operator (AND) and truncation symbols. The initial search was conducted on November 16, 2024 and yielded 566 articles.

## Screening and Data Extraction

The literature screening process is divided into two stages. In the first stage, the author downloaded bibliographic data from all searched literature and assessed the titles and abstracts based on exclusion criteria. In the second stage, literature that met the eligibility criteria in the first stage would go through a full text screening process. The author reads the entire text and assesses the literature according to the predetermined exclusion criteria. Each step of the selection process is documented using the PRISMA flowchart to illustrate the number of articles selected at each stage and the reasons for exclusion. The use of PRISMA diagrams provides a clear, transparent and structured explanation of the identification, selection and inclusion of studies, which ultimately increases the credibility and benefits of the study (Page et al., 2021). Literature that meets the eligibility criteria is then reviewed in more depth to ensure that the authors comprehensively understand the content of the literature and are extracted according to the formulation of the research problem.

**Figure 1:** PRISMA Diagram Review Results for "Fear of Missing Out" dan "Social Media"; "Information Avoidance" and "Social Media" Note: This diagram is adapted from Page et al. (2021)



\*Seleksi duplikasi dilakukan secara otomatis melalui fitur deteksi duplikasi Rayyan (Rayyan.ai).  
\*\*Seluruh proses screening dilakukan secara manual.

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The researchers' searches across several databases, using two different topics and keywords, yielded a total of 566 literatures. As shown in Figure 1, search results related to the topic of *Fear of Missing Out* (FoMO) yielded 527 literatures. Of the total retrieved literature, Rayyan.ai automatically detected 88 duplicates. After reviewing the automatically detected duplicates, the researchers removed the duplicates. 439 literatures were continued to the title and abstract screening stage. During this stage, 364 literatures that did not meet the inclusion criteria predetermined through the *eligibility criteria* were manually eliminated. Of the 75 literatures that passed the initial *screening* stage, 31 of them were not accessible to the authors. Furthermore, 44 literature literatures underwent *the full text screening stage* based on the

exclusion criteria and those that have been determined. As a result, after reviewing 44 literature titles, 14 literature titles met the inclusion criteria and were selected for review in this study.

The process of identification and selection of literature by topic *Information Avoidance* can be seen in Figure 2, where the search results from several databases yielded 39 scientific papers. Based on these results, 7 duplicates were automatically detected by the Rayyan.ai duplication detection feature, which is subsequently reviewed and removed by the author. A total of 32 papers then underwent title and abstract screening, with three papers eliminated for not meeting the established inclusion criteria. Of the 32 papers that passed the screening stage, 11 were eliminated due to the researcher's limited access. The 18 papers that passed the first screening stage and were accessible then underwent full-text screening. As a result, 7 papers met the established *eligibility criteria* can be further reviewed in this study.

### ***Quality Appraisal***

To assess the methodological quality of the studies included in this review, the study used the Mixed Methods Appraisal Tool (MMAT) (Nha Hong et al., 2018). This instrument was chosen because it allows the assessment of the quality of articles with different methodological designs using criteria tailored to the type of study of each study type. In this study, the articles reviewed consisted of 18 quantitative studies and 3 qualitative studies.

As presented in Table 4, the assessment process began with two MMAT screening questions, namely S1 and S2. The S1 criterion was used to assess whether the study had a clear research question or objective, while S2 was used to assess whether the data collected were adequate to answer the research question. All articles included in this review met the two initial screening criteria. Furthermore, for the qualitative study, the assessment was conducted using criteria 1.1–1.5. Criteria 1.1 assessed the suitability of the qualitative approach with the research question, 1.2 assessed the adequacy of the data collection method, 1.3 assessed the extent to which the findings were actually derived from the data, 1.4 assessed whether the interpretation of the results was supported by the data, and 1.5 assessed the coherence between the data source, data collection process, analysis, and interpretation. Meanwhile, for the descriptive quantitative study, the assessment was carried out using criteria 4.1–4.5. Criteria 4.1 assessed the relevance of the sampling strategy, 4.2 assessed the representativeness of the sample, 4.3 assessed the accuracy of the instrument or measurement method, 4.4 assessed the low risk of nonresponse bias, and 4.5 assessed the suitability of the statistical analysis used.

In general, the results of the *quality appraisal* showed that most of the studies reviewed had a good methodological quality. Most quantitative studies demonstrated clear research objectives, adequate data, appropriate measurement instruments, and analytical techniques relevant to the research design. However, there were still some limitations, especially in terms of sample representation and reporting on the risk of *nonresponse bias*. This limitation was especially apparent in a number of survey studies that used *convenience sampling* or online samples based on *self-selection*, so generalization of results needs to be done carefully. The qualitative studies in this review also generally show good quality. Existing studies show the compatibility between the research objectives, the qualitative approach used, and the selected data collection techniques. In addition, the relationship between the data, the analysis process, and the interpretation of the results is generally quite coherent. However, in one of the qualitative studies, the direct relationship between raw data and the interpretation of results was not explained as clearly as the other two studies, so the assessment of either criterion was carried out more carefully.

Overall, the results of the MMAT assessment show that the evidence base used in this review is adequate to support the synthesis of findings. However, the interpretation of the results still needs to take into account variations in quality between studies, especially related

to the representativeness of the sample in quantitative research and the depth of reporting of the relationship between data and interpretation in qualitative research.

**Table 4:** Mixed Method Appraisal Tool (MMAT) assessment of study quality

No	First Author, Year	All Studies		Qualitative Studies					Quantitative Studies				
		S1	S2	1.1	1.2	1.3	1.4	1.5	4.1	4.2	4.3	4.4	4.5
1	Rajan, 2021	Y	Y						Y	N	Y	C	Y
2	Brailovskaia, 2024	Y	Y						Y	C	Y	C	Y
3	Qin, 2024	Y	Y						Y	C	Y	C	Y
4	Dharejo, 2024	Y	Y						Y	C	Y	C	Y
5	Hattingh, 2022	Y	Y						Y	C	Y	C	Y
6	Bakioğlu, 2022	Y	Y						Y	C	Y	C	Y
7	Moore, 2021	Y	Y						Y	C	Y	C	Y
8	Gioia, 2021	Y	Y						Y	C	Y	C	Y
9	Tandon, 2021	Y	Y						Y	C	Y	C	Y
10	Li, 2022	Y	Y						Y	C	Y	C	Y
11	Scheinfeld, 2022	Y	Y						Y	C	Y	C	Y
12	Al-Furaih, 2021	Y	Y						Y	C	Y	C	Y
13	Putri, 2023	Y	Y						Y	N	Y	C	Y
14	Xie, 2024	Y	Y						Y	C	Y	C	Y
15	Zheng, 2024	Y	Y	Y	Y	Y	Y	Y					
16	Kumalasari, 2023	Y	Y						Y	C	Y	C	Y
17	Xia, 2024	Y	Y						Y	C	Y	C	Y
18	Yin, 2023	Y	Y	Y	Y	Y	C	Y					
19	Jia, 2024	Y	Y	Y	Y	Y	Y	Y					
20	Kainat, 2021	Y	Y						Y	C	Y	C	Y
21	Soroya, 2021	Y	Y						Y	N	Y	C	Y

*Note:* Y = Yes; N = No; C = Can't tell.

## LITERATURE REVIEW

The literature review section explains the conceptual foundation that form the basis of this research analysis. The theoretical description in this section explains the main concepts used, as well as clarifies the relationships between concepts in the research. In particular, this section discusses the information society as a major context of research, the characteristics of information flows on social media, the concept of Fear of Missing Out (FoMO), and the concept of Information Avoidance as a user's response to the rapid exposure to digital information.

### *Information Society*

The concept of an information society refers to the transformation of modern social structures characterized by the increasing role of information, knowledge, and communication technology as the main elements in social life (Issa et al., 2025; Nath, 2017). In the framework

of a post-industrial society, theoretical knowledge, the service sector, and information management become central to social and economic change. This thinking then developed through various perspectives, one of which was put forward by Frank Webster who identified the five main dimensions of the information society, namely technological, economic, occupational, spatial, and cultural aspects (Bell, 1973; Webster, 2006).

According to Webster (2006), modern society is characterized by the dominance of information technology, the increasing value of information-based economy, the development of information processing-oriented work, the increasingly blurred space boundaries in information distribution, and the increasing role of information in daily cultural practices. In this context, social media can be seen as a concrete manifestation of an information society. Social media not only functions as a means of communication, but also as a space for the production, distribution, exchange, and consumption of information in a sustainable manner. Its existence reflects how information has become an integral part of the social practices of modern society.

### ***Information Flow on Social Media***

Information flow refers to the process of moving, disseminating, and exchanging information between individuals and groups through a communication medium (Dewi et al., 2024). In the digital era, social media accelerates this process because it encourages the production, distribution, and consumption of information to take place quickly, widely, and sustainably (Fauzan et al., 2025). In contrast to conventional media which tends to be one-way, social media presents a two-way and even multi-directional communication pattern so that users not only play the role of receivers, but also as producers and distributors of information (Nasution & Hidayat, 2025). In this context, the flow of information on social media is one of the main characteristics of the information society, when information occupies a central position in shaping social, economic, and political interactions in society (Faidlatul Habibah & Irwansyah, 2021). The characteristics of information flow on social media include speed, volume, continuity, and interactivity. Information is continuously updated through various features such as feeds, stories, reposts, comments, notifications, and algorithm-based recommendations. This condition places users in near-continuous exposure to information.

On the one hand, this condition expands connectivity, facilitates access to information and supports productivity and collaboration, including when social media is used by organizations as a means of knowledge sharing (Bhimani et al., 2019; Kalorth et al., 2020). However, on the other hand, the high intensity and volume of information has the potential to create a cognitive burden, as individuals are required to constantly filter, evaluate, and select relevant information (Oren-Loberman et al., 2024).

In the information society, the flow of information is considered to affect the formation of social behavior and the psychological condition of users. The high intensity of information exposure can trigger a variety of responses, both adaptive and maladaptive, including the urge to stay connected and the tendency to avoid information perceived as overwhelming (Dai et al., 2020; Kővári, 2023).

### ***Fear of Missing Out (FoMO)***

Fear of Missing Out (FoMO) is a psychological condition characterized by an individual's concern that others are gaining valuable experience, information, or opportunities, while they are being left behind (Littman-Ovadia & Russo-Netzer, 2024). In the context of social media, FoMO drives individuals to continuously monitor updates, activities, and social interactions to avoid feeling left behind (Fitri et al., 2024). In this regard, FoMO reflects the need to maintain social connectedness and access to information. Social media provides an

environment conducive to the emergence of FoMO. Features such as instant notifications, indicators of the number of likes and comments, temporary content such as stories, and an algorithmic recommendation system encourage users to constantly access the latest information. This condition gives rise to the perception that delays in accessing social media can lead to the loss of important information, social experiences, and emerging trends. As a result, FoMO is often associated with compulsive social media use behavior, increased duration of use, and dependence on digital information flows (Yunarti, 2024). Theoretically, FoMO can be understood as a consequence of the characteristics of the information society that prioritizes connectivity and novelty of information. In a situation where information moves quickly and is constantly updated, individuals are encouraged to stay engaged in the flow of information so that the information flow not only serves as a source of knowledge but also creates a sense of urgency to stay connected.

### ***Information Avoidance***

Information Avoidance refers to the behavior of individuals who intentionally avoid, delay, filter, or limit exposure to certain information that is considered uncomfortable, irrelevant, or emotionally or cognitively burdensome (Bai et al., 2025; Sweeny et al., 2010). In the context of social media, this behavior can be manifested through various actions, such as ignoring certain content, reducing the intensity of use, unfollowing certain accounts, muting notifications, or even temporarily withdrawing from digital platforms (Dai et al., 2020). This behavior is generally understood as a response to information overload, which is a condition when the amount of information received exceeds the individual's capacity to process it effectively (Shahrzadi et al., 2024). Excessive exposure to information can cause mental fatigue, stress, confusion, and difficulty in determining relevant information. In such situations, Information Avoidance serves as a coping mechanism to maintain psychological balance and reduce stress due to excessive exposure to information (Jaaniste et al., 2025). In the framework of the information society, the phenomenon of Information Avoidance shows that the ease of access to information is not always directly proportional to the increase in information consumption. On the contrary, the abundance of information can actually encourage individuals to restrict or select the information consumed. In this case, Information Avoidance represents a paradox in the information society, where the greater the availability of information, the higher the tendency of individuals to avoid some of that information.

## FINDINGS

This section presents the results of the synthesis of studies that have passed the selection and quality assessment stages. The findings of the study were compiled to show the main patterns that emerged from the literature related to the relationship between information flow, FoMO, and Information Avoidance on social media. To make the results more systematic, this section is divided into several subsections, namely the characteristics of the reviewed study, the dynamics of information flow and user response, the characteristics of information flow in FoMO and Information Avoidance, and the implications of the findings in the context of the information society.

Based on the results of the literature review, the authors compiled a table to extract relevant content from each study. The table presents bibliographic information (title, author, year of publication), study summary, statements or statements about *Fear of Missing Out* and *Information Avoidance* in the flow of information on social media. Table 5 contains the

characteristics of the literature collected related to FoMO and Table 6 contains the characteristics of the collected literature related to Information Avoidance included in the review.

**Table 5:** Study characteristics of FoMO included in the review

No	Title	First Author	Year of Publication	Short Summary	Questions, Statement, and Arguments about FoMO in Information Flow
1	Are You Hooked to the 'Gram'? Exploring the Correlation between Loneliness, the Fear of Missing Out, and Instagram Usage among Young Indians	Benson Rajan	2021	Research on the relationship between Instagram users, loneliness, and Fear of Missing Out (FoMO) among Indian youth shows that the more time spent interacting with Instagram, the higher the level of FoMO and loneliness experienced.	Highlighting the constant flow of visual information on social media Instagram and causing a person to see other people's lives that seem more interesting and satisfying consistently. This triggers an anxious feeling of missing out on the experience, which is exacerbated by the sheer amount of information that keeps flowing.
2	From Fear of Missing Out (FoMO) to addictive social media use: The role of social media flow and mindfulness	Julia Brailovskaia	2024	This study examines the relationship between FoMO, social media streams and addictive social media users. The results revealed that FoMO is related to social media flows and contributes to the addictive behavior of social media users.	FoMO is described as an early trigger, which causes a constant flow of social media use to present a large flow of information so that individuals feel afraid of missing out on important information or fun experiences shared by others. Because the sheer volume of information ends up making it difficult for individuals to sort out relevant information.
3	Too much social media? Unveiling the effects of determinants in social media fatigue	Can Qin	2024	This study explores the causative factors and impacts of social media fatigue, identifying factors such as compulsive social media use, Fear of Missing Out, and Information Overload as major contributors. Highlighting negative impacts, including social anxiety and lurking behavior, and emphasizing the importance of managing social media design to reduce burnout.	Stating that amidst the flow of social media information, where information is generated and disseminated quickly, Fear of Missing Out (FoMO) and the abundance of information on social media encourage users to over-engage. As a result, social media fatigue arises and interferes with users' ability to process content and ultimately leads users to behaviors such as abandonment, avoidance, and withdrawal.
4	No More or More Fear of Missing Out? Social Media Uses and Fatigue among Youngsters	Nasrullah Dharejo	2024	This study investigated the relationship between social media use, Fear of Missing Out (FOMO), and social media fatigue among young Pakistanis. Highlighting that the use of social media directly	Social media use was identified as driving the emergence of Fear of Missing Out as individuals sought to stay up-to-date and connected in a virtual network. The study highlights that FoMO, influenced by social media use, encourages users to over-engage and receive excessive exposure to information from the flow of

				increases FOMO and burnout.	information, which ultimately contributes to social media fatigue.
5	Factors mediating social media-induced Fear of Missing Out (FoMO) and social media fatigue: A comparative study among Instagram and Snapchat users	Marie Hattingh	2022	Investigate how Fear of Missing Out (FoMO) affects social media fatigue with Information Overload, communication overload, and online subjective well-being and compulsive social media use as mediators.	Stating that FoMO encourages increased information flow by encouraging continuous engagement with social media platforms, resulting in Information Overload as users struggle to process excessive volumes of content. Ultimately, users will experience social media fatigue by overloading users' cognitive capacity and lowering their online subjective well-being (OSWB).
6	Adaptation and validation of the Online-Fear of Missing Out Inventory into Turkish and the association with social media addiction, smartphone addiction, and life satisfaction	Fuad Bakioglu	2022	This study examined the relationship between online FoMO, social media addiction, smartphone addiction, and life satisfaction.	The dependence on social media and smartphones due to FoMO causes individuals to be constantly exposed to information that flows endlessly. This phenomenon reinforces the unbalanced flow of information, in which a person tries to stay "connected" so as not to lose other people's information. Dependence on the intense flow of information (through social media and smartphones) has the potential to create an emotional imbalance and decrease life satisfaction. FoMO accelerates the consumption of information that is often irrelevant or excessive, reinforcing the negative link between the uncontrolled flow of information and mental health.
7	Fear of Missing Out and Personality as Predictors of Social Networking Sites Usage: The Instagram Case	Kelly Moore	2021	This study explores FoMO's behavior and personality characteristics influencing Instagram use, including social media addiction and user behavioral engagement.	Stating that FoMO is concerned with increasing the use of Instagram to follow more accounts and build higher engagement with social information streams.
8	The Effects of the Fear of Missing Out on People's Social Networking Sites Use During the COVID-19 Pandemic: The Mediating Role of Online Relational Closeness and Individuals' Online Communication Attitude	Francesca Gioia	2021	This study explores the role of Fear of Missing Out (FoMO) in influencing problematic SNS use (PSNSU) during the COVID-19 pandemic. This study highlights that FoMO reinforces online communication attitudes such as self-disclosure and social relationships, which in turn leads to PSNSU.	Stating that FoMO's behavior strengthens online communication attitudes and increases dependence on the flow of information, especially through the use of social media to maintain social relationships during physical restrictions during the COVID-19 era as a coping mechanism that ultimately triggers PSNSU.

9	Dark consequences of social media-induced Fear of Missing Out (FoMO): Social media stalking, comparisons, and fatigue	Anushree Tandon	2021	This study explores how FoMO triggers negative behaviors such as stalking on social media, social comparisons, and fatigue and its effects.	FoMO causes an increase in social comparisons which leads to information exhaustion. Stalking is also a compensation route to satisfy social needs due to FoMO. Over-engagement with this flow of information creates a negative feedback loop that exacerbates social media users' burnout and anxiety.
10	A network analysis approach to the relationship between Fear of Missing Out (FoMO), smartphone addiction, and social networking site use among a sample of Chinese university students	Li Li	2022	This study explores the relationship between FoMO, smartphone addiction, and SNS use intensity in Chinese college students by using a network analysis approach to	Stating that the rapid growth of the internet has increased the flow of communication and information. FoMO triggers anxiety to always be online and involved in the flow of existing information. This encourages individuals to use SNS compulsively and triggers smartphone addiction.
11	How Social Media, FoMO, and Isolation Influence Our Perceptions of Others Who "Break the Rules"	Emily Scheinfeld	2022	This study explores the relationship between FoMO, social isolation, and perceptions of other people's behavior on social media during the COVID-19 pandemic.	Stating that FoMO strengthens attachment to the flow of social information, especially during the isolation period. This can change an individual's perception of social behavior and norms.
12	Fear of Missing Out (FoMO) among undergraduate students in relation to attention distraction and learning disengagement in lectures	Suad A. A. Al-Furaih	2021	This study explores the impact of FoMO on attention disorders and learning engagement in students.	FoMO encourages students to continue using smartphones during lectures so as not to miss out on information, even if this negatively impacts their attention and engagement in learning. Through this study, it was found that the excessive flow of information through smartphones worsens students' attention, creating cognitive barriers that reduce their learning effectiveness.
13	Fear of Missing Out (FOMO) and Instagram Social Media Addiction Among Early Adulthood	Uli Anisa Ghea Putri	2023	This study explores the relationship between FoMO and Instagram addiction in early adult individuals.	It was stated that FoMO triggers compulsive behavior in the use of Instagram features such as Stories and Feeds which causes social media addiction. This creates a constant flow of information that creates a negative feedback cycle that exacerbates social media addiction in individuals with high levels of FoMO.
14	Dealing With Unnecessary: The Mediation Role of Social Overload on Fear of Missing Out	Xinzhou Xie	2024	This study examines the role of social overload mediation in the relationship between	Stating that FoMO increases social overload which then triggers social media fatigue. In individuals with interdependent self-construal, the relationship between FoMO and social overload was stronger. The excessive

and Social Media Fatigue

FoMO and social media fatigue.

flow of information and managed by individuals with high FoMO, increases the social burden and ultimately fuels social media fatigue, especially in the context of the COVID-19 pandemic.

**Table 6:** Characteristics of the study on Information Avoidance included in the review

No	Title	First Author	Year of Publication	Short Summary	Questions, Statement, and Arguments about IA in Information Flow
1	To Access or Not to Access Influencing Factors for Government Microblogging Information Seeking and Avoidance among Chinese Generation Z	Yu Zheng	2024	Explores the factors influencing information-seeking and avoidance behavior in government microblogging among China's Generation Z.	Highlight the complexity of the factors that drive <i>Information Avoidance</i> in the flow of information, such as heuristic factors (e.g., attention-grabbing titles and repetitive content) and systematic factors (e.g., complicated terminology and selective ignorance). This study shows that excessive or overly complicated information can overwhelm users, leading to mental fatigue and information abandonment.
2	Investigating the Role of SNS Design on Covid-19 <i>Information Avoidance</i> : The Perspectives of the Stimulus-Organism-Response Theory	Rahmania Kumala-sari	2023	This study investigated the role of SNS design in COVID-19 information avoidance. Highlighting the impact of information overload, anxiety, and excessive features on users' decisions to avoid information, emphasizing the need for a user-centric SNS design to mitigate these negative effects.	Stating that <i>Information Overload</i> and anxiety directly affect the emotional state of users, which ultimately encourages them to practice <i>Information Avoidance</i> because they feel overwhelmed. The study also highlights that poorly designed SNS features, such as excessive complexity or irrelevant updates, can overwhelm users and worsen <i>Information Avoidance behavior</i> .
3	The impact of <i>Information Overload</i> on the <i>Information Avoidance</i> of medical staff: The moderating and mediating roles of job performance and time pressure	Chun Xia	2024	This study explores the impact of <i>Information Overload</i> on social media on information avoidance behavior among medical staff, highlighting time pressure as an intermediate factor and job performance as a moderator.	Highlights that <i>Information Overload</i> significantly leads to <i>Information Avoidance</i> among medical staff, with time pressures acting as mediators and job performance moderating those relationships. High-performing medical staff are particularly vulnerable to avoiding social media information due to excessive information load, while low-performing staff experience a lower impact.
4	Study on <i>Information Avoidance</i> Behaviour in WeChat	Xianbin Yin	2023	This study investigated information avoidance behavior on the social media platform WeChat in China using in-depth interviews with 26 informants. Data analysis using basic theory revealed five main factors	Highlighting WeChat users who adopt the heavy information avoidance on the platform. In the flow of information, it is explained that there are several driving aspects such as <i>Information Overload</i> and irrelevance information, negative emotional factors such as anxiety, dislike, and

				that affect behavior such as environmental factors (excess information, low quality), personal factors (privacy, perceived costs), technical factors (user skills), negative emotions (anxiety, dislike, and saturation), and information use behavior itself. The results revealed that among the five factors there is a causal relationship that is in line with the Stimulus-Organism-Response theory, highlighting the complexity of this behavior and its implications for the development of social media platforms.	boredom, as well as technical factors such as lack of skills in using features on WeChat.
5	Generation Z's Health Information Avoidance Behavior: Insights From Focus Group Discussions	Chenjin Jia	2024	This study examines Generation Z's health information avoidance behavior, highlighting sociocultural, cognitive, and emotional factors such as group identity, information overload, and anxiety.	Stating that <i>Information Avoidance</i> in Generation Z is influenced by factors such as <i>Information Overload</i> , unreliable sources of information, and social norms that prevent them from paying attention to health content. Highlight that high and low levels of risk perception can affect avoidance. The results of the study also state that emotional states due to excessive information or conflicting information often led to avoidance as their way of coping with it.
6	User Information Satisfaction Among Female Refugees and Immigrants as Assessed by The Level of Information Literacy on Social Media	Khadijah Kainat	2021	This article highlights information user satisfaction among refugee and immigrant women in Finland and Sweden during Covid-19. With a structural equation model and 232 respondent data, it can be found that excess information on social media has an impact on information fatigue, which in turn affects information avoidance behavior. Information literacy can help avoid information overload and create convenience so that it has a positive impact on user satisfaction.	There is information avoidance (IA) in the context of information flows experienced by refugees and migrant women in Sweden and Finland. The exploding flow of information overwhelms individuals and eventually feels tired. This study revealed that there is an excess of information that causes information fatigue and eventually information avoidance behavior (IA). There was a discussion about how the amount and quality of information on social media—which is influenced by contextual variables such as the COVID-19 pandemic—as well as how individuals perceive information and how they are happy with the information affects user behavior and satisfaction. This shows the complexity of information flows in the

				context of the social integration of refugees and immigrants.
7	From information seeking to <i>Information Avoidance</i> : Understanding the health information behavior during a global health crisis	Saira Hanif Soroya	2021	This study explores the relationship between information seeking and information avoidance during COVID-19, using the Stimulus-Organism-Response (SOR) framework. Highlighting that information overload and anxiety triggered by social media exposure leads to information avoidance and emphasizing the need for a balanced dissemination of information during crises.
				Highlighting that <i>Information Avoidance</i> increases significantly due to <i>Information Overload</i> and anxiety, which is driven by excessive exposure to social media. Individuals with higher exposure to social media are more likely to experience <i>Information Overload</i> and information anxiety, which significantly affects their cognitive and emotional state. In contrast, traditional sources such as print, mass media, and official websites are preferred for their credibility, thus helping to reduce <i>Information Avoidance</i> behavior.

### ***Dynamics of Information Flow and User Response on Social Media***

Based on the results of *the systematic literature review* (SLR) that had been conducted, it was found that the flow of information played an important role in shaping the user experience on social media and triggering FoMo. The volume of information and the speed of information dissemination on social media were the main catalysts that trigger FoMO in users. In addition, the design of social media, such as the features provided, instant notifications, algorithms that drive continuous user engagement.

All the literature reviewed in this study indicated that the characteristics of information flow on social media, characterized by large volumes of information and rapid dissemination intensity, contribute to encouraging users to be constantly involved in the flow of information by accessing existing information. Social media that constantly presented a large amount of information made individuals feel afraid of missing out on important information and missing out on experiences or moments shared by others on social media (Brailovskaia & Margraf, 2024; Rajan et al., 2022). Feelings of fear of missing out (FoMO) were identified as driving compulsive social media use to stay connected in social networks (*social network*), even triggering dependence on social media (Al-Furaih & Al-Awidi, 2021; Bakioğlu et al., 2022; Gioia et al., 2021; Li et al., 2022; Qin et al., 2024; Scheinfeld & Voorhees, 2022). On the other hand, compulsive social media use had also been identified as the cause of FoMO, where individuals were encouraged to stay engaged to get the latest information (Dharejo et al., 2024). This phenomenon showed how the dynamics of information flow in social media could shape user behavior in responding to their social and cognitive needs.

Social media design has had an important role in shaping user behavior, including triggering feelings *Fear of Missing Out*. Based on findings obtained from a literature review, features within social media platforms can drive user engagement, which can ultimately trigger feelings of FoMO. For example, on the Instagram platform, which is a visual-based social media, the features and algorithms that Instagram significantly influence user behavior. Instagram Feed and Story allow users to share photos and videos while receiving feedback such as likes and comments, fostering a sense of validation and social interaction. These features often trigger or exacerbate feelings of FoMO, as users feel compelled to stay connected and keep up with other people's activities (Moore & Craciun, 2021; Putri et al., 2023; Rajan et al., 2022). Social media algorithms, such as Instagram, are also strategically designed to manage the flow of information, where this not only leads to compulsive use of the platform, but also encourages *Fear of Missing Out* (FoMO) among consumers (Rajan et al., 2022).

Findings from the literature review showed that *Fear of Missing Out* (FoMO), which encourages users to engage constantly for fear of missing out on experience and information, contributes to *Information Overload*, *social overload*, *communication overload* and *social media fatigue* in social media. Individuals who experience FoMO were encouraged to get excessively involved in *platform* social media and receive exposure to excess information from the existing information flow (*Information Overload*), which ultimately put a strain on their cognitive capacity and increased to *social media fatigue* (Dharejo et al., 2024; Hattingh et al., 2022; Qin et al., 2024; Xie et al., 2024). In addition, excessive information reception (*Information Overload*) also made it difficult for individuals to identify and selected relevant information (Brailovskaia & Margraf, 2024). Excessive levels of information consumption, with often questionable relevance, can reinforce the link between the uncontrolled flow of information through FoMO and the decline in an individual's mental and emotional health (Bakioğlu et al., 2022). In addition to being caused by *Information Overload*, *social media fatigue* was also influenced by the social comparisons that result from FoMO, where individuals were constantly encouraged to engage on social media platforms and compare their lives, achievements, or appearances to content shared by others (Rajan et al., 2022; Tandon et al., 2021). Overall, these findings show how FoMO creates complex challenges for users in maintaining a balance between engagement in virtual networking and emotional well-being.

The concept of media always follows the dynamics of human civilization which has now entered the era of the information society (Aoyama & Castells, 2002). With the rapid development of the Internet, social media platforms have become an inseparable part of people's lives. Social media is a place for the dissemination of information and creates an increased flow of information so that complex dynamics are formed. The most basic use of social media can be demonstrated when users conduct continuous searches and process the information they obtain (Yin et al., 2020). The information obtained from the search will be actively consumed to meet their needs, one of which is such as the demands of tasks and work and even other impulses such as defensive motivation (Zheng, 2024).

The widening volume of information makes social media users often experience an excess of information that exceeds their ability and capacity to absorb and adapt (Soroya et al., 2021). This phenomenon is contained in research conducted by Jia & Li (2024) who found that Generation Z was exposed to a much larger volume of information than they needed so that there was concern about the relevance and credibility of information. This excess of information can also have an impact on information anxiety which will cause social media users to tend to avoid information (Kumalasari & Priharsari, 2023). This is in line with the opinion Kainat et al. (2021), that most people seek information that matches their interests, needs, or attitudes, and deliberately avoid that information if it does not fit their point of view, either consciously or unconsciously.

Information avoidance behavior can be driven by psychological factors and social factors. Psychological factors such as bad feelings (*Badmood*) which includes anxiety, irritability, and irritability to information; the mental state of the individual; confidence in knowledge and risk perception. Meanwhile, social factors include group norms, accessibility, credibility, social pressure, information quality, time pressure, and job performance. These factors interact with each other and produce user responses in the form of avoiding information on social media. Such as in high-performance social media users such as medical workers who are very prone to information avoidance behavior. They are more likely to feel that excessive information interferes with their primary tasks (Xia et al., 2024). So that with increased time pressure, information avoidance can also increase.

On the other hand, there are also users who experience social pressure to continue to be informed, which ultimately has an impact on information consumption. This also triggers information avoidance due to the occurrence of excess information (Kainat et al., 2021). As a

result, exposure to information to social media users will continue to be avoided. Savolainen (2007) gave an idea of information avoidance, which is when a person avoids negative information by filtering it out and withdrawing from their daily lives. So that this is in line with Soroya et al. (2021) which in the results of his research revealed that social media users today choose to be more selective and utilize information sources with high credibility to be able to reduce fatigue with excessive information.

### ***Characteristics of Information Flow in FoMO and Information Avoidance***

In the era of information society which is characterized by the rapid development of technology and digital connectivity, the concept of *Information Flows* is one of the factors that shape individual and organizational behavior. In this regard, social media plays a significant role in increasing the dissemination and exchange of information, making information widely accessible without being limited by space and time (Masele, 2022). Social media encourages two-way communication that amplifies the flow of information by allowing users to not only passively receive information, but also actively contribute to the production and dissemination of information (Choraria, 2012). Danah Boyd (2010) explained that in the flow of information in *networked media* the individual is in a condition "*in-flow*". Individuals not only play the role of static consumers, but also become part of the flow of information, where they simultaneously consume, contribute, and redistribute existing information. The role of users in social media strengthens the existing flow of communication, increasing the volume, speed of dissemination, and diversity of diverse content. The findings of this literature review revealed that the flow of information on social media that has a rapid spread with a large volume plays a major trigger *Fear of Missing Out* (FoMO). This dynamic encourages user engagement by fostering a sense of urgency to stay connected and informed. The flow of information that exists encourages the fear of being left behind and fosters a sense of urgency among users to stay connected to continue to get information.

In addition, the literature reviewed highlights two different perspectives on the relationship between *Fear of Missing Out* (FoMO) and the use of social media. On the one hand, some studies have shown that FoMO acts as a psychological driver that encourages individuals to engage with social media platforms compulsively. Research conducted by Bakioğlu et al., (2022) Dan Qin et al. (2024) found that FoMO encourages individuals to try to stay connected and trigger addiction to *Smartphone* and social media. Similar things were also expressed Brailovskaia & Margraf (2024) dan Gioia et al. (2021) found that FoMO is an early trigger that strengthened individual involvement in communication *online* and increasing reliance on information flows, especially through the use of social media to maintain social relationships. Based on these findings, FoMO is seen as a trigger in excessive media consumption and dependence on social media platforms.

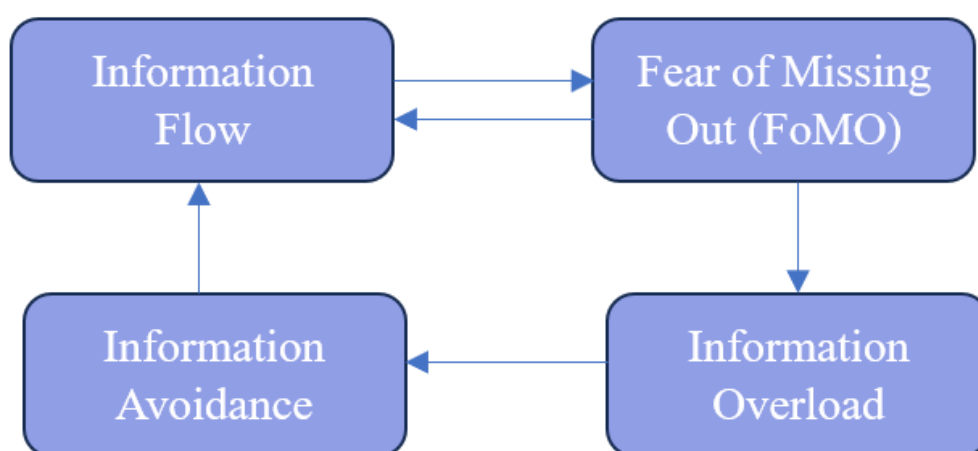
In contrast to the findings that FoMO is a trigger for addiction to social media, Dharejo et al. (2024) identifies social media as a driver of the emergence of FoMO, where exposure to the flow of information obtained from the compulsive use of social media encourages individuals to experience FoMO, where they attempt to stay engaged in virtual networks to get the latest information. This is in line with the findings Rajan et al. (2022) which stated that the design of social media, in this case Instagram as a visual-based media makes individuals feel afraid of losing experiences and moments shared by others and encourages them to always engage and follow the flow of existing information. These findings highlight that exposure to the flow of information on social media through compulsive behavior and social media design reinforces and/or initiates FoMO, where users feel compelled to follow the flow of information to avoid losing social experiences or important information.

FoMO and social media are not only identified as two-way relationships that trigger excessive consumption and use of social media but also contribute to negative behaviors in social media use, including *Information Overload*, Communication Overload (CO), Social Overload (SO), and social media fatigue. The amount of information spread in social media has given rise to various major phenomena that have an impact on its users. Especially with unlimited access, social media users are exposed to an excessive amount of information (Overload). Phenomenon *Information Overload* is described as a state when the amount of information available exceeds a person's ability to absorb and adapt (Soroya et al., 2021). As a result, social media users will be worried about the relevance, credibility of information, and also fatigue to process the information they get (Jia & Li, 2024).

Other impacts of *Information Overload* is a feeling of anxiety about information that will encourage social media users to tend to avoid existing information (Kumalasari & Priharsari, 2023). The phenomenon of information avoidance (*Information Avoidance*) is known as one of the *coping mechanism* and response to be able to protect themselves from various negative impacts caused by *Information Overload* and become the choice of various social media users, both from Generation Z to high-performance workers such as health workers (Xia et al., 2024). This is in line with the opinion Kainat et al. (2021) which states that most people seek information that matches their interests, needs, or attitudes, and deliberately avoid that information if it does not fit their point of view, either consciously or unconsciously. So that by applying the behavior *Information Avoidance* This way, social media users will limit what information they can actively consume.

The strategy of social media users at this time tends to choose to be more selective and utilize information sources with high credibility to be able to reduce fatigue with excessive information (Soroya et al., 2021). In addition, there are several steps that can be adopted by social media users to respond to excessive information, namely by avoiding directly and indirectly. Direct avoidance can be done by performing blocking actions, *unfollow*, silence, and report to accounts that provide information that is not needed. Meanwhile, indirect avoidance can be applied through reducing the time of online interaction and avoiding the use of direct media (Dai et al., 2020). So that the strategy implemented by users will also provide effective solutions to reduce anxiety, fatigue, and information uncertainty in daily life. The findings of this study are presented in Figure 2.

**Figure 2:** Research Finding Result Flowchart



From the *flowchart* of the findings that was presented, this study found that a constant flow of information causes the appearance of fear of missing out (FoMO). In this case, people tend to feel the need to keep up with information so as not to feel left behind. The sense of FoMO encourages individuals to consume too much information at once and encourages the creation of information flows. This can lead to *Information Overload* or saturation due to too much information that must be processed. When a person experiences *Information Overload*, the natural response that may occur is to avoid information completely (*Information Avoidance*). They tend to stay away from sources of information to reduce the mental burden. After avoiding information, a person may return to *the Information Flow* in a repetitive cycle, whether it is due to necessity or habit.

### ***Implications of Users in the Information Society***

The emergence of the FoMO phenomenon and *Information Avoidance* has significant implications as a result of the rapid and widespread dissemination of information on social media. The fear of missing out or missing important information on social media encourages individuals to engage compulsively in the flow of information. This is stated in a research article belonging to Rajan et al. (2022) and Brailovskaia & Margraf (2024) where social media design also strengthens user engagement, such as instant notifications and algorithms that encourage continuous content consumption. Furthermore, when users experience information overload (*Information Overload*), the user responds by avoiding information (*Information Avoidance*) to protect oneself from excessive cognitive and emotional stress (Kumalasari & Priharsari, 2023; Xia et al., 2024). The constant flow of information has a significant impact on the level of stress, anxiety and social fatigue, one of the impacts suggested by research Jia & Li (2024) where young user groups such as Generation Z tend to be more susceptible to intense information flows and often have difficulty distinguishing relevant information. On the contrary, in research Soroya et al. (2021) dan Yin et al. (2020), *Information Avoidance* appears as an adaptive response in managing the stress and cognitive burden created as a result of the rapid flow of information, where users selectively avoid irrelevant or excessive information to maintain their mental balance.

The FoMO phenomenon and *Information Avoidance* also has implications at the level of employment and organization. Research article Xia et al. (2024) suggested that high-performance workers, such as medical staff, faced great challenges in managing information overload due to time pressure and job demands, so they tend to adopt information avoidance to maintain their productivity. The need for good information literacy is also an implication of this phenomenon. Individuals need to sort out relevant information and manage the information received in a healthy manner. In the research article Soroya et al. (2021), information literacy is an important solution to reduce information fatigue, especially in vulnerable groups such as immigrants or refugee women. The implications that arise from both phenomena show that between FoMO and *Information Avoidance* shows a complex relationship of cause and effect with the flow of information.

Based on the literature review that had been conducted, these two phenomena can be attributed to the characteristics of the information society proposed by Frank Webster. Social media, which is the main platform for the rapid dissemination of information, is clear evidence of the impact of information technology dominance, this is in line with the first characteristic, namely **Technology**, that technology is the main driver in the life of the information society. Furthermore, the activities of organizations that share information with users and the support of collaboration for professional needs that are facilitated by the existence of social media show the role of social activities and possibly the economy as a characteristic of the information society, that social media is not only a means of communication but also an important

component of the dissemination of information in the **economic** and social context of the organization.

The next characteristic is **spatial**, that in the information society, technology has the ability to remove the limitations of space and time in the distribution and consumption of information. The speed and reach of this flow of information creates unlimited connectivity by physical space that makes social media one of the important components in supporting the information society. The dissemination of health-related information to public policies and rules during the COVID-19 pandemic could be accessed and shared quickly through digital platforms reflects the spatial characteristics of the information society, where technology can create interactions beyond geographical boundaries (Gath et al., 2025; Soroya et al., 2021; Xia et al., 2024). Finally, through the results of research conducted by Putri et al. (2023) and Rajan et al. (2022) who stated that the design of social media affects user habits, such as related to the consumption and sharing of information in a comprehensive manner, this shows that information has become central in the culture of modern society which means that there is a change in culture, this reflects the characteristics of the fifth information society, namely the **cultural aspect**.

In addition to the four characteristics that have been strongly identified, the **occupational dimension** within Webster's framework has not yet appeared dominant in the literature findings reviewed. The occupational dimension refers to changes in the structure of work and the increasing dominance of information-based work in the information society. In this study, this aspect has not been consistently present because most of the literature focuses more on the behavior of social media users in general, rather than on the transformation of information-based work structures or professions. However, some findings in groups of workers, such as medical personnel, suggest that excessive exposure to information in the context of work can contribute to *Information Avoidance* so that the occupational dimension has not been completely absent, but has not yet emerged as a major pattern in the results of this review.

From literature studies to analysis with Frank Webster's characteristics, it shows that both phenomena reflect 4 of the 5 characteristics of the information society, namely **Technology, Economy, Spatial, and Cultural**. This indicates that social media not only illustrates the dominance of information technology but also brings new challenges that need to be managed in social life. These findings also support the view that the current conditions have entered the era of the information society as described by Frank Webster.

## CONCLUSION

Based on an analysis of 21 scientific articles, this study shows that social media forms a flow of information with large volumes, high speed, and constant exposure. This condition puts users in a dynamic information environment, but at the same time it has complex psychological and behavioral consequences. In this context, Fear of Missing Out (FoMO) arises when users are encouraged to stay connected so as not to lose information, experiences, or interactions that are considered important. On the other hand, excessive exposure to information also gives rise to information overload, which can then encourage users to carry out Information Avoidance as a coping mechanism to reduce cognitive burden and maintain emotional state. The findings of this study show that FoMO and Information Avoidance are not two stand-alone phenomena but are interrelated in the dynamics of social media information flows. The volume and speed of information dissemination, coupled with platform designs such as instant notifications, non-stop feeds, and algorithms that encourage engagement, contribute to the tendency to overuse social media. As a result, users can get caught in a cycle between

the need to keep up with the flow of information and the urge to stay away from information in order to protect themselves from mental exhaustion. Based on a review using Frank Webster's information society characteristics framework, the two phenomena reflect four of the five characteristics of the information society, namely technological, economic, spatial, and cultural. This shows that social media not only represents the dominance of information technology in the life of modern society but also shows how information has become an important part of social activities, the spread inter spaces, and the formation of digital culture. Thus, these findings support the view that today's society is increasingly strongly showing the characteristics of an information society as described by Frank Webster.

Overall, this study found that the rapid flow of information on social media presents both opportunities and challenges. The ease of access and distribution of information does expand connectivity, but at the same time it also increases the risk of stress, information fatigue, and disruption of users' mental well-being. Therefore, managing the flow of information, increasing information literacy, and the ability of users to sort information effectively are important so that interactions with social media remain healthy and sustainable.

### ***Research Limitations***

This research has several limitations. First, the number of articles that met the final criteria was relatively limited, namely 14 articles for the FoMO topic and 7 articles for *the Information Avoidance topic*. This difference in number shows that the study of FoMO in the context of social media is still more developed than the study of Information Avoidance, so the synthesis produced is not completely balanced on both topics. Second, literature searches were only conducted on Scopus, ScienceDirect, JSTOR, and Emerald databases. This restriction has the potential to cause some relevant studies from other databases to be unnetted. Third, the restriction of the year of publication in 2021–2024 is carried out to maintain the relevance of contemporary issues, but on the other hand it can exclude early studies that are important in the development of the concepts of FoMO and Information Avoidance. Fourth, limited full-text access to a number of articles also affects the breadth of the review. In addition, this study only includes articles that can be accessed by researchers so that there is still a possibility of publication bias and document availability bias. So that further research can expand the database, publication time range, and examine certain user groups or work contexts so that the understanding of the relationship between information flow, FoMO, and Information Avoidance becomes more comprehensive.

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