

FOMO (*FEAR OF MISSING OUT*) IN THE QUR'AN

(Study of Tafsir *Tahliṭī* Surah Al-Baqarah 155

In Tafsir Al-Misbah by M. Quraish Shihab)

THESIS



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AL-QUR'AN AND TAFSIR STUDY PROGRAM

FACULTY OF USHULUDDIN AND DAKWAH

STATE ISLAMIC INSTITUTE OF KEDIRI

2025

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THESIS

Presented To

State Islamic Institute of Kediri

In Partial fulfilment of the requirements

For the degrees of Sarjana in Al-Qur'an and Tafsir Study Program

By

NURUL FAJRI PUTRI SELVIANA

NIM 21102009

**AL-QUR'AN AND TAFSIR STUDY PROGRAM
FACULTY OF USHULUDDIN AND DAKWAH
KEDIRI STATE ISLAMIC INSTITUTE**

2025

APPROVAL PAGE

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Kediri, 20 February 2025

Attachment : 4 (four) files
Page : Thesis Guidance

To

Dear Dean of the Faculty of Ushuluddin and Dakwah
State Islamic Institute (IAIN) Kediri

At

Jl. Sunan ampel 07 Ngronggo, Kediri

Assalamu'alaikum Wr. Wb.

Fulfilling the Dean's request to guide the preparation of the student's thesis mentioned below:

Name : Nurul Fajri Putri Selviana

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Title : Fomo (*Fear Of Missing Out*) In The Qur'an (Study of Tafsir
Tahlili Surah Al-Baqarah 155 In Tafsir Al-Misbah by M. Quraish Shihab)

After improving the material and composition, we think that the thesis has met the requirements as a completion of the final examination of the Bachelor of Strata One (S-1).

We hereby attach the file of the thesis manuscript, with the hope that it can be immediately tested in the Munaqasah Session. Thus to be understood and for your willingness we thank you.

Wassalamu'alaikum Wr. Wb.

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After improving the material and composition, in accordance with the instructions and directions and suggestions given in the Munaqosah session held 16 April 2025 we accept and approve the result of the improvement.

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(Study of Tafsir *Tahlili* of Surah Al-Baqarah 155 in Tafsir Al-Misbah by M.
Quraish Shihab)


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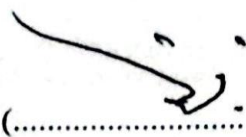
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Stating truly that the thesis I wrote is really my writing, and is not a plagiarism either partly or wholly. If in the future it is proven or can be proven that this thesis is the result of plagiarism, either in part or in whole, then I am willing to accept sanctions for such actions in accordance with applicable regulations.

Kediri, 20 Ferbruary 2025

The Researcher,



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DEDICATION

Assalamualaikum, Wr. Wb

Alhamdulillah, I thank Allah for all the Grace and opportunities in completing my final thesis with all its imperfections. Shalawat and salam will continue to be poured out to Rasulallah salla Allah 'alaih wa sallam in the hope that one day he will receive intercession on the last day. I dedicate this simple work to:

1. My beloved father and mother, who always pray, mesuprot, finance, and always encourage me in working on this thesis. May Allah SWT always give long life and health so that mom and dad can always pray for me wherever they are.
2. My brothers and sisters Mas Afi, Ilmi, and Yudi who always ask questions about my studies, who make noise because of my major. I am very grateful because you also make me enthusiastic in working on and completing this thesis and lecture.
3. My friends who are friends from freshmen to this final semester, (Ika, Zila, Tari) I thank you for your support and prayers to complete this final project, I hope you all become successful and happy people.
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5. And then, I say thank you to Jihan Nazilah he became a friend to tell the complaints of thesis work and life, hopefully we will succeed

together

6. Finally, to all those who have contributed, taken the time, and provided support in the process of preparing this thesis, I express my gratitude. I would like to express my deepest gratitude. May Allah reward all kindness with rewards and success.

The author can only pray that the good deeds of these various parties will receive multiple reward from Allah SWT. Aminn

Walaikumsalam, Wr. Wb

Kediri, 20 Februari 2025



Autho

ABSTRACT

NURUL FAJRI PUTRI SELVIANA, Supervisors H. Zainal Muttaqin, S.Thi, M.A and Dr. Asyhad Abdillah Rosyid, M.Ag, FOMO (*FEAR OF MISSING OUT*) In The Al-Qur'an (Study of Tafsir *Tahlīlī* Surah Al-Baqarah 155 in Tafsir Al-Msibah by M. Quraish Shihab), Thesis, Al-Qur'an and Tafsir Study Program, Faculty of Ushuluddin and Da'wah, IAIN Kediri 2025.

Keywords: FOMO, Al-Baqarah 155, Tafsir

FOMO is a feeling of anxiety or fear of missing out on valuable experiences experienced by others. The phenomenon of *Fear of Missing Out* (FOMO) is increasingly prevalent in the digital era, where individuals feel anxious and afraid of being left behind in various aspects of life, especially due to the influence of social media. This study aims to examine FOMO in the perspective of the Qur'an by using the tahlili tafsir method of QS. Al-Baqarah verse 155 based on the views of M. Quraish Shihab in Tafsir *Al-Miṣbāh*. This verse explains various forms of life tests, such as fear, hunger, lack of wealth, soul, and agricultural products, which test human patience.

In this writing, the type of *research* used is *library research* with a qualitative approach. This research focuses on the FOMO phenomenon which is considered a trial and analyzes the relationship between the *Fear of Missing Out* (FOMO) phenomenon and the concept of emotional trials in the Qur'an, especially as described in Tafsir *Al-Miṣbāh* by M. Quraish Shihab. Using a library research approach and *content* analysis method, this study examines how FOMO, as a modern form of anxiety, has a continuity of meaning with the test of fear and unrest mentioned in QS. Al-Baqarah 155.

The results of this study show that the phenomenon of *Fear of Missing Out* (FOMO) can be understood as a form of modern test, where individuals experience anxiety and fear due to feeling left behind from the experiences or achievements of others. A study of Tafsir *Al-Miṣbāh* reveals that the concepts of fear, anxiety and unrest mentioned in QS. Al-Baqarah 155 have similar meanings to the feelings underlying the FOMO phenomenon. Thus, there is a continuity between the Qur'anic teachings and the modern phenomenon, which shows that Islam has already explained the problem of this emotional test and offered a solution through patience (ṣabr) and firmness of faith as a way to overcome anxiety in life.

TRANSLITERATION GUIDELINES

A. Transliteration Letters

ARAB	INDONESIA	ARAB	INDONESIA
ء	,	ض	D
ب	B	ط	T
ت	T	ظ	Z
ث	Š	ع	'
ج	J	غ	Gh
ح	H	ف	F
خ	Kh	ق	Q
د	D	ك	K
ذ	Dh	ل	L
ر	R	م	M
ز	Z	ن	N
س	S	و	W
ش	Sh	ه	H
ص	Š	ي	Y

B. Double Consonants

The double consonant (Shaddah), which comes from a ya' nisbah (a ya' written as a clue to its nature) is written in squiggles above it.

أحمدية : written *Ahmadiyya*

Duplicate consonants derived from non-yes' nisbah are written in double letters.

دل : written *dalla*

C. *Tā' Marbūṭah*

When switched off, it is written as "ah". Example:jj

جماعة : Written *Jama'ah*

If it is used in conjunction with another word (as Mudaf), it is written as "at". Example:

الله نعمة : written ni'mat *Allāh*

الفطر زمكاة : written *zakāt al-fiṭri*

D. Short Vocal

Fathah is written a, kasrah is written i and dammah is written u, each with a single letter.

E. Long Vowels (*madd*)

A long a is written, a long i is written, and a long u is written, with a strikethrough above the letters a, i and u, respectively.

F. Double Letter Sounds

Arabic double letters (diphthongs) are transliterated by combining the two letters "ay" and "aw" for (أَي) and (أَو) respectively.

G. Compound words Alif+ Lam

If there is an alif+ lam followed by a qamariyah letter or followed by a ser, the letter al is written al-

الجماعة : written al-jāmi'ah

الشيعة : written al-Shī'ah

H. Uppercase

Capitalization is adjusted to EYD

I. Words in Phrases and Sentences

Consistent with the formula above, words in phrases and sentences are written word for word. Example:

شيخ الاسلام: Written *syakh al-islam*

J. Miscellaneous

Words that have been standardized in the Big Indonesian Dictionary (such as *ijmak*, *nash*, *al- Qur'an*, and *Hadith*) do not follow these transliteration guidelines and are written as they are in the dictionary.

FOREWARD

With praise and gratitude to theirat Allah swt. who has given abundance of grace, and his help so that the author can complete the writing of this thesis entitled, FOMO (*Fear Of Missing Out*) in the Qur'an (Taḥlīlī Tafsir Study of Surah Al-Baqarah 155 Perceptive M. Quraish Shihab in Tafsir Al-Miṣbāh) well and smoothly.

The author realizes that the realization of this thesis is due to the encouragement and assistance of various parties, therefore on this occasion the author expresses his deepest gratitude to:

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2. Prof. Dr. KH. A. Halil Thahir, MHI. as the Dean of the Faculty of Ushuluddin and Da'wah IAIN Kediri.
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4. Mr. H. Zainal Muttaqin, S.Th.I, M.A as thesis supervisor I and secretary of the Al-Qur'an Science and Tafsir Study Program, Faculty of Ushuluddin and Da'wah IAIN Kediri.
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The author realizes that the writing of this thesis still has many shortcomings and mistakes. That is why the author hopes that all parties who read, will provide suggestions and criticism for the sake of improvement in further research. The author hopes that this thesis can benefit the author in particular and for readers in general.

Kediri, 25 Februari 2025



Author

TABLE OF CONTENTS

APROVAL PAGE	i
DINAS NOTE	ii
SUPERVISOR PAGE.....	iii
RATIFITACION SHEET	iv
MOTTO	v
STATEMENT OF ORIGINALITY OF WRITING	vi
DEDICATION PAGE	vii
ABSTRACT	ix
TRANSLITERATION GUIDELINES	xi
FOREWARD.....	xiv
TABLE OF CONTENTS.....	xv
CHAPTER 1 INTRODUCTION	1
A. Background of the Problem.....	1
B. Problem Formulation.....	5
C. Research Objectives	6
D. Usefulness of Research	6
E. Literature Review	7
F. Theoretical Review.....	13
G. Research Methods	14
H. Systematization of Discussion.....	16

CHAPTER II THEORETICAL STUDIES	19
A. Herbert Kelman's Theory of Social Influence	19
B. Analytical Tafsir Studies.....	19
a) Definition of Anatical Interpretation Theory.....	22
b) Step of Analyticaal Interpretation Method	24
c) Advantanges and Disadvantanges of Analytical Interpretation Method	25
C. Description of Tafsir Al-Miṣbāh.....	28
a. Brief Biography of the Author Tafsir Al-Misbah	26
b. Style and Method Of Writing Tafsir Al-Misbah	28
c. Advantanges and Disadvantanges of Tafsir Al-Misbah.....	30
CHAPTER III QUR’AN SURAH AL-BAQARAH VERSE 155 RELATED TO FOMO	33
A. Surah Al-Baqarah verse 155 and its Translation	33
B. Tafsir Mufrodat.....	33
C. Munasabah Ayat	33
D. Interpretation of Surah Al-Baqarah 155 related According to Scholars about FOMO	36
E. Verses related to the FOMO phenomenon.....	43
1. Hazara- حزر	43
2. Khasyah - خشية.....	44

3. Ar’Ru’bu - الرعب	45
4. Ar- Rau’u – الروع	45
5. Rahbah - رهبة	46
6. Wajal - وجل	47
F. Hadith related to the FOMO phenomenon.....	48
CHAPTER IV QURAIISH SHIHAB INTERPRETATION IN TAFSIR AL-MISBAH ON SURAH AL-BAQARAH 155.....	52
A. Quraish Shihab Interpretation of Surah Al-Baqarah serve 155	52
B. Form of the Examiner in Tafsir Al-Misbah.....	55
CHAPTER V THE RELEVANCE OF M. QURAIISH SHIHAB INTERPRETATION IN TAFSIR AL-MISBAH SURAH AL-BAQARAH 155 WITH FOMO PHENOMENA	61
A. FOMO as a Test of the Modern Age	61
B. Relevance of Tafsir Al-Misbah Surah Al-Baqarah 155 with the FOMO Phenomenon	63
C. Attitudes towards FOMO Phenomenon in Tafsir Al-Misbah.....	69
1. Patience in the Face Trials.....	69
2. Acceptance that Trials and Tribulation are Part of Life	70
3. Manage feelings of Fear and Anixety	70
4. Be Living the Good News For the Patients	72
CHAPTER VI CONCLUSION	75
A. Conclusion.....	75
B. Advice.....	75
LITERATURE	76
CURICULUM VITAE	85