

CHAPTER I INTRODUCTION

A. Background of the Problem

In today's digital era, where all activities are done online, Generation Z must keep up with the times so that they are accustomed to utilizing technology for their daily needs. The impact of this era is the emergence of the *Fear of Missing Out* phenomenon or FOMO for short. FOMO is the fear of being left behind by others, such as feeling anxious because the information you have is outdated or commonly known but has not been updated.¹ The opposite of FOMO, namely *Joy of Missing Out* or in short (JOMO), is a more relaxed lifestyle, where a person does not feel disturbed if he/she is late in knowing news.²

Thesis written by Ayu Nurlaila Sari Siregar in 2022, argues that FOMO is anxiety and fear that one might miss out on valuable experiences that are being enjoyed by other people . This phenomenon is also characterized by feelings of fear and worry about being left behind from worldly things, which are triggered by the presence of social media. ³

The term *Fear of Missing Out* (FOMO) was first introduced by Patrick McGinnis, an American writer and graduate of the master's program from

¹ Diah Sinta Septia Wardani and Resita Cahyani, "Pengaruh FoMO (Fear of Missing Out) Pada Generasi Z Terhadap Ketakwaan Kepada Allah SWT.," *Darul Ilmi: Jurnal Ilmu Kependidikan dan Keislaman* 11, no. 2 (2023): 262.

² Seprianus Kiding and Andik Matulesy, "Dari Fomo Ke Jomo : Mengatasi Rasa Takut Akan Kehilangan (Fomo) Dan Menumbuhkan Resiliensi Terhadap Ketergantungan Dari Dunia Digital," *Psisula: Prosiding Berkala Psikologi* 1, no. January 2020 (2020): 174.

³ Ayu Nurlaila Sari Siregar, "Fear of Missing Out (Fomo) Dalam Al-Qur'an (Kajian Tafsir Tematik)," 2022.2

Harvard Business School (HBS). When he studied at HBS in 2003, Patrick saw that the era was a time when humans were in the *dotcom bubble* phenomenon, a period where technology and the internet experienced rapid development. The term FOMO itself became widely known after Patrick introduced it in an opinion article titled "*Social Theory at HBS: McGinnis' Two FOS*" published in the campus newspaper in 2004.⁴

In the Qur'an, there are also words that have the same meaning as fear, anxiety or worry, which is commonly described as *khāūf*. There are also several other words that have the same meaning as *khāūf*. *Hazara* is mentioned 21 times in the Qur'an, *Khasyyah* appears 47 times in various forms in the Qur'an and has a similar meaning to the word *khāūf*, then *rahbah* is mentioned 12 times in the Qur'an, then *Wajal* is mentioned 5 times in the Qur'an, then *ar-Ru'bu* is mentioned 5 times in the Qur'an and finally *ar-Rau'u* is only mentioned once in QS. Hud:74 which reads:⁵

فَلَمَّا ذَهَبَ عَنْ إِبْرَاهِيمَ الرَّوْعُ وَجَاءَتْهُ الْبُشْرَىٰ يُجَادِلُنَا فِي قَوْمِ لُوطٍ
 Meaning: " So, when fear had departed from Ibrahim and glad tidings had come to him, he argued with Our angels about the people of Lut." (Hud: 74)⁶

In the Big Indonesian Dictionary (KBBI), this feeling of fear is defined as anxiety or worry when facing a situation that is considered to cause disaster or loss.⁷

⁴ Rahmawati Latief, "Analisis Dampak Perilaku Fear of Missing Out (FoMo) Di Kalangan Pengguna Media Sosial," *Jurnal Al-Irsyad Al-Nafs* 11, no. 1 (2024): 31.

⁵ Tesa Maulana, "'Konsep Anti-Galau Dalam Al- Qur'an (Kajian Semantik Khauf Dan Huzn)," 2022. 51

⁶ Qur'an Kemenag in Word versi 2.0 add Ins Terjemahan 2019 . Surah Hud (11):74

The FOMO phenomenon began with the existence of media that only took place in one direction. However, the presence of social media changes the communication paradigm indirectly, allowing interaction to occur anywhere, anytime, without time or distance limits.⁸

The use of social media is also regulated in Article 28F of the 1945 Constitution which reads

*"Everyone has the right to communicate and obtain information, to develop their personal and social environment, and has the right to seek, obtain, possess, store, process and convey information using all available channels."*⁹

This FOMO (*Fear of Missing Out*) phenomenon often makes a person chase the world as if wealth, status, and pleasure are the pinnacle of happiness that must be achieved. This is a time when every individual tries to show their existence to get recognition and be acknowledged in society.¹⁰

The rise of FOMO that is currently dominating among young people so as not to be labeled out of date, makes them able to do various ways to fulfill their lust. Not a few people look for instant ways such as using pinjol applications or Online Money Loans that are used by humans to still be able to look alive and trending. Even more teenage extremes when he is unable to pay so he is desperate to commit criminal acts. As in the case of early August

⁷ Tim Redaksi Kamus Bahasa Indonesia, *Kamus Bahasa Indonesia, Analytical Biochemistry*, vol. 11 (Jakarta: Pusat Bahasa, 2018).1420

⁸ Imaddudin, "Fear of Missing Out (FoMO) Dan Konsep Diri Generasi-Z: Ditinjau Dari Aspek Komunikasi," *Journalism, Public Relation and Media Communication Studies Journal (JPRMEDCOM)* 2, no. 1 (2020): 35.

⁹ Sekretariat Negara Indonesia, *Perubahan Kedua Undang-Undang Dasar Negara Republik Indonesia Tahun 1945*, vol. 105, 1945. 131

¹⁰ Hasna Farida, Weni Endahing Warni, and Lutfi Arya, "Self-Esteem Dan Kepuasan Hidup Dengan Fear Of Missing Out (Fomo) Pada Remaja," *Jurnal Psikologi Poseidon* 4 (2021): 61.

2023. Regarding the murder of a Jakarta student because he was entangled in pinjol, he was desperate to kill his friend because he wanted to take the ATM card he had to be used to pay off the online loan.¹¹

Therefore, FOMO is considered a trial and in this writing connects this social phenomenon that is very relevant today with religious teachings. The Qur'an teaches that the trials given by Allah are not only physical, or material, but also mental and emotional, including fear and anxiety of loss.

This implies that the nature of life in the world is characterized by the inevitability of various trials. As well as increasing us that trials such as fear (including FOMO) are part of the test of life, Allah says:

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ ١٥٥

"We will surely test you with a little fear and hunger, shortage of wealth, souls, and fruits. Convey (O Prophet Muhammad,) glad tidings to the patient people." (QS.Al-Baqarah:155)"¹²

The above verse is explained in the book of Tafsir Al-Misbah by M. Quraish Shihab that tests in life can come in various forms such as fear, hunger, and lack of wealth, soul, and fruit. Allah does not explain when and in what form the fear will come therein lies the test. The test is a way for Allah to see how far His servants are patient and stick to faith, despite the uncertainty.¹³

¹¹ Hidayatulloh Permana Rakhmad, "Daftar Kasus Pembunuhan Karena Pelaku Terlilit Pinjol, Terbaru Mahasiswa UI," *Detik. News*.

¹² Qur'an Kemenag in Word version 2.0 add Ins Terjemahan 2019. Surat Al-Baqarah (1):155.

¹³ Quraisy Shihab, "*Tafsir Al Misbah*" (Jakarta: Lentera hati). 366

Much of the previous research on FOMO (*Fear of Missing Out*) has been conducted in the context of psychology and social media. Most of the research focuses on technology-dependent social influence and behavior. However, only a few studies have discussed FOMO in the context of the Qur'an and Tafsir. Therefore, this research is important as an effort to connect religious teachings with modern social phenomena.

Therefore, the author intends to examine the phenomenon of *Fear of Missing Out* (FOMO) in more depth by referring to the Qur'anic view in Surah Al-Baqarah verse 155 through the interpretation of Tafsir Al-Misbah . This study aims to understand how the Qur'an provides guidance in dealing with the FOMO phenomenon, so that Muslims, in particular, can avoid the negative impacts caused by the phenomenon.

B. Problem Formulation

1. How is the interpretation of QS. Al-Baqarah verse 155 according to M. Quraish Shihab in Tafsir Al-Misbah?
2. How is the relevance of Quraish Shihab's interpretation in Tafsir Al-Misbah letter Al-Baqarah 155 to the FOMO phenomenon?

C. Research Objectives

Every research or study certainly has an underlying purpose. The purpose of this writing is as follows:

1. To know and understand FOMO from the perspective of QS Al-Baqarah verse 155

2. To know and understand the relevance of the interpretation of QS. Al-Baqarah verse 155 in Tafsir Al-Misbah with the phenomenon of FOMO

D. Usefulness of Research

The use of this research is expected to add insight into the development of an advanced era and leaned in the field of Al-Quran and Tafsir science. As well as being an additional insight to the community to get closer to Allah so that Allah is always protected and blessed in every business. With this research there are also uses such as:

1. Theoretically

The discussion of the contribution to the phenomenon of FOMO, according to the view of the Qur'an and Tafsir from the work of M. Quraish Shihab, namely Tafsir Al-Misbah . The author hopes that this research is included in a positive scientific contribution and can be used as a reference source of literacy in the field of Tafsir for further research. Increase the reader's knowledge and understanding of concepts relevant to the research topic.

2. Practically

Educate the public to always follow what has been taught by the Prophet Muhammad SAW, as a noble human being and do not worry about the world, because in fact the world is light as a mosquito's wing

and overcome the *Fear of Missing Out Syndrome (FOMO)* among teenagers to always follow positive things.

E. Literature Review

Literature review is information about previous research related to the current research. Literature review is needed as a scientific source to compile a theoretical basis for the research implementation stage. Based on research searches, the author found books, journals, and theses related to the author's title, and the author used these findings as previous research as well:

1. Thesis written by Anisa Sajidah, Qur'anic Science and Tafsir study program, Faculty of Uhusuluddin and Religious Studies, Mataram State Islamic University. The title of the thesis is "*The Qur'anic solution to the FOMO (Fear Or Missing Out) phenomenon Descriptive Analysis of Q.S Al-Ibrahim 14: verse 17 and Q.S al-Hajj 22: Verse 36 in Tafsir al-Azhar.*" In the writing above explains the existence of QS. Ibrahim verse 7 and QS. Al-Hajj verse 36 is the Qur'anic verses chosen by researchers as an offer of solutions from the Qur'an to address the FOMO phenomenon. In his interpretation, Hamka explains that QS. Ibrahim verse 7 talks about the concept of gratitude which is one of the indicators of happiness in the Qur'an. While in QS. Al-Hajj verse 36 discusses the concept of increasing happiness, namely Qana'ah, which is interpreted by Hamka that this

Qana'ah is a feeling of sufficiency and contentment with what Allah has given.¹⁴

The differences that exist from the explanation above are the differences in the letters chosen and the different interpretations used by the author, as well as the discussion that refers to the solution to the phenomenon of *Fear Of Missing Out*.

2. Thesis written by Ayu Nur Laila Sari Siregar, Qur'anic Science and Tafsir study program, Faculty of Uhusuluddin Adab and Humainiora. The title of the thesis is "*Fear Of Missing Out (Fomo) in the Qur'an (Thematic Interpretation Study)*." In the writing above, it explains the interpretation of Qs. Al-Baqoroh verse 155 in the book Al-Misbah and Al-Azhar and Hidayatul Insan explains that this verse is present as a guide for Muslims that in life in the world everyone will receive various kinds of trials and interpretations of Qs. An-Nisa verse 83 in the two commentaries above explains that this verse teaches us how to process the information we get.¹⁵

The difference that exists from the explanation above is the existence of interpretations that refer to 3 Tafsir, namely, Tafsir Al-Misbah , Al-Azhar and Tafsir Hidayatul Ihsan. The writing also uses

¹⁴ Anisa Sajida, " "Solusi Al-Qur'an Terhadap Fenomena Fomo (Fear of Missing Out) Analisis Deskriptif Atas QS. Ibrahim :14 Ayat 7 Dan QS. Al-Hajj:22 Ayat 36 Dalam Tafsir Al-Azhar," (Universitas Islam Negeri Mataran, 2023).8

¹⁵Ayu Nurlaila Sari Siregar, " Fear of Missing Out (Fomo) Dalam Al-Qur'an Kajian Tafsir Tematik." (Universitas Islam Negeri Saifuddin Zuhri Purwokerto,2022). 6

2 verses in its study, while this writing will use only 1 letter and one Tafsir.¹⁶

3. Article written by Miftahu Alfi Zahrotus Shiyami, Salim Ashar and Farhan Masrury from the Bani Fattah Islamic Institute of Jombang. With the title " *Psychology of Fear Of Missing Out in the Qur'an (Interpretation Study in Q.S. An-Nisa' Verse 83)*. " In this discussion, QS is explained. An-Nisa' verse 83 is related to one of the factors causing FOMO, namely the inequality of information that is easily accessible through gadgets. According to Tafsir Quraish Shihab, the solution to dealing with the spread of information is to seek the truth of the news received or ask the experts, both related to sharia and other matters. If the information has been proven to be true and beneficial for the public good, then it may be disseminated. This verse reminds us not to spread information that is not valid just because of the fear of being left behind or following the crowd.¹⁷

The difference from the research that will be discussed is in terms of verses. The verse discussed above uses QS. An-Nisa verse 83 while the Qur'anic verse that will be discussed in this research uses QS. Al-Baqarah verse 155. The similarity of this research is that both use Tafsir Al-Misbah .

¹⁶ Ayu Nurlaila Sari Siregar, " Fear of Missing Out (Fomo) Dalam Al-Qur'an Kajian Tafsir Tematik .10

¹⁷ Farhan Masrury, dkk " Psikologi Fear Of Missing Out Dalam Al- Qur ' An," *Al Furqan: Jurnal Agama, Sosial, Budaya*, 3 no. 4 (2024). 12

4. Thesis written by Hilyatul Azhar Al-Hanifah from the Faculty of Kiai Haji Achmad Siddiq Jember State Islamic University, Faculty of Ushuluddin, Adab and Humanities. The title of the thesis is "*Self Control of the Phenomenon of Fear Of Missing Out (Fomo) in Hadith Perspective (Thematic Hadith Study)*." The discussion above is that FOMO (*Fear of Missing Out*) is a modern phenomenon that has a huge impact through social media, where a person feels anxious and afraid of missing out on other people's experiences. This syndrome leads to negative effects, such as the tendency to jump on the bandwagon, envy, and wasting time. Overcoming this requires self-control, which in the teachings of Prophet Muhammad. It has been described in several traditions, including behavioral, cognitive, and decision-making control. These hadiths teach the importance of gratitude, staying away from useless things, and focusing on goodness and worship, so they can be a solution to overcoming FOMO in the modern era.¹⁸

The difference that can be obtained from the above research is the existence of an expected review. If the previous researcher used the hadith view while this research will discuss using the view of the Qur'an. Although they have similarities, namely using the Maudhu'I method, of course the preparation will be different.

¹⁸ Hilyatul Azhar Al-Hanifah, "Self Control Terhadap Fenomena Fear Of Missing Out (Fomo) Dalam Perspektif Hadis Kajian Hadis Tematik. (Universitas Islam Negeri Kiai Haji Achmad Siddiq Jember) 2024". 23

5. A journal written by Muhammad Syafiq Mughni and Muhammad Marzuk from Sunan Ampel State Islamic University Surabaya. With the title "*Interpretation of Psychological Verses Interpreting Qur'anic Verses About Soul Resilience and Its Urgency in Social Life.*" In this discussion it is explained that to interpret the verses in the Qur'an with the perspective of Tafsir which is closely related to mental resilience and also its urgency in social life.¹⁹

The difference that exists from the thesis above is the existence of benchmarks regarding psychologists, and using qualitative methods with the Library Study research method or Library Research in the data collection used. Similar to the research being written today, this research uses quantitative research methods that utilize data contained in online and offline sources.

6. An article written by Rio Ramdani, Muhammad Ghifari and Abil Ash from Daarul Qur'an Institute Jakarta. With the title "*The Phenomenon of Fear of Missing Out (FOMO) on Social Media from a Hadith Perspective.*" In this discussion, it is explained that it fills the knowledge gap that exists in the scientific literature by bridging the psychological study of FOMO with a religious perspective, especially in terms of the hadith perspective in Islam. By integrating the perspective of hadith in Islam, this research provides an in-depth

¹⁹ Syafiq Mughni and Muhammad Marzuk, "TAFSIR AYAT PSIKOLOGI, Memaknai Ayat Al-Qur'an Tentang Resiliensi Jiwa Dan Urgensinya Dalam Kehidupan Sosial," *al-Afkar, Journal For Islamic Studies* 5, no. 4 (2022): 103.

understanding of how to overcome FOMO through spiritual values, such as gratitude, self-control, and maintaining a balance between worldly life and worship. It also highlights the importance of adopting healthy habits in social media use to manage consumption wisely, avoid social comparisons that have a negative impact, and limit time spent on social media.²⁰

The difference in the above writing is that there are researchers on social media associated with the phenomenon of FOMO and relying on hadith. While what will be discussed in this paper is based on the Qur'an and Tafsir Al-Misbah

7. The journal was written by Haidar Idris, Ahmad Ihwanul Muttaqin and Akhmad Afnan Fajarudin. With the title "*The Fomo Phenomenon of Al-Qur'anic Views on Mental Education and the Balance of Life of the Millennial Generation.*" In this journal, it discusses shaping a healthy culture on social media based on Al-Qur'anic values is an effort to make digital platforms a positive and useful place in accordance with Islamic teachings.²¹

The difference that exists from the explanation above is that there is a verse that is studied for the phenomenon of FOMO and

²⁰ Rio Ramdani, Muhammad Ghifari, and Abil Ash, " Fenomena Fear of Missing Out (FOMO) Di Media Sosial Perspektif Hadis," *El-Afkar: Jurnal Pemikiran Keislaman dan Tafsir Hadis* 13, no. 1 (2024)" 5

²¹ Haidar Idris, Ahmad Ihwanul Muttaqin and Akhmad Afnan Fajarudin." "Fenomena Fomo; Pandangan Al-Qur'an Tentang Pendidikan Mental Dan Keseimbangan Kehidupan Generasi Millennial," *Jurnal Pendidikan Islam*, vol.16 no. 3 (2017)". 12.

there is a prevention not to fall into the phenomenon of FOMO and in this writing there is a tafsir used in this research, namely Al-Azhar Interpretation, while this research uses Tafsir Al-Misbah here is a clear difference to the research that will be reviewed by researchers.

F. Theoretical Review

1) *Fear Of Missing Out* (FOMO)

FOMO as a state in which a person feels anxiety and fear of missing important moments because they cannot connect with activities carried out by other people through the internet or cyberspace. Social networking sites are one of the main factors contributing to this FOMO sensation, which has become part of Generation Z's lifestyle.²²

FOMO makes individuals feel anxious and disturbed, thinking that they may not be fully involved or aware of what is happening in other people's lives. This phenomenon can lead to feelings of low self-esteem, social anxiety and dissatisfaction with one's own life, especially among teenagers and young adults who actively use social media.

G. Research Methods

This section outlines some of the technical processes and steps in the research. Research methods are closely related to theoretical research. The theoretical study chosen determines the methodological design of the study. In a literature review, this section usually includes

²² Aprianti Kartin and Weni Wendari, " Fenomena Sindrom Fear of Missing Out (FoMO) Pada Digital Natives : Kontribusi Positif Atau Negatif Bagi Kualitas Pembelajaran Generasi Z," *Jurnal Pendidikan Manajemen Perkantoran* 8, no. 2 (2023)". 209

1. Type of research Library

This research is a type of *library research* that uses a qualitative approach. This approach was chosen because this study aims to explore and identify information related to the theme of *Fear of Missing Out more in the view of the Qur'an and the interpretation of the verse Qs. Al-Baqarah 155 from Al-Misbah 's perspective*. In general, this research is divided into two main stages, namely data collection and data management.

2. Data and Data Sources

The data used to add information is sourced from some accurate data and what will be utilized in this research consists of information obtained from various written sources such as books, books, journals, and articles that review this topic. The source of literature data consists of two types, namely the main data source and the supporting data source.

a. Primary Data Source

The primary data sources in this research are the Qur'an and the book of interpretation Al-Misbah by M. Quraish Shihab.

b. Secondary Data Source

Secondary supporting data sources in this research are texts that are relevant to the issues being discussed, whether quoted from

books, articles, or journals related to the field, and can help your understanding.

3. Data Collection Method

The author used the documentation method in data collection, which involves finding information about variables through notes, transcripts, books, magazines, and other sources. This research focuses on Al-Misbah 's tafsir as the main study and aspects related to the theme of *Fear of Missing Out* (FOMO) from Al-Misbah 's perspective. The author chose Surat al-Baqarah verse 155 as the main focus. In addition, the author also searched for data related to FOMO from Al-Misbah 's perspective to understand the definition of FOMO, relevant verses, and their correlation with the phenomenon of FOMO from Al-Misbah 's perspective. In addition, the author also sought information about M. Quraish Shihab's biography, the background of Tafsir Al-Misbah , Al-Misbah 's method and style of interpretation, and the writing structure of Tafsir Al-Misbah .

4. Data Analysis

After finding the data sources needed in this research, the data is then processed and presented descriptively-analytically with a qualitative approach. That is, this research describes the condition of the object based on existing facts, classifies it objectively in accordance with the

data that has been collected, and interprets and analyzes the data, among others:

- a. Data reduction, which is summarizing and selecting important information relevant to the Theme. In this context, the focus is on the Qur'anic interpretation of Surah al-Baqarah 155 relating to *Fear of Missing Out (FOMO)*. This also includes other data related to the discussion.
- b. Display data, which is presenting the data obtained using descriptive-analytical techniques in the form of narrative text.
- c. Data verification, which is drawing conclusions using the analytical tools applied. These conclusions can be in the form of cause-and-effect or interactive relationships, as well as hypotheses or theories.

H. Systematization of Discussion

The structure of this qualitative research report is designed to facilitate the research and writing process. This report covers the main points of the research results as a whole, so as to provide an overview before reading each chapter in detail. The details are as follows:

CHAPTER I This section describes the background of the problem that underlies the importance of discussing and studying the phenomenon of *Fear Of Missing Out (FOMO)* in the Qur'an from the perspective of Tafsir Al-Misbah developed by M. Quraish Shihab. The main focus is on QS. Al-Baqarah 155 which

is considered relevant to the problem of FOMO. From this background, the focal point of the study is determined which will become scientific research. In addition, it also explains the various techniques used to compile the results of this research.

CHAPTER II This theoretical study contains a review of previous research results which form the basis for current research. In addition, this theoretical foundation presents various points of view obtained through literature review to help formulate hypotheses. Some of the aspects discussed include the social theory proposed by Jean Baudrillard on the phenomenon of *Fear Of Missing Out* (FOMO), followed by a discussion of the analytical study of interpretation used in the study of interpretation, namely the *Tahlīlī* method, and the last one discusses the interpretation used, namely Tafsir Al-Misbah , including a description of Tafsir Al-Misbah , M. Quraish Shiahb's biography, M. Quraish Shihab's works, authorship background and sources of writing Tafsir Al-Misbah . This is followed by a discussion of the style and method of Tafsir Al-Misbah .

CHAPTER III A review of the existence of Surah Al-Baqarah used in this study includes a discussion of the editorial verses and translations of Surah Al-Baqarah verse 155, Tafsir mufrodat Surah Al-Baqarah verse 155, Munasabah verse or related, interpretation of scholars about Surah Al-Baqarah 155 which is based on several scholars of Tafsir such as, Tafsir Fi Zihalil Qur'an, Tafsir Fathul Qadir, Tafsir Al-Azhar and Tafsir Ibn Katsir, then verses related to FOMO and hadiths related to FOMO.

CHAPTER IV Explaining the formulation of the second problem, namely the interpretation of Quraish Shihab in Tafsir Al-Misbah about Surah Al-Baqarah verse 155, and an explanation of the forms of testing in Tafsir .

CHAPTER V As an analysis of the relevance of the interpretation of Surah Al-Baqarah verse 155 with the FOMO phenomenon based on the interpretation of Tafsir Al-Misbah

CHAPTER VI Closing This chapter presents conclusions that summarize the main results of the research that has been done, as well as suggestions that aim to provide practical and academic recommendatio