

CHAPTER VI

CLOSING

A. CONCLUSIONS

1. Quraish Shihab's interpretation in *Tafsir Al-Misbah* of QS. Al-Baqarah verse 155 emphasizes that there are several life tests given by Allah to His servants, both physical and psychological tests which all test the patience and firmness of faith of a servant.
2. The FOMO phenomenon reflects a form of psychological anxiety and fear that is actually included in the test of life. QS. Al-Baqarah verse 155 and *Tafsir Al-Misbah* explain that the test is not only physical suffering, but also mental and emotional distress. Thus, this interpretation is relevant in understanding FOMO as part of a modern-day test that must be faced with patience, self-awareness, and spiritual calm.

B. ADVICE

1. Academic Advice, Further research can be conducted to examine the relationship between the concept of testing in the Qur'an, using an interdisciplinary approach that will enrich the understanding of how Muslims can manage social anxiety with a strong spiritual foundation.
2. Practical Advice, Individuals should reduce excessive exposure to social media, increase self-reflection through worship and study of the Qur'an, and build awareness of true value in life.