FOMO and Peer Pressure in College

Cynthia David

Student, S.Y.B.Com

MIT ACSC, Alandi, Pune

Abstract: *Fear of missing out (FOMO) and peer pressure are growing concerns among college students significantly influenced by social media, this research investigates their impact on student's mental health, decision-making and social behavior*

A Google Forms Survey was conducted among college students , the data reveals that a majority of students experience FOMO especially due to social media exposure.

The finding reveals that many students have experienced peer pressure primarily in social life 80%, fashion lifestyle 73%, and academics 66.7% .

Social media plays a crucial role as most of the students compare themselves with others online, additionally 86.7% reported experiencing stress due to FOMO , and 20% admitted attending events just because others posted about them.

Despite these challenges, students adopt different coping strategies – 53.3% make independent decisions, 26.7% ignore peer pressure, while 20% follow the crowd.

These finding highlights the psychological effects of FOMO and peer pressure, emphasizing the need of self- awareness and mental support in colleges.

Keywords: *Fear of missing out*