

## URDU TRANSLATION AND VALIDATION OF FEAR OF MISSING OUT (FOMO) SCALE

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### ABSTRACT

The goal of this study is to translate and validate the updated Fear of Missing Out Scale developed by Przybyski (2013), this scale is one of the most widely used measures of level of fear of missing out. According to the MAPI guidelines (MAPI Research Trust, 2012) translation of this scale is completed. A purposive sampling technique was used to confirm the appropriateness of the translation on a sample of forty adults through test-retest phase. A sample size of forty adults is evaluated by classifying them into four further subgroups (each group with 10 participants). The relationship between the original and translated versions proves that the instrument is empirically equivalent in both Urdu and English versions. In a sample of 300 adults, the factor structure of the translated version was confirmed through exploratory factor analysis. Moreover, CFA is used to verify the factor structure on the independent sample of 300 adult participants. The findings about internal reliability and construct validity led to a fear of missing out on the scale as a promising original measure of degree of Fear of missing out. The results show that both versions are equal and there are no discrepancies.

**Keywords:** Fear of Missing Out, Fear of Missing Out Scale

### 1. INTRODUCTION

Fear of missing out (FoMO) is a unique phrase coined in 2004 and then widely used (Morford M, et al 2010) to characterize a phenomenon seen on social networking sites. In (Przybyski et al 2013). In further details, British psychologists described and defined it as “pervasive apprehension that others might be having rewarding experiences from which one is absent,” FoMO is defined by the desire to be aware of what other people are doing and continually connected with them. Self-determination theory (SDT) was used to define FOMO, which was founded by (Ryan et al) and applied by (Przybyski, et al 2013) to understanding what the causes of FOMO are. In SDT (Koole SL), relating with people socially can stimulate internal drive, which can play a vital role for positive mental health. (Przybyski, et al 2013) applied SDT to FoMO, putting forward a theory that FoMO is an unpleasant emotional state resulting by unfulfilled desires for social relatedness. The conceptualization that FoMO comprises adverse

effect from unfulfilled social needs is related to theories about the negative emotional consequences of interpersonal ostracism (Williams KD, et al 2007). People have more access to information concerning what other people do for a living that ever before, and they are constantly wondering that they are making enough progress in life or if they exactly where they should be (Rifkin J, et al 2015). FoMO consists of two processes; the first one is the feeling that one is missing out on something and second is the compulsive actions to maintain these connections with other people. One possible explanation for the social aspect of FoMO is relatedness with other people, which is the development of strong and lasting connection with other people and a desire to fit in. (La Guardia, et al 2018). FoMO is regarded as a form of problematic relationships on social media and is linked to a wide range of negative life experiences and emotions, such as sleep deprivation, reduced life competency, emotional stress, negative

impacts on physical well-being, anxiety, and a lack of emotional control. It is also probable that close relationships are regarded as a way of keeping off rejection from other people (Altuwairiqi M, et al 2019). It is known that such negative behaviors are maintained by the incorrect reward prediction and variable reward schedules. Rather than being a single event, FoMO is a complex phenomenon that may be maintained by fulfilling experiences that stem from people's need for interpersonal relationships and may even be a reflection of a certain personal predisposition.

## **2. Method**

Two phases were used in the present research study: the initial phase was focused on translating the scale. In the second stage, the study examined the factorial structure of the scale, which was confirmed in the culture of Indigenous people, and this factor structure validation through confirmatory factor analysis on an independent sample.

### **2.1 Translation of scale**

Fear of Missing out Scale from the original English scale is being used to assess degree of fear of missing out. Developing an Urdu translation for the English version of the Fear of Missing out Scale (Przybylski et al). The aim of this translation of Fear of missing out scale was to make it equivalent to the original and more accessible to Pakistani adults. This was the goal of the translation.

### **2.2 Conceptual Definitions**

The original questionnaire was utilized to assess the concepts of each item to improve understanding of the original scale.

### **2.3 Recruitment and briefing**

The process of translation was supervised by a specialist in the target language who was briefed. He monitored the research and translation process closely from start to end.

### **2.4 Forward translation**

According to Mapi's guidelines, the first translation phase was done by a language expert from both the source and target languages translated the scales in Urdu. Due to this strength, the committee of translation, which is made up of experts with multilingualism and along with experience in both

languages, was contacted regarding this matter because of my awareness of both cultures and tool creation. Two experts, one in psychology and one in language, formed the bilingual committee. During the process of translating the text, take into account grammatical mistakes, language tenses, question sizes, and appropriate language abstraction.

### **2.5 Reconciled version**

The revised forward translation utilizes two independent categories of scale translations, each with its own different theoretical foundation. Targeting the targeted language speakers ensured that the translation scale was standard and produced the finest results. The service was provided by two psychology department teachers who were fluent in the original language and native speakers. Being part of the forward translation group, we were required to go through this process to come to reach a consensus. After careful evaluation by a committee of experienced translators, the translation that most accurately represented the supposed meaning of each item was selected. The committee thoroughly examined the translated version. Who supported the proposal expressed their opinions on which translations of Fear of missing out scale were appropriate. The forward translation method was agreed upon by both members as producing the most accurate translations at the end. Urdu translation method's final versions provided the most accurate translations. After several discussions, the final translation of the scales into Urdu was selected.

### **2.6 Backward translation**

The quality of a translation can be gauged and validated by experts in the intended language by analyzing the transformed versions of scales with Forward translation to verify and validate the translations utilized in this research; retractions were completed into the original language of previously translated version. The aim of the translation process was to establish conceptual and social equivalency for research purposes.

### **2.7 Review of the forward and backward translations**

The original scale in English was determined through an examination of differences between

two versions and making any necessary corrections. The scale was organized accordance with the primary scale that had been translated into English at the end of the translation process. After this procedure, Urdu version of the FOMO was developed and then proofread for additional clarity.

### **2.8 Appropriateness of scale**

The compatibility of the translation was verified by conducting a purposive sampling technique on a sample of forty adults. Instructions were given to the participants on how the questionnaire should be filled, but there was no time restriction, and no ambiguity or grammatical errors were observed in the completed Urdu translation.

### **2.9 Testing out the items of the Questionnaire**

Following an evaluation of the translated scales of study, it is determined if the target population is suitable. It is possible that there were questionnaire items on certain measures that were culturally biased, and a few items were challenging for the targeted population 40 adults were selected randomly. The process was critical because it involved measuring participants' gauging their response to the scales and gathering their feedback. The respondents were asked to provide other words and phrases that were hard to understand. The details of this section are given in the section below.

### **2.10 Participants**

The sample used for the cross-language validation consisted of 40 adult volunteers who were selected through purposeful sampling.

### **2.11 Instrument**

The psychometric properties of FoMO scale are satisfactory. Here is a more detailed explanation of the instrument.

#### **2.11.1 Fear of Missing Out scale (przyblski et al, 2013)**

Fear of Missing out Scale (FOMO) is used to gauge the degree to which one has fears missing out on social activities, particularly those with friends and how often someone utilizes social media to keep hyperconnected. Ten unidimensional scales with five-point Likert-type responses were used for questions.

### **2.12 Procedure**

The Urdu translation of the instrument was used for the evaluation of the adult sample in the pilot study.

## **3. Results**

Individuals were free to complete the questionnaire without any restrictions and the participants had no trouble comprehending the questionnaire.

### **3.1 Empirical equivalence of translated and original versions through test-retest phase**

Confirmatory factor analysis was utilized on an independent scale in order to verify the scale's factorial structure in indigenous culture. There were 40 participants in the sample, who were divided into four groups of 10 people each.

### **3.2 Pilot testing of the translated questionnaire**

The psychometric qualities of the questionnaire were evaluated at the third stage of translation of scale. Phase three included pilot testing of the instrument.

### **3.3 Sample of the pilot study**

A sample of forty participants was selected for the pilot study, using the cross-sectional research method of purposive sampling.

### **3.4 Procedure**

In accordance with the pilot study protocol several versions of the scales have been assessed and assessed twice for distinct groups of individuals who knew both languages. The aim of this was to determine the validity measures for all versions. The process was conducted according to the following orders: Urdu-Urdu, English-English, Urdu-English, and Urdu-English. Scales were administered to the study participants in two ways: two groups were given Urdu versions, the other two got English versions, but all participants were required to respond on the scales once more after a period of one week. In order to obtain the participants' responses, the light changes were repeated, since the remaining two groups were given similar earlier versions of the instrument, and the remaining two groups were given contrasting versions of the previous action. The objective was to evaluate the degree of resemblance and identify any variations in results between the two versions of similar scales. By

assigning conflicting versions, this activity can be used to control the impact of learning on translation testing. After a long break of one week the correlation between the test and the retest was used to calculate empirical equivalence. The variables' intercorrelations and psychometric properties were also able to be resolved in the pilot trial of about forty candidates.

**3.5 Outcomes of pilot testing**

The data gathered during the pilot study was examined after being entered in the SPSS software. The outcomes of the pilot study are displayed in the table below.

**Table 1.** Analysis of Correlation analysis between the Urdu and English Versions of the Fear of Missing out scale (N= 40)

Scale		R
Fear of missing out		
Test-retest, English-English	.87**	.87**
Test-retest, English-Urdu	.81**	.81**
Test-retest, Urdu-English	.82**	.82**
Test-retest, Urdu-Urdu		.87**

\*\*p< .01

In Table 1 shows the link between each test-retest item on the Fear of missing out scale questionnaire is displayed. It states that there is a strong correlation between all test-retest levels on this scale. Table 1 illustrates the Urdu version of the questionnaire match the version in English.

**3.6 Study 2**

Confirmatory factor analysis was applied to confirm the factor structure of the questionnaire in an independent sample and to verify the factorial structure of the instrument in indigenous culture.

**3.6.1 Linguistic verification of the FoMO Scale**

In order to validate the measure, this step confirmed its high levels of validity and reliability, two psychometric properties. That is, discriminant and convergent.

**3.7 Sample**

The validity of the survey will increase in relation to the sample size. According to the claim, a sample size of three hundred was enough for factor analysis. According to Tabachnick and Fiddle's (2007) assertion, a sample size of at least 300 would be adequate for factor analysis The psychometric parameters were determined utilizing a sample of 320 individuals from various locations in Pakistan's south Punjab.

**3.8 Instrument: Fear of Missing Out Scale**

The translated FoMO scale questionnaire had satisfactory validity and reliability.

**3.9 Procedure**

The adult candidates provided their permission to participate with all their knowledge before administering the Urdu- translation scale of FoMO. The goals of the investigation were made clear to participants. Participants were asked to give consent and assurance that their responses would be confidential prior to the administration of the questionnaire. After being informed there would be no time limit, most participants took 10 to 12 minutes to finish the questionnaire. The FoMO Scale was requested to be completed immediately by all participants, and all of their queries regarding the questionnaire were addressed. Respect was shown to each participant in compliance with the APA's code of ethics.

**3.9.1 Determining the Fear of Missing Out Scale's psychometric properties**

The Adapted FoMO (przybylski 2013) was verified in this phase. There were two actions taken to complete this stage. In step I of phase II, confirmatory factor analysis was used to verify the factor structure of the translated into Urdu Adapted FoMO scale (Przybylski et al., 2013). On the other hand, Step II involved determining the scale's convergent and divergent validity.



**3.10 Phase I: Determination of the Fundamental Factor Structure through Exploratory Factor analysis**

In order to confirm the structural accuracy of the indigenous translated questionnaire, an EFA was conducted on 10 FoMO scale items using a Likert scale of 5 points. SPSS version 24.0 was employed to examine the factors by conducting an EFA of the Adapted Fear of Missing out Scale.

**3.11 Factor solution of the item pool of Fear of missing out scale**

The adequateness of the sample size was evaluated using the KMO and Bartlett tests; a KMO of .86 suggested extremely adequate sampling (Kaiser, 1974). Obtaining a significant result for Bartlett's test of sphericity indicated that factoring of the data was possible. A factor structure analysis of the FoMO scale was performed using principal index factoring and the varimax rotation method.

**3.12 Reliability analysis**

Using McDonald's omega, the internal consistency of the FOMO items was determined; the coefficient values had been 0.89.

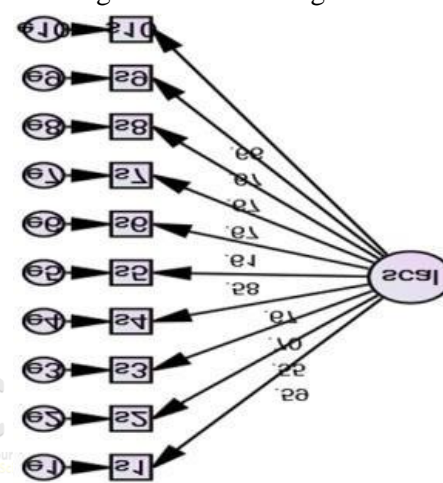
**3.13 Confirmatory factor analysis (CFA)**

The goal of second phase was confirming the factor structure of the translated Fear of Missing Out scale.

**3.14 Confirmatory factor analysis of Fear of missing out scale.**

On the Fear of Missing Out Scale (Przyblski, 2013), confirmatory factor analysis was performed out, and the model fit indices of the examined model are presented.

**Figure 1.** Analysis of Confirmatory Factors for the Fear of Missing Out Scale: Final Factor Loading of fear of missing out scale.



**Table 4.** CFA for Fear of missing out scale

Items	Estimate	Items	Estimate
S1	.505	S6	.612
S2	.549	S7	.673
S3	.696	S8	.666
S4	.584	S9	.669
S5	.672	S10	.663

**3.15 Determination of the psychometric properties of the FoMO scale**

In order to establish the concurrent and convergent validity of the Fear of Missing Out scale, the study aimed to gather data that could confirm the validity and reliability of the scale.

**3.16 Measure: 10 item Fear of Missing Out scale**

The 10 items of FoMO scale were used in this study for collecting data on measuring degree of fear of missing out on a Likert scale (where the response (“1=not at all true of me” to “5=extremely true of me”). The 10-item FoMO (Przyblski et al., 2013) was used to measure the

degree of fear of missing out on a 5-point Likert scale. The high score on scale indicated a high level of fear.

**4. Discussion**

Translation and validation of the Fear of missing out Scales were the main objectives of this study (przyblski et al 2013). The main outcomes of the preliminary analysis of the Fear of Missing Out Scale - Urdu versions are as follows: It was discovered that the Cranach’s alpha was .623\*\*, demonstrating a reasonable level of internal consistency. Additionally, we find a statistically

significant correlation ( $r=.80$ ,  $p=$  less than .01) between the total scores of the Fear of Missing Out scale in Urdu and the original English version (Przyblski et al., 2013). This shows that the Urdu version of the scale has a stronger equivalency with the original scale. During the test-retest phase, the correlation between both the original and translated versions of the scale can be determined. The empirical equivalency of the Urdu and English versions of the scale has been verified. This was carried out to verify the factor structure of the translated version. The component structure was verified by confirmatory factor analysis (CFA) on an independent sample of three hundred adults. The results indicated that the scale is ready for use and showed that it is suitable for usage with the Pakistani population.

The study relied on the assumption that the selected sample was linguistically representative of the nation's population. The small sample size from Punjab made it impossible to select volunteers from other provinces. It recommends that future research comprise a sample that is representative of all Pakistani provinces and represents a variety of demographic groups. The local respondents would be more able to translate a self-report measure translating FoMO scale into Urdu and determining its psychometric properties in the Urdu-speaking communities of Pakistan and India. Therefore, the FoMO scale's Urdu translation could provide new possibilities for empirical study on the phenomenon and its correlates in the Indian subcontinent's Urdu-speaking population provide answers to make sure the study conclusions are applicable and generalizable to the Pakistani population.

## 5. Conclusion

The translation of the scale fear of missing out scale into Urdu language provided the basis for the study. The fear of missing out measure translated into Urdu showed good construct validity, convergent validity, discriminant validity, and Cronach's alpha reliability levels. This could lead to new research directions in the domain of FoMO study. The local population can more easily understand this scale for assessing their degree of FoMO. It would be helpful in understanding for measuring fear of missing out in the population of Pakistan. The scale would be helpful not only in the research of FoMO in the field

of psychology, but it can be applied in a wide range of disciplines.

## 5.1 Limitation and suggestions

The current study's participants were only a non-clinical population. Using both clinical and non-clinical populations would be a better approach. The objective is to establish a better factor structure and more reliable psychometric properties for the FoMO Scale in the Pakistani sample. A group of respondents from different provinces of Pakistan should be gathered for factor analysis to establish a more generalizable group of better construct validity of scale.

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