

## **Teenagers aged 12 to 16 years old**

### **Impact of Social Media - Fear of Missing Out**

#### **STEP 1: Identify Challenges**

*Read the Future Scene carefully and generate ideas for challenges, concerns, and possible related problems. Choose the 5 most important challenges and write them in the space provided. Include applicable research with appropriate in-text citations.*

**Challenge #1:** *In the future, using social media platforms will be a part of our lives, if people continue to know very little about FOMO and how to prevent themselves from getting it, they will be more susceptible to getting FOMO.*

**Challenge #2:** *If people who have FOMO or suspect that they have FOMO continue to stay silent and not seek help from others like their councillor or their parents, they will become more and more addicted to using social media platforms.*

**Challenge #3:** *The world is becoming more technologically advanced. With the advent of social media platforms like Facebook, WhatsApp and Twitter, which encourage the use of online socialising, people with FOMO will suffer a more dire effect of FOMO. Social media is a large franchise, and it would be much more difficult to curb the effects of FOMO in the future as social media would exacerbate it.*

**Challenge #4:** *In the future, people will be more addicted to using social media platforms because mobile devices would be much more accessible and easy to use, and this would cause an increase in the amount of time spent on social media platforms so people would be more likely to get FOMO.*

**Challenge #5:** *With the global population rising rapidly, there will be an increase in the number of people using social media platforms, so the number of people affected by FOMO would be on a much larger scale.*

#### **STEP 2. Craft the Underlying Problem**

*Using the challenges listed in Step 1, identify a problem of major importance to the chosen community / organization in the future. Write your Underlying Problem making sure your question clearly explains the action that will be taken and the desired results/goal of that action. Incorporating Challenge(s) # \_\_\_\_\_*

##### **Underlying Problem:**

*1) Given that teenagers are currently becoming addicted to using their phones to check social media for long periods of time, how can we reduce the amount of time they spend on social*

*media to decrease the chances of these teenagers getting FOMO.*

*2)How will we also ensure that they do not suffer from the aftereffects of FOMO such as engaging in compulsive behaviors, checking social media constantly despite trying to stop, suffer from poor sleep, reduced mindfulness and even depression.*

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**STEP 3. Produce Solution Ideas**

*Generate solution ideas to the Underlying Problem in Step 2. Choose the 5 most effective solutions and write the elaborated ideas in the space provided. Include applicable research with appropriate in-text citations.*

**Solution #1:** *Educate people on FOMO so that they know what the problem is and how to prevent themselves from becoming vulnerable to getting FOMO*

**Solution #2:** *Programmes to help teenagers who suspect or know that they have FOMO by helping them to manage the amount of time they spend on social media. Counsellors and psychiatrists could volunteer to help teenagers cope with FOMO*

**Solution #3:** *People could have an app that is already installed in their phone when they buy it, as apps like this do exist but are not widely used. The app would be able to tell them how much time they have spent on social media and how much time they should limit themselves too. Their phones could also send them alerts when they spend too much time on social media. The apps could also prevent the user of the phone from using some specific app when used past the time limit.*

**Solution #4:** *People could choose how important a message is when they send it. If the message is not important, the phone would not emit a “ding” or the buzzing sound and cause people to feel anxious and check out their social media websites.*

**Solution #5:** *The government could also put in more effort to raise awareness of the negative impacts of FOMO as they have large resources and many people to help. Like flyers and advertisements.*

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**STEP 4a. Select Criteria**

*Generate criteria to determine which solution idea does the best job of solving your Underlying Problem and/or addressing the Future Scene situation. Select the 5 most important criteria for*

measuring solution ideas and write them in the spaces provided.

**Criteria #1:** Effectiveness (means how well it works)

**Criteria #2:** Most achievable (means how feasible is this and can it happen or be achieved)

**Criteria #3:** Most accepted by the public (means is it welcomed into the public)

**Criteria #4:** Sustainability (means does the plan work in the long run)

**Criteria #5:** Impact (means how much of a difference does it make)

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#### **STEP 4b. Apply Criteria**

List the solution ideas from Step 3 on the grid. Use each criterion to rank the solutions on a scale from 1 (poorest) to 5 (best). The weighting for one important criterion may be doubled if necessary.

#### **# Solution Idea :**

Criteria: Ranked in ascending order.

1st place: Criteria 3 (Solution has to be applicable to all of our target)

2nd place: Criteria 2 ( Solution has to be realistic and not too ambitious.)

3rd place: Criteria 4 ( People have to help us to carry out our solution.)

4th place: Criteria 5 ( Acceptance of our solution or we will not receive enough help for our solution and that nobody will oppose it.)

5th place: Criteria 1 (Solution has to be the most effective in preventing FoMO )

**9 Criteria 1 2 3 4 5**

#### **STEP 5. Develop an Action Plan and Evaluate its Feasibility**

Develop your top-scoring solution idea into an Action Plan. Thoroughly explain how the Underlying Problem is solved, how the plan will be implemented, and how the community / organisation will be affected. Explain how this Action Plan is feasible with secondary research consulted, preferably also with primary research (feedback from chosen community / organization)

#### **Action Plan derived from Solution #3:**

We, the CFM (Committee of FOMO Management), plan to lobby the government to fund our project to raise awareness of FOMO to help people recover and prevent themselves from getting FOMO. We will also collaborate with well-known phone producers like Apple, HuaWei, Oppo, Nokia, Samsung, Xiaomi, Sony and others to implement apps such as AppDetox, which allows the user to set certain goals like how long we spent on certain social media apps, and would tell us how many of these rules we broke, when he breaks a rule, he has 5 minutes deducted to deter him from spending too much time on social media. It will be compulsory for the new user to set his goals the moment he gets his phone. As social media time decreases, so do the chances of getting FOMO.

**Feasibility of the Action Plan:**

One of the biggest problems of our solution is how cooperative the user is. For example, if John gives himself 12 hours of social media usage per day, our solution would be inefficient.

To battle this problem, the user would only be allowed to use a maximum of around 3 to 4 hours phone usage when he first starts. This may seem like a lot, but after a while, the app would send reminders to encourage John to be more strict on himself and reduce his social media usage. If the user does not change his goals, we will gradually change it for him.

**Goal/Aim of the Action Plan:**

Our end goal is to minimise social media usage to less than 1 hour a day. Although people should only use social media for around 30 minutes a day, we understand that we must give more leeway to teenagers.

Furthermore, the app would gradually encourage change, not go all out, so as to prevent significant withdrawal symptoms like cravings for more time to check out social media platforms.

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**Bibliography**

Cite the resources you consulted using the APA format.

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