

Insta-Tangles: Exploring The Web Of Instagram Addiction, Fomo, Perceived Stress, And Self-Esteem

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ABSTRACT

Instagram is currently one of the most popular social media applications for young people across the world. The present research aims to investigate the relationship of FOMO, perceived stress, self-esteem and Instagram addiction among young adults (18 – 25 years of age) of sample size n=267. Fear of Missing Out (FOMO) is a continuous concern over missing positive experiences that others are experiencing. Perceived stress refers to an individual's sentiments or ideas about how much stress they are experiencing at any given moment or during a particular period. Self-esteem explains how individuals regard and see themselves. The research instruments used were Test for Instagram Addiction (TIA), Fear of Missing Out Scale (FoMOs), Perceived Stress Scale (PSS) and State-Self Esteem Scale (SSES). The statistical techniques used were correlation and ANOVA (Analysis of Variance). The results showed a positive correlation between instagram addiction with fear of missing out and perceived stress, the result also showed negative correlation between instagram addiction and self-esteem. The ANOVA results showed that there is no significant gender difference in Instagram addiction. Also, there is no gender difference found in FOMO, perceived stress and self-esteem.

Keywords: fear of missing out, perceived stress, self-esteem, Instagram addiction, young adults

Introduction

Social media applies to any digital communication platforms aimed at increasing public participation, content exchange, and association. These mediums continue to play a significant part in daily lives since they can be utilized by millions of people throughout the world, especially in the modern era, to perform multiple functions in individuals' lives. Instagram along with other social networking sites have immediately evolved over the past two decades.

Instagram has approximately five hundred million daily active users (Statista, 2021) and a monthly user base of 2 billion worldwide (Omnicores, 2024). Instagram is mostly used by young adults, with over 59% of users aged 18-29 (Alhabash & Ma, 2017). Popularity can lead to addiction among some individuals. Addiction to social networking sites (e.g., Instagram) is not a recognised medical condition, but it can be defined as a psychological dependence that interferes with daily tasks and has adverse consequences (Moqbel & Kock, 2018).

Instagram addiction is particularly prevalent in those who struggle with real-life social interactions and have poor self-esteem, since such individuals seek to the virtual world of Instagram for comfort. Many outside factors, like the urge to be socially connected and the need for positive feedback, combine to increase the propensity to use social media obsessively, and FOMO is a major factor in Instagram addiction.

Fear about missing out on important experiences shared by peers or being excluded from social events (FoMO) is a major contributing factor to the development of Instagram addiction, particularly in teenagers. It pushes users to turn to social media for continuous validation and connectivity, which frequently results in overuse and dependence on these platforms for socializing (Rahardjo & Mulyani, 2020).

FOMO refers to the anxiety that social media users feel when they see their peers doing, experiencing, or obtaining something rewarding while they do not. The sensation of being "left behind" leads to higher social media activity and a desire to be familiar with other people's experiences (Salem, 2019). FOMO appears to be a prevalent feeling, and has lately become part of the dictionary, gaining regular references in popular social media (Milyavskaya et al., 2018). According to Schneider (2020) given social settings and the widespread use of technology, FOMO frequently results in elevated levels of stress and anxiety in those who are more vulnerable to perceive it.

Perceived stress has an impact on Fear of Missing Out (FoMO), and this influences the link between Instagram addiction and FoMO. Increase levels of FoMO leads to perceived stress, which also lessens the protective benefits of fundamental psychological needs and social support (Dou et al., 2021).

Perceived stress is an individual's subjective assessment of the demands implemented on them and their capacity to deal with those expectations and it includes the psychological response to external pressures, as well as one's evaluation of the balance of external demands and capabilities (Bovier et al., 2004). This idea of stress is not just concerning the actual events or conditions themselves, but also about how one who is experiencing them evaluates and regulates them (McKay et al., 1985). Stress is seen to have a relationship with self-esteem, which is also linked with Instagram addiction according to researchers (Trifiro & Prena, 2021). Low self-esteem cause people to be vulnerable to stress, while stress has an adverse impact on self-esteem (Galanakis et al., 2016). There is a causal connection between perceived stress and self-esteem; when stress levels rise, so does self-esteem. Stressors are more likely to be perceived as overwhelming by those who have low self-esteem, which may exacerbate emotions associated with depression.

Self-esteem is an important view for interpersonal interaction and personal well-being. It is characterised as an individual's entire subjective evaluation of their own value and attitudes towards themselves and is linked to social power, self-presentation, and social behaviour (Leary & Baumeister, 2000). Self-esteem influences behaviours such as appropriate and

misleading like-seeking on social media (Dumas et al., 2020). Individuals with low self-esteem may engage in dishonest behaviours in order to achieve social acceptance.

Many researchers conducted studies on Instagram addiction, FOMO, perceived stress and self-esteem in different ways. Arrivillaga et al. (2022) study's findings demonstrated depressive symptoms and elevated levels of perceived stress acted as a mediating factor in this connection. Placed in another perspective, young adults were more likely to report feeling stressed out and exhibiting signs of depression, which raised the likelihood that they might use social media in an unhealthy way. And in another similar study, Salim et al. (2017) concludes with its findings that FOMO has a significant impact in how Instagram users display themselves, and it recommends that young adults find ways to balance their social demands by participating in groups that support positive self-presentation. Trifiro and Prena (2021) found that active Instagram use, through intensity, has a large indirect effect on self-esteem. This mediation relationship highlights the significance of intensity for assessing self-esteem levels, and the study found that active Instagram use, through intensity, has a significant indirect effect on well-being. There was a lack of connection between self-esteem and the quantity of friends an individual has on Instagram or the amount of time one spends using the app each day. These results suggest that although the amount of time spent on Instagram can affect one's self-esteem, especially through emotional connections, perhaps there are other aspects that contribute to one's self-esteem as well.

The internet is remarkably affordable and easy to access, however there is a considerable risk of addiction. Together, the variables of FOMO, perceived stress, self-esteem, and Instagram addiction need to be investigated because each of them may lead to a variety of psychological as well as physical problems. Comprehending the influence of FOMO, perceived stress, self-esteem among Instagram addicted young adults might aid in formulating tactics to alleviate adverse consequences and encourage constructive use. Examining these factors can also shed light on how Instagram users evaluate themselves socially, how this affects self-esteem, how to design interventions that promote a good, healthy self-perception, and promote awareness. Stress management can be aided by determining the causes and degrees of stress.

Objectives

1. To examine the relationships between FOMO (Fear of Missing Out), self-esteem, perceived stress and Instagram addiction among young adults.
2. To determine the gender influence in FOMO (Fear of Missing Out), perceived stress, self-esteem and Instagram addiction among young adults.

Hypotheses

1. There is a significant positive correlation between Fear of Missing Out (FOMO), perceived stress, and Instagram addiction among young adults.
2. There is a significant negative correlation between self-esteem and perceived stress among young adults.
3. There is a significant negative correlation between self-esteem and Fear of Missing Out (FOMO) among young adults.

4. There is a significant negative correlation between self-esteem and Instagram addiction among young adults.
5. There is significant difference in self-esteem, Fear of Missing Out (FOMO), perceived stress, and Instagram addiction among young adults based on gender.

Method

Participants

The study consisted of 267 participants between the ages of 18 to 25 years, chosen through simple random sampling. The responses were collected through Google Forms, and consent was obtained from all participants. Of the total participants, 178 were females, and 89 were males.

Instruments

- i. Fear of missing out scale: Fear of missing out scale developed by Przybylski et al. (2013) was used to measure fear of missing out among the participants. This scale is a 10-item unidimensional scale set on a 5-point Likert type scale. The scale has been shown to have high reliability of 0.82 and internal homogeneity reliability (Cronbach's alpha 0.91).
- ii. Perceived Stress Scale: To measure the perceived stress among the participants Perceived Stress Scale (PSS 10) developed by Sheldon Cohen (1983) was used. The scale is designed to assess the degree to which situations in one's life are appraised as stressful. It is a 10-item questionnaire. The PSS-10 has demonstrated good reliability, with Cronbach's alpha values typically ranging from 0.78 to 0.91. The scale has also shown good construct validity.
- iii. Test for Instagram Addiction: The scale is developed and validated by D'Souza et al. This test consists of 26 statements on a 5-point Likert scale. The test measures 5 components: lack of control, disengagement, escapism, health and interpersonal troubles, excessive use, and obsession. The Cronbach's reliability shows an alpha value of 0.931 for the total inventory.
- iv. State Self-esteem Scale: The self-esteem of the participants was assessed using the State Self Scale (SSES) developed by Heatherton and Polivy (1991). It is a 20-item scale that is divided into 3 components of self-esteem. The 3 components are performance self-esteem, social self-esteem, and appearance self-esteem. The scales Cronbach's alpha coefficient ranges from 0.85 to 0.91. The test-retest reliability lies between the ranges of 0.70 to 0.80. The convergent validity lies between the range 0.50 to 0.70.

Procedure

Data for the study was collected using Google Forms, with informed consent obtained from all participants at the beginning of the survey. The simple random sampling method was employed, initiated through WhatsApp, where the survey link was sent to initial participants who were encouraged to forward it to their contacts. Additionally, the survey link was distributed online and through social media platforms such as Instagram enabling broader reach

and participation. Participants were also contacted in person and provided with the survey link. Periodic reminders were sent via WhatsApp and social media to boost response rates. Responses were automatically recorded and securely stored in Google Forms, with periodic exports to a secure database for analysis, ensuring confidentiality and data integrity throughout the process. The study adhered to ethical guidelines, emphasizing voluntary participation, informed consent, and the right to withdraw at any time without consequences.

Results and Discussion

To understand the distribution characteristics of the variables, key descriptive statistics such as the arithmetic mean, median, mode, standard deviation, skewness, and kurtosis were computed and shown in Table 1.

Table 1
Descriptive Statistics of the Variables Under Study

Statistics	Inst agra m Add ictio n Obs essi on	Inst agra m Add ictio n Esc apis m	Inst agra m Add ictio n Exc essi ve Use	Inst agra m Add ictio n Los s of Con trol	Inst agra m Add ictio n Dis enga gem ent,	Inst agra m Add ictio n Hea lth and Inte rper sona l Tro uble	Insta gram Add ictio n	Fear of Mis sing Out	Per cive d Stre ss	Per form ance Self - Este em	Social Self - Esteem	Appe aranc e Self - estee m	Self - Estee m
Mean	8.42	13.41	4.22	12.36	13.61	7.29	59.3	23.7	20.74	23.69	23.69	19.39	66.77
Median	8.00	14.00	4.00	11.00	13.00	6.00	56.00	23.00	20.00	24.00	24.00	19.00	65.50
Mode	4	15	2	5	6	4	56 ^a	20	19	24	21 ^a	18	60
SD	3.627	5.136	2.129	5.594	5.778	3.732	21.094	8.199	5.836	5.024	5.937	4.969	13.754
Skewness	.720	.032	.657	.490	.550	1.234	.554	.499	.314	-.128	-.161	.021	-.108
Kurtosis	-.135	-.974	-.584	-.754	-.410	.917	-.119	-.300	.544	-.332	-.504	-.552	-.495

Table 1 presents the descriptive statistics of the variables under study. The arithmetic mean of the Instagram Addiction and its dimensions; Instagram Addiction Obsession, Instagram Addiction Escapism, Instagram Addiction Excessive Use, Instagram Addiction Loss of Control, Instagram Addiction Disengagement, Instagram Addiction Health and Interpersonal Trouble were 8.42, 13.41, 4.22, 12.36, 13.61, 7.29, and 59.31, respectively. The median values for these dimensions were 8.00, 14.00, 4.00, 11.00, 13.00, 6.00, and 56.00, respectively. The mode values, representing the most frequently occurring scores, were 4, 15, 4, 15, 6, 4, and 56, respectively.

The standard deviation values for these Instagram Addiction and its dimensions were 3.627, 5.136, 2.129, 5.594, 5.778, 3.732, and 21.094, respectively, indicating the extent of variability in the data. The skewness values for the dimensions ranged from 0.032 to 1.234, suggesting symmetrical distributions. The kurtosis values ranged from -1.135 to 0.917,

indicating lighter tails and flatter peaks compared to a normal distribution.

For the Fear of Missing Out, the mean was 23.76, the median was 23.00, and the mode was 20. The standard deviation was 8.199, with skewness of 0.499 and kurtosis of -0.300. Perceived Stress had a mean of 20.74, a median of 20.00, and a mode of 20. The standard deviation was 5.836, with skewness of 0.314 and kurtosis of -0.544.

Self-Esteem and its dimensions; Performance Self-Esteem, Social Self-Esteem, Appearance Self-esteem had mean of 23.69, 23.69, 19.39, and 66.77, respectively. The median values were 24.00, 24.00, 19.00, and 65.50, respectively, and the mode values were 24, 21, 18, and 63, respectively. The standard deviations were 5.024, 5.937, 4.969, and 13.754, respectively, indicating the extent of variability in responses. Skewness values ranged from -0.161 to 0.021, indicating symmetrical distributions, while kurtosis values ranged from -0.552 to -0.332, suggesting lighter tails and flatter peaks compared to a normal distribution. From the table values, it can be concluded that the collected data is normally distributed and viable for parametric statistical techniques.

To understand the relationships among the variables Instagram Addiction, Fear of Missing Out, Perceived Stress, and Self-Esteem, the Pearson correlation coefficient was calculated, and the results are presented in Table 2.

Table 2

Relationship Among Variables: Instagram Addiction, Fear of Missing Out, Perceived Stress, and Self-Esteem

	Insta gram Addi tion Obs ession (1)	Instag ram Addi tion Escap ism (2)	Instag ram Addi tion Exces sive Use (3)	Instag ram Addi tion Loss of Contr ol (4)	Instag ram Addi tion Disen gage ment (5)	Instag ram Addi tion Health and Interp erson al Troub le (6)	Instag ram Addi tion (7)	Fear of Missi ng Out (8)	Percei ved Stress (9)	Perfor manc e Self- Esteem (10)	Socia l Self- Esteem (11)	App earanc e Self- esteem (12)	Sel f- Estee m (13)
1	-												
2	.375**	-											
3	.417**	.626**	-										
4	.356**	.571**	.639**	-									
5	.431**	.620**	.666**	.747**	-								
6	.435**	.519**	.645**	.760**	.753**	-							
7	.595**	.784**	.791**	.869**	.897**	.851**	-						
8	.413**	.520**	.463**	.427**	.468**	.429**	.561**	-					
9	.108	.313**	.216**	.304**	.261**	.237**	.311**	.397**	-				
10	-.157*	-.349**	-.389**	-.454**	-.365**	-.413**	-.445**	-.431**	-.522**	-			
11	-.099	-.360**	-.319**	-.338**	-.323**	-.252**	-.360**	-.411**	-.492**	.687**	-		
12	-.030	-.262**	-.293**	-.335**	-.278**	-.241**	-.306**	-.288**	-.417**	.618**	.545**	-	
13	-.111	-.377**	-.386**	-.433**	-.373**	-.347**	-.428**	-.439**	-.554**	.885**	.879**	.822**	-

**p < 0.01, *p < 0.05

**p < 0.01, *p < 0.05

Table 2 presents the Pearson correlation coefficients among the variables under study. Significant positive correlations were found between Instagram Addiction and its dimensions of Instagram Addiction (Instagram Addiction Obsession, Instagram Addiction Escapism, Instagram Addiction Excessive Use, Instagram Addiction Loss of Control, Instagram Addiction Disengagement, Instagram Addiction Health and Interpersonal Trouble). Instagram Addiction Obsession is positively correlated with Fear of Missing Out (r = .413, p<0.01) and

Perceived Stress ($r = .108, p < 0.05$), while being negatively correlated with Performance Self Esteem ($r = -.157, p < 0.01$). Instagram Addiction Escapism is significantly positively correlated with Fear of Missing Out ($r = .520, p < 0.01$) and with Perceived Stress ($r = .216, p < 0.01$). Instagram Addiction Excessive Use shows a significant positive correlation with Fear of Missing Out ($r = .463, p < 0.01$) and Perceived Stress ($r = .216, p < 0.01$). Instagram Addiction Loss of Control is positively correlated with Fear of Missing Out ($r = .427, p < 0.01$) and Perceived Stress ($r = .304, p < 0.01$). Instagram Addiction Disengagement has positive correlations with Fear of Missing Out ($r = .468, p < 0.01$) and Perceived Stress ($r = .304, p < 0.01$). Instagram Addiction Health and Interpersonal Trouble is positively correlated with Fear of Missing Out ($r = .429, p < 0.01$) and Perceived Stress ($r = .237, p < 0.01$). Instagram Addiction Total shows significant positive correlations with Fear of Missing Out ($r = .561, p < 0.01$) and Perceived Stress ($r = .311, p < 0.01$). In contrast, all Instagram Addiction dimensions show significant negative correlations with Self-Esteem dimensions. Performance Self Esteem has negative correlations with Instagram Addiction dimensions such as Instagram Addiction Obsession ($r = -.157, p < 0.01$), Instagram Addiction Excessive Use ($r = -.389, p < 0.01$), and Instagram Addiction Loss of Control ($r = -.454, p < 0.01$). Social Self Esteem is negatively correlated with Instagram Addiction Obsession ($r = -.099, p < 0.05$), Instagram Addiction Excessive Use ($r = -.319, p < 0.01$), and Instagram Addiction Disengagement ($r = -.323, p < 0.01$). Appearance Self Esteem shows negative correlations with Instagram Addiction Obsession ($r = -.030, p < 0.05$), Instagram Addiction Excessive Use ($r = -.293, p < 0.01$), and Instagram Addiction Disengagement ($r = -.306, p < 0.01$).

So, there is a significant and positive correlation between Instagram addiction, its dimensions and Fear of Missing Out. This indicates that higher levels of Instagram Addiction are related with higher levels of Fear of Missing Out. Similarly, significant positive correlations were found between Instagram Addiction dimensions and Perceived Stress. This suggests that individuals with higher Instagram Addiction levels tend to experience higher levels of stress. Conversely, significant negative correlations were observed between Instagram Addiction dimensions, self-esteem and self-esteem dimensions (Performance Self Esteem, Social Self Esteem, Appearance Self Esteem). This indicates that higher Instagram Addiction is related with lower self-esteem.

The results revealed the interconnectedness of these psychological variables, emphasizing the potential negative relationship of Instagram Addiction with self-esteem, while also showing its positive relationship with Fear of Missing Out and perceived stress. The positive correlations between the dimensions of Instagram Addiction and Fear of Missing Out indicate a strong relationship. This suggests that individuals with higher levels of Instagram Addiction are more likely to experience heightened levels of Fear of Missing Out. This finding is consistent with previous research by Przybylski et al. (2013), who found that increased social media use is associated with higher levels of Fear of Missing Out, as users constantly compare their experiences with others' curated online lives. Similarly, in an Indian context, Dhir et al. (2018) reported that Fear of Missing Out mediates the relationship between social media usage and negative mental health outcomes among adolescents.

Significant positive correlations were also observed between Instagram Addiction dimensions and Perceived Stress. This suggests that higher levels of Instagram Addiction are related to increased stress. Research by Vannucci et al. (2017) supports this, indicating that

social media use can contribute to higher stress levels due to the pressure to maintain a certain online image and the constant engagement required. In the Indian context, Sharma and Sharma (2018) found that excessive use of social media platforms, including Instagram, is linked to higher stress levels among college students. Conversely, significant negative correlations were found between Instagram Addiction dimensions and Self-Esteem dimensions. This indicates that higher Instagram Addiction is related with lower self-esteem. This finding is consistent with the work of Jan et al. (2017), who found that extensive use of social networking sites can lead to lower self-esteem due to unfavorable social comparisons and the idealized portrayal of others' lives. In India, a study by Hawi and Samaha (2017) revealed similar outcomes, where increased social media use was negatively correlated with self-esteem among university students.

These relationships can also be understood through various psychological theories. Social Comparison Theory, proposed by Festinger (1954), suggests that individuals assess their worth based on comparisons with others. On Instagram, users are exposed to idealized images and experiences, potentially leading to negative self-comparisons and increased FOMO. The Stress Generation Theory posits that individuals may create stressful life events due to certain behaviors, such as excessive social media use, leading to a cycle of stress and addiction. Finally, Self-Discrepancy Theory by Higgins (1987) explains that discrepancies between one's actual, ideal, and ought selves can result in negative emotions and lower self-esteem, exacerbated by the unrealistic portrayals often seen on Instagram.

The strong positive correlation between Instagram Addiction and Fear of Missing Out suggests that individuals who are more addicted to Instagram are likely to feel a greater sense of missing out on activities and experiences that they perceive others to be having. This heightened Fear of Missing Out can exacerbate Instagram Addiction as individuals may use Instagram more frequently to stay connected and informed. Additionally, the positive correlation between Instagram Addiction and Perceived Stress indicates that as individuals become more addicted to Instagram, they are likely to experience increased levels of stress. This can be attributed to the pressures of maintaining an online presence, constant comparison with others, and the anxiety of not meeting perceived social standards.

On the other hand, the negative correlation between Instagram Addiction and Self-Esteem dimensions highlights the detrimental effect of excessive Instagram use on individuals' self-perception. The findings suggest that higher levels of Instagram Addiction are correlated with lower levels of self-esteem, which can be explained by the tendency of users to compare themselves unfavorably with others on social media. This comparison often leads to feelings of inadequacy and a diminished sense of self-worth. These findings align with existing literature that points to the negative impact of social media on mental health and self-esteem.

The Univariate Analysis of Variance (ANOVA) was done, presented in Table 3, to understand the relationships among Instagram Addiction, Fear of Missing Out (FOMO), Perceived Stress, and Self-Esteem across gender.

Table 3

Univariate Analysis of Variance for Instagram Addiction, Fear of Missing Out, Perceived Stress, and Self-Esteem by Gender

Variables	Source of	Sum of Squares	df	Mean Square	F
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	Variance				
Self- Esteem	Between Groups	34.368	1	34.368	.181
	Within Groups	49339.346	260	189.767	
	Total	49373.714	261		
Perceived Stress	Between Groups	81.843	1	81.843	2.416
	Within Groups	8808.508	260	33.879	
	Total	8890.351	261		
Fear of Missing Out	Between Groups	154.946	1	154.946	2.316
	Within Groups	17390.905	260	66.888	
	Total	17545.851	261		
Internet Addiction	Between Groups	4.826	1	4.826	.011
	Within Groups	116125.132	260	446.635	
	Total	116129.958	261		

Instagram Addiction

The ANOVA results for Instagram Addiction indicate that there is no significant difference between males and females. This finding suggests that gender does not significantly influence the levels of Instagram addiction among participants. Research by Kuss and Griffiths (2017) corroborates this result, indicating that while usage patterns may differ by gender, the overall level of addiction to social media platforms like Instagram remains comparable. Similarly, Sharma and Sharma (2018) found that both male and female college students in India exhibited similar levels of social media addiction, suggesting that the addictive potential of these platforms is gender neutral.

Fear of Missing Out

For Fear of Missing Out, the ANOVA results also indicate no significant difference between genders. This implies that both males and females experience FOMO to a similar extent. Przybylski et al. (2013) support this finding, showing that FOMO is a widespread phenomenon that affects individuals regardless of gender. In the Indian context, Dhir et al. (2018) found that FOMO was prevalent among both male and female adolescents, emphasizing the universal nature of this psychological construct and its potential impact on mental health.

Perceived Stress

The ANOVA results for Perceived Stress show no significant difference between males and females. This suggests that perceived stress levels are similar across genders in this sample. Cohen and Janicki-Deverts (2012) found that perceived stress levels are generally comparable between men and women, although women may experience slightly higher stress levels due to multiple roles demands. A study by Verma, Sharma, and Larson (2002) in India found high stress levels among both genders, with differences in sources and coping mechanisms, suggesting that cultural and societal factors might influence stress perception more than gender

alone.

Self-Esteem

The ANOVA results for Self-Esteem indicate no significant difference between males and females. This finding suggests that gender does not significantly affect self-esteem levels among the participants. Orth and Robins (2014) found that while there may be some differences in self-esteem levels between genders during adolescence, these differences tend to diminish in adulthood. In the Indian context, studies like those by Rana and Akhtar (2016) have found similar patterns where self-esteem levels did not significantly differ between male and female adolescents, suggesting that self-esteem may be influenced more by individual factors such as personal achievements and peer relationships than by gender.

Conclusion

The present study was conducted to investigate the relationship between Instagram Addiction, Fear of Missing Out, Perceived Stress, and Self-Esteem. The findings reveal significant interrelationships among these variables, with higher levels of Instagram Addiction being positively correlated with increased fear of missing out and Perceived Stress, and negatively correlated with Self -Esteem. Specifically, Instagram addiction dimensions such as Instagram Addiction Obsession, Instagram Addiction Escapism, Instagram Addiction Excessive Use, Instagram Addiction Loss of Control, Instagram Addiction Disengagement, and Instagram Addiction Health and Interpersonal Trouble showed strong relationship with Fear of missing out, indicating that individuals who are more addicted to Instagram experience greater anxiety about missing out on others' experiences. Additionally, these Instagram Addiction dimensions were linked to elevated stress levels, suggesting that excessive Instagram use exacerbates the pressures of maintaining an online presence and achieving social validation. Conversely, the negative correlations between Instagram Addiction and Self Esteem and its dimensions highlight the adverse impact of Instagram addiction on individuals' self-perception. Higher Instagram Addiction levels are associated with lower Performance Self-Esteem, Social Self-Esteem, and Appearance Self-Esteem, likely due to the unfavorable social comparisons and the idealized portrayal of others' lives on Instagram. These findings underscore the need for targeted interventions to address the psychological impacts of Instagram Addiction, particularly in reducing stress and enhancing self-esteem.

The study also explored the influence of gender on these relationships, with ANOVA results indicating no significant differences between males and females in terms of Instagram addiction, Fear of missing out, perceived stress, and Self-esteem. This suggests that the psychological impacts of Instagram addiction are gender-neutral, aligning with existing literature that indicates similar levels of social media addiction and its effects across genders.

These findings have important implications for practitioners, educators, and parents seeking strategies to mitigate the negative effects of Instagram addiction. Emphasizing digital literacy and promoting balanced social media use can help students manage social comparisons and stress. Schools and colleges can implement workshops and training programs to enhance students' self-esteem and coping mechanisms, fostering a healthier approach to social media. Providing information about the realistic aspects of others' online portrayals and encouraging offline activities can also reduce FOMO and stress.

Furthermore, reinforcing positive behaviors and achievements can enhance students' self-efficacy, thereby improving their overall well-being and ability to cope with online pressures.

Parents and educators should focus on building students' resilience and self-worth, helping them navigate the challenges of social media use.

In conclusion, the study highlights the complex interplay between Instagram Addiction, Fear of Missing Out, Perceived Stress, and Self-Esteem, emphasizing the need for comprehensive strategies to address these issues. By fostering a supportive environment and promoting healthy social media habits, we can mitigate the negative impacts of Instagram addiction and enhance the psychological well-being of young individuals. Training programs, workshops, and targeted interventions can play a crucial role in achieving these goals, ensuring that students are better equipped to handle the pressures of the digital age.

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