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**Master Thesis Defense**

Entitled

*Phubbing and Fear of Missing Out as Mediators Between Problematic Social Media Use and Life Satisfaction Among Young Adults in Asian Countries*

by

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Date & Venue

11:00 AM

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Room 1078, First Floor, Building H1

To join online in MS Teams: [shorturl.at/gkIS2](https://shorturl.at/gkIS2)

Abstract

Recent studies have shown certain risk indicators for young adults' decreased life satisfaction as a result of excessive social media use. However, few studies have looked at possible impact of problematic social media on life satisfaction, and less information is known about the mediating factors that contribute to this association. The purpose of the current study was to determine whether problematic social media use predicts life satisfaction among young adults across Asian countries. It also explored whether phubbing behaviour and fear of missing out might both serve as mediators in this relationship. A sample of 351 young adults (18–25,  $M_{age} = 19.74$  years,  $SD = 1.84$ ) from several Asian nations filled the social media use questionnaire (SMUQ), generic scale of phubbing (GSP), fear of missing out (FoMOs), and satisfaction with life scale (SWLS). The findings showed that (a) problematic social media use was associated with lower levels of life satisfaction, (b) phubbing behaviour and fear of missing out both mediated the relationship between problematic social media use and life satisfaction, and (c) phubbing behaviour and fear of missing out sequentially mediated the relationship between problematic social media use and life satisfaction. These findings have significant implications for the prevention and intervention in raising awareness about the fear of missing out in connection to social media, with young adults also considering about monitoring and managing the act of snubbing others when using a mobile device.

**Keywords:** Problematic Social Media Use, Phubbing, Fear of Missing Out, Life Satisfaction, Serial Mediation Analysis