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Facebook intrusion, fear of missing out, narcissism, and life satisfaction: a cross-sectional study

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Abstract:

Facebook is one of the most popular social networking sites. The present paper examines the relations between fear of missing out, narcissism, Facebook intrusion, and life satisfaction. We hypothesized that the fear of missing out and narcissism would play a significant role in Facebook intrusion. The participants in the study were 360 Polish users of Facebook. We administered the Facebook Intrusion Scale, the Fear of Missing Out Scale, the Narcissistic Personality Inventory, and the Satisfaction with Life Scale. The results showed that a high level of fear of missing out and high narcissism are predictors of Facebook intrusion, while a low level of fear of missing out and high narcissism are related to satisfaction with life. Our findings provide a more comprehensive picture of the predictors of Facebook intrusion and reveal interesting patterns.

Key words:

Facebook intrusion, fear of missing out, narcissism, life satisfaction

1. Introduction

Social networking sites have imperceptibly become part of our social life. People want to keep their friends informed about the events in their life; they also want to be informed all

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