

Anxiety's Relationship with Taking Conflict Personally and Fear of Missing Out

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Anxiety, Taking Conflict Personally, and Fear of Missing Out

Increases in taking conflict personally (TCP) and of fear of missing out (FoMO) have led to increased anxiety and overall negative well-being. (Curran & Arroyo, 2018; Baker et al., 2016)

A current gap in knowledge:

- ***If someone has anxiety does this increase their vulnerability to TCP and FOMO?***

Key Terms

Anxiety

A pervasive and unpleasant feeling of tension, dread, apprehension, and impending disaster. (Corsini, 2001)

Taking Conflict Personally (TCP)

An individual's tendency to perceive conflict as a personal attack and focus less on the content of a conflict. (Curran & Arroyo, 2018)

Fear of Missing Out (FoMO)

A pervasive apprehension that others might be having rewarding experiences from which one is absent (Przybylsk et al, 2013).

Rationale - Theory

Attachment Theory & FoMO

Individuals with an anxious attachment style are found to be more likely to develop generalized anxiety disorder and other mental health issues (Marganska et al., 2013) and also tend to have thoughts and worries about the stability of their relationships and the availability of others (Bartholomew & Horowitz, 1991) which fits into the idea of FoMO.

➤ Anxious Attachment → More Anxiety → FoMO

Rationale - Theory

Attachment Theory & TCP

The attachment theory suggest those with anxious attachment are easily upset, demanding, and push their partner away (Bartholomew & Horowitz, 1991). When these feelings are introduced into a relationship this produces a greater chance for a punishing life event to occur which is a key component of TCP (Hample & Dallinger, 1995).

➤ Anxious Attachment → More Anxiety → TCP

However, what role does anxiety play in affecting the outcome of TCP & FoMO?

Rationale (Cont.)

FOMO

- FOMO found to be a result of the usage of social media (Elhai, 2017)
- Problematic social media usage can be found to be a predictor of anxiety (Berrymen et al., 2017)
- FOMO found to be mediating variable between social media usage and anxiety
 - ***Removing variable of social media, does anxiety, specifically, predict FoMO?***

TCP

- TCP is found to be the result of feeling threatened, damaged, devalued, or insulted (Hample & Dallinger, 1995)
- It is commonly accepted that anxiety produces the feelings mentioned above (Dijk et al., 2017).
 - ***Does anxiety predict TCP?***

Hypotheses

H1: As anxiety increases, taking conflict personally will increase.

H2: As anxiety increases, FoMO will also increase.

Method

Performed an anonymous survey through Sona Portal targeting undergraduate students

134 Participants with Avg Age being 21.62 and a SD of 6.40

- 86 Identify as Female
- 48 Identify as Male

Ethnicity

- 123 Caucasian
- 7 Latin
- 1 Native American
- 3 Asian / Islander

Results

We ran a Bi-Variant Correlation test

Anx → FoMO

$r=.23, p<.01$

Anx → TCP

$r=.37, p<.01$

Discussion - Implication

We found that as anxiety increases so does TCP & FoMO

Implications for Anxiety & TCP relationship:

- Professionals (therapists, counselors, etc)
 - Structural Intervention
 - Narrative Intervention
- Individuals
 - Better awareness of possible inclinations in when approaching conflict
- Partner/Friends
 - Increase patience when engaging in conflict

Discussion - Implication

We found that as anxiety increases so does TCP & FoMO

Implications for Anxiety & FoMO relationship:

- Professionals (therapists, counselors, etc)
 - Cognitive Behavioral Therapy
 - Acceptance & Commitment Therapy
- Individuals
 - Better control FoMO by regulating anxiety
- Friends/Family
 - Include friends with high anxiety and help meet their social needs

Discussion - Limitations

Limitations

- Convenience Sample
- Cross-sectional Survey
 - We can only see correlation, not causation.
 - Future research should use longitudinal study.

Conclusion & Future Research

Anxiety is strongly correlated with TCP & FoMO

Not groundbreaking research, but our rationale and data provide foundational information for future research

Future research could rely on longitudinal studies to better understand anxiety and its effect on the predisposition of TCP & FoMO

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