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## The Effectiveness of Group Counseling Using a Humanistic Existential Approach in Reducing FOMO Learning in the New Normal Era

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DOI: <https://doi.org/10.21107/Widyagogik/v10i2.18073>

Received October 28, 2022; November 27, 2022; Accepted December 26, 2022

### Abstract

*Indonesia, such as the increasing spending of money by the younger generation and the rise of social media applications, makes the younger generation always want to satisfy their emotional needs, but they don't have enough money so that it becomes social pressure for the younger generation. Anxiety about being left behind makes it difficult for this generation to say no, and this phenomenon is one of the factors why there is Fomo syndrome. This study contains problem solving from FOMO Learning in the New Normal Era, with Humanistic Existence through Group Counseling to increase student learning responsibility, assistance to individuals in group situations that are prevention and healing, and directed at providing convenience in class development and growth. This research is research designed using the library method. The results are in the form of Humanistic Existential counseling emphasizing core human conditions. Normal personality development is based on the uniqueness of each individual.*

**Keywords** – FOMO; Humanistic Existential; Group Counseling.



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## 1. Introduction

Fomo syndrome (Fear Of Measing Out), is a phenomenon of intrapersonal communication where a person feels worried, anxious, and afraid of being left behind by information circulating on social media (Aisafitri & Yusrifah.2020) (Wijaya.2014); (Hasna. 2019); (Taharani. 2018); (Yulianti. 2020); (Susanto & Pangestu. 2021); (Kartianti, & Asgar. 2021). Those who experience Fomo syndrome on social media actually experience low satisfaction of needs, moods, and life satisfaction in real life. , but this is very dangerous if someone experiences an acute fomo where a person will experience problems of self-identity, loneliness, negative self-image, feelings, inadequacies, feelings of being marginalized, and jealousy, this is supported by the Department of Psychology, School of Social Sciences, Nottingham Trent University, England, who mentioned the danger of Fomo is that it allows someone to act outside the bounds of reasonableness on social media (Ria, 2017).

Phenomena that occur in Indonesia, such as increased spending of money by the younger generation and the rise of social media applications, make the younger generation always want to satisfy their emotional needs but they don't have enough money so that this becomes social pressure for the younger generation (Amaliya, 2017) ; (Fitri, Mahmud, & Saman. 2019); (KADIR. 2018); (MOHD ROFIDZAN. 2019); (Lubis. 2014); (Sidauruk. 2014); (Amalia. 2016). Anxiety about being left behind makes it difficult for this generation to say no, and this phenomenon is one of the factors why there is Fomo syndrome.

If we look at this phenomenon, to reduce gadget addiction by using group counseling services with a humanistic existential approach (Primayanti, Antari, & Dantes. 2014); (Nurwan. 2019); (Nevanda. 2022); (Lumangga. 2017); (Nanda. 2013); (Susilo, Supriyanto, & Hartini. 2021). Nurihsan, (2011: 24) explains that group counseling is assistance to individuals in group situations that are preventive and healing in nature, and are directed at providing convenience in their development and growth (Ardini, Setyowati, & Fauziah. 2020); (Fitri.2022); (Miftachul'Ilmi. 2022); (Ardila. 2018); (Rachmawaty. 2015); (Pranajaya, Firdaus, &

Nurdin. 2020). This definition explains that group counseling is able to provide prevention as well as healing (Arnikawati, Dharsana, & Suranata, 2014); (Andini, & Prasetiawan. 2021); (Wahyuningtyas. 2018); (Wahyuning'2020); (Ningsih, Suranata, & Dharsana. 2014); (Nugroho. 2018). Group counseling is divided into four stages according to Corey (2011: 71) namely the initial stage (beginning stage), the transition stage (transition stage), the activity stage (working stage), and the termination stage. The group counseling process can be done with an approach or certain techniques.

## **2. Method**

Writing is designed using the method of literature (library research). The library method or better known as library research is all the efforts made by a researcher to collect various information that is relevant to the topic and problem to be or is being researched. This information is obtained from various sources, such as books, scientific reports or essays, theses, theses, dissertations, encyclopedias, and other sources, both printed and electronic (Azizah & Purwoko, 2019). Literature study is also a scientific essay that contains the opinions of experts or experts on a problem, the author in this case conducts a literature study in depth to collect all material related to the problem discussed then understands it properly and thoroughly then produces some related findings (Zed, 2008). This literature study activity is carried out in depth using descriptive writing, descriptive in EYD V edition means presentation and description in clear and detailed words.

## **3. Result and Discussion**

### ***FOMO***

#### *Definition of FOMO*

FOMO is the anxiety and fear experienced by individuals when other people experience interesting experiences or events that occur elsewhere, while the individual does not follow the event. This anxiety is stimulated by things

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written on someone's social media which causes the individual to always try to stay connected and know what other people are doing. According to the Oxford dictionary, FOMO is anxiety about interesting events happening elsewhere, where this anxiety is stimulated by things written on someone's social media.

According to Alt (2015), FOMO is a phenomenon when individuals feel afraid of other people having pleasant experiences but are not directly involved, causing individuals to try to stay connected to what other people are doing through the media and the internet. According to Przybylski et al (2013), FOMO is the anxiety experienced by individuals when other people experience valuable experiences, while the individual does not experience them. Fomo is characterized by a desire to be in constant touch with what other people are doing.

According to JWT Intelligence (2011), FOMO is the fear of an individual that if another individual participates in an event that is considered fun, the individual cannot participate in that event.

#### *Aspects*

According to Przybylski et al (2013), Fomo syndrome or Fear of Missing Out has several aspects, namely as follows:

a. Self.

This psychological need is related to competence and autonomy. Competence is an individual's belief to take action effectively and efficiently, while autonomy means an individual's ability to determine a decision. If the psychological need for self is not met, then individuals tend to channel through the internet to get various kinds of information and connect with other people.

b. Relatedness.

It is the need for someone to always feel connected, joined, in togetherness with other individuals. When relatedness needs cannot be met, a person will feel worried and try to find out the experiences and activities carried out by other people, such as via the internet.

Meanwhile, according to JWT Intelligence (2011), the FOMO aspects are as follows:

- a. Comparison with friends, is the emergence of negative feelings due to comparisons with friends and other people.
- b. Being left out, the emergence of negative feelings because they are not involved in an activity or conversation.
- c. Missed experiences, the emergence of negative feelings because they cannot be involved in an activity.
- d. Compulsion, the behavior of repeatedly checking activities carried out by other people with the aim of avoiding the feeling of being left behind by the latest news.

#### *Impact of FOMO*

Impact of Fear of Missing Out According to Przybylski et al (2013), the adverse effects caused by Fomo or Fear of Missing Out syndrome include the following:

- a. Individuals always oblige themselves to check social media
- b. Individuals always force themselves to participate in all activities
- c. Individuals always create their own stage performances
- d. Individuals always feel lacking and want more

#### ***Humanistic Existential***

##### *Definition of Humanistic Existential counseling*

Humanistic Existential Counseling focuses on human nature and conditions which include the ability to be self-aware, free to choose to determine one's own destiny, freedom and responsibility, anxiety as a basic element, the search for unique meaning in a meaningless world, being alone and being in relationships with other people limitedness and death, and the tendency to self-actualize (Gerald Corey 1999: 319).

Humanistic Existential Counseling emphasizes the core human conditions. Normal personality development is based on the uniqueness of each individual. Self-determination and inclination toward growth are central ideas. Psychological

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barriers are the result of failure to actualize potential. Distinctions are made between existential guilt and neurotic guilt and between existential anxiety and neurotic anxiety. Focusing on the present and what a person is, which means having an orientation towards the future. Clients emphasize self-awareness before action.

*Humanistic Existential counseling goals According to Gerald Corey (2008), there are several humanistic existential counseling goals, namely:*

- a. So that clients experience their existence authentically by becoming aware of their existence and potentials and aware that they can open up and act based on their abilities. Authenticity as “the main business of psychotherapy” and “the main existential value. There are three characteristics of authentic existence: a) being fully aware of the present, b) choosing how to live in the present moment, and c) taking responsibility for choosing.
- b. Expanding the client's self-awareness, and thereby increasing his ability to choose, that is, to be free and responsible for the direction of his life.
- c. Helping clients to be able to deal with anxiety related to self-choice, and accept the fact that he is more than just a victim of deterministic forces outside himself

#### *Strengths and Weaknesses of the Humanistic Existential Approach*

As with other approaches, the existential-humanistic approach also has advantages and disadvantages, namely:

- a. Advantages
  - ✓ Can be used for clients who experience deficiencies in development and self-confidence.
  - ✓ Clients are free to make their own decisions.
  - ✓ Humanize people.
  - ✓ It is the formation of personality, conscience, attitude change, analysis of social phenomena.

- ✓ The existential therapy approach is more suitable for client development such as career problems, failure in marriage, social exclusion or transitional periods in development from adolescence to adulthood

b. Weakness

- ✓ In methodology, language and mystical concepts.
- ✓ In its implementation it does not have a firm technique and requires a long time.
- ✓ Overconfidence in the client's ability to solve the problem (the decision is determined by the client himself).

### **Group Counseling**

#### *Definition of Group Counseling*

Group counseling is a process of interpersonal relationships between a counselor or several counselors with a group of clients (couselees). In this process the counselor seeks to help grow and improve the client's ability to deal with and overcome problems or matters that are of concern to each client through; developing understanding, attitudes, beliefs, and appropriate client behavior by utilizing a group atmosphere (Sugiyanto).

According to Corey (2006) in Budi Astuti (2012) explained that group counseling pays more attention in general to short-term problems and does not pay too much attention to the treatment of behavioral and psychological disorders.

Group counseling focuses on interpersonal processes and problem-solving strategies related to conscious thoughts, feelings, and behaviors. The method used is interactive support and feedback in a real-time frame of mind.

Complemented by Gazda's opinion (1978) that group counseling is a dynamic interpersonal process, which is centered on conscious thoughts and behaviors.

#### *Group Counseling Goals*

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According to the professional literature on group counseling, as seen in the work of Erle M. Ohlsen (1977) Don C. Dinkmeyer and James Muro (1979), and Gerald Corey (1981) a number of general objectives of guidance services in the form of group counseling can be found, namely as follows :

- ✓ Each client is able to discover and understand himself better. Based on this understanding, clients are willing to accept themselves and are more open to the positive aspects of their personality.
- ✓ Clients develop the ability to communicate from one individual to another, so that they can provide assistance to each other in completing the typical developmental tasks at each of its developmental phases.
- ✓ Clients gain the ability to regulate themselves and direct their own lives, starting from interpersonal relationships within the group and continuing in everyday life outside the group environment.
- ✓ Clients become more sensitive to the needs of others and better able to live or understand the feelings of others. This sensitivity and understanding will make clients more sensitive to the psychological needs of themselves and others.
- ✓ Each client sets a target to be achieved, which is manifested in a more constructive attitude and behavior.
- ✓ Clients are more aware of and appreciate the meaning of human life as a shared life, which contains demands to accept others and hopes to be accepted by others.
- ✓ Each client is increasingly aware that things that concern him often cause a sense of concern in the hearts of others. Thus, the client will no longer feel isolated, as if he were the only one experiencing the problem. Clients learn to communicate with all group members openly, with mutual respect and concern for one another

#### **4. Conclusion**

Humanistic Existential Counseling emphasizes the core human conditions. Normal personality development is based on the uniqueness of each individual. Self-determination and inclination toward growth are central ideas. Psychological barriers are the result of failure to actualize potential. Distinctions are made between existential guilt and neurotic guilt and between existential anxiety and neurotic anxiety. Focusing on the present and what a person is, which means having an orientation towards the future.

This approach is primarily an attitude that emphasizes an understanding of human beings. Existential therapy seeks to help clients understand their inner conflicts in relation to their basic existential fears of death, freedom, isolation, and infinity. The therapist continually focuses on how the client avoids taking personal responsibility for his or her distress. In addition to helping clients develop other ways of dealing with their primary or existential anxiety, existential therapists try to reduce secondary anxiety by helping clients after limiting ways of relating to themselves and others.

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