

Criticism of the Interpretation of the FoMO Phenomenon in Qur'anic Studies Students' Scientific Papers in Indonesia

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Abstract

Objective: This study aims to criticize the interpretation of the phenomenon of Fear of Missing Out (FoMO) in the scientific work of students of Qur'an and Tafsir in Indonesia, focusing on the suitability of the interpretation method used, the relevance of the verses of the Qur'an as a solution, and the contribution of interpretation to the challenges of modern digital life. **Theoretical framework:** This study departs from the understanding that the FoMO phenomenon is not only a psychological problem, but can also be studied through a spiritual-religious approach in the Qur'an, so it is necessary to have an interpretive framework that can respond to contemporary issues. **Literature review:** This study highlights the limitations of the literature linking psychological phenomena such as FoMO with the study of interpretation, as well as the importance of a cross-disciplinary approach in presenting solutions based on Qur'anic values to modern digital issues. **Method:** This study uses a content analysis method on various scientific works that have been published by students, especially those who try to interpret FoMO through the Qur'an interpretation approach. **Results:** show that despite attempts to link FoMO to the teachings of the Qur'an, most scientific works have not fully succeeded in selecting relevant verses and understanding the social context of the phenomenon in depth. **Implications:** from these findings is the importance of updating the approach in the study of interpretation, by integrating psychological and sociological perspectives to produce a more contextual and applicative interpretation. **Novelty:** lies in his attempt to criticize and recommend a multidisciplinary approach to the interpretation of the Qur'an to modern psychological phenomena, thus opening up space for the development of interpretive studies that are more relevant to the realities of contemporary life.

Keywords: fear of missing out (fomo), al-qur'an perspective, scientific criticism, qur'anic studies students, academic behavior.

INTRODUCTION

The technological advances and social shifts that have occurred in recent decades have undergone significant changes in human life. In this digital era, the ease of access to information through social media has had a profound influence on a person's behavior [1]. This condition encourages the formation of dependence on digital platforms, one of which is triggered by concerns about delays in obtaining information that is the center of public

attention. This symptom is known as one of the characteristics of the phenomenon *Fear of Missing Out* (FoMO) [2].

FOMO or *Fear of Missing Out* is a term that describes a person's worries about not keeping up with the latest developments that are happening in their social environment. This phenomenon is included in the form of intrapersonal communication, where individuals feel anxious, afraid, and even anxious when missing the information that is circulating [3]. *Fear of Missing Out* (Source)MO being one of the negative impacts of excessive use of social media, which not only interferes with mental health but can also affect the quality of a person's real-life [4]. FoMO Not only is it a psychological issue, but also a social phenomenon that invites the attention of academics across disciplines, including Islamic science [5].

Response to the phenomenon FoMO also appeared in the Islamic academic world, especially among students of the Qur'an and Tafsir Study Program (IAT) at various Islamic universities in Indonesia. They try to answer this phenomenon through a thematic interpretation approach (maudhu'i), by linking Qur'anic verses about gratitude, qana'ah, dzikrullah, and peace of mind with solutions to the FoMO [6]. This approach shows academic responsiveness to contemporary problems and is an effort to contextualize the message of the Qur'an in modern life.

However, some problems arise that need to be criticized academically. Interpretation of the phenomenon FoMO in the scientific works of IAT students is often simplistic, moralistic, and lacking contextual [7],[8],[9]. Some of them use the verses of the Qur'an normatively without paying attention to the historical, social, and psychological context of the text or from the contemporary digital reality behind FoMO. In addition, the interpretation approach used often does not pay attention to established methods and is minimal from integration with the disciplines of modern psychology and classical Islamic psychology.

This condition shows the need to conduct a critical evaluation of the interpretation of the phenomenon FoMO which develops in the scientific work of IAT students. These evaluations are important not only to improve the methodological and epistemological quality of the thematic interpretations they undertake, but also to encourage a deeper scholarly integration between the study of interpretation, Islamic psychology, and contemporary social studies [10],[11],[12]. Thus, the Qur'an is not only used as a source of normative legitimacy but also as a source of holistic solutions to the psychosocial problems of modern people.

Problem Formulation and Objectives. Based on this background, this research is focused on examining several main issues. *First*, this research will explore how methodological tendencies and interpretive approaches to the phenomenon of FoMO in the scientific work of students of Qur'an and Tafsir in Indonesia. This analysis aims to identify and analyze the pattern of interpretation of the phenomenon of FoMO in the scientific work of students of Qur'an and Tafsir in Indonesia. *Second*, this study explores epistemological, methodological, and contextual weaknesses in the interpretation of the FoMO phenomenon found in these works. This analysis aims to criticize the conceptual, methodological, and contextual weaknesses in the interpretation of Qur'anic verses associated with FoMO.

LITERATURE REVIEW

Based on the theme of this research which raises the phenomenon of FoMO in the Qur'an, there have been some previous studies that have discussed the term. Previous studies include the study of the FoMO phenomenon both from the perspective of the Qur'an and from the perspective of hadith.

Previous research related to FoMO from the perspective of the Qur'an has been carried out by Putri Awaliyah Denia Sari in 2025 [13] entitled "Fear of Missing Out (FoMO) in the Review of the Qur'an and its Solutions (Analysis of Psychological Approaches)". This thesis

discusses the concept of verses about *Fear of Missing Out* (FoMO) in the review of the Qur'an with the psychological approach found in QS. An-Nisa verse 83, QS. Al-Hadid verse 20, and QS. At-Taubah verse 40 is used to understand the psychological tendencies that arise in this phenomenon as well as the analysis of Przybylski's psychological view as a solution verse that the Qur'an offers to overcome the FoMO contained in QS. Ibrahim verse 7, QS. Al-A'raf verse 31, and QS. Ar-Ra'd verse 28. The results of the study show that Islamic spiritual approaches can make a significant contribution to reducing the symptoms of FoMO and strengthening the psychological resilience of individuals by being grateful, not exaggerating, and calm. The similarity lies in the themes raised, while the difference lies in the author's focus more on the psychological views relevant to the Qur'an to overcome the phenomenon of FoMO.

Journal Articles are written by Haidar Idris, Ahmad Ihwanul Muttaqin, and Akhmad Afnan Fajarudin [14] with the title "The Fomo Phenomenon; The Qur'an's View of Mental Education and Life Balance of the Millennial Generation". This study discusses social media addiction which results in *Fear of Missing Out* (FoMO) is the main factor that encourages excessive worry and emphasizes forming good habits in the lives of the millennial generation based on QS. Al-Hujurat verse 6, QS. Al-Baqarah verse 191, QS. Al-Kahfi verse 13, and QS. Al-Anbiya verse 13. However, what distinguishes this study is the method used and its approach that looks at the phenomenon of FoMO in terms of mental education. The thesis is written by Ayu Nurlaila Sari Siregar [15] with the title "*Fear Of Missing Out* (FoMO) in the Qur'an (Thematic Interpretation Study)". The research in this thesis focuses on the study of Qur'anic verses that have a relationship with the phenomenon of *Fear of Missing Out* (FoMO), especially in the context of anxiety or worry. The results of the analysis show that the concept of anxiety in the Qur'an can be described in three main terms, namely *Khouf* (fear), *huzn* (sadness), and *Squirt* (excessive anxiety or anxiety).

These three terms were then further classified by researchers to identify Qur'anic verses that were relevant to the phenomenon of *Fear of Missing Out* (FoMO). Among the verses that are the main focus of the discussion is QS. Al-Baqarah verse 155 and QS. An-Nisa' verse 83. Meanwhile, the difference is in the approach used and the solution to overcome the phenomenon. A journal article written by Rio Ramdani, Muhammad Ghifari, and Abil Ash [16] with the title "*The Phenomenon of Fear of Missing Out* (FoMO) in Social Media Hadith Perspective" discusses how FoMO relates to the use of social media in the perspective of hadith. This study connects the psychological concept of FoMO with Islamic teachings to understand its impact and how to overcome it. The difference in this research focuses on how hadith can provide solutions to the negative impact of FoMO.

Definition of Fear of Missing Out (FoMO)

Fear of Missing Out (FoMO) was first introduced in scientific studies by Przybylski, Murayama, DeHaan, and Gladwell in 2013. According to the definition put forward by Przybylski, FoMO refers to the fear of being left behind when a person is unable to participate in an activity, as well as the emergence of the assumption that others are enjoying a more valuable experience [17],[18],[19]. This condition is characterized by a strong urge to continue to engage in social interactions, especially through social media. For someone who experiences FoMO, social media is the main means to monitor other people's activities and still feel connected to their social environment [20].

Fear of Missing Out (FoMO) is a *Syndrome* psychological problem that can be experienced by people of different age groups. Based on the definitions listed in the *Oxford Dictionary* and reviewed by McGinnis, FoMO is defined as an unintentionally occurring form of anxiety, caused by the perception that another individual is enjoying a more pleasurable or satisfying experience than himself or herself [21]. These symptoms of anxiety are generally caused by the intensity of social media use, where users are often exposed to narratives or visualizations of other people's lives that seem ideal [22]. This phenomenon reflects the complex psychological dynamics between self-perception, the need to be socially

connected, as well as the influence of the digital environment on a person's emotional stability [23].

Fear of Missing Out (FoMO) Indicator

According to Przybylski, Murayama, DeHaan, and Gladwell in 2013, *Fear of Missing Out* (FoMO) is a psychological condition characterized by three main indicators, namely fear, worry, and anxiety. All three are interrelated and reflect a person's emotional response to the possibility of being left behind from experiences or information that are considered socially meaningful [24].

First, Fear is a core element of the *FoMO* which arises when a person feels afraid of missing out on the opportunity to establish social relationships or experience a fun event that others are enjoying [25]. This fear encourages individuals to constantly monitor the social activities of others, especially through social media, to ensure their involvement and existence are not neglected. These feelings can lead to compulsive behaviors and be a driver to stay connected constantly, even though they risk causing stress and psychological distress [26].

Second, Concern arises when one sees another person participating in an activity that seems more interesting or meaningful. Social media reinforces this feeling because a person is presented with an image of another person's life that looks perfect and happy [27]. As a result, there is a perception that their personal lives are less satisfying, affecting their self-esteem and emotional stability. These worries can also trigger feelings of inferiority and increase the tendency to compare yourself negatively to others [28].

Third, Anxiety is a form of response to uncertainty about the consequences of not participating in an activity [29]. This feeling is usually related to the fear of missing out on important information or valuable experiences. A person who experiences this kind of anxiety feels compelled to stay connected through social media or other digital devices to ensure that they do not miss out on significant things [30]. If it continues in the long term, the anxiety triggered by the *FoMO* can cause serious mental distress, even progressing to psychological disorders such as depression or social anxiety [31].

Overall, these three aspects show that *FoMO* is not just a social phenomenon related to digital technology, but also contains a complex psychological dimension and has a real impact on a person's emotional well-being.

Fear of Missing Out (FoMO) Triggers

JWT Intelligence, in its article that examines the phenomenon of *Fear of Missing Out* (FoMO), identifies two factors that are thought to influence the appearance of the *Syndrome*. This is [32]:

1). Unfulfilled psychological need for *relatability* (Social Connectedness)

Concept *Relatedness* refers to the human need to feel connected to others, both in intimate social relationships and in broader contexts, such as groups or communities [33].

2). Unfulfilled psychological needs for self

In psychological theory, the need for *self* is related to the fulfillment of a sense of self-worth, personal identity, and the desire to feel valued and accepted by oneself. This is closely related to how a person perceives himself and how he or she wants to be seen by others [34].

METHODOLOGY

This study uses a qualitative approach with *the library research* method to analyze the interpretation of *the phenomenon of Fear of Missing Out* (FoMO) in scientific papers of students of Qur'an and Tafsir in Indonesia. A descriptive-analytical approach was used to

evaluate the interpretation methods applied by students, including the selection of verses, the relevance of the theory, and the relationship between the concept of FoMO and the principles in the Qur'an.

Data was obtained from various student scientific works, such as theses, theses, and journals that discuss FoMO from the perspective of Qur'an interpretation. Secondary sources in the form of classical and contemporary interpretive literature are used to assess the validity of the interpretations developed in these studies.

The analysis is carried out through interpretation criticism in three main stages, namely conceptual analysis to understand the meaning of FoMO in the context of the Qur'an, methodological analysis to evaluate the interpretation approach used by students, and contextual analysis to assess the relevance of FoMO interpretation to social and cultural life in Indonesia. This study aims to provide a systematic evaluation of students' interpretive tendencies and recommend a more comprehensive and contextual approach to understanding FoMO from an Islamic perspective.

RESULTS AND DISCUSSION

Fear of Missing Out (FoMO) in a Review of the Qur'an and Its Solutions (Analysis of Psychological Approaches) by Putri Awaliyah Denia Sari in 2025

This thesis discusses the phenomenon of *Fear of Missing Out* (FoMO) from the perspective of the Qur'an with a psychological approach. The main objective of this study is to analyze the understanding of FoMO contained in the verses of the Qur'an and identify solutions based on Islamic teachings that can overcome its negative impacts. In terms of methodology, this study uses a qualitative approach with *the library research* method. The main data used include the Qur'an, hadith, and books of tafsir associated with Przybylski's psychological theory related to FoMO. The interpretation used in this study focuses more on the analysis of verses relevant to FoMO, such as Surah An-Nisa [4]: 83, Al-Hadid [57]: 20, and Ar-Ra'd [13]: 28. The findings of this study show that spiritual approaches have a significant role in overcoming the FoMO phenomenon and supporting individual psychological well-being.

Conceptual Criticism: This study seeks to associate the phenomenon of FoMO with Qur'anic verses, such as QS. An-Nisa verse 83 emphasizes the importance of prudence in disseminating information, QS. Al-Hadid verse 20 talks about the importance of faith and perseverance in facing life's challenges, and QS. At-Taubah verse 40 teaches us to stay on lean and trust that Allah will always provide help in every challenge we face. However, the approach used tends to be descriptive and has not shown a deep integration between modern psychological theories, particularly Przybylski's theory of FoMO, and the interpretation of these verses. This results in a lack of in-depth analysis and does not fully explain how the concept of FoMO can be understood in the context of the Qur'an.

Methodological Criticism: This study uses a qualitative method with a literature study approach that is the primary source of data from the Book of the Qur'an and taken from several books of interpretation. However, it does not explicitly mention the use of classical (Tafsir At-Tabari, or Ibn Kathir) or contemporary (Al-Qurtubi, or Tafsir Al-Misbah) as the main reference in analyzing verses related to FoMO.

Contextual Criticism: This study suggests solutions such as gratitude QS. Ibrahim verse 7, do not exaggerate QS. Al-A'raf verse 31, and remembering Allah QS. Ar-Ra'd verse 28 as a way to overcome FoMO. Although these values are important in Islam, the approach used tends to be normative and has not been developed into an applicative strategy that can be applied in daily life, especially in the context of the use of social media which is one of the main triggers of FoMO [35], [36].

Fear of Missing Out Syndrome in the Qur'an (Positive Psychological Analysis of QS. Al-Baqarah [2]: 155-157) by Ru'yatul Ainil Jamil in 2024

This thesis analyzes QS. Al-Baqarah [2]: 155-157 with a positive psychological approach to understanding how the Qur'an responds to the phenomena of *Fear of Missing Out* (Source)MO). This research uses a literature study method by interpreting verses through the perspective of contemporary mufasir with a philosophical and adabi ijtima'i pattern. This study explores how the value of patience and humor in the verse can be a spiritual strategy in dealing with psychological distress due to FoMO. In line with positive psychology, the main solution to negative FoMO lies in strengthening the individual's character through mental endurance, optimism, and self-confidence [37]–[39].

Conceptual Criticism: The author tries to relate the phenomenon of Fear of Missing Out (FoMO) to the exam verses in QS. Al-Baqarah [2]: 155-157 which contains about fear, hunger, and loss of property and soul. However, the direct analogy between the concept of "fear of loss" in the verse and the symptoms of FoMO in the context of contemporary psychology needs to be reviewed more carefully. FoMO in the modern psychological literature refers to social anxiety that arises from the perception that others are enjoying a more enjoyable or more meaningful experience, particularly through exposure to social media. Thus, the substance of FoMO is closer to existential and psychosocial problems than physical calamities or concrete losses as described in the verse. Therefore, a conceptual approach to this verse requires a more in-depth contextual elaboration so that the relevance of the Qur'anic meaning to the FoMO phenomenon is not reductive or oversimplified.

The Qur'an's Solution to the FoMO (Fear of Missing Out) Phenomenon (Descriptive Analysis of Q.S Ibrahim [14] verse 7 and Q.S Al-Hajj [22] verse 36 in Tafsir al-Azhar) By Anisa Sajida in 2023

This thesis uses a qualitative approach with the method of document and literature study (*library research*) to interpret QS. Ibrahim [14]: 7 and QS. Al-Hajj [22]: 36 based on Tafsir al-Azhar by Buya Hamka. This study aims to explore the Qur'an's solution to the Fear of Missing Out (FoMO), which is anxiety due to feeling left behind from other people's experiences. The findings show that QS. Ibrahim [14]:7 emphasizes the importance of gratitude in shifting the feeling of inadequacy towards oneself, while QS. Al-Hajj [22]:36 teaches the value of qana'ah, which is an attitude of acceptance and self-sufficiency, which can reduce social anxiety and existential pressure.

Criticism in terms of Verse Selection: This study chose QS Ibrahim [14]:7 (about gratitude) and Q.S Al-Hajj [22]:36 (about Qurbani) to overcome FoMO. However, specifically, the two verses are more related to the obligation of gratitude and the meaning of sacrifice in worship, rather than to social anxiety or the need for social validation which is the main characteristic of FoMO.

Criticism in terms of Interpretation: This research only focuses on the Tafsir of Al-Azhar by Buya Hamka, even though many other interpretations can be used as a comparison, such as the Classical Tafsir namely the Tafsir of Ibn Katsir, or the Contemporary Tafsir namely Tafsir Al-Misbah by Quraish Shihab.

Criticism in terms of solutions: The solutions offered in this article focus on spiritual values such as gratitude and qana'ah. While important, this approach may not be enough to address FoMO which is also influenced by psychological and social factors. There needs to be a more holistic approach that includes psychological interventions and digital education.

Fear of Missing Out (FoMO) in the Qur'an (Thematic Interpretation Study) by Ayu Nurlaila Sari Siregar in 2022

This thesis analyzes how the concept of FoMO is studied in the interpretation of the Qur'an with a thematic approach. The study uses thematic interpretation methods and content analysis to identify relevant verses, such as QS. Al-Baqarah verse 155 and QS. An-Nisa

verse 83. This research highlights that FoMO is a test from Allah that can be overcome with patience and worship. In addition, the importance of being wise in filtering information is emphasized so that individuals are not easily influenced by social pressures.

Conceptual Criticism

1. Definition of FoMO in Islam: FoMO is known as a psychological phenomenon related to social anxiety due to the use of digital media. This concept needs to be considered in the context of Islamic teachings, whether it has a suitable equivalent or is just an adaptation of modern psychological theory.
2. Connection with Qur'anic Verses: The author connects FoMO with the Qur'an verse. Al-Baqarah: 155 and QS. An-Nisa: 83. The relevance of these verses to FoMO is still a debate because the original context of the verse is more related to the test of life (Fear, Hunger, Lack of Wealth) and the dissemination of information.

Methodological Criticism

1. Limitations of Thematic Interpretation: The Al-Farmawi-style thematic interpretation method used has the potential to produce a partial interpretation of the Qur'anic verses. To understand modern social phenomena such as FoMO, hermeneutic and interdisciplinary approaches can provide more comprehensive results.
2. Validity of Content Analysis: This work uses content *analysis* to examine communication tendencies in verses that are considered related to FoMO. This approach is generally more quantitative, while interpretation requires a more in-depth exploration of the meaning of the verse.

Contextual Criticism

1. Relevance to Digital Life: FoMO in the digital age has unique characteristics that may not be fully covered in the normative approach used in this interpretation. A more contextual approach to interpretation by considering technological developments is important.
2. Solutions Offered: This work proposes prayer and patience as the main solution to face FoMO, referring to QS. Al-Baqarah: 155. This approach needs to be combined with a more modern psychological approach to be more applicable in today's digital life.

The Psychology of Fear of Missing Out in the Qur'an (A Study of Tafsir in Q.S. An-Nisa' Verse 83) by Miftahu Alfi Zahrotus Shiyami, Salim Ashar, and Farhan Masrury in 2024

This article analyzes QS. An-Nisa' verse 83 in the context of *Fear of Missing Out (FoMO)* due to information inequality that is easily accessible through digital technology. By using thematic interpretation approaches and sources from classical to modern textbooks, this study found that FoMO occurs due to unequal access to information, making individuals feel left behind.

Solutions provided by QS. An-Nisa' verse 83 is to verify the information before believing it and asking the expert so that one can avoid anxiety due to information that is not necessarily true. The adabi *ijtima'i* interpretation approach used emphasizes the importance of critical awareness in sorting out information to prevent social unrest [40], [41].

1. Conceptual Criticism: The author relates the phenomenon of FoMO to QS. An-Nisa' verse 83 is related to the dissemination of information. This is indeed relevant in the context of the infodemic, but it oversimplifies FoMO as a matter of fear of losing information. In fact, in psychology, FoMO also includes emotional and existential aspects of inadequacy, social anxiety, and self-meaning crises that have not been discussed in full in this article.
2. Methodological Criticism in Terms of the Confusion of Psychological Integration: It is referred to as a study of Qur'anic psychology, but this article does not explicitly explain its psychological approach using the framework of Islamic psychology (e.g. al-Ghazali,

Ibn Qayyim), or contemporary Western psychology (e.g. Przybylski). Adding perspectives from contemporary scholars can enrich the analysis and provide broader insights into the application of Islamic teachings in facing the challenges of the times.

3. Contextual Criticism: The author proposes solutions in the form of seeking the truth of the news and asking experts, but it is not enough to describe practical steps that can be directly applied in daily life, especially in dealing with addiction to social media.

Qur'anic Stories in the Al-Qur'an and its Relevance to the Fear of Missing Out (FOMO) by Dimas Haryo Yudhanto in 2025

This thesis analyzes FoMO From the perspective of Qur'anic Stories, using Thematic Interpretation and Descriptive-Analytical. Some of the stories studied, such as Habil and Qabil and Prophet Joseph, describe the impact of social jealousy and competition, which is relevant to the phenomenon of FoMO. Qur'anic solutions to overcome FoMO Include Remembrance, Trust, and Focus on the Hereafter, so that individuals are wiser in responding to information inequality and social comparison. This study highlights how the Qur'anic story can be a guide in dealing with modern psychological challenges [42], [43].

Conceptual Criticism: This research needs to consider that the FoMO concept used follows the developing psychological and social definitions. The FoMO phenomenon has far-reaching implications in modern human behavior, so connecting it to the Qur'anic story requires a clear and in-depth theoretical framework.

Methodological Criticism: This study uses a literature study approach and content analysis. This method needs to be criticized in terms of the extent to which the relationship between the interpretation of the Qur'an and the FoMO phenomenon can be explained scientifically based on the data used needs to be strong enough to establish a relationship between the Qur'anic story and the social phenomena that develop in the digital era.

Contextual Criticism: This research needs to consider the social and cultural conditions of social media users in understanding the impact of FoMO and the relevance of Qur'an interpretation in today's digital life. The influence of social media on human psychology is increasingly complex, so the interpretation approach must consider these dynamics so that the solution is applicable and relevant.

The Relevance of The Concept of Gratitude in The Qur'an for Reducing the Negative Impact of Fomo (Thematic Approach) by Baiq Putri Ayu Maulida in 2024

This thesis highlights the concept of gratitude in the Qur'an as a way to reduce the impact of FoMO, using a thematic interpretation approach with sources from classical and modern textbooks. The results showed that gratitude helped individuals accept circumstances, increase life satisfaction, and reduce anxiety due to social comparisons. By appreciating the blessings that one has and surrendering oneself to Allah, one can face FoMO more calmly.

This study combined the psychological literature, with no empirical data or case studies supporting the relationship between gratitude practice and FoMO reduction. The addition of empirical data, such as surveys or interviews, can reinforce findings and provide concrete evidence.

This research has not explored in depth how the concept of gratitude is applied in certain socio-cultural contexts, such as in Indonesia. Given that FoMO can be influenced by cultural factors, contextual analysis can provide a deeper understanding.

This study highlights the importance of gratitude in overcoming FoMO, but there are not many strategies or practical steps to apply the concept of gratitude in daily life. The addition of practical recommendations can increase the applicability of research findings.

Analysis of Fear of Missing Out (FoMO) Behavior on Instagram in the Perspective of Hadith by Fahmi Azzaki, Uswatun Hasanah, and Sulaiman Muhammad Nur

This article analyzes FoMO on Instagram from the perspective of the Prophet's hadith, using a literature review and digital content analysis. The results show that FoMO can hurt mentally and spiritually, but it can be managed with gratitude, qana'ah, and tawakkal according to Islamic teachings. If directed correctly, FoMO can also increase motivation and creativity.

Methodological Criticism: This study relates FoMO to several hadiths, but the analysis of Matan (hadith content) and sanad (narration path) of the hadith used is less in-depth. This research can be strengthened by a critical study of the authenticity and context of the cited hadiths, as well as how they are relevant to the FoMO phenomenon.

Contextual Criticism: This study relates the hadiths about gratitude, qana'ah, and tawakkal to the FoMO phenomenon, but lacks depth to the historical and situational context of these hadiths. A deeper understanding of the context of the hadith can provide a more accurate and applicable interpretation of the FoMO phenomenon.

Table 1. Criticism of the Interpretation of the FoMO Phenomenon in Students' Scientific Papers

| No | Title of Work | Study Focus | Conceptual Criticism | Methodological Criticism | Contextual Criticism |
|----|--|--|---|--|---|
| 1 | Fear of Missing Out (FoMO) in the Qur'an Review and Its Solutions (Analysis of Psychological Approaches) | The verses of the Qur'an are relevant to FoMO and spiritual solutions based on the psychological theory of FoMO. | There has not been a deep integration between Przybylski's theory of FoMO and the interpretation of the verse, tending to be descriptive. | It is not explicitly explained to refer to classical and contemporary interpretations as the main source in the analysis of FoMO verses. | The proposed solution is normative (gratitude, not excessive, dzikrullah), not yet applicable to the social media context that triggered FoMO. |
| 2 | Fear of Missing Out Syndrome in the Qur'an | QS analysis. Al-Baqarah [2]: 155-157 Through positive psychology | Equating "fear of losing" in test sentences with FoMO is oversimplified; It needs more contextualization. | The positive psychology approach is not explicitly explained, the integration with interpretation is still normative. | Spiritual-based solutions need to be developed towards contextual character and confidence in social media. |
| 3 | The Qur'an's Solution to the FoMO Phenomenon (Descriptive Analysis of QS Ibrahim [14]:7 and QS Al-Hajj [22]:36 in Tafsir al-Azhar) | Gratitude and qana'ah as Qur'anic solutions to FoMO | The verse selection is more about gratitude and sacrifice than social anxiety or digital validation in FoMO. | Limited to Tafsir Al-Azhar, it is less comparable to other classical and contemporary interpretations. | The solution is only in the form of spiritual values; The approach is not holistic enough because it does not include psychosocial aspects and digital education. |
| 4 | Fear of Missing Out (FoMO) in | Thematic interpretation | FoMO as a modern | Thematic interpretation | Normative solutions |

| | | | | | |
|---|--|---|---|---|---|
| | the Qur'an (Thematic Interpretation Study) | of QS. Al-Baqarah: 155 and QS. An-Nisa: 83 in response to FoMO | psychological concept does not yet have a definite equivalent in Islam; the original context of the verse is not directly related to FoMO. | methods and content analysis tend to result in partial interpretations; Content analysis is more suitable for quantitative approaches, not interpretations. | (prayer and patience) are not enough to answer today's digital challenges; they need a modern psychological approach. |
| 5 | Psychology of Fear of Missing Out in the Qur'an (Study of Tafsir in QS. An-Nisa' Verse 83) | The dissemination of digital information and FoMO in the context of QS. An-Nisa' verse 83 | The reduction of the meaning of FoMO to the fear of losing information only; has not addressed the existential aspects and crisis of meaning in FoMO. | It does not explain the psychological framework used, both Islamic (Ghazali, Ibn Qayyim) and Western psychology (Przybylski). | Information verification solutions have not touched the root of anxiety due to social media and are not accompanied by applicable steps. |
| 6 | Qur'anic Stories In The Al-Qur'an And Its Relevance To The Fear Of Missing Out (FoMO) | Analysis of the Qur'anic story (Habil-Qabil, Yusuf) in the context of FoMO | The concept of FoMO needs to be placed within the framework of a clear psychological theory so that it is not just analogous. | The approach of content and literature analysis needs to be tested for validity in connecting the Qur'anic story with digital phenomena. | The relevance of interpretation must be associated with the dynamics of digital culture and the social conditions of social media users. |
| 7 | The Relevance Of The Concept Of Gratitude In The Qur'an For Reducing The Negative Impact Of FoMO | Gratitude in the Qur'an as an antidote to the negative impact of FoMO | It does not present empirical data showing a direct relationship between gratitude and a decrease in FoMO. | It is not explored in the cultural context as in Indonesia; limitations on the application of the concept of gratitude in local culture. | There is no practical strategy for implementing gratitude in digital life; The solutions tend to be general. |
| 8 | Analysis of Fear of Missing Out (FoMO) Behavior on Instagram in the Perspective of Hadith | FoMO on Instagram is studied from the perspective of the hadith of the Prophet. | Lack of depth of difference between the motivation of modern digital behavior and the social context of the time of the Prophet; The interpretation of the hadith needs to be strengthened in the context of contemporary | The thematic hadith approach is quite appropriate, but it needs a more explicit method of takhrij and sanad criticism to be more scientific. | The context of Instagram as a visual medium has not been analyzed in depth; Religious solutions are still general and have not targeted the characteristics of young digital users. |

Based on the image above, it can be analyzed that the presentation of criticism of students' scientific works that discuss the phenomenon of Fear of Missing Out (FoMO) from the perspective of the Qur'an and hadith, in general, there are three main criticisms in each work: conceptual, methodological, and contextual. Conceptually, the majority of works have not integrated modern psychological theories such as Przybylski's theory in depth into the interpretation of the verse, so the interpretation tends to be descriptive and analogous. For example, the concept of FoMO is often simplified to the fear of losing information, even though it includes an existential dimension and a crisis of meaning.

Methodologically, the approach used is still limited, such as using only one tafsir (e.g. Tafsir Al-Azhar) without comparison with classical and contemporary interpretations. In addition, some works do not mention a clear psychological framework, either from the Islamic or Western traditions. Thematic approaches and content analysis are also often not accompanied by methodological validation.

Contextually, the solutions offered are generally normative and spiritual, such as gratitude, patience, and dhikr. However, this solution is not enough to answer the challenges of FoMO in the digital era, especially in social media. These works also tend to ignore aspects of digital education, local cultural dynamics, and characteristics of young users. Thus, further research needs to prioritize the integration of psychological theory, strong interpretation methodologies, and approaches that are relevant to contemporary digital reality.

CONCLUSION

Criticism of the interpretation of the phenomenon of *Fear of Missing Out (FoMO)* in scientific papers by students of the Qur'an and Tafsir in Indonesia shows that there are various approaches to understanding FoMO from an Islamic perspective. An analysis of these works reveals that most students use thematic interpretation methods (*maudhu'i*) and psychological approaches to associate FoMO with the concept of spirituality in the Qur'an. Although some works have attempted to connect the phenomenon of FoMO with Islamic values such as patience, gratitude, and tawakkal, there are weaknesses in methodological and contextual aspects. Some studies tend to lack consideration of psychological and social factors more broadly, so the analysis produced is still limited to textual interpretation. In addition, the relationship between the interpretation of the Qur'an and the phenomenon of FoMO in the digital era requires a multidisciplinary approach to be more applicable in modern life. Thus, it is necessary to strengthen methodologies and analyses in research related to FoMO so that the results are more relevant and can provide contextual solutions to social anxiety in the digital era. A more integrative approach between interpretation, psychology, and social media studies can be the main recommendation for students in developing a more comprehensive understanding of FoMO from the perspective of the Qur'an.

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Author Contribution

All authors contribute equally to the publication of this paper, all authors read and agree to this paper, and all authors declare no conflict of interest.

Conflicts of Interest

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