The Effect of Self-Control on Fear of Missing Out (FOMO) Among Generation Z Roblox Players in Bekasi City

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Abstract: The phenomenon of impulsive purchasing of virtual items in online games such as Roblox is increasingly experienced by Generation Z and is often associated with low self-control and heightened Fear of Missing Out (FoMO) on social experiences. This study aims to examine the effect of self-control on fear of missing out among Generation Z Roblox players in Bekasi City. A quantitative approach was employed using simple linear regression analysis. The participants consisted of 184 Generation Z individuals selected through purposive sampling. Data were collected using self-control and online for fear of missing out scales and analyzed with the JASP statistical application. The results indicate that self-control has a negative and significant effect on fear of missing out, suggesting that higher self-control is associated with lower levels of fear of missing out. However, most participants were classified in the moderate category for both self-control and fear of missing out, indicating that self-control alone was not sufficient to reduce fear of missing out to a low level. This study concludes that self-control plays an important role in suppressing fear of missing out among Generation Z Roblox players, although additional psychological factors are needed to further reduce this tendency.

Keyword: Self-control, Fear of Missing Out (FoMO), Generation Z, Roblox, Impulse Purchases.

INTRODUCTION

One of the online gaming platforms that is currently popular among Generation Z is Roblox, as it provides players with extensive freedom to create content and interact with others within a virtual environment. Players are able to customize 3D virtual avatars using various items such as clothing, hairstyles, and accessories, as well as unlock paid games or game passes using Robux as the in-game virtual currency (Yahsy & Syas, 2022). These purchasing activities are part of a virtual lifestyle in which players tend to follow the latest trends in order to remain socially connected within the game environment. However, such freedom may also give rise to impulsive buying behavior, defined as spontaneous purchasing decisions made without

careful prior planning and driven primarily by emotional impulses or momentary desires. This behavior emerges when players feel compelled to purchase attractive items in order to appear unique and up-to-date with prevailing social trends within the game (Taufiq & Sobari, 2023).

The ease of access and the implementation of microtransaction systems within Roblox further facilitate this process, allowing purchases to be completed within only a few minutes. In this context, impulsive buying represents a tangible form of virtual consumption shaped by the dynamics of the digital environment. Such impulsive behavior reflects a consumption pattern commonly observed among Generation Z in the digital era, where the boundary between needs and desires becomes increasingly blurred as their engagement with online games such as Roblox intensifies.

Impulsive buying behavior among Generation Z Roblox players emerges as a consequence of the interactive environment and the desire to possess virtual items. This phenomenon is associated with various psychological issues, particularly limited ability to regulate immediate impulses, which reflects low self-control defined as the inability to resist desires despite awareness that the decision may not be fully rational (Afandi & Hartati, 2017). Game environments characterized by strong visual stimuli and seamless transaction processes encourage players to make immediate purchases before perceived opportunities disappear. Low self-control among Generation Z Roblox players makes it difficult for them to resist purchasing trending items owned by their peers, spending Robux without prior planning to participate in limited-time events or promotions and engaging in spontaneous purchases despite the absence of urgent in-game needs.

In addition, Fear of Missing Out (FoMO) is evident through feelings of anxiety when individuals fail to keep up with the latest trends or fall behind their peers' activities within the game (Juliandhani & Tjahjawati, 2025). This situation generates social pressure that compels individuals to continuously monitor updates, frequently access the game to observe community activities, and strive to remain actively involved in their digital social environment. The presence of highly interactive platforms such as Roblox intensifies FoMO and highlights the challenge of self-regulation as a characteristic behavioral pattern among Generation Z, who have grown alongside technology and social media. These platforms continuously present diverse digital stimuli, including emerging trends and appealing virtual item promotions, ultimately creating a dilemma between genuine needs and momentary emotional urges (Nguyen & Nguyen, 2025)

The phenomenon of impulsive buying among Generation Z Roblox players in Indonesia has been widely associated with low self-control and high levels of Fear of Missing Out (FoMO). Several Indonesian studies indicate that approximately 50–64% of adolescent and university student respondents exhibit low to moderate levels of self-control, which increases their vulnerability to impulsive purchasing behavior (Arifianti, 2024). Local research further demonstrates a negative relationship between self-control and FoMO, whereby lower self-control intensifies FoMO and triggers consumptive behaviors, including the purchase of virtual items in online games (Sutinah & Hanifah, 2025). Within the broader digital culture context, reports from APJII (2024) indicate that Generation Z constitutes 34.40% of internet users in Indonesia. This is supported by data from *We Are Social*, which show that Indonesians spend an average of approximately 7 hours and 38 minutes per day accessing the internet, including for social media and online gaming activities.

Among Generation Z individuals who engage in impulsive buying while playing Roblox, Fear of Missing Out (FoMO) manifests through a persistent tendency to follow social activities such as purchasing newly released items, participating in limited-time events, and keeping up with trends widely adopted by other players, leading to anxiety stemming from the fear of being socially excluded (Cahyadi, 2021). Additional symptoms include the development of emotional dependence on virtual social status, where self-worth is evaluated

based on the completeness or monetary value of virtual items owned within Roblox, as a means of maintaining social recognition and acceptance in the digital environment (Blackwell et al., 2017). FoMO is also reflected in the compulsive urge to stay updated and repeatedly check digital notifications without a clear purpose, solely to ensure that no social experiences or opportunities are missed (Elhai et al., 2021). These behavioral patterns indicate that FoMO not only generates fear of missing out but also triggers social anxiety that leads to irrational, spontaneous purchasing decisions, thereby reinforcing impulsive buying behavior among Roblox players.

Self-control plays a crucial role in influencing the level of Fear of Missing Out (FoMO), as insufficient self-regulation can result in difficulty resisting the urge to constantly stay informed about the latest developments (Nafisah et al., 2024). Individuals with low self-control tend to check notifications more frequently, experience anxiety when unable to participate in limited time events and rapidly purchase virtual items in order to remain socially connected within digital communities. Conversely, individuals with high self-control are more likely to refrain from impulsive virtual purchases, as they are better able to evaluate needs and prioritize rational decision-making. These findings suggest that self-control is a key psychological factor influencing FoMO intensity, particularly among Generation Z individuals who are actively engaged in digital social environments such as Roblox. Therefore, this study aims to address the following research question: Is there an effect of self-control on Fear of Missing Out (FoMO) among Generation Z individuals who play Roblox in Bekasi City?

METHOD

This study employed a quantitative research approach. According to Sugiyono (2023) quantitative research is a method used to examine a specific population or sample by collecting data through research instruments and conducting statistical data analysis to test predetermined hypotheses. The type of research applied in this study was an effect-testing (causal) design, which aimed to examine whether self-control has a significant effect on Fear of Missing Out (FoMO).

In research, the population plays a crucial role as it serves as the primary source of information. Hutahaean and Perdini (2023) define a population as a research domain consisting of a number of observable objects characterized by specific quantitative properties and attributes that correspond to the characteristics of the subjects under investigation. A sample refers to a subset or representative portion of the population selected as the source of research data. A sample is also defined as a specific part of a population chosen for investigation, based on the assumption that it possesses characteristics similar to those expected of the research subjects (Hutahaean & Perdini, 2023).

The sample size was determined using G*Power version 3.1.9.7, which indicated a minimum requirement of 134 participants. To enhance statistical reliability, the final sample consisted of 150-200 Generation Z Roblox players aged 13–28 years who frequently purchased Robux or in-game items and were domiciled in Bekasi City

Sampling was conducted using a non-probability sampling method with a purposive sampling technique. Non-probability sampling refers to a sampling method in which not all members of the population have equal opportunities to be selected as research participants. Only individuals who meet specific criteria are eligible to participate. Through purposive sampling, the researcher establishes predetermined inclusion criteria and subsequently selects participants who align with those criteria (Periantalo, 2016).

This study utilized the Online Fear of Missing Out (ON-FoMO) scale, which was adapted by Kurniawan and Utami (2022) based on the dimensions proposed by Sette et al (2019) Need to Belong, Need for Popularity, Anxiety, and Addiction. Additionally, the study employed the Brief Self-Control Scale adapted by Anggraini (2019) which is based on the self-

control dimensions proposed by Tangney et al (2004), including Self-Discipline, Deliberate/Non-Impulsive behavior, Healthy Habits, Work Ethic, and Reliability.

The analytical method used in this study was simple linear regression analysis. According to Sugiyono (2023), regression analysis is applied to predict changes in the dependent variable based on variations in the independent variable. Simple linear regression was selected to examine and validate the effect of self-control on Fear of Missing Out (FoMO), specifically to determine the direction (positive or negative) and magnitude of the relationship between the two variables. Statistical analyses were conducted using JASP software version 0.95.4.

RESULT AND DISCUSSION
Results

The respondents in this study consisted of Generation Z individuals who play Roblox and are domiciled in Bekasi City. In this study, Generation Z was defined as individuals aged between 15 and 28 years. Participants were selected based on specific inclusion criteria, namely being active Roblox players and frequently engaging in the purchase of Robux or other virtual items within the Roblox platform. A total of 184 respondents met the research criteria and voluntarily participated by completing the questionnaire.

Prior to conducting the regression analysis, this study first applied the Pearson product–moment correlation test to examine the strength of the relationship between self-control and Fear of Missing Out (FoMO). The results of the correlation analysis are presented as follows:

Table 1. Pearson Product–Moment Correlation Results

	Variable		Self-control	Fear of Missing Out (FoMO)
1.	*Self-control*	Pearson's r	—	
		p-value	—	
2.	*Fear of Missing Out* (FoMO)	Pearson's r	-0.567***	—
		p-value	<.001	—

The correlation coefficient was −0.567 with a significance value of 0.001 ($p < 0.05$), indicating a statistically significant negative relationship between self-control and Fear of Missing Out (FoMO). Based on this result, a simple linear regression analysis was subsequently conducted, with the following results:

Table 2. F-Test Results

Model		Sum of Squares	df	Mean Square	F	p
1	Regression	14208	1	14208.4	86.31	<.001
	Residual	29959	182	164.6		
	Total	44168	183			

The calculated F value was 86.31 with a significance level of 0.001 ($p < 0.05$), indicating that the regression model was statistically significant and that self-control had a significant effect on Fear of Missing Out (FoMO).

Table 3. Model Summary

Model	R	R Square	Adjusted R Square	RMSE
1	0.567	0.322	0.318	12.83

Based on the model summary table, the R-squared value was 0.322, indicating that Self-Control explained 32.2% of the variance in Fear of Missing Out (FoMO), while the remaining variance was attributable to other factors not examined in this study.

Table 4. Coefficients

Model		Unstandardized	Standar Error	Standardized	t	p
1	(Intercept)	110.525	5.338		20.703	<.001
	Self-control	- 0.895	0.096	- 0.567	-9.291	<.001

Based on the coefficients table, a simple linear regression equation was obtained as follows:

$Y = a + bX$

$Y = 110.525 – 0.895$

The regression analysis revealed a negative effect of Self-Control on Fear of Missing Out (FoMO) among Generation Z individuals who play Roblox in Bekasi City. This finding is indicated by the regression coefficient of −0.895, which suggests that for every one-unit increase in Self-Control (X), the level of FoMO decreases by 0.895 units.

Furthermore, when Self-Control is held constant at zero, the predicted FoMO score is 110.525. These results indicate that higher levels of self-control are associated with lower levels of Fear of Missing Out (FoMO) among Generation Z Roblox players in Bekasi City.

Discussion

Hypothesis testing using the Pearson product–moment correlation yielded a correlation coefficient of −0.567 with a significance value of 0.001 (p < 0.05), indicating a statistically significant negative relationship between self-control and Fear of Missing Out (FoMO). This result suggests that individuals with higher self-control are better able to resist immediate urges, such as purchasing virtual items or participating in limited-time events, even when peers have already done so. This finding is consistent with the research of Charan and Rahayu (2022), as well as Prasetianingsih et al (2025), who reported that individuals with moderate self-control are capable of suppressing impulsive urges and refraining from impulsive purchasing behaviors despite social pressure.

Furthermore, regression analysis revealed an F-value of 86.31 with a significance level of 0.001 (p < 0.05), indicating that Self-Control had a statistically significant effect on Fear of Missing Out (FoMO). The correlation coefficient (R) was 0.567, and the coefficient of determination (R²) was 0.322, indicating that Self-Control accounted for 32.2% of the variance in FoMO. These findings suggest that self-control explains only part of the variability in FoMO and is therefore not sufficiently strong to reduce FoMO to a low level. The remaining variance is influenced by other factors not examined in this study. In addition, the regression coefficients indicated a negative effect, confirming that higher levels of self-control are associated with lower levels of Fear of Missing Out (FoMO). This finding is in line with Pangesti et al (2022), who found that self-control and FoMO significantly contribute to the emergence of impulsive buying behavior.

This study reveals a significant negative effect between self-control and Fear of Missing Out (FoMO). These findings indicate that self-control plays a role in reducing FoMO among

Generation Z individuals who play Roblox in Bekasi City. This result is consistent with the study by Zhafirah, Kosasih, and Zakariyya (2023), which reported a significant negative effect of self-control on Fear of Missing Out (FoMO)

However, based on the R² value, it can be concluded that self-control does not fully explain the variability of FoMO, indicating the presence of other contributing factors. Supporting this conclusion, Vikcyyati and Rozali (2023) reported that self-regulation has a significant negative effect on FoMO, suggesting that adolescents with higher self-regulation tend to experience lower levels of FoMO. Similarly, Fitri et al (2024) found that self-esteem has a significant negative effect on Fear of Missing Out (FoMO).

CONCLUSION

Based on the findings of this study, it can be concluded that self-control has a significant negative effect on Fear of Missing Out (FoMO) among Generation Z Roblox players in Bekasi City. These findings indicate that higher levels of self-control are associated with lower levels of FoMO. However, the magnitude of this effect was moderate, suggesting that self-control alone is not sufficient to reduce FoMO to a low level. This indicates that Fear of Missing Out among Generation Z Roblox players in Bekasi City is influenced not only by self-control but also by other psychological factors that were not examined in this study. Therefore, self-control functions as a protective factor against FoMO, but it is not the sole determinant in reducing FoMO among Generation Z Roblox players in Bekasi City.

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