

# Fear of Missing out and Social Comparison as Predictors of Body Image Dissatisfaction among Filipino Senior High School Students

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## ABSTRACT

Body image dissatisfaction is a relevant psychological concern during adolescence, a developmental period characterized by increased self-awareness and sensitivity to peer evaluation and social standards. This study examined Fear of Missing Out (FoMO) and Social Comparison as predictors of Body Image Dissatisfaction among Filipino Senior High School Students. Specifically, it determined the levels of FoMO, Social Comparison, and Body Image Dissatisfaction, examined their relationships, and determined the predictive contributions of FoMO and Social Comparison to Body Image Dissatisfaction. A quantitative, non-experimental, correlational-predictive design was employed. A total of 130 Senior High School students participated in the study. Data were collected using the Fear of Missing Out Scale, Social Comparison Scale, and Body Shape Questionnaire-16A. Descriptive statistics, Pearson correlation, and multiple linear regression were used to analyze the data. Results indicated moderate levels of FoMO and Body Image Dissatisfaction, whereas Social Comparison reflected a moderate level of unfavorable social self-evaluation. Further, FoMO demonstrated a strong positive relationship with Body Image Dissatisfaction ( $r = .705, p < .001$ ), while Social Comparison demonstrated a moderate positive relationship with Body Image Dissatisfaction ( $r = .525, p < .001$ ). Multiple regression analysis further showed that FoMO and Social Comparison significantly predicted Body Image Dissatisfaction, collectively explaining 60.1% of its variance. FoMO was the stronger predictor ( $\beta = .600, p < .001$ ) compared to Social Comparison ( $\beta = .339, p < .001$ ). The findings indicate that higher levels of FoMO and Social Comparison are associated with greater Body Image Dissatisfaction among Filipino Senior High School students.

**Keywords:** Fear of Missing Out, Social Comparison, Body Image Dissatisfaction, Senior High School students, Filipino adolescents

## INTRODUCTION

Adolescence is a critical stage of human development, where one goes through significant changes in physical, cognitive, and psychosocial growth (World Health Organization, 2025). One of the prevalent concerns faced by adolescents nowadays is the rising experience of Body Image Dissatisfaction. This discontentment of one's body appearance has become a global phenomenon, where distressed individuals associate themselves with extreme behaviors such as putting efforts in correcting their perceived distorted body image (Hicks et al., 2022). Preoccupation with body image dissatisfaction creates imbalance in youths, as this leads to disproportionate time being spent worrying about their appearance (United Nations Children's Fund, n.d.).

A multinational study conducted across six countries (Australia, Canada, Chile, Mexico, the United Kingdom, and the United States) found that 45% of youths have perceived ideal body sizes, while 35% and 20% had perceptions that they are larger and thinner than ideal (Hock et al., 2025). Likewise, Milton et al. (2021) compared data from the web-based Global Health and Wellbeing Survey 2015 with web-based surveys of 2009 and 2012, revealing 75.19% of men and women aged 16-25 experience distress in their body image in countries like Australia, Canada, New Zealand, the United Kingdom, and the United States. Moreover, adolescents in Kathmandu Metropolitan City had a prevalence rate of 24.3% for Body Image Dissatisfaction

(Tamrakar et al., 2026), while 18.5% were reported from Hawassa City, Ethiopia (Jebero et al., 2024). In Korea, 51.8% of adolescents were found to have distorted body image (Hyun et al., 2014), while 10<sup>th</sup> to 12<sup>th</sup> graders in Thailand also perceived their bodies not in the ideal size, as a large proportion of males (44%) and females (66%) reported thinner figures as the ideal (Chongwatpol & Gates, 2016). The idealization of thinness found through social media following also increased the likelihood of body dissatisfaction among female Japanese Junior High School students (Hosokawa et al., 2023).

In the Philippines, body image dissatisfaction has likewise emerged as an important psychological concern among adolescents, which does not occur in isolation. A nationwide survey by Arkipelago Analytics (2025) revealed that 52% of Filipinos ages 18-24 reported having negative well-being due to body image concerns, where the frequently mentioned consequences were low self-esteem or self-worth, followed by increased stress or anxiety. As the young adult women in Metro Manila have social media addiction (91.11%), its mere existence is associated with body image and social comparison (Gamboa et al., 2023). The body image dissatisfaction among SHS students in Dumaguete City, on the other hand, was positively correlated with their Eating Attitudes Test (EAT-26) scores (Longakit, 2023). Although Davao City has recorded a moderate body image perception among its SHS students, challenges such as external pressures and body modification remained evident (Carballo et al., 2024).

Given adolescents' heightened sensitivity to physical appearance, environmental contexts may contribute to body image dissatisfaction. Among these, the widespread use of social media has received considerable attention across studies. According to Nagata et al. (2025), 69.5% among adolescents between 11 and 15 years old in the United States reported having at least one social media account, where TikTok (67.1%) was commonly used, followed by YouTube (64.7%) and Instagram (66.0%). These and other mediums provide them with opportunities for communication, information, self-expression, and social interaction. Accordingly, teenagers' behaviors are found to conform to influencers' distinctive features such as ideal beauty, lifestyle, and attractiveness (Lajnef, 2023).

Contemporary psychological research has increasingly focused on the psychological experiences that arise within these digital environments. Fear of Missing Out (FoMO) and Social Comparison have been potential factors associated with adolescents' body image dissatisfaction. FoMO is a term coined in 2004 to describe a phenomenon in various social contexts, however commonly observed on social media (Gupta & Sharma, 2021). It refers to the pervasive apprehension that others may be having rewarding experiences from which one is absent, accompanied by a desire or compulsive behavior to maintain with what others are doing (Przybylski et al., 2013). Adolescents who are infused with social media often feel compelled to monitor the trends. Individuals with FoMO place considerable value on social evaluation and belongingness. Higher levels in this phenomenon are associated with problematic behaviors due to social media use, psychological distress, and decreased well-being (Oberst et al., 2017).

Another psychosocial experience associated with body image dissatisfaction is Social Comparison. It is when individuals tend to evaluate their abilities, opinions, and characteristics by comparing themselves with other people (Festinger, 1954). During adolescence, social comparison is particularly relevant because of peer acceptance and social belonging. In this developmental period, there are numerous opportunities for adolescents to engage in appearance-based comparisons with peers, influencers, and celebrities. According to Gamboa et al. (2023), a tendency toward social comparison is associated with social media addiction among Filipino adolescents. And social media engagements may highly contribute to adolescents' feelings of inadequacy and dissatisfaction with their physical appearances (Fardouly & Vartanian, 2016).

There is substantial literature on the association of social media to Fear of Missing Out, Social Comparison, and Body Appearance (Bissell & Chou, 2024; Bonfanti et al., 2025; Steinberger & Kim, 2023). While much of the available research focuses on the broader concern of psychological distress, with more evidence originating from Western populations, there is scarce knowledge on the influence of FoMO and Social Comparison to Body Image Dissatisfaction among adolescents from other parts of the world. Despite the emerging studies in the Filipino context, there is still limited evidence in the Philippine localities and communities, like in Monkayo, Davao de Oro. The lack of localized evidence in this area would make it

difficult to determine the patterns observed in other local settings to characterize the experiences among youths of Monkayo, Davao de Oro. By examining the variables in this particular setting, there may be a more localized understanding of the relationship and predictive influence of FoMO and Social Comparison toward Body Image Dissatisfaction. Most importantly, evidence of this study may contribute to the growing body of research in the Philippines, which is beneficial in building and strengthening programs for adolescents' mental health.

## REVIEW OF RELATED LITERATURE

### Body Image Development and Body Image Dissatisfaction during Adolescence

Several scholarly findings have emphasized that adolescents tend to evaluate their physical appearances because that's how they are continually shaped by interactions with peers, family, and broader sociocultural influences, contributing to the development of body image (Grogan, 2016). According to Cash and Pruzinsky (2002), body image refers to how individuals perceive, feel, and think about their physical appearance. The concept of body image encompasses both positive and negative evaluations of one's body. When these evaluations become predominantly negative, individuals may experience body image dissatisfaction. Body image dissatisfaction occurs when one perceives disparity between their actual appearance and their ideal appearance. Consistent with this, Grogan (2016) described body image dissatisfaction as the presence of negative thoughts and feelings towards one's own body shape, weight, parts, or global appearance.

Since adolescence is the developmental period where body image becomes vital, researchers likewise acknowledge that it's also a time in which body image dissatisfaction commonly emerges for this particular population (Steinberg, 2017). Even though body image concerns may occur across the lifespan, they become particularly prominent during adolescence because physical changes of the body increase self-consciousness (Allen & Walter, 2016). Further empirical evidence has consistently associated body image dissatisfaction with various psychological problems, including anxiety, low self-esteem, depressive symptoms, and maladaptive eating behaviors (Rodgers & Melioli, 2016).

Some contemporary research suggests that individual differences such as peer relationships, family dynamics, self-esteem, and exposure to sociocultural ideals and values may either increase or buffer adolescents' vulnerability to developing negative body perceptions (Iannattone et al., 2025). This entails that body image dissatisfaction is not an inevitable experience for adolescents but rather the product of multiple psychosocial influences.

### Fear of Missing Out among Adolescents

Fear of Missing Out (FoMO) has emerged as a psychological experience in contemporary psychological research due to its association with adolescents' well-being, interpersonal relationships, and digital-related behaviors. FoMO has been generally understood as others may be having rewarding experiences from which an individual is absent, accompanied by a compelling desire to be consistently connected with others (Przybylski et al., 2013). Since its emergence, studies have expanded the understanding of FoMO beyond its association with social media networking platforms, recognizing it as a broader psychosocial phenomenon that represents individuals' emotional functioning and social relatedness (Elhai et al., 2021). Likewise, Akbari et al. (2021), in their systematic review and meta-analysis of FoMO and internet use, concluded that FoMO is influenced by multiple psychological and social factors rather than technology use alone. Researchers Dhir et al. (2018) found that higher levels of FoMO are associated with poorer psychological well-being and reduced life satisfaction among young individuals. These findings are likewise reported by Tomczyk and Selmanagic-Lizde (2018), who found that adolescents experiencing increased FoMO were more likely to exhibit symptoms of anxiety, depression, and emotional distress. These findings suggest that FoMO represents broader psychosocial vulnerabilities, especially exacerbated by excessive engagement with social media.

Moreover, Adelhardt et al. (2018) reported that beyond its psychological implications, FoMO has also been associated with various maladaptive behavioral outcomes. Individuals with higher levels of FoMO were significantly more likely to engage in problematic internet use. Similarly, Fioravanti et al. (2021) found

through meta-analysis that FoMO was constantly associated with both the use and problematic use of social networking sites across different populations. These findings suggest that adolescents experiencing higher levels of FoMO often engage in compulsive online behaviors in an attempt to remain socially connected and avoid missing idealized rewarding experiences shared by other people. Consequently, adolescents who perceive themselves as excluded from rewarding social experiences may experience concerns regarding peer acceptance and interpersonal relationships, making them more vulnerable to experience FoMO than individuals in later developmental stages (Alt & Boniel-Nissim, 2018).

### **Social Comparison among Adolescents**

As adolescents become increasingly concerned with the approval of others, they are more likely to engage in upward social comparison, wherein they compare themselves to those they perceive as superiors in terms of achievements, appearances, and social status in life (Liu et al., 2025). Among adolescents, this tendency of upwardly comparing with other individuals who are better than themselves makes it easier for them to realize the gap between themselves and others, thus they experience negative emotionality (Appel et al., 2015; Aubry et al., 2024). Such a manner of comparison has been associated with lower levels of self-esteem, which leads to poor appearance satisfaction and social connectedness, as these comparisons highlight their deficiencies rather than strengths (Burnell et al., 2024; McComb et al., 2023). These findings suggest that social comparison is a common developmental process that may become psychologically maladaptive when adolescents constantly see themselves as inferiors to others.

Beyond its influence on self-perceptions, it cannot be denied that one's mental health can be affected as well. Estimates indicate that each year, about 20% of adolescents worldwide experience mental health problems that sometimes persist in adulthood (Clayborne et al., 2019). For instance, a cross-sectional study of Ruan et al. (2023) revealed that higher social comparison and lower self-acceptance were associated with increased levels of anxiety and depression among youths. Similarly, recent evidence indicates that social comparison also exerts significant influence on adolescents' emotional experiences, self-perceptions, and psychological states compared with those who engage less frequently in such comparisons (Zhao, 2026). These findings emphasized that repeated exposure to idealized peers may reinforce both negative self-evaluations and contribute to psychological maladjustment.

In contrast, some empirical studies, however, suggest that the consequences of social comparison are not generally harmful for all individuals. According to Guyer and Vaughan-Johnston (2020), while upward comparisons have consistently been linked with poorer outcomes, they argue that social comparison may also promote self-improvements when individuals perceive such comparison as attainable rather than detrimental. Likewise, psychological effects of social comparison among adolescents appear to depend on their individual factors such as self-acceptance, coping strategies, self-esteems, and social support around them (Vidal & Wissow, 2023). These findings suggest that social comparison is not inherently detrimental; rather, it varies according to how adolescents interpret and respond to their comparison experiences.

### **FoMO and Body Image Dissatisfaction**

There are studies mentioning Fear of Missing Out having connections with different phenomena experienced by adolescents, which also include its relation to body image dissatisfaction. FoMO is related to body image because it is based on anxiety about physical appearance by seeing other individuals having better physical appearance. In this regard, it can give rise to competence in the form of individual efforts not to fall behind ideal criteria (Marfita et al., 2024). Psychologically, young women who are most sensitive to body ideals tend to liken themselves to beauty, lifestyles, and success (Jiotsa et al., 2021). These findings are further supported through estimates from the British Social Attitudes Survey, which suggest that one in twenty men and one in ten women reported being dissatisfied with their appearance (Health and Social Care Committee UK, 2022).

Additional findings of Marfita et al. (2024) show that there is a negative relationship between FoMO and body image in adolescent girls, indicating that the higher the FoMO, the lower the body image, leading to negative body image in the form of dissatisfaction with the body. Moreover, Dipayani (2023) explained that women prefer to tell stories and share their feelings about their bodies, causing others the feeling of fear of missing

out. According to Komala et al. (2022), this shows that FoMO makes individuals feel quite worried when they are not connected with other people and are anxious if they miss out on information in the social environment.

Furthermore, a growing body of research supporting the association of FoMO with social media platforms may intensify adolescents' dissatisfaction with their bodies. For instance, FoMO had partially mediated the relationship of social media addiction and body image concerns, where individuals with higher addictive exposure often experience heightened anxiety about missing out, which also intensifies feelings of body dissatisfaction (Gul et al., 2025). Similarly, a significant relationship of social appearance anxiety and cyberloafing was found to be fully mediated by FoMO, indicating that adolescents who experience greater appearance anxiety are also likely to develop FoMO (Ergin & Karataş, 2022). Consistent with these findings, a study in 2024 also revealed that FoMO was determined as negatively related to body image perception (Toçoğlu et al., 2024). This entails that participants reportedly have higher levels of FoMO especially with the exacerbating use of social media to make individuals perceive their body image poorly.

### **Social Comparison and Body Image Dissatisfaction**

Social media has been the platform where social comparison becomes a common behavior among users. They compare themselves to the ideal standards they see online, which influence negative perceptions in their appearance. In 2026, a positive correlation was found between online social comparison and body dissatisfaction among young adults (Chong, 2026). Experimental research also demonstrated that female young adults, when situated in upward comparison, reported lesser satisfaction with their bodies (Laker & Waller, 2022). In 83 studies used for meta-analysis, data from 55,440 young adults was found to have a significant correlation between online social comparison and greater body image concerns (Bonfanti et al., 2025). These results are rampant when individuals are actively engaged on social media platforms.

Another recurring theme in the literature concerns the internationalization of ideal appearance standards as an important mechanism linking social comparison with body image dissatisfaction. Studies have shown that overinternalization of ideal standards such as facial features, body weight, skin color, and other kinds of body appearance contribute to possibilities of body dissatisfaction. For instance, thin-ideal internalization was influential for the experience of body dissatisfaction among girls (Barbierik et al., 2023; Scully et al., 2023). Moreover, frequency of socially comparing physical appearance was found to be associated with the people followed on social platforms, body dissatisfaction, and drive for thinness (Jiotso et al., 2021). As unhealthy body image develops when comparing appearance to others, adolescents may associate themselves with physical activity avoidance, eating disorders, and dysfunctional exercise (Voelker et al., 2015).

### **Synthesis**

There is growing evidence that supports the relationship between FoMO, social comparison, and body image dissatisfaction among adolescents. However, there appear to be important gaps in the literature, as much of the current studies have been extracted from Western populations and relatively few studies focusing on Filipino adolescents. Further, previous research has largely examined FoMO and Social Comparison separately and as a correlate or mediator within the broader psychological context, rather than evaluating both psychological experiences and its predictive influence. This study may fill these gaps by examining Fear of Missing Out (FoMO) and Social Comparison as predictors of body image dissatisfaction among Filipino Senior High School students and contribute to the growing literature in the country.

### **Research Objectives**

The primary objective of this quantitative study is to determine whether Fear of Missing Out (FoMO) and Social Comparison significantly predict Body Image Dissatisfaction among Filipino Senior High School Students. Specifically, this study aims to:

- Determine the level of Fear of Missing Out (FoMO) among Senior High School Students.
- Determine the level of Social Comparison among Senior High School Students.
- Determine the level of Body Image Dissatisfaction among Senior High School Students.

- Examine the significant relationships between Fear of Missing Out, Social Comparison, and Body Image Dissatisfaction among Senior High School Students.
- Determine whether Fear of Missing Out and Social Comparison significantly predict Body Image Dissatisfaction among Senior High School Students.

## Hypotheses

The following null hypotheses were tested:

**H<sub>01</sub>:** There is no significant relationship between Fear of Missing Out and Body Image Dissatisfaction.

**H<sub>02</sub>:** There is no significant relationship between Social Comparison and Body Image Dissatisfaction.

**H<sub>03</sub>:** Fear of Missing Out does not significantly predict Body Image Dissatisfaction.

**H<sub>04</sub>:** Social Comparison does not significantly predict Body Image Dissatisfaction.

## THEORETICAL FRAMEWORK

This research is anchored on Self Determination Theory (SDT) by Richard Ryan and Edward Deci (2000) and Social Comparison Theory (SCT) by Leon Festinger (1954). Both theories provide the theoretical basis for understanding how Fear of Missing Out (FoMO) and Social Comparison may predict Body Image Dissatisfaction among Filipino Senior High School Students.

Self Determination Theory was developed by Ryan and Deci (2000), it explains that individuals possess three innate psychological needs such as autonomy, competence, and relatedness. According to the theory, when these needs are fulfilled, it promotes our psychological growth and well-being. Meanwhile, deprivation of these needs may result in maladaptive thoughts, behaviors, and emotions. Among the three needs, relatedness refers to an individual's desire to experience social acceptance and feel a sense of belonging to others through meaningful interpersonal relationships.

Building upon Self-Determination Theory, Przyblyski et al. (2013) conceptualized Fear of Missing Out (FoMO) as a negative emotional state resulting from unmet relatedness needs. Those individuals experiencing FoMO are often worried that other people may be having rewarding experiences without them. As a psychological response, they consequently feel compelled to remain continually connected with others' activities. These situations occur in both offline and online contexts. However, social media provides adolescents with greater opportunities to observe others' experiences and social interactions.

Due to the fundamental human desire to connect with others and constant fulfilling of relatedness needs, empirical studies suggest that higher levels of Fear of Missing Out (FoMO) are associated with greater body image concerns as adolescents continually experience and are exposed to idealized portrayals of appearances and lifestyles (Jiotsa et al., 2021). Adolescents experiencing higher levels of FoMO may become increasingly attentive to peers' physical appearance, which may encourage greater body dissatisfaction (Saleem et al., 2025).

The study is likewise anchored on Social Comparison Theory proposed by Festinger (1954). The theory explains that people naturally evaluate themselves by comparing their opinions, abilities, and personal characteristics with others. According to Festinger (1954), social comparison is considered a normal cognitive process because it gears individuals to develop and determine self-knowledge and evaluate their own personal beliefs, abilities, and attitudes. The theory also suggests that social comparison can have both positive and negative effects. For instance, when individuals compare themselves to those who are less fortunate, they may experience an ego boost (downward). On the other hand, when individuals compare themselves to those who are more successful, they may feel inferior (upward).

Grounded in this theory, physical appearance is one of the most crucial domains among adolescents growing up, in which frequent social comparison occurs. During this developmental period, they become increasingly aware and sensitive to societal standards of attractiveness. Frequent exposure to peers in school, influences, celebrities, or public figures tends to encourage adolescents to engage in upward social comparison. According to Festinger (1954), upward comparison is the tendency to evaluate oneself against people you perceive as superior in a specific characteristic. Consequently, adolescents more often than not, however, compare themselves with individuals they perceive as more attractive or socially desirable.

According to a previous study, it was shown that frequent appearance-related social comparison is associated with higher body dissatisfaction of adolescent boys and girls (Barbierik et al., 2023). By continually keeping track of physical appearances against peers or media figures, individuals internalize these standards, which frequently leads to body dissatisfaction. Adolescents who repeatedly compare their physical appearance largely perceive discrepancies between their actual appearance and socially valued ideals.

Collectively, both Self-Determination Theory and Social Comparison Theory are the foundations of the research study, as they provide complementary explanations for Body Image Dissatisfaction. Self-Determination Theory explains how an unmet psychological need for relatedness may contribute to Fear of Missing Out, while Social Comparison Theory illustrates how adolescents evaluate their physical appearance through comparison with others. These theories are interconnected, as adolescents who experience greater FoMO may become more attentive to the social experiences and appearances of others, increasing opportunities for appearance-related comparison. When comparison with perceived attractive or socially desirable individuals becomes repeated, individuals may heighten perceived discrepancies between their actual and ideal appearance, thereby contributing to Body Image Dissatisfaction. Thus, Fear of Missing Out (FoMO) and Social Comparison are proposed as predictors of Body Image Dissatisfaction among Filipino Senior High School Students of Monkayo, Davao de Oro.

## CONCEPTUAL FRAMEWORK OF THE STUDY

Figure 1. Conceptual Model of Fear of Missing Out (FoMO) and Social Comparison as Predictors of Body Image Dissatisfaction.

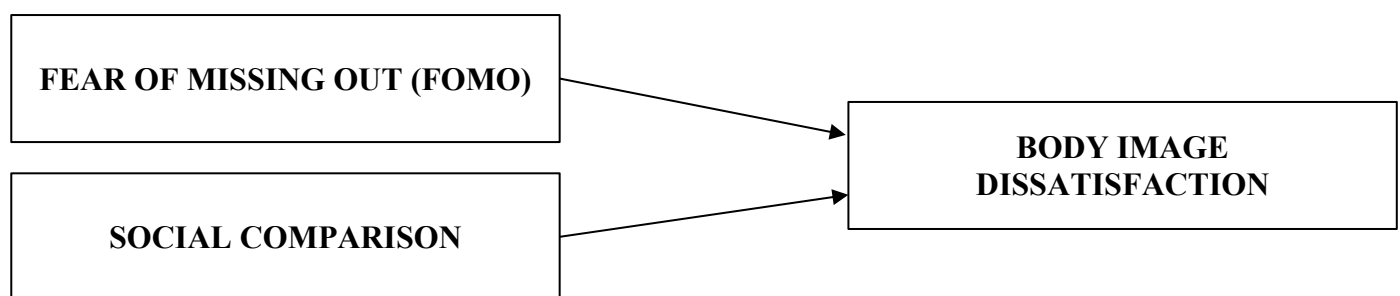


Figure 1 presents the conceptual framework of the study. It illustrates the hypothesized influence of Fear of Missing Out (FoMO) and Social Comparison on Body Image Dissatisfaction among Filipino Senior High School Students. Independent variables are Fear of Missing Out and Social Comparison, while Body Image Dissatisfaction serves as the dependent variable of the study. FoMO and Social Comparison are considered the predictors because these psychological experiences may influence adolescents' perception and evaluation of their physical appearance. On the other hand, Body Image Dissatisfaction serves as the outcome variable, where it reflects someone's negative perceptions, feelings, and thoughts on physical appearance following from a perceived disparity between their actual appearance and their ideal appearance.

The presented framework assumes that Filipino Senior High School students who experience higher levels of Fear of Missing Out and greater tendencies toward Social Comparison may demonstrate higher levels of Body Image Dissatisfaction.

## METHODOLOGY

### Research Design

This study employed a quantitative non-experimental research design utilizing descriptive, correlational, and predictive approaches. According to Vanderstoep and Johnston (2009), quantitative research used numerical assignments to describe certain phenomena. This is appropriate to the study since it seeks to measure FoMO, Social Comparison, and Body Image Dissatisfaction using a reliable and valid instrument.

The study also used a non-experimental design, as variables were measured as they occurred naturally and there was no manipulation to be implemented. A descriptive approach was utilized to determine the levels of Fear of Missing Out (FoMO), Social Comparison, and Body Image Dissatisfaction among the participants through descriptive statistics, particularly the mean and standard deviation. Simultaneously, the correlational approach examined the relationship between the two independent variables and the dependent variables, while the predictive approach determined to what extent the independent variables (FoMO and Social Comparison) predicted the dependent variable (Body Image Dissatisfaction) of the study.

### Participants and Sampling Technique

The respondents of this study consisted of Senior High School students who were enrolled at the Assumption Academy of Monkayo, Inc. for the School Year 2026-2027. As to the school's official enrollment records, the total population of the study was 189 SHS students. From this, the research targeted 140 participants, who were selected through a simple random sampling method. This type of sampling method provided a chance for each individual in the population to be selected (Dunn, 2025). In the study, a random number generator using Microsoft Excel was utilized to ensure that individuals were chosen on the basis of impersonal chance.

Moreover, the sample size was determined using the Taro Yamane Formula with a 5% margin of error, thus arriving at 129 respondents. This formula was appropriate when the population was already known, and it helped to obtain a sample that is accurate and reliable to the research findings (Oluigbo et al., 2024). Although the minimum required sample size was 129 respondents, the researcher initially targeted 140 participants to ensure adequate representation and to account for the possibility of invalid responses, incomplete questionnaires, and participant withdrawal. However, there are only 130 respondents who were successfully recruited during the data collection period, as some selected students were either absent or attending training for their upcoming sports events. Despite that, the final sample of 130 students exceeded the minimum required sample size of 129.

Furthermore, students who were eligible as data subjects were in Grade 11 and 12, with an age range between 14 and 19 years old. Those under legal age were required to agree to be volunteers of the study with informed assent provided to them and informed consent obtained from their parents or legal guardians. On the other hand, students of legal age were required to sign informed consent themselves before they participated in the study.

### Instruments

There were four questionnaires used in this study. One was the demographic profile sheet, which was designed by the researchers. This contained relevant information such as respondent code name, age, sex, and grade level. The other three instruments were self-report scales that measured Fear of Missing Out, Social Comparison, and Body Image Dissatisfaction.

The first scale was the Fear of Missing Out Scale (FoMOS) which was developed by Przybylski et al. (2013). This instrument was a 10-item measure used to evaluate an individual's Fear of Missing Out on rewarding experiences. Data subjects rated on a 5-point Likert scale based on their relatedness to the statements. The rating ranged from 1 - not at all true of me to 5 -extremely true of me. Higher scores indicated higher levels of Fear of Missing Out.

Further, the Fear of Missing Out Scale demonstrated satisfactory psychometric properties. The instrument exhibited good internal consistency with Cronbach's alpha coefficient of .82 (Przybylski et al., 2013). Subsequent studies had further confirmed its reliability, reporting Cronbach's alpha values ranging from .87 to .90 (Lai et al., 2016). In terms of validity, the scale demonstrated face validity through items reflecting concerns about missing social experiences and rewarding activities. Content validity was also established through an extensive review of literature, including evidence of convergent validity showing a positive association between FoMO and social media engagement ( $r = .40$ ). Additionally, the instrument also demonstrated continued validity across different populations. According to Beyens et al. (2016), there is a positive relationship between FoMO and the need for popularity (Santor et al., 2000; from Popularity Scale;  $r = .48$ ) and need to belong (Leary et al., 2013; from Need to Belong Scale;  $r = .53$ ).

Second, the study used the Social Comparison Scale (SCS) developed by Allan and Gilbert (1995). This scale measured self-perceptions of social rank and relative standing on the 11 bipolar constructs. Respondents rated using the ten-point scale as they saw themselves in comparison to others. The Social Comparison Scale demonstrated satisfactory psychometric properties across both clinical and non-clinical populations. The original validation studies by Allan and Gilbert (1995) reported high internal consistency with Cronbach's alpha ranging from .88 to .96 among clinical samples and .90 to .91 among non-clinical student populations. These findings explained that the instruments consistently measured individuals' perceptions of relative social standing across diverse populations. On the other hand, evidence supporting the construct validity was also established through its significant associations with measures of psychological distress and psychopathology, indicating that individuals with more negative social comparisons were likely to experience poorer psychological functioning (Allan & Gilbert, 1995). Aside from this, the instrument had concurrent validity with other psychological measures such as the defeat and entrapment scales (Allan & Gilbert, 1998).

Although the Social Comparison Scale (SCS) is a measure of broader social comparison rather than an appearance-specific social comparison instrument, its use in the present study is theoretically relevant to Body Image Dissatisfaction. Allan and Gilbert (1995) developed the SCS to assess how individuals perceive themselves in relation to others across dimensions that include social rank, relative attractiveness, and group fit. Thus, the scale does not restrict social comparison to physical appearance but includes attractiveness as one of the dimensions through which individuals evaluate their relative standing. Recent research has likewise identified attractiveness as one of the dimensions assessed by the SCS, supporting its relevance to evaluations of how individuals perceive themselves relative to others (McCarthy et al., 2023). This is relevant to the present study because perceptions of physical attractiveness and relative standing may form part of adolescents' broader self-evaluative processes.

The last scale utilized in the study was the Body Shape Questionnaire-16A (BSQ-16A), a shortened version of the original Body Shape Questionnaire developed by Cooper et al. (1987), which was derived and validated by Evans and Dolan (1993) to assess concerns regarding body shape and body dissatisfaction. It consisted of 16 items that measured concerns about body shape, weight, and appearance. Moreover, the respondents rated each item using a 6-point Likert scale ranging from 1 (Never) to 6 (Always). Like the other instruments in this study, BSQ-16A also demonstrated strong psychometric properties as Evans and Dolan (1993) reported that the short form version exhibited excellent internal consistency that shows to be equivalent to the convergent and discriminant validity of the original 34-item BSQ. Above all, the study of Conti et al. (2009) showed that BSQ demonstrated an excellent internal consistency and high test-retest validity which provided evidence that this instrument was valid and reliable to be used in assessing body image dissatisfaction among adolescents.

## Data Collection Procedure

Prior to data collection, a formal communication letter was submitted to the School Principal to request permission to conduct the study. Upon approval, the researcher coordinated with the Registrar to request a list of senior high school students who were eligible to participate in the study. After obtaining the list, the researchers employed appropriate random sampling procedures to identify the respondents for the study. Informed consents were distributed to the selected respondents. However, considering that some respondents are minors, parental or guardian consent forms along with respondent assent forms were given to the selected

minor students. These documents contained information regarding the purpose, nature, benefits, potential risks, and confidentiality of participation in the study. After the signed student, parental or guardian consents and assent forms were obtained, the researchers coordinated with the school's Academic Coordinator about the schedule for data collection.

The primary data collection was conducted face-to-face. Before distributing the questionnaires, the researchers briefly oriented the respondents regarding the purpose of the study, the procedures involved, and their rights as research respondents. Moreover, standardized instructions on how to accomplish each instrument were provided prior to administration and the researchers remained present in the venue throughout the session in case the respondent's needed clarification, without influencing their answers. The respondents were instructed to answer each questionnaire independently and honestly. The completion of all instruments took approximately 20-30 minutes.

After the completion of the administered questionnaires, the researchers immediately retrieved all accomplished forms, thoroughly checked them for completeness, and stored them in a secure box. Moreover, the collected data was encoded, organized, and prepared for statistical analysis. Identified descriptive and inferential statistical tools were employed for interpretation, answering the research problems, and testing the hypotheses of the study.

### Statistical Treatment of Data

The data gathered from the respondents were analyzed using Jamovi statistical software. Descriptive statistics such as the mean and standard deviation were employed in analyzing respondents' demographics as well as in describing the levels of Fear of Missing Out (FoMO), Social Comparison, and Body Image Dissatisfaction. According to Creswell and Creswell (2018), descriptive statistics were appropriate for organizing, summarizing, and presenting the characteristics of a dataset, allowing researchers to describe the distribution of variables.

Composite scores were calculated by averaging the item responses for each instrument. For descriptive interpretation, the FoMO and Social Comparison mean scores were interpreted using researcher-defined equal-interval descriptive ranges based on the respective response scales. These ranges were used solely to facilitate descriptive reporting and were not considered validated for clinical or diagnostic cutoffs. For the BSQ-16A, interpretation followed the established score classifications reported in previous literature and was converted to the mean-score metric for descriptive presentation.

The descriptive interpretation ranges used in the present study are presented in Table 1.

Table 1. Descriptive Interpretation of Mean Scores

| Variable            | Mean Range | Descriptive Interpretation              |
|---------------------|------------|-----------------------------------------|
| Fear of Missing Out | 1.00–1.80  | Very Low FoMO                           |
|                     | 1.81–2.60  | Low FoMO                                |
|                     | 2.61–3.40  | Moderate FoMO                           |
|                     | 3.41–4.20  | High FoMO                               |
|                     | 4.21–5.00  | Very High FoMO                          |
| Social Comparison   | 1.00–2.80  | Very Unfavorable Social Self-Evaluation |
|                     | 2.81–4.60  | Unfavorable Social Self-Evaluation      |

|                                   |            |                                         |
|-----------------------------------|------------|-----------------------------------------|
|                                   | 4.61–6.40  | Moderate/Neutral Social Self-Evaluation |
|                                   | 6.41–8.20  | Favorable Social Self-Evaluation        |
|                                   | 8.21–10.00 | Very Favorable Social Self-Evaluation   |
| <b>Body Image Dissatisfaction</b> | 1.00–2.37  | No Concern with Body Shape              |
|                                   | 2.38–3.18  | Mild Concern                            |
|                                   | 3.19–4.12  | Moderate Concern                        |
|                                   | 4.13–6.00  | Marked Concern                          |

Moreover, the Product-Moment Correlation Coefficient (Pearson  $r$ ) was used in determining the relationship between independent and dependent variables. Specifically, it examined the relationship of Fear of Missing Out and Body Image Dissatisfaction, and the relationship between Social Comparison and Body Image Dissatisfaction among Filipino Senior High School students. The strength and direction of the relationships were determined through the Pearson correlation as the statistical tool (Field, 2018).

Since there were two predictors mentioned in the study, Multiple Linear Regression Analysis was employed. According to Tabachnick and Fidell (2019), multiple linear regression was appropriate since the objective is to examine the predictive influence of two independent variables on a single continuous dependent variable and determine the proportion of variance in the dependent variable explained by the predictors. Hence, this statistical procedure enabled the researchers to determine whether the unique and combined distribution of Fear of Missing Out and Social Comparison significantly predicted Body Image Dissatisfaction among the respondents. The tool helped the researcher identify the extent to which predictor variables explained the variance in Body Image Dissatisfaction.

Prior to conducting the multiple linear regression analysis, the assumptions underlying the regression model were examined. These included the independence of residuals, absence of problematic multicollinearity, normality of residuals, linearity, homoscedasticity, and the presence of influential observations. The assumptions were assessed using diagnostic statistics and graphical procedures available in Jamovi. These checks were conducted to determine whether the regression model was appropriate for examining the predictive contributions of Fear of Missing Out and Social Comparison to Body Image Dissatisfaction.

In general, the statistical tools used in determining relationship and prediction were utilized at a significance level of .05. The null hypotheses were rejected when the obtained  $p$ -value was less than .05. When the  $p$ -value was greater than or equal to .05, the null hypotheses were not rejected.

### Ethical Consideration

In conducting the study, ethics protocols were followed. The researchers adhered to the protocols of the study site to ensure the protection and safety of all adolescent respondents. Prior to data collection, a letter of permission as an entry protocol was secured from the school principal and administrator to conduct the study among senior high school students. Informed consent forms were provided, while respondents who were identified as minors were provided with parental or guardian informed consent and assent forms before participation. Along with this, they were informed that participation in this study is entirely voluntary and that they had the autonomy to decline or withdraw without any consequences. Furthermore, considering that the study tackled sensitive concerns, respondents were also informed that they could skip any questions they felt uncomfortable answering.

To protect respondents' privacy and confidentiality, the survey questionnaires did not require them to provide personal identified information such as their real names, addresses, and other details. All collected data were

treated with strict confidentiality and were used solely for academic purposes.

Moreover, the responses obtained from the respondents were securely stored and were accessed only by the researchers. The researchers also ensured that during data analysis, findings were presented in an aggregated form, ensuring that no individual respondent could be identified. In addition, all accomplished questionnaires and related research documents were kept in secure boxes to maintain the confidentiality and integrity of the data collection. The collected data were retained for a period of one year after the completion of the study. Thereafter, all research records were securely disposed of through shredding. Overall, all information gathered throughout the duration of the study was handled with care and in accordance with ethical standards.

## RESULTS

Table 2. Demographic Characteristics of the Respondents (N = 130)

| Characteristic | Category             | n   | %     |
|----------------|----------------------|-----|-------|
| Age            | M = 16.37, SD = 0.74 |     |       |
|                | 14 years old         | 2   | 1.5   |
|                | 15 years old         | 12  | 9.2   |
|                | 16 years old         | 51  | 39.2  |
|                | 17 years old         | 62  | 47.7  |
|                | 18 years old         | 3   | 2.3   |
| Sex            | Female               | 75  | 57.7  |
|                | Male                 | 49  | 37.7  |
|                | Prefer not to say    | 6   | 4.6   |
| Grade Level    | Grade 11             | 61  | 46.9  |
|                | Grade 12             | 69  | 53.1  |
| Total          |                      | 130 | 100.0 |

Table 2 presents the demographic characteristics of the 130 Senior High School student respondents in terms of age, sex, and grade level. The respondents had a mean age of 16.37 years (SD = 0.74), with ages ranging from 14 to 18 years old. Most of the respondents were 17 years old (47.7%) of the sample, followed by those aged 16 years old with 51 respondents (39.2%). In terms of sex, the majority of the respondents were female, comprising 75 respondents (57.7%), while 49 respondents (37.7%) were male. 6 respondents (4.6%) preferred not to disclose their sex. Regarding grade level, 69 respondents (53.1%) were Grade 12 students, while 61 respondents (46.9%) were Grade 11 students.

Table 3. Levels of Fear of Missing Out (FoMO), Social Comparison and Body Image Dissatisfaction

| Variables | N   | Mean | SD    | Description   |
|-----------|-----|------|-------|---------------|
| FoMO      | 130 | 3.00 | 0.907 | Moderate FoMO |

|                            |     |      |       |                                    |
|----------------------------|-----|------|-------|------------------------------------|
| Social Comparison          | 130 | 3.02 | 1.286 | Unfavorable Social Self-Evaluation |
| Body Image Dissatisfaction | 130 | 3.25 | 0.761 | Moderate Concern                   |

**Note.** FoMO and Social Comparison ranges are researcher-defined descriptive ranges based on the respective response scales and are not clinical or diagnostic for cutoffs. BSQ-16A categories are based on established total-score classifications and expressed here in mean-score equivalents for descriptive presentation.

Table 3 illustrates the mean distribution of the respondents in terms of their levels of Fear of Missing Out (FoMO), Social Comparison, and Body Image Dissatisfaction. The mean FoMO score resulted in 3.00 (SD = 0.907), which indicates a moderate level of Fear of Missing Out. This result indicates that respondents experienced FoMO to a moderate extent, suggesting that concerns about being excluded from rewarding experiences or being unaware of what their peers were doing were present.

Moreover, the Social Comparison of the respondents obtained a mean score of 3.02 (SD = 1.286), which was interpreted as unfavorable social self-evaluation. This finding indicates that, on average, the respondents tended to perceive themselves less favorably relative to others in terms of social standing, competence, attractiveness, and confidence.

Meanwhile, the respondents obtained a mean score of 3.25 (SD = 0.761) for Body Image Dissatisfaction. This corresponds to moderate concerns about their body shape and appearance. This finding indicates that the respondents experienced some degree of concern or dissatisfaction regarding their body image, although the result does not necessarily fall within the marked-concern category of body image dissatisfaction.

Table 4. Results of the relationship between FoMO, Social Comparison and Body Image Dissatisfaction

|                          |             | Body Image Dissatisfaction | Interpretation | Decision        |
|--------------------------|-------------|----------------------------|----------------|-----------------|
| <b>FoMO</b>              | Pearson's r | 0.705                      | Significant    | Reject $H_{01}$ |
|                          | df          | 128                        |                |                 |
|                          | p-value     | <.001                      |                |                 |
| <b>Social Comparison</b> | Pearson's r | 0.525                      | Significant    | Reject $H_{02}$ |
|                          | df          | 128                        |                |                 |
|                          | p-value     | <.001                      |                |                 |

Table 4 results illustrate that Fear of Missing Out (FoMO) demonstrated a statistically significant and strong positive relationship with Body Image Dissatisfaction among the respondents ( $r = .705$ ,  $p < .001$ ). This indicates that higher levels of Fear of Missing Out (FoMO) were associated with higher levels of Body Image Dissatisfaction. Given that the obtained p-value was lower than .05 level of significance, the null hypothesis stating that there is no significant relationship between Fear of Missing Out (FoMO) and Body Image Dissatisfaction was rejected.

Table 4 further shows a statistically significant moderate positive relationship between Social Comparison (SC) and Body Image Disatisfaction ( $r = .525$ ,  $p < .001$ ). This presents that higher scores on the Social Comparison (SC) were associated with higher levels of Body Image Dissatisfaction among the respondents. Since the obtained p-value was below the .05 level of significance, the null hypothesis stating that there is no

significant relationship between Social Comparison (SC) and Body Image Dissatisfaction was rejected. Overall, the significant relationships observed between Fear of Missing Out (FoMO), Social Comparison (SC), and Body Image Dissatisfaction indicate that Fear of Missing Out (FoMO), Social Comparison (SC) were positively associated with Body Image Dissatisfaction among the respondents. However, since the study employed a correlational design, these findings indicate association between the variables and do not establish causal relationships.

Table 5. Regression Assumption Checks

| Assumption                | Diagnostic                       | Result                                                               | Interpretation                                                      |
|---------------------------|----------------------------------|----------------------------------------------------------------------|---------------------------------------------------------------------|
| Independence of residuals | Durbin-Watson                    | DW = 1.85, p .380                                                    | No evidence of problematic autocorrelation                          |
| Multicollinearity         | VIF and Tolerance                | FoMO: VIF = 1.11, Tolerance = .903; SC: VIF = 1.11, Tolerance = .903 | No evidence of problematic multicollinearity                        |
| Normality of residuals    | Shapiro–Wilk                     | W = .991, p = .593                                                   | Residuals did not significantly deviate from normality              |
| Normality of residuals    | Q-Q plot                         | Visual Plot                                                          | Residuals generally followed the reference line                     |
| Linearity                 | Residuals vs. fitted values plot | Visual Plot                                                          | No evident systematic nonlinear pattern                             |
| Homoscedasticity          | Residuals vs. fitted values plot | Visual Plot                                                          | No evident funnel-shaped pattern                                    |
| Influential observations  | Cook's distance                  | Maximum = .202                                                       | No excessively influential observations based on the 1.00 threshold |

Figure 2. Q-Q Plot of Standardized Regression Residuals

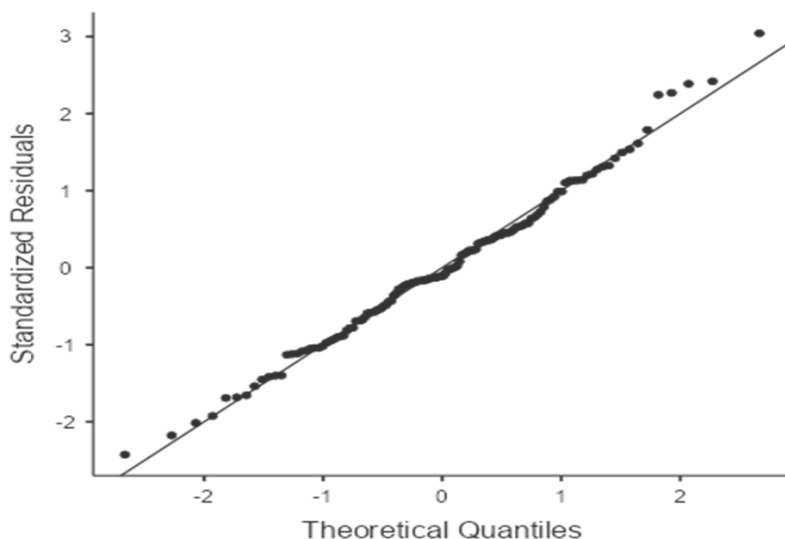


Figure 3. Residuals versus Fitted Values Plot

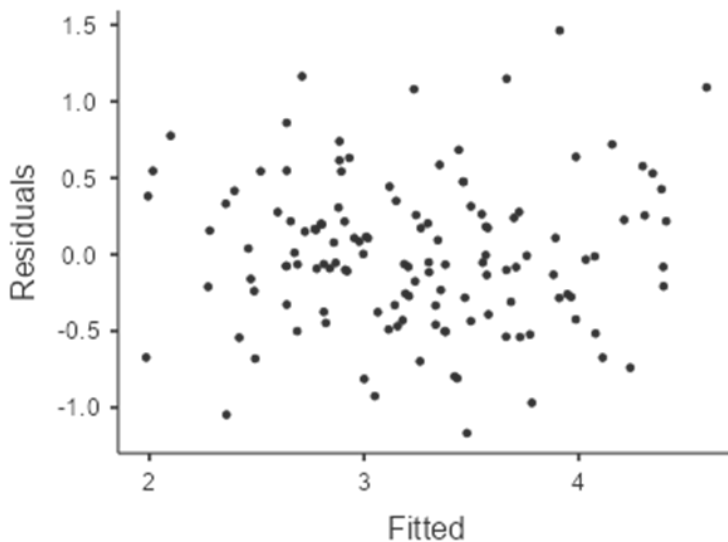


Table 5 presents the assumption checks, which indicated that the regression model was suitable for analysis. The predictor variables showed no evidence of problematic multicollinearity, while the residuals demonstrated approximate normality. The residual plots in Figure 2 and 3 also showed no evident systematic pattern or funnel-shaped distribution, supporting the assumptions of linearity and homoscedasticity. In addition, the Cook's distance values did not indicate any excessively influential observations. These results provided sufficient support for proceeding with the multiple linear regression analysis.

Table 6. Multiple Linear Regression Model for Determining Whether Fear of Missing Out and Social Comparison Predict Body Image Dissatisfaction

|                                                                                                |             |        |                     |       |       | 95% Confidence Interval |       |
|------------------------------------------------------------------------------------------------|-------------|--------|---------------------|-------|-------|-------------------------|-------|
| Predictor                                                                                      | Estimate(B) | SE     | Stand. Estimate (β) | t     | p     | Lower                   | Upper |
| Intercept                                                                                      | 1.130       | 0.1589 |                     | 7.11  | <.001 | 0.816                   | 1.445 |
| FoMO                                                                                           | 0.503       | 0.0495 | 0.600               | 10.17 | <.001 | 0.405                   | 0.601 |
| SC                                                                                             | 0.201       | 0.0349 | 0.339               | 5.74  | <.001 | 0.131                   | 0.270 |
| R = 0.775, R <sup>2</sup> = .601 Adjusted R <sup>2</sup> = .594, F (2, 127) = 95.50, p < .001. |             |        |                     |       |       |                         |       |

Table 6 presents the results of the multiple linear regression analysis examining the predictive contributions of Fear of Missing Out (FoMO) and Social Comparison (SC) to Body Image Dissatisfaction. The overall regression model was statistically significant,  $F(2, 127) = 95.50$ ,  $p < .001$ , indicating that FoMO and Social Comparison, when considered collectively, significantly contributed to the statistical prediction of Body Image Dissatisfaction. The model yielded an R of .775 and an R<sup>2</sup> of .601, indicating that FoMO and Social Comparison collectively accounted for 60.1% of the variance in Body Image Dissatisfaction within the present sample. The adjusted R<sup>2</sup> of .594 indicates that 59.4% of the variance in Body Image Dissatisfaction was accounted for by the model after adjustment for the number of predictors. The R<sup>2</sup> value represents the proportion of variance statistically accounted for by the predictors within the present sample and should not be interpreted as evidence that FoMO or Social Comparison causes Body Image Dissatisfaction.

Among the predictors, with the standardized estimate of  $\beta = 0.600$  and a p value < .001, FoMO appears to be the strongest predictor of BID. This result further suggests that with higher levels of FoMO, respondents also demonstrate higher levels of BID, despite social comparison being controlled. Meanwhile, holding Social

Comparison constant, the unstandardized coefficient ( $B = 0.503$ ) would mean that the predicted BID score rises by 0.503 units for every one-unit increase in FoMO. The 95% confidence interval for FoMO (0.405, 0.601) excludes zero, thereby indicating its significant influence on the prediction of Body Image Dissatisfaction.

On the other hand, results revealed that Social Comparison is a significant positive predictor of Body Image Dissatisfaction ( $B = 0.201$ ,  $\beta = 0.339$ ,  $p < .001$ ). Respondents demonstrate having higher levels of SC when BID is reportedly higher, even if the effect of FoMO was controlled. The 95% confidence interval (0.131, 0.270) did not include zero, indicating that Social Comparison's contribution to the regression model was statistically significant. Furthermore, the standardized coefficients display that FoMO ( $\beta = 0.600$ ) is more predictive of Body Image Dissatisfaction than Social Comparison ( $\beta = 0.339$ ). Nevertheless, both variables are significant contributors to Body Image Dissatisfaction and provide information for understanding their predictive influence.

The overall findings of Table 5 suggest that Senior High School students' tendency to be concerned about missing socially valued experiences and evaluate themselves in relation to others are linked to Body Image Dissatisfaction.

## DISCUSSION

The present study examined the levels of Fear of Missing Out (FoMO), Social Comparison, and Body Image Dissatisfaction among Senior High School students, as well as the relationships and predictive contributions of FoMO and Social Comparison to Body Image Dissatisfaction. With regard to the level of Fear of Missing Out, the moderate level of FoMO may be understood within the developmental and social context of adolescence, where peer relationships, belongingness, and social connectedness become increasingly salient. Similarly, Beyens et al. (2016) found that adolescents with a stronger need for belongingness and popularity have greater experience on FoMO and these adolescents with higher FoMO experienced greater stress.

The finding is also consistent with a recent Filipino study involving Filipino adolescents. Villegas et al. (2025) reported that Filipino adolescents described FoMO in relation to feelings of inadequacy, social exclusion, self-worth, and the desire for online validation. These findings provide a substantial explanation for why FoMO was evident at a moderate level among the present respondents, as adolescents' sensitivity to peer inclusion of other activities may be particularly salient. However, even though the impacts of FoMO involve anxiety, stress, and life dissatisfaction (Yosep et al., 2024), respondents may be present at a meaningful but not necessarily severe level among adolescents. Differences in age, cultural context, social media practices, and study period may account for variations in the observed findings.

Turning to the finding on Social Comparison, this interpretation is consistent with the conceptualization of social comparison as a process through which individuals evaluate aspects of themselves in relation to others. For instance, common among adolescents are comparing appearance and weights based on what they see on social media (Martinac et al., 2023). The unfavorable social self-evaluation observed in the present study may be particularly relevant to appearance-related concerns. Adolescents are exposed to considering amounts of socially presented information especially through different digital platforms, making it an avenue for opportunities to compare their lifestyle, competence, appearance, and social standing to those of peers. This unfavorable social self-evaluation may reflect adolescents' heightened sensitivity to peer feedback and social standards, particularly in environments where information about peers' appearance is readily available (Che & Zhou, 2025).

Regarding the level of Body Image Dissatisfaction, the result is consistent with evidence that body dissatisfaction is a relevant concern during adolescence. A systematic review of body image dissatisfaction among children and adolescents found that body dissatisfaction is a recurring concern during the developmental period of human life (Jiménez et al., 2017). Similarly, another systematic review by Martini et al. (2023), which synthesized 34 studies involving adolescents aged 10-19 years, reported substantial prevalence of body-weight dissatisfaction across adolescent populations, with estimates ranging from 18.0% to 56.6% overall and generally higher prevalence among adolescent girls. The present finding of the study is

also relevant to the Philippine context. Tadena et al. (2020), in a study of 114 Filipino adolescents in Cavite, found that social media affinity significantly influenced body dissatisfaction, highlighting the relevance of digitally mediated appearance-related experiences among Filipino youth. Thus, the moderate level of body image dissatisfaction observed in the present study may be understood within a broader adolescent environment in which standard appearance-related information is primarily increasing through interaction with peers.

Beyond the descriptive levels of the variables, the finding is consistent with the empirical evidence that provides support for an association between Fear of Missing Out (FoMO) and appearance-related concerns. Abdollahi et al. (2026), in a longitudinal study of 443 female high school students showed that Fear of Missing Out (FoMO) significantly moderated the pathways between body appearance perfectionism and social appearance anxiety. Specifically, the relationships between body appearance perfectionism and subsequent appearance-related outcomes became stronger at higher levels of Fear of Missing Out (FoMO). Although research directly examining the relationship between Fear of Missing Out (FoMO) and Body Image Dissatisfaction among adolescents remains limited, these findings still provide related evidence for understanding the present result of the study as they suggest that Fear of Missing Out (FoMO) may be relevant to adolescents' vulnerability to appearance-related concerns. From the present finding, this may be explained that adolescents who experience concerns of missing socially rewarding experiences may also be more attentive to how they are perceived by others. During this age period, social acceptance and belongingness become more salient, which may heighten sensitivity to be included in society's activities and standards, particularly concerning body image. Thus, having greater Fear of Missing Out (FoMO) may be associated with greater attention to appearance-related concerns, which may be reflected in higher levels of body image dissatisfaction.

Similarly, the relationship between Social Comparison and Body Image Dissatisfaction may be understood through adolescents' tendency to evaluate themselves in relation to others. This finding is supported by recent research showing an association between social comparison and body dissatisfaction among adolescents. Xiang and Kong (2024) examined 774 middle schoolers and found that upward social comparison was positively associated with body dissatisfaction, particularly prevalent among adolescent girls. These findings provide related empirical support for the present study, suggesting that comparative evaluation in relation to others may affect adolescents' perception of their bodies. The observed relationship may be explained by the evaluative nature of social comparison. For instance, when adolescents assess themselves in relation to others, perceived differences between themselves and others may become more salient. In a context where physical appearances are viewed as an important aspect of social evaluation, hence, such comparisons may increase attention to perceived shortcomings in one's own physical appearances, which may be associated with higher body image dissatisfaction.

In addition to examining the relationships among the variables, the present study further examined whether Fear of Missing Out and Social Comparison significantly contributed to the prediction of Body Image Dissatisfaction. The finding is consistent with the recent empirical evidence that examined social-evaluative processes relevant to adolescents' body image experiences. Feijóo et al. (2025) showed that appearance-related comparisons were associated with body image outcome among Spanish adolescents, with comparisons involving fit influencers contributing to differences in body image satisfaction. Adolescent girls and older adolescents are more likely to engage in these comparisons. Valuing socially standard appearances may be relevant to their body image experiences. The present study extends this evidence by considering Social Comparison (SC) together with Fear of Missing Out (FoMO) as predictors of Body Image Dissatisfaction. The significant regression model, with the predictors accounting for 60.1% of the variance in Body Image Dissatisfaction, suggests that these social factors provide substantial explanatory value within the present sample. However, given that the participants were drawn from only one private school in Monkayo, Davao de Oro, and consisted of 130 Senior High School students, these findings should be interpreted within the specific context of the participating school and should not be generalized to all Filipino Senior High School students. Further, this may indicate that body image dissatisfaction among adolescents is associated with multiple interconnected factors of social evaluation rather than with a single factor alone.

With regard to the individual predictive contribution of Fear of Missing Out, the significant positive predictive contribution of Fear of Missing Out (FoMO) to Body Image Dissatisfaction ( $B = 0.503$ ,  $\beta = .600$ ,  $p < .001$ ) is also supported by related evidence from Toçoğlu et al. (2024), who examined 313 university student-athletes and found a significant negative relationship between Fear of Missing Out (FoMO) and positive body image perception. Their findings on regression analysis further indicated that Fear of Missing Out (FoMO) negatively predicted body image perception. Although their study examined positive body image perception rather than direct Body Image Dissatisfaction, however, the direction of the findings is conceptually relevant and consistent with the present study result, which entails that greater Fear of Missing Out (FoMO) was associated with less favorable body image outcomes. Consequently, the present study extends this evidence by demonstrating that Fear of Missing Out (FoMO) made a significant contribution to predicting Body Image Dissatisfaction. Moreover, this finding is consistent with Self-Determination Theory (Ryan & Deci, 2000), particularly its emphasis on the psychological need for relatedness. Fear of Missing Out reflects concern about being excluded from socially rewarding experiences, and when adolescents place greater importance on social inclusions and external social experiences, they may become more sensitive and attentive to how they are being perceived by others, including body image characteristics.

Meanwhile, Social Comparison also demonstrated a significant contribution to the prediction of Body Image Dissatisfaction. This finding is supported by Atiqah et al. (2025), who studied social comparison and body dissatisfaction among 385 female adolescents and reported a significant relationship between two variables. Their findings similarly indicate that comparative evaluation is relevant to adolescents' body image concerns. The present study extends this evidence by demonstrating that Social Comparison (SC) significantly contributed to the prediction of Body Image Dissatisfaction even when Fear of Missing Out (FoMO) was simultaneously included in the model. Further, from the perspective of Social Comparison Theory (Festinger, 1954), in the context of body image, comparison with others may make perceived differences between one's own characteristics and socially valued standard more salient. Such comparisons may consequently be associated with higher levels of body image dissatisfaction when adolescents perceive themselves as falling short of desired body image standards. Thus, the Social Determination Theory and Social Comparison Theory provide a connected explanation in which the desire for social connection and the tendency to evaluate oneself in relation to others may together contribute to Body Image Dissatisfaction outcomes among adolescents.

## RESEARCH LIMITATIONS

The findings of this study revealed the significance and predictive capacity of the variables used, that can be beneficial as additional information in understanding the experiences and behaviors of Senior High School students. However, there are various limitations which should be considered when interpreting the study outcomes. First, this research utilized quantitative, non-experimental, and correlational-predictive design. Despite the fact that Fear of Missing Out (FoMO) and Social Comparison significantly predicted Body Image Dissatisfaction among the respondents, the cause-and-effect explanation was not established. Thus, this research can only testify the association and statistical prediction rather than considering FoMO or Social Comparison as the cause of Body Image Dissatisfaction.

Second, due to the researchers' proximity to the research locale, the study was only conducted in one municipality of Davao de Oro with only one private educational institution serving as the source of respondents; the Assumption Academy of Monkayo, Inc. Despite the attainment of the required sample size, with 130 Senior High School students as data subjects, the limited setting of the study and the sample characteristics may still not be used to generalize the findings to the same population across multiple schools, communities, or regions in the Philippines.

Third, the questionnaires utilized in this study were established self-report instruments. Due to their nature, responses may vary depending on the respondents' personal interpretations of the items, extraneous variables, or their openness to honestly reflect their experiences on social evaluation and body image. With this, the researchers attempted to address the concern by highlighting voluntary participation, confidentiality, and honest responses before the respondents provided information for this research.

Finally, the present study was limited to discussing Fear of Missing Out and Social Comparison as predictive factors of Body Image Dissatisfaction while a portion of the variance remained unknown. This may indicate the possible exclusion of the relevant factors in the presented model. The intensity of social media exposure, self-esteem, personality, family and peer influence, and other sociocultural factors may have influenced the body image perceptions of adolescents. Therefore, the results of this study do not represent all possible factors associated with Body Image Dissatisfaction among Filipino Senior High School students.

## RECOMMENDATIONS

Based on the findings of the study, the following recommendations are proposed:

- **For the Guidance Office**, the results may be used as a basis for creating or strengthening school-based programs that address FoMO, social comparison, and body image concerns. These programs may include psychoeducation, small-group discussions, self-awareness activities, and coping strategies that help students manage FoMo, develop healthier social media habits, recognize unhelpful comparison patterns, and cultivate more acceptable perceptions of their bodies and personal strengths.
- **For the students**, the findings may encourage them to develop healthier interpersonal habits, practice self-acceptance, and focus on developing their individual strengths.
- **For the teachers and class advisers**, the findings may help them promote a classroom environment that encourages body positivity and become more attentive to students' behavioral changes so that referrals to the Guidance Office can be facilitated when necessary.
- **For the parents and guardians**, they are encouraged to maintain open and supportive communication with their children regarding social-media experiences, FoMo, intrapersonal comparison, and appearance-related concerns. They may also promote a nonjudgmental home environment that encourages self-acceptance and enables children to openly discuss their concerns and seek appropriate support.
- **For the school administrators**, they may consider integrating mental health, positive body image, and healthy peer relationships in programs such as Homeroom Guidance and other student activities. Moreover, psychological testing in school must be strengthened to provide appropriate guidance and intervention to those students in need.
- **For future researchers**, they may explore other research designs such as longitudinal or mixed methods, to examine how experiences of FoMO and Social Comparison relate to changes in body image over time. Additionally, they may also study wider respondents from different schools in the locality or region to improve generalizability of results. Other factors could be included in the study as well, like social media exposure, self-esteem, appearance-related anxiety, family support, and peer influence to provide additional body of information on their predictive influence on body image dissatisfaction.

## CONCLUSION

The study examined Fear of Missing Out and Social Comparison as predictors of Body Image Dissatisfaction among Filipino Senior High School students of Monkayo Davao de Oro. The findings of the study revealed that FoMO and Social Comparison were positively associated with Body Image Dissatisfaction. Furthermore, FoMO and Social Comparison collectively predicted Body Image Dissatisfaction, explaining 60.1% of its variance. These findings indicate that higher levels of FoMO and Social Comparison were associated with greater concerns regarding body image among the respondents. Although causality and generalizability cannot be inferred from the results, the findings provide evidence that FoMO and Social Comparison were significantly associated with and contributed to the prediction of Body Image Dissatisfaction, offering direction for school-based interventions and future research.

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