

## University Students' Fear of Missing out and Night Eating Syndrome. A Descriptive Correlational Study

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**Abstract :** Objective: The current study aims to explore the relationship between Night Eating Syndrome and the experiences of Fear of Missing out (FOMO) among college students in Oman. Methods: The study adopted a descriptive correlational design. The total sample was 366 based on defined inclusion criteria. The questionnaires were distributed over one month during the spring semester of 2020. We used a self-report instrument as a measurement tool to investigate the extents of the research phenomena, and it consists of two major sections: fear of missing out Questionnaires and Night Eating Questionnaire. Results: The respondents' age ranged between 18 and 30. The majority of the participants were female 76.7% (204), single 97.7% (266), in their third academic year 28.6% (76), live in -campus, 57.1% (152). The findings of this study showed that fear of missing out experiences are significantly correlated with age ( $P=.010$ ), gender ( $P=.005$ ), and daily sleeping hours ( $P=.007$ ). However, night eating experiences are significantly associated with age ( $p=.018$ ), living arrangement ( $P=.017$ ), and sleeping hours ( $P=.000$ ). Conclusion: This article can define a limiting aspect of the relationship between fear of missing out and night eating behaviors. During academic life, students may find themselves overloaded and use their smartphones to do the simplest tasks they have, leading them to skip their meals frequently and interfere with their eating patterns and psychological function. Health awareness programs or the implementation of healthy eating standards and technology uses can be introduced for undergraduates.

**Keywords :** fear of missing out, night eating syndrome, smartphone, addiction

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