

Reaffirming the Critical Role of Transformative Research and Knowledge Production in the Age of Post-Truth



Fear of Missing Out to Joy of Missing Out: The Phenomenology of Social Media Detoxification

Johncel T. Arcangel¹, Chandler Blake L. Anonuevo¹, Lance Angelo R. Durana¹, and
Carylle Maxene M. Nepomuceno¹

¹*De La Salle University Integrated School (Laguna)*

Denver, M. Cho-oy¹, *Research Adviser*

¹*De La Salle University Integrated School (Laguna)*

Abstract: Social Media Detoxification is a phenomenon known as lessening social media presence and is commonly used to get away from social media. As such, this study focused on discovering the reasons behind detoxification, its short-term effects, and its long-term impacts on Senior High School students. Participants were chosen through purposive sampling and were all screened using the inclusion criteria of this study. A semi-structured one-on-one interview using an interview guide was used to gain data regarding the phenomenon of social media detoxification based on the experiences and feelings of the participants. Moreover, the data collected were analyzed using reflexive thematic analysis to identify the codes and themes involved in the phenomenon. The study found that the main reasons behind social media detoxification are self-prioritization, boredom in social media, social media weariness, and emotional distress. Meanwhile, participants pointed out that social media detoxification gave them inner peace, positive escapism from social media's environment, boredom, and loneliness throughout and even after their detox period. Their detox also impacted them so that they displayed an appreciation and willingness to undergo self-discovery and personal transformation. Three themes emerged in understanding the phenomenon: a.) less scrolling, more living, b.) detaching before depleting, and c.) stressed to blessed. Thus, social media detoxification is a positive phenomenon that can be used to transform oneself and to be happy and content with your life. Furthermore, this study recommends that future researchers should find out how the phenomenon affects the future of social media.

Keywords: social media; social media detoxification; fear of missing out; joy of missing out; phenomenology