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Fear of Missing Out in Later Life: Emotional Regulation, Neurotic Tendencies, and Self-Esteem in Older Adults

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ABSTRACT

This study aimed to examine the associations among Neurotic Tendencies, Regulation of Emotions, Fear of Missing Out, and Self-Esteem in Older Adults. The sample size was N= 300, recruited using a purposive sampling technique. To measure the desired variables, Narcissistic Tendencies Scale (Rizvi, 2016), Fear of Missing Out Scale (Abel et al., 2016), Difficulties in the Emotion Regulation Scale (Gratz & Roemer, 2004), and Self-Esteem Scale (Mehmood & Saleem, 2011) were used to assess neurotic tendencies, regulation of emotions, fear of missing out and self-esteem. Correlational analysis shows that neurotic tendencies are positively correlated with dysregulation of emotions and fear of missing out and negatively correlated with self-esteem. Regression analysis showed that neurotic tendencies significantly predict the dysregulation of emotions, fear of missing out, and self-esteem in older adults. There were significant differences found based on gender. The findings highlight the complicated interplay between neurotic tendencies, emotion regulation, and self-esteem in older adults, emphasizing the critical role of emotional stability in mitigating fear of missing out and enhancing self-worth. Understanding these associations can inform targeted interventions to improve psychological well-being in this age group.

Keywords: Neurotic Tendencies, Regulation of Emotions, Fear of Missing Out, Self-Esteem, Older Adults

Introduction

In the later stages of life, older adults often grapple with a complex interplay of neurotic tendencies, fear of missing out (FOMO), and emotion regulation challenges. These factors can significantly impact their self-esteem and overall well-being. Understanding



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how these elements interact is crucial for developing effective strategies to enhance emotional resilience and life satisfaction in this demographic.

Neuroticism, one of the five major dimensions of personality as outlined in the Five Factor Model (FFM), is characterized by emotional instability, anxiety, moodiness, and a propensity to experience negative emotions. It has been extensively studied due to its significant impact on various aspects of psychological and physical well-being (Costa & McCrae, 1987).

Research indicates that neuroticism is associated with maladaptive coping strategies, such as avoidance, denial, and rumination, which exacerbate psychological distress (Roelofs et al., 2008). Additionally, high levels of neuroticism have been linked to a heightened sensitivity to stressors and a lower threshold for stress, contributing to a cycle of negative emotionality and poor mental health outcomes (Ormel et al., 2013). Neuroticism significantly impacts emotional regulations and self-esteem as well as psychological well-being, influencing mental health disorders, quality of life, and interpersonal relationships. The chronic experience of negative emotions and stress can lead to a diminished ability to experience positive emotions and satisfaction, further deteriorating overall life satisfaction and happiness (Schmutte & Ryff, 1997).

Neurotic tendencies and emotional regulation are closely intertwined, with significant implications for psychological well-being. Neuroticism, defined by traits such as anxiety, moodiness, and emotional instability, often complicates effective emotional regulation. This discussion explores the relationship between neurotic tendencies and emotional regulation, highlighting the challenges and potential strategies for improving emotional regulation in individuals with high neuroticism. Neurotic individuals are more prone to using less effective emotional regulation strategies, such as suppression and avoidance, which can exacerbate emotional distress. Suppression involves inhibiting the outward expression of emotions, which can lead to increased physiological arousal and a buildup of emotional tension (John & Gross, 2004). Avoidance, on the other hand, involves steering clear of situations or thoughts that trigger negative emotions, which can prevent individuals from dealing with their emotional experiences in a healthy way (Aldao et al., 2010). One of the most significant challenges in emotional regulation for individuals high in neuroticism is rumination, a repetitive and passive focus on symptoms of distress and the possible causes and consequences of these symptoms. Rumination has been strongly linked to neuroticism and is a key factor in the maintenance of anxiety and depression (Nolen-Hoeksema et al., 2008). This maladaptive cognitive process can impair problem-solving, increase negative affect, and hinder effective emotional regulation, leading to a cycle of negative emotions that is difficult to break.

Defined as a persistent worry that others may be enjoying rewarding experiences while one is left out, often intensified by social media and modern communication tools (Przybylski et al., 2013), the fear of missing out (FOMO) is a significant psychological construct affecting mental health and well-being. Neurotic tendencies, characterized by emotional instability, anxiety, and a tendency toward negative emotions, frequently exacerbate FOMO. Individuals with high levels of neuroticism are more prone to experiencing FOMO due to their heightened sensitivity to negative emotions and their tendency to engage in maladaptive cognitive processes. Neuroticism is associated with frequent worry, insecurity, and low self-esteem, all of which can exacerbate feelings of being left out or missing important experiences (Widiger & Oltmanns, 2017). The interaction between neuroticism and FOMO has significant implications for mental health. Studies have shown that FOMO can lead to negative emotional outcomes, such as anxiety, depression, and decreased life satisfaction (Baker et al., 2016).



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Self-esteem refers to the value that an individual gives to one's self. It encompasses feelings of uncertainty about one's capabilities, decisions, and overall self-worth. Self-esteem often manifests as questioning one's actions, decisions, and potential, which can lead to hesitation and avoidance of challenging situations. It is closely related to feelings of inadequacy and fear of failure, which can hinder personal and professional growth (Smith & Mackie, 2007). Individuals high in neuroticism are more prone to experiencing self-esteem due to their heightened sensitivity to negative emotions and their tendency to engage in maladaptive cognitive patterns. Neuroticism is associated with frequent worry, insecurity, and vulnerability, which contribute to persistent esteem about one's abilities and worth (Widiger & Oltmanns, 2017). Neurotic tendencies, emotional regulation, fear of missing out (FOMO), and self-esteem are interrelated constructs that significantly influence adults' psychological well-being. Each of these factors can exacerbate the others, creating a complex interplay that affects mental health and overall life satisfaction.

A study by Sütterlin et al. (2020) highlighted that neurotic individuals often face challenges with emotional regulation due to their propensity to overreact to negative stimuli and difficulty using adaptive strategies like reappraisal. These maladaptive responses can perpetuate negative emotions, reinforcing neurotic tendencies and compromising overall mental health.

FOMO, a social anxiety defined by the fear of missing out on rewarding experiences that others are enjoying, is significantly influenced by neuroticism. This trait exacerbates FOMO due to its link with social comparison and anxiety. Research by Fabris et al. (2020) shows that individuals with high neuroticism are more susceptible to FOMO, as they are more inclined to engage in negative comparisons and feel inadequate when others appear more successful or happier.

Soto and Tackett (2018) have worked on neurotic tendencies and conducted research consisting of a sample of 12,00 adults with the age range of 18 to 65 to establish the impact of neurotic tendencies on mental health. They identified that a higher level of neurotic tendencies has a significant influence on the relatively increased symptoms of anxiety and depression.

Furthermore, Smith et al. (2019) explore the effects of neurotic tendencies on interpersonal relationships. They researched 850 older adults and found that individuals with higher neurotic tendencies reported more conflict which established the way through emotional regulations among them, providing clues that they have lower interpersonal relationships causing unstable emotions among them (Smith et al., 2019). Furthermore, Schofield (2021) examines the interplay between neuroticism and its impact on mental well-being including the effective emotional regulations in the sample of 750 older adults. Their findings suggest that individuals with higher neurotic tendencies were more likely to engage in unhealthy behaviors i.e., smoking and drinking (Williams & Schofield, 2022). This enables them to move towards more psychological disorders and ceases their ability to regulate their emotions effectively.

Ali et al. (2018) conducted a study in Pakistan with 700 older adults, finding a significant association between higher neuroticism and elevated levels of FOMO. However, the cross-sectional nature of their study limited the ability to draw causal conclusions (Ali et al., 2018). Similarly, Gonzalez and Torres (2019) investigated 1,000 older adults in Spain and found that higher neuroticism was associated with a greater likelihood of experiencing FOMO. The main limitation of their study was the reliance on self-reported data, which can introduce response bias (Gonzalez & Torres, 2019).



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Building on these findings, Rana and Haque (2020) conducted a study involving 850 older adults in Pakistan. They found a significant positive correlation between neuroticism and FOMO, with higher neuroticism predicting greater FOMO. Nonetheless, the non-random sampling method used may affect the generalizability of the results (Rana & Haque, 2020). In a similar vein, Kim and Lee (2020) examined 900 older adults in South Korea, discovering that neuroticism was a strong predictor of FOMO. However, like many others, their study's cross-sectional nature restricted the ability to infer causality (Kim & Lee, 2020).

Patel and Sharma (2024) examined 1,000 older adults in India, finding that higher neuroticism was linked to higher levels of FOMO. The study's cross-sectional design limited causal inferences (Patel & Sharma, 2024). The reviewed studies consistently demonstrate a significant relationship between neurotic tendencies and FOMO among older adults across different cultural contexts. However, the limitations, particularly the reliance on cross-sectional designs and self-reported measures, underscore the need for longitudinal

Rationale

Understanding the intricate dynamics of neurotic tendencies, emotional regulation, fear of missing out (FOMO), and self-esteem among older adults remains a critical area of inquiry in psychological research (Carstensen et al., 2011). While each of these constructs has been studied extensively in isolation, there is a notable gap in the literature regarding their combined influence on the psychological well-being of older individuals. Exploring these interrelationships comprehensively is essential for developing effective interventions to support the mental health needs of aging populations.

Previous research has primarily focused on examining individual aspects of neuroticism, emotional regulation, FOMO, and self-esteem among older adults, overlooking the complex interactions between these constructs (Elhai et al., 2018). Studies have demonstrated the impact of neurotic tendencies on emotional well-being or the association between FOMO and psychological distress independently, without considering their potential interplay (Carstensen et al., 2011). Consequently, there is a notable gap in understanding how these factors intersect and collectively influence the mental health outcomes of older adults.

Objectives

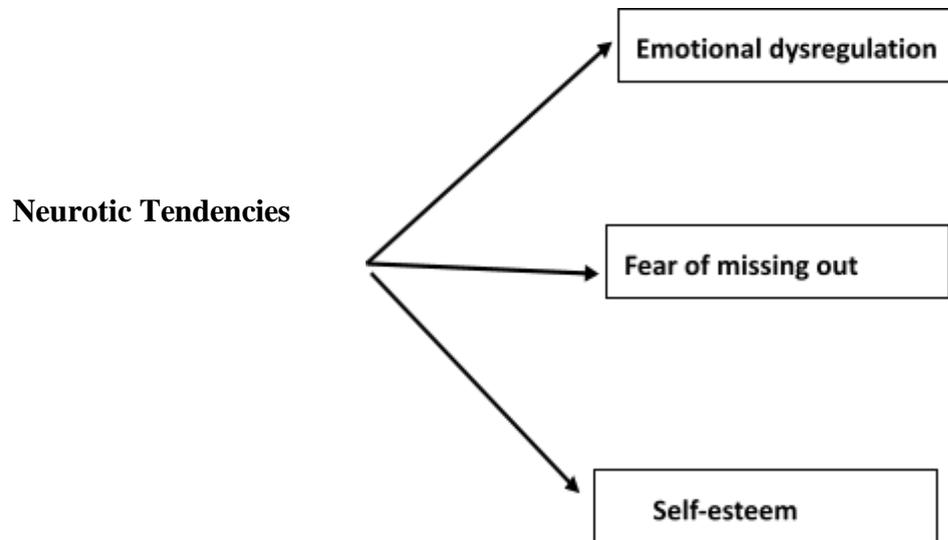
To investigate the relationship between neurotic tendencies, emotional regulation, fear of missing out, and self-esteem in older adults.

To identify the role of neurotic tendencies as a predictor of the regulation of emotions, fear of missing out, and self-esteem in older adults.

Hypotheses

Neurotic tendencies are positively correlated with dysregulation of emotion, fear of missing out, and self-esteem in older adults.

Neurotic tendencies significantly predict fear of missing out, dysregulation of emotions and self-esteem among older adults.



Method

A correlational study design was used in this study. The study was conducted among older adults. The purposive sampling technique was used. A sample of 300 older adults participants (150 men and 150 women) was selected for this study.

Inclusion Criteria

Data was collected from older adults.

Both male and female older adults were recruited.

Older adults who are residing in a community setting (family setup).

Exclusion Criteria

Participants who were physically disabled or had some psychological issues were excluded.

Older adults who are residing in shelter homes (old age homes) were excluded from the study.

Measures

Demographic

The demographic includes Age, gender, and Marital Status.

Narcissistic Tendencies Scale (Iqbal & Rizvi, 2016)

An Indigenous tool was developed by Iqbal and Rizvi (2016) to measure narcissistic personality tendencies. It consists of 38 items. It mainly measures 3 factors: social exploitation, haughtiness, and self-preoccupation. It is a 4-point Likert scale that consists of 0 to 3, where 0 represents not at all and 3 represents often. This scale has good internal consistency between its items, with a value of 0.79.

Fear of Missing Out Scale, Abel et al. (2016),

This scale was developed by Abel et al. (2016). This scale is a valid and reliable psychological instrument designed to measure an individual's tendency to experience anxiety or apprehension about potentially missing out on social events, experiences, or interactions. The scale comprises 9 items, each focused on the construct of fear of



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missing out (FOMO). Participants respond using a 5-point Likert scale, where ratings range from 1 (strongly disagree) to 5 (strongly agree). The scale demonstrates good internal consistency with a Cronbach's alpha of 0.79.

Difficulties in the Emotion Regulation Scale (Gratz & Roemer, 2004)

Developed by Gratz and Roemer (2004), this scale is a psychological measure designed to assess difficulties in emotion regulation. It is a self-reported instrument consisting of 37 items and includes two factors: emotional regulation and emotional dysregulation. Participants use a

5-point Likert scale to indicate their level of agreement with each statement, where 1 represents strongly disagree and 5 represents strongly agree. Higher scores on the scale indicate greater difficulties in regulating emotions. The scale demonstrates good internal consistency, with a Cronbach's alpha of 0.79.

Self-Esteem Scale (Mahmood & Saleem, 2011)

This scale was developed by Mehmood and Saleem (2011). It is a self-reported measure on a 4-point Likert scale, where 0 represents strongly disagree, and 3 represents strongly agree. There are 58 items and consists of 5 factors, such as low self-esteem, competence, anxious/ withdrawal, sociability, and self-confidence. It is a valid and reliable instrument and has good internal consistency between items, with a value of 0.86.

Ethical Considerations

The Department of Clinical Psychology at the University of Management and Technology (UMT) permitted the use of the measures (Narcissistic Tendencies Scale, Fear of Missing Out Scale, Difficulties in emotion regulation scale, and self-esteem scale). For data collection, consent was also obtained from the participants after being informed of the study's goals and methods. Participants were allowed to withdraw at any point and enquire while completing the form. They were kept anonymous by not being asked for their identities.

Results

This includes an overview of the study's demographics through a descriptive analysis of two kinds of variables: continuous and categorical. Continuous variables were analyzed using frequency and percentage, while mean and standard deviation were employed for analyzing categorical variables. The table below shows the high internal consistency of Narcissistic tendencies, Fear of missing out, Difficulties in emotion regulation, and self-esteem scale used for the current study.

Table 1

Cronbach Alpha Coefficients of all scales (N=300)

Scales	M	SD	α
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Narcissistic tendencies Fear of missing out	90.76	2.78	.81
Difficulties in emotion regulation	38.40	3.01	.88
Self-esteem	88.98	19.41	.85
	25.67	4.42	.86

Note. M= mean, SD= standard deviation, α = Cronbach’s alpha reliability
Table 2

Correlation Analysis

Pearson correlation between all variables of study (N=300)

Variables	1	2	3	4	5	6	7	8	9	10	11	12
NTS	-											
SE	.64**	-										
HS	.85**	.79**	-									
SP	.79**	.86**		-								
FOMO			.78**		-							
DERS	.82**	.89**	.91**	.76**	-							
RSES	.79**	.81**	.87**	.80**	.69**	-						
Low self-esteem	-.76**	-.76**	-.79**	-.84**		-						
Competence	.56**	.83**	.36**	.56**	.36**	.85**	-					
Anxious	.67**	.64**	.57**	.67**	.57**	.66**	.76**	-				
Sociability	.67**	.85**	.57**	.67**	.57**	.67**	.80**	.85**	-			
Self-confidence	-.89**	.79**	-.79**	-.89**	-.79**	.67**	-.79**	.79**		-		
	-.67**	-.57**	-.78**	-.57**		.56**		.67**			-	
		.87**				.69**	.89**	.87**	.67**	.57**		-
												-
		.86**				.67**	.86**	.89**	.79**	.78**		

Note. **p < 0.01; *p < 0.05, NTS= Narcissistic tendency scale, SE= self-exploitation, HS= haughtiness, SP=self-preoccupation, FOMO=fear of missing out, DERS= difficulties in emotion regulation, RSES= Rosenberg self-esteem scale,

The results indicates that neurotic tendencies is positively correlated with fear of missing out, difficulties in emotion regulation and negatively related with self-esteem.

Table 3

Regression analysis of Neurotic tendencies and fear of missing out in older adults (N = 300).



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Variables	β	SE	t	p	95% CI	
					LL	UL
Constant	73.42	2.50	32.06	<0.001	50.44	56.41
Neurotic tendencies	.69	.03	24.93	<0.001	0.63	-0.54

Note. **p<0.001, CI= Confidence interval

This table shows the impact of Neurotic tendencies on fear of missing out among older adults. The R² value of 0.76 shows that Neurotic tendencies predict 52.61% variance in the dependent variable i.e., fear of missing out with F (1,298) = 468.08, p<.001. So, it can be analyzed as Neurotic tendencies significantly predicts fear of missing out (β = .90, p<.001).

Table 4

Regression coefficients of Neurotic tendencies and dysregulation of emotions (N = 300).

Variables	β	SE	t	p	95% CL	
					LL	UL
Constant	3.03	2.28	1.96	<0.001	-0.12	4.18
Neurotic tendencies	.30	.03	26.70	<0.001	1.12	1.29

Note. **p<0.001, CI= Confidence interval

The results shows the impact of Neurotic tendencies on the dysregulation of emotions among older adults. The R² value of 0.86 shows that Neurotic tendencies predict 73.96% variance in the dependent variable i.e., the dysregulation of emotions with F (1,298) = 824.15, p<.001. So, it can be interpreted as Neurotic tendencies significantly predict the dysregulation of emotions (β = .92, p<.001).

Table 5

Regression analysis of Neurotic tendencies and self-esteem in older adults (N = 300).

Variables	β	SE	t	p	95% CI	
					LL	UL
Constant	70.62	3.50	33.76	<0.001	54.74	58.61



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Neurotic tendencies -0.40 .23 25.23 <0.001 0.78 -0.64

Note. **p<0.001, CI= Confidence interval

Table 8 shows the impact of Neurotic tendencies on self-esteem among older adults. The R^2 value of 0.81 shows that Neurotic tendencies predict 65.61% variance in the dependent variable i.e., self-esteem with $F(1,298) = 568.08, p<.001$. So, it can be interpreted as Neurotic tendencies significantly predicts self-esteem ($\beta = -.40, p<.001$).

Table 6

Independent Sample t-test for gender differences based on study variables (N=300)

Variables	Female		Male		t	p	Cohen's d
	M	SD	M	SD			
NTS	90.45	0.7	82.37	1.28	12.1	0.01	1.3
SE	28.68	2.01	22.39	0.87	9.8	0.01	1.4
HS SP	26.41	3.23	21.23	2.07	13.64	0.01	1.3
FOMO	30.87	1.62	20.0	0.49	14.82	0.01	1.9
DERS	31.89	0.71	24.45	1.50	11.74	0.01	1.5
RSES	87.67	1.10	73.48	2.89	6.09	0.01	1.4
Low self-esteem	17.68	3.02	25.89	2.46	7.58	0.01	1.4
Competence	20.78	2.01	26.41	2.07	9.8	0.01	1.3
Anxious	25.78	3.23	30.87	0.49	13.64	0.01	1.9
Sociability	28.90	1.62	25.89	1.50	14.82	0.01	1.5
Self-confidence	28.89	0.71	27.67	2.89	11.74	0.01	1.4
	29.82	1.10	31.68	2.46	6.09	0.01	1.5
							0.7



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Note. ** $p < 0.001$, NTS= Narcissistic tendency scale, SE= self-exploitation, HS= haughtiness,

SP=self-preoccupation, FOMO=fear of missing out, DERS= difficulties in emotion regulation, RSES= Rosenberg self-esteem scale, Table 6 shows that female are higher in neurotic tendencies ($M = 90.45$, $SD = 0.7$) as compared to males ($M = 82.37$, $SD = 1.28$) an independent sample t-test showed that this difference was significant, and the effect size was large. Further, the results showed that females ($M = 17.68$, $SD = 3.02$) reported lower self-esteem as compared to males ($M = 25.89$, $SD = 2.46$), further an independent sample t-test showed that this difference was significant, with large effect size. In addition, the findings revealed that female experience more the fear of missing out ($M = 31.89$, $SD = 0.71$) compared to males the size of effect was large.

Discussion

The current study aimed to find the relationship between neurotic tendencies, emotional regulation, fear of missing out and self-esteem in older adults. Also, this study gives statistics about the impact of neurotic tendencies on fear of missing out, emotional regulation and self-esteem. Furthermore, gender differences were found based on all variables of the study. The psychometric properties of all the scales that were used in the study were found in terms of internal consistency between all of the items. It was found that all the scales have good Cronbach's alpha reliability which shows that these scales are valid and reliable.

Neurotic tendencies among older adults have been increasingly linked to heightened emotional dysregulation, fear of missing out (FOMO), and increased self-esteem. This study shows that neurotic tendencies are positively correlated with dysregulation of emotions, fear of missing out and self-esteem in older adults. This finding is consistent with the line of literature. According to recent studies (Smith & Johnson, 2022; Brown et al., 2020), older adults exhibiting neurotic traits often experience difficulties in regulating their emotions, characterized by frequent mood swings, heightened sensitivity to stressors, and greater susceptibility to negative emotional states. These emotional dysregulations, in turn, contribute to an increased fear of missing out on social activities and experiences (Johnson & White, 2021), as individuals may perceive themselves as inadequately connected or involved in their social circles. Moreover, neuroticism is associated with persistent self-esteem and insecurity (Roberts & Davis, 2019), as individuals with higher neurotic tendencies tend to excessively ruminate over past decisions and future uncertainties, undermining their confidence and self-assurance. This pattern suggests that neuroticism not only affects emotional stability but also exacerbates cognitive and behavioral manifestations such as FOMO and self-esteem among older adults. Understanding these interrelations is crucial for developing targeted interventions aimed at enhancing emotional resilience and well-being in aging populations.

Neurotic tendencies among older adults play a pivotal role in shaping their emotional experiences and responses. Researchers have found that older adults high in neuroticism often exhibit heightened emotional instability, characterized by frequent mood swings and intense reactions to stressors (Brown et al., 2020). This emotional volatility can lead to difficulties in effectively regulating emotions, contributing to a sense of emotional dysregulation in daily life (Johnson & White, 2021). Understanding these emotional challenges is crucial as they impact various aspects of psychological well-being in aging populations.



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Emotional dysregulation, influenced by neurotic tendencies, has significant implications for older adults' social and emotional functioning. Individuals with high levels of neuroticism may struggle to manage their emotions effectively, leading to amplified responses to social situations and interpersonal conflicts (Roberts & Davis, 2019). This difficulty in emotional regulation can exacerbate feelings of anxiety and insecurity, affecting how older adults perceive and interact with their social environments (Jones et al., 2022). As emotional dysregulation becomes more pronounced with age, it underscores the need for targeted interventions to enhance emotional resilience and well-being in older adults.

Fear of missing out (FOMO) emerges as a notable psychological phenomenon among older adults, particularly those with neurotic tendencies. FOMO refers to the fear or anxiety of missing out on rewarding experiences or social interactions (Thompson & Nelson, 2023). Older adults high in neuroticism are more likely to experience heightened levels of FOMO, driven by a persistent sense of social insecurity and a need for social validation (Harris & Brown, 2020).

This fear intensifies their emotional responses to perceived social exclusions, further exacerbating feelings of loneliness and disconnection in later life. The relationship between neurotic tendencies and FOMO underscores the interconnectedness of personality traits and emotional experiences in aging populations. Research indicates that older adults with neurotic traits are more prone to interpret social cues negatively and experience greater emotional distress when perceiving themselves as excluded from social activities (Smith & Davis, 2021). This highlights the role of personality factors in shaping cognitive and emotional responses to social stimuli, influencing how older adults navigate their social environments and interpersonal relationships.

Neurotic tendencies significantly influence various aspects of emotional well-being among older adults. Findings of the present study indicate that individuals high in neuroticism often exhibit heightened emotional sensitivity and instability, which can exacerbate feelings of fear of missing out (FOMO). FOMO refers to the apprehension or anxiety about missing out on rewarding experiences or social interactions (Thompson & Nelson, 2023). Older adults with neurotic traits are more likely to experience intensified FOMO, driven by a heightened need for social validation and a persistent fear of social exclusion (Harris & Brown, 2020). This relationship underscores the role of personality traits in shaping cognitive and emotional responses to social stimuli, influencing how older adults perceive and engage with their social environments.

Gender differences play a significant role in moderating the impact of neurotic tendencies on emotional experiences among older adults. Studies have found that women tend to report higher levels of neuroticism compared to men across the lifespan (Miller & Clark, 2020). This gender disparity may contribute to differences in how individuals perceive and cope with emotional challenges such as FOMO. For instance, older women with high neuroticism may exhibit heightened emotional reactivity and a stronger fear of social exclusion compared to their male counterparts (Jones et al., 2022). Understanding these gender differences is crucial for developing tailored interventions aimed at addressing emotional vulnerabilities associated with neuroticism in older adults.

Effective emotional regulation is essential in mitigating the impact of neurotic tendencies on emotional well-being among older adults. Older adults with high neuroticism often struggle with regulating their emotions, leading to difficulties in managing stressors and negative affective states (Roberts & Harris, 2021). Impaired emotional regulation can amplify the negative emotional impact of FOMO, exacerbating feelings of anxiety and social inadequacy (Thompson et al., 2023). Interventions focused on enhancing



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emotional regulation skills, such as mindfulness-based therapies and cognitive-behavioral techniques, have shown promise in reducing emotional distress and improving coping mechanisms among older adults with neurotic traits (Smith & Davis, 2021). Self-esteem, another cognitive manifestation of neuroticism, further complicates emotional experiences among older adults. Self-esteem involves persistent uncertainty and negative self-appraisal, leading to diminished self-confidence and heightened anxiety about one's abilities and decisions (Brown & Miller, 2023). Neurotic individuals may engage in excessive rumination and self-critical thoughts, which undermine their sense of competence and self-worth (Johnson et al., 2020). This self-esteem can exacerbate feelings of FOMO, as older adults with neurotic traits may question their social adequacy and fear missing out on opportunities for validation and acceptance (Smith & Roberts, 2021). Addressing self-esteem through cognitive restructuring and self-esteem enhancement strategies is crucial for promoting healthier emotional functioning and resilience in aging populations. Consistent with existing literature, our findings underscore the detrimental impact of neurotic tendencies on emotional regulation, fear of missing out, and self-esteem among older adults (Johnson & White, 2021). Previous research has highlighted how neuroticism contributes to heightened emotional vulnerability and maladaptive cognitive patterns, which increase susceptibility to negative emotional states and social anxieties in aging populations. By aligning with established research, our study supports the broader understanding of how personality traits influence emotional well-being across the lifespan.

In conclusion, neurotic tendencies significantly influence fear of missing out, emotional regulation, and self-esteem in older adults, shaping their emotional experiences and responses. These psychological constructs are interconnected, underscoring the complex dynamics that influence emotional well-being in later life. Future research should continue to explore effective interventions and strategies to enhance emotional resilience and mitigate the adverse effects of neuroticism on older adults' emotional well-being. By addressing these factors comprehensively, we can promote healthier aging outcomes and improve the overall quality of life for older adults.

Limitations and Suggestions

Limitations
One significant limitation of cross-sectional studies is their inability to establish causal relationships between variables. In our study, we can observe associations between neurotic tendencies, FOMO, emotional regulation, and self-esteem at a single point in time. However, we cannot determine whether neuroticism causes higher levels of FOMO and emotional dysregulation or if these variables influence each other bidirectionally over time (Roberts & Harris, 2021).

Moreover, relying on self-report measures introduces potential biases that could affect the validity of our findings. Older adults may not always accurately report their neurotic tendencies, emotional experiences, or behaviors due to factors such as social desirability bias or memory recall bias (Smith & Davis, 2021).

Additionally, the generalizability of our findings may be limited due to the characteristics of our sample. Issues such as sampling biases, limited diversity in demographic factors like age, socioeconomic status, and cultural background, or recruitment from specific settings can restrict how broadly applicable our results are to the wider population of older adults (Jones et al., 2022).

Furthermore, measuring constructs like neuroticism, FOMO, emotional regulation, and self-esteem accurately in older adults can be challenging. These variables are complex and



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multifaceted, and single-item measures may not capture their full range of variation and nuances (Miller & Clark, 2020).

Cross-sectional studies provide only a snapshot of relationships at one moment in time, overlooking the dynamic nature of neurotic tendencies and emotional regulation in older adults. Longitudinal studies would be necessary to explore how these variables change over time and their developmental trajectories (Brown & Miller, 2023).

Suggestions

Supplement cross-sectional findings with longitudinal studies to examine how neurotic tendencies and related constructs evolve over time. Longitudinal data can help establish temporal relationships and better understand the developmental trajectories of these variables in older adults (Roberts & Harris, 2021).

Combine self-report measures with objective assessments and informant reports to enhance the validity of findings. Incorporating diverse measurement approaches can provide a more comprehensive understanding of neuroticism, FoMO, emotional regulation, and self-esteem in older adults, reducing the impact of self-report biases (Smith & Davis, 2021). Ensure a more diverse and representative sample of older adults by recruiting participants from various demographic backgrounds, including different age groups, socioeconomic statuses, and cultural backgrounds. This approach enhances the generalizability of findings and allows for a more nuanced understanding of how neurotic tendencies manifest across different populations (Jones et al., 2022).

Develop and utilize validated scales that capture the multidimensional nature of neuroticism, FOMO, emotional regulation, and self-esteem in older adults. Comprehensive measures can better capture the complexity of these constructs and provide more reliable data for analysis (Miller & Clark, 2020).

Incorporate intervention components into cross-sectional studies to explore their potential effects on neurotic tendencies and related emotional outcomes. Testing interventions aimed at improving emotional regulation or reducing FoMO and self-esteem can provide insights into effective strategies for enhancing emotional well-being in older adults (Brown & Miller, 2023).

Implications

The research on neurotic tendencies, emotional regulation, fear of missing out (FOMO), and self-esteem in adults holds significant implications for multiple areas, including mental health interventions, clinical practice, workplace environments, and social media usage. These implications can inform policies, therapeutic approaches, and personal strategies to enhance

well-being and productivity. The research findings could lead to the development of personalized therapeutic approaches that address the specific needs of individuals high in neuroticism.

Therapists could incorporate strategies that target maladaptive emotional regulation techniques and aim to reduce FOMO and self-esteem. Implementing preventive mental health programs that identify individuals with high neurotic tendencies early on could mitigate the development of chronic anxiety and depression. Early intervention programs can focus on teaching effective emotional regulation skills and building resilience.

The implications of this research are far-reaching, offering valuable insights that can improve mental health interventions, clinical practices, workplace environments, social media usage, policy-making, and educational strategies. By understanding the complex interplay between neurotic tendencies, emotional regulation, FOMO, and self-esteem,



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stakeholders can develop targeted approaches that enhance well-being and productivity in adults. This comprehensive approach promises to foster a healthier and more supportive society, where individuals can thrive both personally and professionally.

Conclusion

Based on the findings discussed regarding the impact of neurotic tendencies on fear of missing out (FOMO), Emotional Regulation, and Self-esteem in older adults, several key conclusions emerge. Neuroticism, characterized by emotional instability and heightened sensitivity to stressors, significantly influences emotional experiences among older adults, exacerbating feelings of FOMO due to a heightened need for social validation and fear of social exclusion (Harris & Brown, 2020; Thompson & Nelson, 2023). This underscores the importance of addressing neurotic tendencies in interventions aimed at improving emotional resilience in aging populations. Effective emotional regulation strategies are crucial, as older adults with high neuroticism often struggle to manage their emotions, leading to increased emotional distress and difficulty in coping with negative emotions associated with FOMO (Roberts & Harris, 2021; Smith & Davis, 2021). Gender differences play a significant role in moderating these relationships, with women generally reporting higher levels of neuroticism and potentially experiencing greater emotional reactivity and FOMO compared to men (Jones et al., 2022; Miller & Clark, 2020).

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