

# CHAPTER I

## INTRODUCTION

### 1.1 Background Of Study

Indonesia, society, and individual culture are defined as the external factors. Social influence has a huge impact on a person's perception and can create a psychological attitude to gain stability or distance themselves from worry. The society that accepts an individual often influences the individual's emotions, so an internal perception of a person's acceptance arises. The desire to be accepted by society and the fear of isolation are each seen as rewards and punishments, thus creating attitudes that lead to behavioral intentions. Globalization has changed the definition of consumption activities from fulfilling needs to self-satisfaction and self-performance. This situation where an individual has a great desire to stay connected with what others are doing through cyberspace is what we call the FoMO phenomenon.<sup>1</sup>

Many psychologists and sociologists have discussed this phenomenon from various perspectives. One of them is Sherry Turkle, who in her work *Alone Together* examines how technology isolates people even though they seem more connected.<sup>2</sup> Meanwhile, Andrew Przybylski and colleagues, through various empirical studies, have shown a correlation between excessive social media use and the emergence of FoMO symptoms.<sup>3</sup> However, most of these studies are limited to psychological and sociological perspectives, without highlighting the impact of FoMO behavior from an ethical and spiritual standpoint. However, most of these studies are limited to psychological and sociological perspectives, without highlighting the impact of FoMO behavior from an ethical and spiritual standpoint.

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<sup>1</sup> Melinda Stefani Yaputri, Dindin Dimiyati, Haris Herdiansyah, *The Correlation Between Fear Of Missing Out (FoMO) Phenomenon And Consumptive Behaviour In Millennials*, *Journal of Social Sciences*, Volume 1 Number 2, 2022, <https://doi.org/10.53276/eligible.v1i2.24>, Page. 118

<sup>2</sup> Sherry Turkle, *Alone Together: Why We Expect More from Technology and Less from Each Other* (New York: Basic Books, 2011): 157

<sup>3</sup> Andrew K. Przybylski dan al. "Fear of Missing Out: A New Measure and Its Relationship to Well-Being." *Computers in Human Behavior* 29, no. 4 (2013): 1843

Patrick J. McGinnis is an author, speaker, and investor who is credited with coining the term "FoMO" (Fear of Missing Out). The term first appeared in a 2004 article he wrote in Harvard Business School magazine, and has since become a global phenomenon in reflecting a modern culture which is influenced by the social media and the digital connectivity, to describe a social phenomenon he observed in his surroundings. FoMO, according to Patrick J. McGinnis, refers to a person condition in feeling the anxious or stressed because of the worry of missing out on an enjoyable or important experience that someone else is having. This feeling is exacerbated by constant exposure to social media content, where users often only show the best moments of their lives, creating the illusion that other people's lives are always more interesting or fulfilling. So they feel left behind or do not participate enough in social activities or current trends. <sup>4</sup>

Patrick J. McGinnis is a relevant figure to use in this research because he is the originator of the term FoMO and has explained this phenomenon comprehensively through his book *The 10% Entrepreneur*. McGinnis explains FoMO as a phenomenon that emerges in the context of modern life, especially among people who are connected to technology and social media. McGinnis' thoughts can be used as a reference to understand the origins, causes, and impacts of FoMO more deeply. Patrick J. McGinnis is a relevant figure to use in this study because he is the originator of the term FoMO and has explained this phenomenon comprehensively through his book compared to other figures. By choosing Patrick as the main reference in understanding FoMO, one is able to provide a more balanced view between modern theories of human behavior and the principles of sharia, thus being able to present an analysis that is relevant to the social and spiritual development of individuals in the contemporary context.

Thus, FoMO can encourage excessive buying. This is because someone is motivated to buy something that was published on social media, or what is trending

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<sup>4</sup> Patrick J. McGinnis, *Fear Of Missing Out: Practical Decision-Making In A World Of Overwhelming Choice*, Patrick J. McGinnis, 2020, P. 3

on social media, so they feel the “need” to have<sup>5</sup> the item as individuals who are always connected to society because they often need feedback and affirmation from others. This tendency is shown as a form of participating in society that reflects their strong desire to be part of society and be considered as positive individuals, which explains the FoMO in themselves.

The tendency to stay connected explains a person's anxiety so the FOMO phenomenon causes consumers to experience the emotional circuits of isolation, anxiety, and the desire to belong. The desire to belong produces feelings of confidence, satisfaction, and liking that feel stable, while isolated anxiety produces feelings of antipathy or dislike for something and someone<sup>6</sup>, uncertainty, and failure that cause worry.

This phenomenon can be interpreted as an attempt to adapt the new trends to appear the popularity, either to distract others or simply to go with the flow. A person's fear of social backwardness often triggers a stronger desire to the gain recognition from the society. In this context, people are driven by the fear that if they do not buy a product, they will be left behind and not recognized. Finally, the negative thoughts experienced by the individual lead to a desire in achieving emotional stability.

This can be seen from the core of the economic problem in the perspective of conventional economics, namely, the problem of unlimited human needs while the means to satisfy the needs are limited or scarce (scarcity). In this regard, conventional economics places desire and needs as one form that is equal and interconnected because wants and needs come from the same place, namely the human instinct of desire. In contrast to Islam, which rejects the assumption that human needs are unlimited. As explained in the concept of the law of diminishing marginal utility, the more goods are consumed, at a certain point it will cause additional satisfaction from each additional amount of goods consumed to decrease.

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<sup>5</sup> Sumayyah Amalina Nasr, Yos Sunitiyoso, Hasnul Suhaimi, *The Effect of Fear of Missing Out on Buying and Post Purchasing Behaviour toward Indonesia's Generation Z Online Shoppers (Case study: E-Commerce Indonesia)*, *International Journal of Current Science Research and Review*, Volume 06 Issue, (09 September 2023): 6250.

<sup>6</sup>“Antipati”, *Wikipedia*, diakses pada 20 desember 2022, <https://id.wikipedia.org/wiki/Antipati>

If human behavior is based on desires, then economic problems will never be resolved because human desires always feel that they will never be satisfied. In the Islamic framework, not all human desires are used as needs. Only desires that are needs in the world and the hereafter can be used as needs.<sup>7</sup>

One approach that is often used to assess an action within the framework of *maqashid sharia* is *maslahah al-mursalah*, which is a criterion of benefit that is not directly mentioned in religious texts, but can still be used as a basis for making decisions for the greater good. *Maslahah al-mursalah* was proposed by scholars such as Imam Al-Ghazali, who stated that any form of action that brings benefits and does not conflict with the objectives of sharia can be accepted and used as a reference. And has great significance in the development of Islamic law, especially in the modern context where Muslims are faced with various new complex challenges. Based on the principle of *Maslahah al-Mursalah*, scholars and policymakers can seek solutions that are not only by sharia but also relevant to the needs of the times. This includes various fields such as technology, health, education, and economics.

This principle is used to achieve welfare and justice in society, as well as to avoid the unwanted losses or the difficulties. Where each has its division, namely *dharuriyyat* (main/primary), *hajjiyat* (needs/secondary), and *tahsiniyyat* (complementary/tertiary). It can be interpreted that these three things complement each other.<sup>8</sup>

*Dharuriyyat* is defined as the primary needs that cannot be postponed to maintain the integrity of the five main principles of *maslahah*. *Hajjiyat* is a condition that does not threaten the five main principles of *maqashid sharia*, while *tahsiniyyat* is the need that underlies the position of humans in society which must be by their obedience to Allah.

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<sup>7</sup> Muslimin Kara, *Pemikiran Al-Syatibi Tentang Maslahah Dan Implementasinya Dalam Pengembangan Ekonomi Syariah*, *Jurnal Assets Volume 2 Nomor 2* (2012): 179.

<sup>8</sup> Musolli, *Maqasid Syariah: Kajian Teoritis Dan Aplikatif Pada Isu-Isu Kontemporer*, *At-Turas, Volume V, No. 1, Januari-Juni* (2018): 44.

If these three principles are not met then there is no *maslahah mursalah* in that case. From the perspective of *maslahah al-mursalah*, FoMO behavior needs to be studied whether it brings benefits (*maslahah*) or leads to harm (*mafsadah*) for individuals and society. FoMO can have negative impacts, such as stress, anxiety, and impaired mental well-being. When viewed from the objectives of sharia, this phenomenon has the potential to damage the human soul and mind, which should be protected.

So based on the previous phenomenon, this study will look at FoMO behavior from a *maslahah al-mursalah* perspective, focusing on how this behavior can bring benefits or harms to individuals and society because the majority of Indonesian people tend to feel less satisfied with their own lives, which can lead to stress, anxiety, and even depression. In addition, FoMO can affect a person's internet usage behavior, prompting them to constantly purchase social media, attend social events they don't enjoy, or make impulse purchases to keep up with the latest trends. And with the rapid development of technology and the economy and the use of the internet that makes it easier for Indonesian people to do everything, it triggers FoMO towards an individual. Where they only want to fulfill a lifestyle that tends to get researcher acceptance, which is inseparable from following the development of lifestyle and trends according to the times. In connection with the description above, the author decided to conduct research with the title: Analysis of The Behavior Fear of Missing Out by Patrick J. McGinnis Perspective of *Maslahah al-Mursalah* Imam Al-Ghazali

## **1.2 Research Problem**

Based on the above background, the researcher formulate the problem as follows:

1. How fear of missing out according to Patrick J. McGinnis?
2. How is the behavioral analysis of fear of missing out according to Patrick J. McGinnis from the perspective of *Maslahah al-Mursalah* Imam Al-Ghazali?

### 1.3 Research Objectives

Based on some of the problems that the researcher have formulated above, in general the objectives to be achieved from this research are as follows:

1. To find out the scheme phenomenon of fear of missing out according to Patrick J. McGinnis.
2. To find out the behavioral analysis of fear of missing out according to Patrick J. McGinnis from the perspective of *Maslahah al-Mursalah* Imam Al-Ghazali.

### 1.4 Research Benefit

The researcher hopes, this simple research can be useful and useful, especially for writers and the general public, including the following:

#### 1. Theoretical Benefits

The results of this study are expected to be able to contribute knowledge and become material for information about Islamic law on fear of missing out on the concept of *maslahah al-Mursalah* to readers and researchers. As well as being an example for the wider community regarding ethics according to Islam on the behavior of fear of missing out in society, as well as being a reference or reference for further research to further develop existing ideas.

#### 2. Practical Benefits

This research is expected to provide information about Islamic law on fear of missing out on the concept of *maslahah al-Mursalah* to readers and researchers. As well as being an example for the wider community regarding ethics according to Islam on the behavior of fear of missing out in society, as well as being a reference or reference for further research to further develop existing ideas

### 1.5 Research Methodology

The research method or scientific method is a procedure or step in obtaining scientific knowledge or science. So Research methodology <sup>9</sup> is a

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<sup>9</sup> Suryana, “*Metodologi Penelitian : Metodologi Penelitian Model Praktis Penelitian Kuantitatif Dan Kualitatif*,” *Universitas Pendidikan Indonesia*, 2012, 1–243, <https://doi.org/10.1007/s13398-014-0173-7.2>.



systematic way of organizing knowledge. In order to obtain accurate and complete data in the this results of research that will be carried out later, the types of research that the authors use are as follows:

### 1. Type of Research

The type of research used is qualitative research which is library research. Namely by using data from books, dictionaries, and previous articles whose results are close to this research, and if other sources are needed, the author will also collect several journals. This research method aims to understand the object being studied in depth by trying to understand and interpret the meaning of an event.

### 2. Research Data Sources

For the completeness of the data in this study, the researcher must look for data and the sources which relate with the research data.

#### a. Data source

What is meant by data sources in research are subjects from which data can be obtained.<sup>10</sup> The data needed to become a data source is divided into :

#### 1) Primary Data Source

Primary data sources consist of the main references for solving problems in research, as follows:

- a) Fear Of Missing Out: Practical Decision-Making In A World Of Overwhelming Choice, Patrick J. McGinnis
- b) Al-Mankhul Min Ta'liqat Al-Ushul, Imam Al-Ghazali, Dar As-Salam.
- c) Al-Mustashfa Fi Ushul Al-Fiqh, Imam Al-Ghazali, Dar As-Salam.
- d) Al-Burhan Fi Ushul Al-Fiqh, Al-Haramain Al-Juwayni, Darul Qur'an.

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<sup>10</sup> Suryana, "Metodologi Penelitian : Metodologi Penelitian Model Praktis Penelitian Kuantitatif Dan Kualitatif."

## 2) Secondary Data Source

Secondary data sources consist of the main references for solving problems in research as follows:

- a) Al-Muhadharat Fi Maqashid Al Syariah, Prof. Dr. Ilyas Dardur, Dar As-Salam.
- b) Maqashidu Al-Syari'ah Al-Islamiah, Muhammad Thahir Ibn 'Asyur, Dar Al Hijrah.
- c) Al-Muwafaqat fi Usul al-Syari'ah, Juz 1, Ash-Syathibi, Dar al-Hadith.
- d) The Joy Of Missing Out, Ask Dalton

## 3. Data Collection Techniques

To collect data on this topic, researchers used a qualitative approach to uncover data about sentence types, perceptions, and opinions, not numbers or calculations.<sup>11</sup>

The researcher used the documentary analysis in collecting data from the books of the Salaf and Khalaf, documents, images, and scientific research related with *Maslahah al-Mursalah* problem. The researcher will also use this method to collect data that related to the FOMO and the *Maslahah al-Mursalah*, The data collected will include the meaning of FOMO according to Patrick J. McGinnis, who first introduced this term and explored it in the context of modern culture. Apart from that, the researcher will also analyze the concept of FOMO from the perspective of *Maslahah al-Mursalah* according to the views of Imam Al-Ghazali, a great scholar in the Islamic tradition. This analysis will examine how FOMO, as a psychological and social phenomenon, can be viewed through the lens of *Maslahah al-Mursalah*, which focuses on the general benefit and welfare of society, to assess whether FOMO has a positive or

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<sup>11</sup> Rifa'i Abu Bakar, *Pengantar Metode Penelitian*, (Yogyakarta: Suka Press UIN Sunan Kalijaga, 2021), 17.



negative impact on individuals and communities from a sharia perspective.

### 1.6 Data Analysis Method

The data analysis method that will be used by the researcher is descriptive analysis, namely analyzing the FOMO correlation according to Patrick J. McGinnis in the *Maslahah al Mursalah* perspective of Imam Al-Ghazali. The data analysis stage is the most important in a study because all the data found is used and utilized in such a way that it can conclude and answer all the problems raised in the study.<sup>12</sup> The types of discussion methods used for this approach are:

#### 1. Descriptive Method

This method is used to in the detail analysis the result explanation. By collecting data and information that influences the meaning and then arranging it in a logical order, the and then analyzing it with a structured analysis to achieve a summary. The purpose of the descriptive research method is to describe research findings based on data that is analyzed in detail, and then explain the results of the research description that has been found based on the data.

Researcher use this method to reveal data on the meaning of FOMO according to Patrick J. McGinnis from the perspective of *Maslahah al-Mursalah* Imam Al-Ghazali.

#### 2. Analysis Method

The analytical method in question is to explain FOMO from the perspective of *Maslahah al-Mursalah* by explaining all the aspects contained in matters related to FOMO in *Maslahah al-Mursalah*. Researchers used this method to investigate the Fear of missing out

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<sup>12</sup> Lexy J. Moleong, *Metode Penelitian Kualitatif*, (Bandung: PT Remaja Rosdakarya, 2018), 248.

according to Patrick J. McGinnis. Then analyzed the correlation between FOMO and *Maslahah al-Mursalah* Imam Al-Ghazali's.

The data analysis technique used in this research is adjusted to the research study, namely the data that has been obtained will be analyzed and reviewed to see how fear of missing behavior relates to the principles of *maslahah*.

### 1.7 Literature Review

This writing is done based on the author's own ideas and thoughts with input from various parties to help this research, because of seeing the phenomenon of the rapid development of Sharia Economic Law. Supporting the deeper issues related to the above problems, the researcher tries to conduct a study of relevant literature on the problems that are the object of research

Riska Syahputri Nasution, Sugianto, namely the Journal " **Perilaku Fear Of Missing Out (FOMO) Dalam Konsumsi Di Kalangan Mahasiswa FEBI UINSU Ditinjau Dalam Prespektif Maslahah**",<sup>13</sup> and explain the complexity of FOMO behavior in fashion consumption among students of the Faculty of Islamic Economics and Business (FEBI) of the State Islamic University of North Sumatra (UINSU), by considering the perspective of *maslahah* in Islam using a phenomenological research method with an exploratory qualitative approach, data obtained through Systematic Literature Review (SLR). The results of the study indicate that dependence on social media affects the way students spend their time and make consumption decisions. FOMO is proven to be a major factor driving online activities, with a major influence from celebrities, influencers, and personal role models in shaping their fashion preferences. Students often feel anxious if they do not follow the latest trends on social media. However, as students who study the principles of Islamic economics, they are

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<sup>13</sup> Riska Syahputri Nasution, Sugianto Sugianto, and Budi Dharma, "Perilaku Fear Of Missing Out (FOMO) Dalam Konsumsi Di Kalangan Mahasiswa FEBI UINSU Ditinjau Dalam Prespektif Maslahah," *EKOMBIS REVIEW: Jurnal Ilmiah Ekonomi dan Bisnis* 11, no. 2 (July 31, 2023), <https://doi.org/10.37676/ekombis.v11i2.6819>.

expected to be able to apply these principles in their daily lives to manage fashion consumption wisely and responsibly.

In the discussion of the Journal raised by the author above, there are similarities with the researcher, namely that it discusses Fear Of Missing Out (FOMO) Behavior Reviewed From Maslahah Perspective. The difference in the scope of the issues raised is FoMO behavior in consumption among FEB UINSU students, while the researcher analyzed Patrick J. McGinnis' FoMO theory according to Imam Al-Ghazali's view.

Przybylski, Andrew K., et al. with the journal **“Fear of Missing Out: A New Measure and Its Relationship to Well-Being”**<sup>14</sup> In this study, Przybylski et al. developed a new measure for *Fear of Missing Out* (FOMO) and explored the relationship between FOMO and individual well-being. The results showed that FOMO is positively correlated with anxiety and life dissatisfaction, and has a negative impact on psychological well-being. Excessive use of social media was identified as a major factor that increases feelings of FOMO among individuals. This study emphasizes the importance of understanding FOMO as a psychological phenomenon that can affect individual well-being, especially in the digital age characterized by intense social interaction through social media. As such, efforts to reduce FOMO can contribute to improving individuals' well-being and quality of life. However, most of these studies are limited to psychological and sociological perspectives, without highlighting the impact of FOMO behavior from an ethical and spiritual perspective.

Both the journal and this research address the phenomenon of Fear of Missing Out (FOMO). Both focus on how FOMO affects individuals in a social and psychological context. Przybylski's journal and this study use a research approach that is based on empirical data. The journal uses measurement to analyze FOMO, while this study examines FOMO in the context of maslahah from a sharia perspective. Both consider the impact of FOMO in a social

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<sup>14</sup> Przybylski, Andrew K., et al. "Fear of Missing Out: A New Measure and Its Relationship to Well-Being." *Computers in Human Behavior* 29, no. 4 (2013): 1841-1848.

context. The journal touches on how the use of social media contributes to FOMO, while this study will look at the impact of FOMO in daily life from an Islamic perspective.

Dhir, A., et al. "**The Impact of Fear of Missing Out (FOMO) on Social Media Addiction among Young Adults.**"<sup>15</sup> The conclusion of this study suggests that *Fear of Missing Out* (FOMO) is an important factor contributing to social media addiction among adolescents and young adults. This study identified a positive correlation between the level of FOMO and the frequency of social media use. Individuals who have high levels of FOMO tend to feel anxious if they are not connected with others online, thus triggering excessive social media use behavior.

FOMO not only affects social media use behavior, but also impacts individuals' emotional well-being. Respondents who experience FOMO are more prone to feelings of anxiety, dissatisfaction and loneliness. This suggests that FOMO serves as a trigger that encourages individuals to continuously check social media to ensure they do not miss out on information or experiences that are considered important.

Therefore, this study emphasizes the need for greater awareness of the impact of FOMO on social and emotional behaviors. Interventions designed to reduce FOMO can help reduce social media addiction and improve individuals' psychological well-being. These include strategies such as the promotion of balance in social media use and the provision of strong social support to cope with the anxiety that results from FOMO.

Overall, this study provides important insights into the relationship between FOMO and social media addiction, and its impact on individual well-being. The findings can form the basis for further research as well as practical

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<sup>15</sup> Dhir, A., et al. "*The Impact of Fear of Missing Out (FOMO) on Social Media Addiction among Young Adults.*" *Computers in Human Behavior* 71 (2017): 264-275.

interventions aimed at helping individuals manage their feelings of FOMO and their use of social media in a healthier manner.

The conclusion of the study by Dhir et al. shows that *Fear of Missing Out* (FOMO) plays an important role in triggering social media addiction among adolescents and young adults. The study found that individuals who experience FOMO tend to feel anxious and dissatisfied with their social lives, which encourages them to overuse social media. In this context, FOMO serves as a trigger for harmful behaviors, creating a cycle of anxiety and dissatisfaction.

Meanwhile, your thesis examines the phenomenon of FOMO from the perspective of Imam Al-Ghazali 's *maslahah mursalah*, emphasizing the importance of assessing FOMO behavior in the context of sharia and social welfare. This approach provides a broader perspective on the impact of FOMO, not only from a psychological perspective, but also in terms of Islamic ethics and values. In this case, the principle of *maslahah* can be used to evaluate how FOMO can affect an individual's quality of life and social interactions.

Al-Mas'udi, Muhammad Ali. **"The Concept of Maslahah Mursalah in the Thought of Al-Ghazali."**<sup>16</sup> This journal examines the concept of *maslahah mursalah* in the thought of Imam Al-Ghazali, highlighting the importance of this principle in the formation of Islamic law. Al-Ghazali defined *maslahah mursalah* as a policy or action that brings benefits to society in the absence of an explicit nash in the Qur'an or Hadith. This research shows that Al-Ghazali understood that *maslahah* can change according to the social context and needs of society, making it relevant in making legal decisions.

In his analysis, Al-Mas'udi underlines that the principle of *maslahah mursalah* can serve as a guideline in resolving contemporary issues that are not directly regulated in sharia. Al-Ghazali emphasized that the main objective of Islamic law is to achieve the welfare of the people, so the application of

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<sup>16</sup> Al-Mas'udi, Muhammad Ali. "The Concept of Maslahah Mursalah in the Thought of Al-Ghazali." *International Journal of Islamic Thought* 8 (2015): 29-39.

*maslahah* must pay attention to moral and ethical aspects. The journal also explains the difference between *maslahah mursalah* and other *maslahah* concepts that are more text-bound.

The conclusion of this study is that *maslahah mursalah* is an important tool in addressing modern legal challenges, and Al-Ghazali's thoughts on it made a significant contribution to the development of Islamic law. Therefore, it is important to adopt the *maslahah* approach in making legal decisions that are responsive to social dynamics.

Syamsuddin, A. "**Maslahah Mursalah: Between the Principles of Sharia and Contemporary Legal Issues.**"<sup>17</sup> This journal discusses the concept of *maslahah mursalah* and its relevance in the context of Sharia law and contemporary legal issues. Syamsuddin explains that *maslahah mursalah* is an important principle in understanding the dynamics of Islamic law that is responsive to the needs of society. This research shows that *maslahah* not only functions to achieve welfare but also to ensure justice and benefit for the community.

In his analysis, the author identifies several challenges faced in the implementation of *maslahah mursalah*, especially in the context of modern law that often is not bound by classical texts. Syamsuddin emphasizes the importance of a flexible approach in interpreting the principle of *maslahah* so that it can be effectively applied in contemporary situations. This research also provides concrete examples of how *maslahah mursalah* can be used to resolve complex legal issues, such as consumer protection and public policy.

The conclusion of this journal emphasizes that a deeper understanding of *maslahah mursalah* is necessary to develop Islamic law that is relevant and responsive to the challenges of the times. By applying this principle, Islamic law can be more easily adapted to meet the needs of society, thereby achieving

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<sup>17</sup> Syamsuddin, A. "*Maslahah Mursalah: Between the Principles of Sharia and Contemporary Legal Issues.*" *Journal of Islamic Law Studies* 1, no. 1 (2019): 15-32.



the objectives of Sharia in creating welfare and justice. This journal suggests that further research should be conducted to explore the application of *maslahah mursalah* in various contexts of contemporary law.

Huda, Syahrir. **"The Relevance of Maslahah Mursalah in Contemporary Islamic Jurisprudence: A Study of Al-Ghazali's Contributions."**<sup>18</sup> This journal explores the relevance of *maslahah mursalah* in contemporary Islamic jurisprudence, highlighting the contributions of Imam Al-Ghazali's thought. Huda explains that *maslahah mursalah* as a principle of Islamic law is crucial for addressing the social challenges faced by modern society. This research shows that Al-Ghazali understood *maslahah* as an adaptive tool for achieving justice and welfare, which is relevant to contemporary issues such as the protection of human rights and social justice.

In his analysis, the author emphasizes that the application of *maslahah mursalah* can provide practical solutions to problems that are not explicitly regulated in classical texts. Huda also highlights how this principle can assist scholars and lawmakers in formulating policies that are more responsive to the needs of society. By adopting a *maslahah*-based approach, Islamic law can be more flexible and relevant in a modern context.

The conclusion of this study emphasizes the importance of understanding *maslahah mursalah* as an integral part of the development of Islamic law that aligns with the values of the times. Huda suggests that more studies and discussions are needed to explore the application of *maslahah* in various contemporary legal issues. Thus, *maslahah mursalah* can serve as a bridge between tradition and the evolving social realities.

Rini Arista Dewi, the thesis **"FOMO Culture Di Era Digital Dalam Perspektif Tasawuf Modern Buva Hamka."**<sup>19</sup> This thesis discusses the

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<sup>18</sup> Huda, Syahrir. "The Relevance of Maslahah Mursalah in Contemporary Islamic Jurisprudence: A Study of Al-Ghazali's Contributions." *Journal of Islamic Law and Culture* 12, no. 2 (2020): 45-60.

<sup>19</sup> Rini Arista Dewi, "FOMO Culture Di Era Digital Dalam Perspektif Tasawuf Modern Buva Hamka," Skripsi Universitas Islam Negeri Sunan Ampel Surabaya, 2023.

phenomenon of FOMO (Fear of Missing Out) in the digital era through the lens of Buya Hamka's Sufism perspective. In the increasingly digitally connected modern age, FOMO has become a significant part of daily life, influencing individual behavior and social dynamics. This study will explore how Sufi concepts championed by Buya Hamka, such as inner peace, balance, and self-awareness, can provide relevant and beneficial understanding in addressing the impacts of FOMO. It will also examine how Buya Hamka's modern Sufi concepts can be applied in today's life to overcome the psychological and emotional pressures related to FOMO in the current digital era. The problems in this thesis are, first, adjusted to the formulation of the problem.

This discussion, there is a similarity with the researcher, namely the effort to eliminatenegative impacts that arise as a resultthe influence of FoMO. The difference in the scope of the issues that raised is the Buya Hamka theory with the approach of *Al-Mursalah* Imam Al-Ghazali's theory.

Mr. Mohammad Hadi Sucipto, a journal with the title **“Perdebatan Masalah al-Mursalah dalam Kitab-Kitab Al-Imam Al-Ghazali”**. This study uses a literature study method. The results of the study said that according to al-Imam Al-Ghazali in the book *al-Mankhul* is *masalah al-Mursalah*, which is defined in *al-Istidlal al-Mursal*, is *masalah* that does not have recognition from an argument as a *masalah* or rejection as a *masalah*, does not include the types recognized by the shara and does not match the goals desired by the shara. In the book *Syifa'Ghalil* is *masalah* that has recognition from the shara but does not fulfill the desired goals. and *al Mustashfa* is to maintain the goals of Shara'. The goals of Shara' include maintaining their religion, soul, mind, descendants, and property.<sup>20</sup>

Abdussalam, a journal with the title **“Maqashid As-Syariah Perspektif Imam Al-Ghazali; Studi Literasi Masalah al-Mursalah”**. This study was conducted to find out a Muslim thinker who was confident in the Middle Ages using a descriptive qualitative method to Imam Al-Ghazali created that concept

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<sup>20</sup> Mohammad Hadi Sucipto and Khotib, “Perdebatan Masalah al-Mursalah dalam Kitab-Kitab Al-Imam Al-Ghazali,” *El-Faqih : Jurnal Pemikiran dan Hukum Islam* 6, no. 1 (May 9, 2020): 1–17, <https://doi.org/10.29062/faqih.v6i1.106>.

of *maslahah* and rational and social consumption. He was also able to distinguish between needs and wants, which became the focus of subsequent Muslim economic thinkers. The concept of *maslahah* is very broad and meets all human needs both in the world and in the hereafter. He emphasized how important it is to have the intention to consume and achieve needs, so that the meaning of worship to Allah can be maintained and remain clean.<sup>21</sup>

Tri Wahyuni Yulya, namely the journal **“Fear Of Missing Out (FOMO) Sebagai Gaya Hidup di Era Modernisasi”**<sup>22</sup> study This was done to determine the behavior of fear of missing out on certain activities, experienced by generation Z both on social media and in the surrounding environment, using the literature study method. The results of the study showed that FoMO causes them to stay connected to what others are doing. This triggers anxiety and fear of being left behind in the era of modernization. This theme was chosen because many teenagers are actively using social media so that they have difficulty controlling themselves. Generation Z who are addicted to social media (FoMO) face positive and negative impacts in their daily lives. On the one hand, this addiction keeps them up to date and motivates them to act, but on the other hand, they become less firm in their stance. From this study, it was concluded that this generation Z is often trapped in the behavior of fear of being left behind in the era of modernization, such as the pressure to always participate in trends and feelings of never being satisfied with themselves. In addition, FoMO can also affect the Big Five Personality of each individual.

In the discussion of the Journal raised by the author above, there is a similarity with the researcher, namely that Fear of Missing Out (FoMO) is generally used as a lifestyle by individuals. thus causing a negative impact that always forces oneself to want to participate in something that is trending, and always feels inadequate about oneself. The difference in the scope of the issues

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<sup>21</sup> Abdussalam and Abdullah Shodiq, “*Maqashid As-Syariah Perspektif Imam Al-Ghazali; Studi Literasi Maslahah al-Mursalah*,” *Moderasi : Journal of Islamic Studies* 2, no. 2 (December 15, 2022): 139–59, <https://doi.org/10.54471/moderasi.v2i2.32>.

<sup>22</sup> Tri Wahyuni Yulya et al., “Fear Of Missing Out (FOMO) Sebagai Gaya Hidup di Era Modernisasi,” *Proceeding Conference on Psychology and Behavioral Sciences* 1, no. 1 (April 6, 2024): 68–72, <https://doi.org/10.61994/cpbs.v1i1.12>.

raised is that the author's approach uses Big Five Personality, while researchers use *masalah al-Mursalah* Imam Al-Ghazali.

Nurul Aziza Salsabila., namely the thesis “**Pengaruh Fear Of Missing Out (FoMO) Tren Produk Kosmetik Di Aplikasi Tiktok Terhadap Perilaku Konsumtif Mahasiswi Ditinjau Menurut Ekonomi Syariah**”.<sup>23</sup> This study is based on the development of cosmetic product trends on the TikTok application, which of course attracts the attention of students. The results of the study show that students are the group of teenagers who are most often influenced by modernization. Students who need recognition in their social environment tend to imitate their environment, especially from their peer group, so they are easily carried away by the activities carried out by their friends, such as buying goods. The fear that arises when they feel left behind by their social environment if they do not buy popular goods is a driving factor in consumer behavior. This fear is known as the Fear of Missing Out (FoMO), a phenomenon that is currently very common. So that the consumption ethics of female students are not yet fully in accordance with Islamic economics, where they tend to only pay attention to the halal aspects of the products they consume, while the urgency to own the product, the quality of the product, the benefits obtained, and the simple attitude in consumption are not yet fully in accordance with the consumption ethics according to Islamic economics.

In this discussion, it found the similarity with the researcher, namely that the Fear of Missing Out (FoMO) behavior is generally used as a lifestyle by students and is not fully in accordance with consumption ethics according to Islamic economics. The difference in the scope of the issues raised is the approach of the author of Islamic economics while the researcher used Imam Al-Ghazali's *masalah al-Mursalah*.

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<sup>23</sup> Nurul Aziza Salsabila, *Pengaruh Fear Of Missing Out (FoMO) Tren Produk Kosmetik Di Aplikasi Tiktok Terhadap Perilaku Konsumtif Mahasiswi Ditinjau Menurut Ekonomi Syariah*, (Skripsi, Universitas Islam Negeri Sultan Syarif Kasim Riau, 2024).

Miftahu Alfi Zahrotus Shiyami, Salim Ashar, Farhan Masrury, namely the journal “**Psikologi Fear Of Missing Out Dalam Al-Qur’an**”.<sup>24</sup> In this discussion Fear of Missing Out (FoMO), is the fear of missing out on something that is happening in the surrounding environment. Based on a 2023 survey, FoMO has increased significantly to 100%. FoMO can affect mood, fulfillment of needs, and reduce life satisfaction. This study analyzes QS An-Nisa' verse 83 using the tahlili method.

The results of the study stated that QS An-Nisa' verse 83 is related to one of the main causes of someone experiencing FoMO, namely the imbalance of information that is easily accessible through electronic devices. Based on the interpretations of the mufassirs, Quraish Shihab's interpretation is the most complete in explaining how to deal with the spread of information. To overcome FoMO which caused by information imbalance, it is recommended to verify the truth of the news received or ask an expert directly, whether it is related to sharia or other information. If the truth has been proven, the information may be disseminated if it is related to the public interest. Therefore, a warning is given not to spread information that is not yet valid just because you want to follow the trend and are afraid of being left behind.

In the discussion of the Journal which raised by the Author above, there are similarities with the researcher, namely examines the phenomenon of FoMO (Fear of Missing Out) which can affect mood, fulfillment of needs, and reduce life satisfaction. The difference in the scope of the issues raised is that the author's approach uses the Qur'an. while the researcher used Imam Al-Ghazali's *masalah al-Mursahah*.

Bagaskoro Panggih Nugrahanto , with the journal “**Fear Of Missing Out (FoMO) Dan Kesejahteraan Subjektif Pada Mahasiswa**”. This study highlights the relationship between Fear of Missing Out (FoMO) and subjective well-being among university students. FoMO, which is the anxiety caused by

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<sup>24</sup> Miftahu Alfi Zahrotus Shiyami, Salim Ashar, Farhan Masrury, *Psikologi Fear Of Missing Out Dalam Al-Qur’an*, *Al Furqan Jurnal Agama, Sosial, dan Budaya* Vol. 3, No. 4 (Juli 2024) <https://publisherqu.com/index.php/Al-Furqan>.



fear of missing out on important activities or information, can affect the emotional and psychological condition of students. The research results show that the higher the level of FoMO experienced, the lower the level of students' subjective well-being. This is due to the negative impact of FoMO on aspects of life satisfaction and positive affect, as well as increased stress and anxiety. Students who frequently feel left out of social trends or events tend to feel less satisfied with their lives and experience emotional instability.<sup>25</sup>

The similarity is that FoMO can lead to stress, anxiety, and a decrease in subjective well-being among students, while *maslahah al-mursalah* aims to achieve goodness and enhance social and individual well-being. Meanwhile, the difference lies in the fact that well-being is analyzed using the theory of *maslahah mursalah*.

Based on the explanation above, regarding several scientific works presented for the purpose of literature review, no similarities were found with existing scientific works. Therefore, it can be ascertained that in this study there is no duplication in it. This can be seen through the material, formal objects taken in this study with the results of other scientific works.

## **1.8 Systematic Writing**

In order for this research to produce a scientific and good writing form, to facilitate the author in compiling the thesis, this thesis is divided into several chapters, which will be explained below:

In the first chapter, introduction. In this chapter is an overview to provide a pattern of thinking for this thesis, which will explain the background of the problem, problem formulation, objectives and uses, research methods, and systematic writing.

In the second chapter, it will be explained literature review, theoretical basis. How the scheme of the fear of missing out and about

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<sup>25</sup> Bagaskoro Panggih Nugrahanto , with the journal “*Fear Of Missing Out(FoMO) Dan Kesejahteraan Subjektif Pada Mahasiswa, Blantika:Multidisciplinary Jurnal*Volume 1Number 4, August, 2023, 2990.



masalah al-mursalah in the view of the imam Al-Ghazali starting with the understanding, legal basis, types and factors, aspects, characteristics and conditions for hujjah.

Then in the third chapter, discusses the essence of the discussion of this thesis. In this chapter, it will discuss about the scheme fear of missing out according to Patrick J. McGinnis from the problem of the masalah al-mursalah Imam Al-Ghazali.

And the fourth chapter is the closing, containing conclusions from the formulation of the problem which is equipped with suggestions as material for recommendations from the results of the author's research.

