

Part 4

[10 marks]

Questions 21 to 30

You will hear an interview with Puan Lydia, a psychologist, talking about the issue of FOMO (Fear of Missing Out).

For questions 21 to 30, fill in the missing information in each numbered space.

*Use **NO MORE THAN ONE WORD** for each space.*

*You will hear the conversation **twice**. Answer all the questions.*

Fear of Missing Out

FOMO is a powerful force that grips us all, shaping our decisions, our relationships, and even our sense of self. Social media is the platform where everyone shares every (21) _____ of their lives where even simple activities can instigate that feeling of wanting to have whatever it is others are having. It is very (22) _____ and normal to have this feeling but not everyone will act on it. We will just have the desire for something when we see it but usually when we are (23) _____ with work or distracted with something else, it just fades away. However, when we are constantly thinking about wanting to have or experience what others are doing, FOMO is actually affecting us. The psychological (24) _____ of FOMO are very serious as it often results in those affected to have anxiety, stress, and decreased self-esteem. This anxiety can (25) _____ to chronic stress. Over time, these feelings can erode our self-esteem, making us question our worth and capabilities. It also influences our (26) _____ interactions, driving us to constantly stay connected and engage in various activities so that we do not feel left out. Everyone has (27) _____ FOMO to a certain degree but we can manage and overcome it by setting boundaries with (28) _____ such as limiting screen time and establishing a timetable when we use social media. We could also (29) _____ in activities such as meditation to keep our mind calm. However, if we have tried these (30) _____ but still find ourselves obsessing and worrying about life, we must seek professional help before it gets out of hand.