

Abstract

This study aims at investigating the correlation among Instagram use, Perceived Social Support from teachers, parents and friends, the Fear of Missing Out and Friendship Quality among adolescents in Hong Kong. Adolescents aged 12-22 were required to complete a questionnaire about their demographic information, habit of using Instagram, the items measuring the Perceived Social Support, the Fear of Missing Out and Friendship Quality. Correlation and regression analysis was done on all the variables to examine their correlations. It was found that these adolescents perceived parents, or the family, provided the best social support to them than teachers and peers. Using Instagram can be regarded as a new channel for adolescents to gain social support, but it has no use in improving Friendship Quality. As having reciprocal stranger followers on Instagram and meeting them in real life correlates with Fear of Missing Out, parents' supervision is essential for its safe use. At last, any online relationship cannot replace any face-to-face interactions which are more effective means to express love, care and concern.