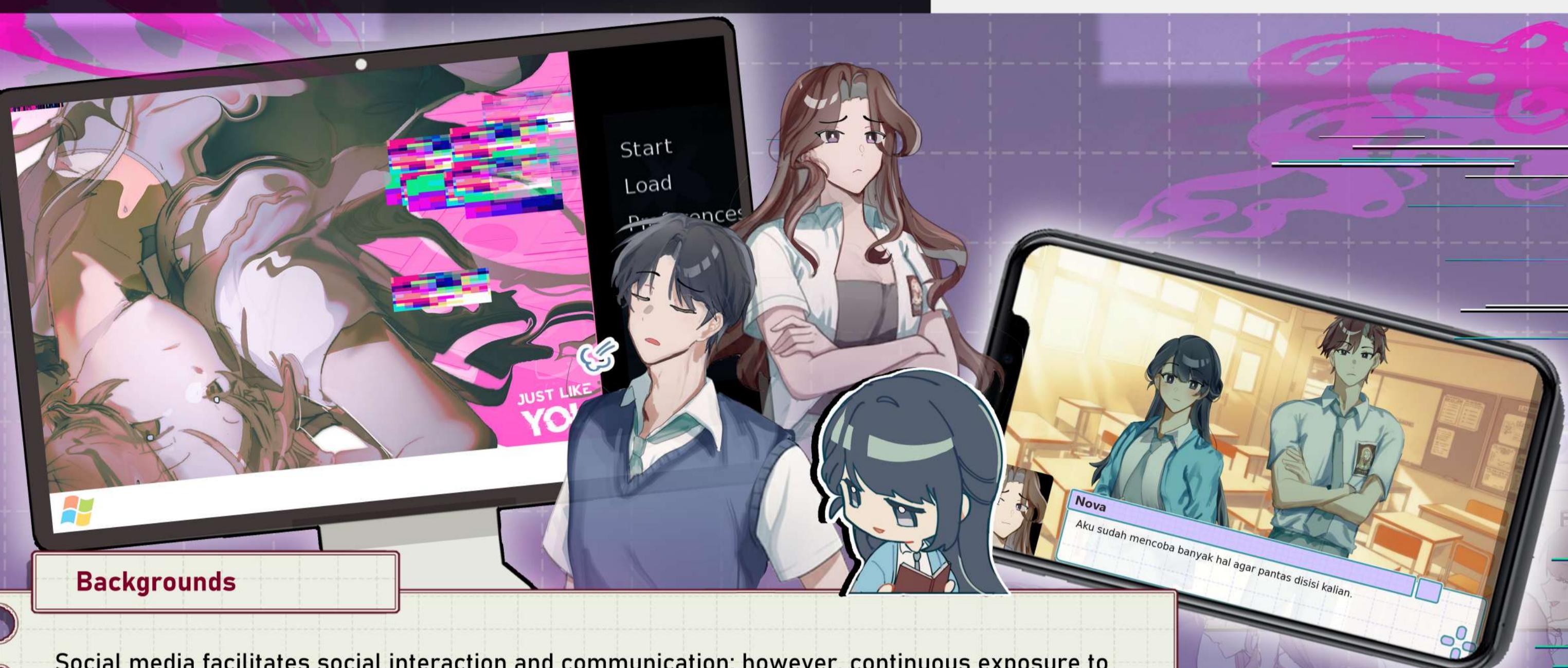


# Designing a Visual Novel Game as an Educational Medium on Fear of Missing Out to Foster Self-Control in Generation Z

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## Backgrounds

Social media facilitates social interaction and communication; however, continuous exposure to idealized online lives can lead to social comparison and trigger Fear of Missing Out (FoMO). This phenomenon can negatively affect psychological well-being, particularly among Generation Z who are highly active on social media. Due to the low awareness of FoMO risks, educational media are needed to address this issue. Games have been shown to increase learning engagement through higher motivation and active participation. Therefore, this visual novel game is designed as an interactive and visually engaging educational medium for Generation Z.

## Goals of the Research

This project aims to develop a visual novel game as an educational medium to address Fear of Missing Out among Generation Z, focusing on encouraging social media boundaries through the enhancement of self-control.

## Emphasize

Exploring FoMO to be able understand their perspective through observing, interviewing, and reading related materials

## Define

Analyzing and choosing the Key Communication Message that'll be used as the base the game design.

## Ideate

Developing the game idea, concept, and gameplay

## Prototype

Creating the assets and assembling all the assets.

## Testing

Conducting the playtest and gathering feedback to refine the game.

## Finding & Conclusion

"The findings indicate that the game design effectively conveys the atmosphere of FoMO, as evidenced by players perceiving the narrative as relatable. The game also assists players in understanding the cause-and-effect implications of their actions, while fostering long-term, goal-oriented thinking to help prevent impulsive decision-making."