



Daily Article (Bharath's Reading list) - Answers and Explanations 08.06.2023

Article link : <https://bit.ly/42tvHVC> (Can we break free from the fear of missing out.)

1. Based on the article, none of the following is incorrect, except:

- A. FoMO occurs mostly in people with unfulfilled psychological needs in realms such as love, respect, autonomy and security
- B. The sense of missing out is nothing new as humans have long grappled with missed opportunity
- C. FoMO is the latest cultural disorder, a spawn of technological advancement and proliferating social information
- D. Disconnecting from our gadgets, even if only for short periods of time, is the best way to cope with FoMO

Explanation : D

All statements except D are true. D is false: "Psychotherapy for the underlying emotional causes of FoMO is far too costly and invasive, and simply vowing to disconnect from our gadgets fails to work."

2. FoMO-related distress is 'our soul crying out for help' as:

- A. Our cognitive problem with prioritizing makes it difficult to spread our already limited attention over various options
- B. Being connected to everyone, all the time, is a new human experience; we cannot cope with it and the unprecedented amounts of information technology gives us access to
- C. Trying to optimize decisions takes a heavy toll on well being, often leading to regret and dissatisfaction
- D. All the above

Explanation: D

All given reasons are mentioned in the article.

3. According to the article, the strategy of satisficing is particularly effective when it comes to social networks as:

- A. We lack the emotional and intellectual capacity to distinguish between more than about 150 members of a group
- B. As we look to technology for ways to be in relationships, we become more insecure in our relationships, and anxious about intimacy
- C. We cannot process the mass of information entailed in weighing all available options and probable outcomes – both on the social networks and off
- D. All the above

Explanation: D

The article mentions all given reasons why 'good enough' is the best antidote to FoMO.