THE INFLUENCE OF MOTIVATION AND TOURIST VISITING INTEREST ON JOY OF MISSING OUT (JOMO) TO THE BOGOR BOTANICAL GARDENS TOURIST DESTINATION

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Abstract:

This study aims to analyze the effect of tourist motivation and interest in visiting on Joy of Missing Out (JOMO) at the Bogor Botanical Gardens tourist destination. JOMO describes the emotional satisfaction and self-awareness of tourists who enjoy tranquility and mindful experiences without digital social pressure, as opposed to the Fear of Missing Out (FOMO) phenomenon. This study employs a survey method in conjunction with an associative quantitative methodology. A questionnaire was used to gather data from 135 respondents who were chosen using purposive sampling. Because the data were not regularly distributed, Spearman's correlation test was used for the study. The findings demonstrated a significant positive correlation between tourist motivation and JOMO (r=0.673; p<0.001), while tourist interest in visiting showed a very strong positive relationship with JOMO (r=0.760; p<0.001). Simultaneously, both variables significantly influenced the formation of JOMO behavior. These findings indicate that the higher the motivation and interest of tourists to seek calm and reflective experiences, the greater their tendency to enjoy tourism that focuses on inner balance and self-awareness. Thus, the Bogor Botanical Gardens has the potential to become a slow travel destination that supports a sustainable tourism lifestyle and the psychological well-being of tourists.

Keywords: Tourist Motivation, Interest in Visiting, Joy of Missing Out, Bogor Botanical Gardens, Sustainable Tourism

INTRODUCTION

The digital revolution and the penetration of social media have exacerbated the situation by creating the psychological phenomenon *of Fear of Missing Out (FOMO),* which is the anxiety experienced by individuals when they feel that others are having valuable experiences that they are missing out on. Research shows that *FOMO* has a significant correlation with the intensity of social media use, low self-esteem, and mental health problems (Przybylski et al., 2013). In tourism, *Fear of Missing Out (FOMO)* drives compulsive travel behavior, where travel is no longer based on authentic appreciation of the destination, but rather on collecting as many destinations as possible in a short period of time and sharing content on social media (Bright & Logan, 2018). This "*bucket list tourism*" culture not only negatively impacts individual psychological well-being but also exacerbates environmental impacts through increased frequency of long-distance travel that generates high carbon emissions.

In response to the dominance *of FOMO* and mass tourism, a counter-culture movement known as *Joy of Missing Out* (*JOMO*) has emerged. *JOMO* represents the joy and emotional satisfaction gained from the conscious decision not to participate in every activity or trend, including digital connectivity and excessive consumption (Barry et al., 2023). Recent studies indicate that *JOMO* has

a positive association with *mindfulness,* life satisfaction, and reduced social anxiety. Validation research on the *JOMO* scale in various cultural contexts shows that *JOMO* is multidimensional and has a significant correlation with *self-compassion,* mental well-being, and reduced social media addiction (Ranjbar et al., 2022). However, research on *JOMO* is still very limited and the majority focuses on the context of social media use, without exploring its relationship with changes in tourist behavior.

In sustainable tourism, changes in tourist behavior are influenced by individual motivations and interests in tourism activities. Gayatri in (Bulan, et al. 2021; Alisya Nur Insani, 2025) argues that motivation plays an important role for tourists in choosing and determining the destinations they want to visit. (Joseph, 2015; Maranisya, 2021; Ayuni, T., & Dewi, L., 2023) define motivation as the driving force behind a person's achievement of goals. Meanwhile, tourist interest is related to the level of a person's interest in a destination, which is influenced by past experiences, perceived value, and suitability to personal needs (Kotler & Keller, 2017).

Tourist motivation in choosing a tourist destination is greatly influenced by various factors, including personal interests, the need for relaxation, escape from daily routines, and the desire to explore natural beauty. According to Kim et al. (2006), tourist motivation can be divided into two main categories, namely *push factors,* which originate from within the individual, and *pull factors,* which are related to the attractiveness of the destination itself. Push factors include the need to escape from stress and routine, while pull factors include natural beauty, available facilities, and unique experiences offered by a destination (RIMO, D., 2017).

Tourist motivation and interest are two main factors that drive them to visit certain destinations, including the Bogor Botanical Gardens. Tourist motivation can include the need to seek tranquility, explore nature, or gain unique experiences. Meanwhile, tourist interest in the Bogor Botanical Gardens can be influenced by emotional appeal and expected experiences. In relation to JOMO, tourist motivation and interest can shape preferences for destinations that offer a peaceful atmosphere, away from social distractions, and support introspective activities.

The Bogor Botanical Gardens (KRB) is an ideal research location for exploring tourists' motivations and interests in visiting *JOMO.* Established on May 18, 1817, the Bogor Botanical Gardens is one of the oldest botanical gardens in Southeast Asia, covering an area of 87 hectares and housing a collection of more than 15,000 plant specimens (BRIN, 2023). As a tourist destination, Bogor Botanical Gardens attracts large numbers of visitors, with an average of 2,000-3,000 visitors on weekdays and up to 5,000 visitors or more on weekends and holidays (Kompas, 2019). The characteristics of the Bogor Botanical Garden are very much in line with the principles *of slow travel,* namely that the large area requires a relatively long visit to be explored in depth, the calm and green atmosphere supports the practice *of mindfulness,* the high educational value encourages learning about biodiversity, and the strategic location allows easy access without high-emission long-distance transportation.

However, initial observations indicate that the majority of visitors to the Bogor Botanical Garden still engage in conventional tourism patterns, such as short visits (averaging 2-3 hours), focusing on popular photo spots, minimal educational interaction with the plant collection, and an orientation toward collecting social media content rather than contemplative experiences. This phenomenon indicates that although the Bogor Botanical Garden has great potential as a destination that encourages tourist motivation and interest, tourist practices have not fully utilized this potential. This research is important to understand the psychological factors, particularly *JOMO* orientation, that can encourage visitors to come to the Bogor Botanical Garden.

The objectives of this study are to measure and analyse the motivation, interest in visiting, and Joy of Missing Out (JOMO) among visitors to the Bogor Botanical Garden. This study also identifies and analyzes the factors that influence the relationship between motivation, interest in visiting, and JOMO.

Tourist motivation is an internal or external drive that triggers a person to travel to a tourist destination and influences the decision-making process to visit (Harlim & Ritonga, 2024). According to (Schiffman & Kanuk, 2007:67; Rakhmawati, A., Nizar, M., & Murtadlo, K., 2019), interest in visiting is a psychological drive within a person that impacts taking action. Joy of Missing Out (JOMO) is a psychological state when an individual feels happiness because they choose not to engage in certain social or digital activities, and find peace in solitude and self-awareness (Dhir et al., 2021).

METHODS

This study used a survey method with an associative quantitative approach. The aim was to analyze the influence of tourist motivation (X_1) and tourist intention (X_2) on Joy of Missing Out (JOMO) (Y) at the Bogor Botanical Gardens tourist destination, West Java. The research object was selected because of its characteristics that support tourism activities based on tranquility, self-reflection, and connection with nature.

Primary data came from questionnaires distributed to tourists at the Bogor Botanical Gardens, while secondary data came from scientific journals, books, and official documents related to tourism and tourist behavior. Purposive sampling was used, with the criteria for respondents being over 17 years old, having visited the Bogor Botanical Gardens, and having access to digital media. Based on the Slovin formula calculation, with a population of 7,500 tourists and a 10% error rate, 100 respondents were selected as a representative research sample.

The research instrument was developed using a five-point Likert scale, with assessment categories ranging from strongly disagree (1) to agree (5) strongly. The instrument's validity and reliability were tested through a pilot test on a limited number of respondents before the main data collection, to ensure the instrument could measure accurately and consistently.

The population in this study was all tourists visiting the Bogor Botanical Gardens. This population was selected to obtain a genuine perspective from individuals who came to the Bogor Botanical Gardens seeking a quiet escape from the crowds.

Purposive sampling is a sample selection technique based on specific criteria aligned with the research objectives. The sample criteria were: 1) Age over 17. 2) Having visited the Bogor Botanical Gardens at least once. 3) Having access to and using digital media.

This methodology chapter provides a comprehensive description of the research type and design, the research approach applied, the attributes of the research population and sample, the data collection methods and instruments, and the steps involved in data analysis. The effect of two independent variables on a single dependent variable can be evaluated using multiple linear regression, either jointly or individually. The findings from this test will form the basis for drawing empirical conclusions from the research.

RESULT AND DISCUSSION

Descriptive Statistical Analysis. Descriptive statistical analysis was used to describe the data in general, including the mean, highest, lowest, and standard deviation values for each variable: Tourist Motivation (X1), Tourist Intention to Visit (X2), and Joy of Missing Out (Y). The results of the descriptive statistical test are shown in the following table:

Table 1. Descriptive Statistical Analysis Results

	N	Minimum	Maximum	Mean	Std. deviation
Total X1	135	16.00	40.00	33.8741	4.19742
Total X2	135	16.00	40.00	32.7556	5.16802
Total Y	135	15.00	50.00	41.3185	6.11781
Valid N (listwise)	135				

Source: SPSS 25 results, data processed by researchers

The analysis shows that the tourist motivation variable has an average value of 33.87 with a standard deviation of 4.19, and a score range of 16 to 40. The relatively high average value, which is close to the maximum, indicates that most respondents have a strong level of motivation for visiting the Bogor Botanical Gardens. This finding reflects that factors such as the desire to relax, enjoy nature, seek tranquility, and gain new experiences are the primary drivers for tourists choosing this destination. Therefore, tourist motivation significantly contributes to a more conscious and reflective travel experience.

The variable of tourists' intention to visit had a mean value of 32.76 and a standard deviation of 5.17, with a minimum value of 16 and a maximum value of 40. The high mean indicates that respondents have a strong interest in tourism activities at the Bogor Botanical Gardens, although there is a slight variation between individuals, as reflected in the larger standard deviation value compared to the motivation variable. This indicates that tourists consider the Bogor Botanical Gardens an attractive destination to revisit, both for its educational value, natural beauty, and the calm atmosphere that supports self-reflection. This finding also shows that intention to visit plays an important role in strengthening tourists' decisions to choose slower and more sustainable travel.

The Joy of Missing Out variable had a mean score of 41.32 with a standard deviation of 6.12, with a minimum score ranging from 15 to a maximum score of 50. The very high mean score, approaching the maximum score, indicates that most respondents had a high tendency to experience happiness in disconnecting from digital activities while traveling. This condition illustrates that tourists are able to enjoy private moments, tranquility, and direct interaction with nature without the social pressures of digital media. This indicates that the Bogor Botanical Gardens support the practice of JOMO Tourism, where tourists find satisfaction in solitude, tranquility, and self-awareness while traveling.

Overall, the three research variables showed high to very high mean scores:
- Tourist Motivation (X_1) = 33.87 (High)
- Tourist Intention to Visit (X_2) = 32.76 (High)
- Joy of Missing Out (Y) = 41.32 (Very High)

These results indicate that respondents responded positively to all study variables. This means that tourists' motivation and interest in visiting strongly contributed to the emergence of the Joy of Missing Out at the Bogor Botanical Gardens. Therefore, this destination supports the creation of a

sustainable tourism lifestyle, where tourists value experiences, serenity, and balance over excessive digital connectivity.

Instrument Testing (Validity and Reliability)

Validity Testing. The validity test was obtained from the results of a questionnaire distributed to 135 tourists at the Bogor Botanical Gardens tourist destination. The results of the validity test using SPSS version 25 are shown in the following table.

Table 2. Validity Test Results

Variable	Indicator/Statement item	Correlation to Total	Information
Tourist Motivation (X1)	X1.1	0,668	Valid
	X1.2	0,663	Valid
	X1.3	0,705	Valid
	X1.4	0,635	Valid
	X1.5	0,637	Valid
	X1.6	0,687	Valid
	X1.7	0,644	Valid
	X1.8	0,669	Valid
Tourist Interest in Visiting (X2)	X2.1	0,690	Valid
	X2.2	0,759	Valid
	X2.3	0,747	Valid
	X2.4	0,732	Valid
	X2.5	0,768	Valid
	X2.6	0,709	Valid
	X2.7	0,661	Valid
	X2.8	0,754	Valid
	Y.1	0,669	Valid
	Y.2	0,701	Valid
Joy of Missing Out (Y)	Y.3	0,733	Valid
	Y.4	0,702	Valid
	Y.5	0,719	Valid
	Y.6	0,699	Valid
	Y.7	0,693	Valid
	Y.8	0,706	Valid
	Y.9	0,685	Valid
	Y.10	0,599	Valid

Source: SPSS 25 results, data processed by the researcher.

Based on the explanation of the validity indicator analysis, the validity measurement is as follows:

1) If the calculated r (positive) is greater than the table r, then the item or variable is valid.
2) If the calculated r (negative) is less than the table r, then the item or variable is invalid.

In this study, the number of respondents (N) was 135. Therefore, the degrees of freedom (df) value = N – 2 = 133.

Based on the distribution of the r-table values with a significance level of $\alpha = 0.05$ (5%), the r-table value was obtained as 0.169. Furthermore, validity can also be determined through the significance value (Sig. 2-tailed), with the following conditions:

a) A statement item is valid if the Sig. is less than 0.05.
b) A statement item is invalid if the Sig. is greater than 0.05.

Thus, all statement items were declared valid and suitable for use in this study for further analysis, such as reliability testing and regression analysis.

Reliability Test. The results of the reliability test, conducted using the Cronbach's Alpha formula in SPSS version 25, are presented in the following table.

Table 3. Reliability Test Results

Variable	Number of Item's	Cronbach's Alpha	Reliability Criteria
Motivasi Wisatawan (X1)	8	0,814	Very reliable
Minat Berkunjung WIsatawan (X2)	8	0,870	Very reliable
Joy of Missing Out Y	10	0,878	Very reliable

Source: SPSS 25 results, data processed by the researcher.

The purpose of this reliability test was to assess the level of consistency of the research instrument in producing stable data when used repeatedly on the same object. The results of the reliability test were evaluated using SPSS version 25.

To test reliability, the Cronbach's Alpha (α) method was used. This method evaluates the level of internal consistency between statement items for each research variable. An instrument is considered reliable if the Cronbach's Alpha value is greater than 0.6. Reliability levels are categorized into several levels:

- Very high (0.80-1.00)
- High (0.60-0.80)
- Moderate (0.40-0.60)
- Low (0.20-0.40)
- Very low (less than 0.20)

The test results indicate that all research variables have a sufficient level of reliability. Therefore, the questionnaire used is considered reliable and can provide measurement results relevant to the phenomenon being studied. All questions in the instrument met reliability criteria, making it suitable for use in further analysis, including classical assumption tests and regression analysis.

CLASSICAL ASSUMPTION TESTING
NORMALITY TESTING

The results of the normality test using the One-Sample Kolmogorov-Smirnov Test with SPSS 25 are shown in the following table.

Table 4. Normality Test Results

One-Sample Kolmogorov-Smirnov Test			Unstandardized Residual
N			135
Normal Parameters[a,b]	sMean		0,0000000
	Std. Deviation		3,32119179
Most Extreme Differences	Absolute		0,121
	Positive		0,109
	Negative		-0,121
Test Statistic			0,121
Asymp. Sig. (2-tailed)[c]			0,001
Monte Carlo Sig. (2-tailed)[d]	Sig.		0,001
	99% Confidence Interval	Lower Bound	0,000
		Upper Bound	0,000

Source: SPSS 25 results, data processed by the researcher.

The analysis was conducted using the One-Sample Kolmogorov–Smirnov Test with 135 respondents, as shown in Table 4, the results of the normality test. The test results show an Asymp. Sig. (2-tailed) value of 0.002, which is lower than the 0.05 significance level (α = 5%). This value indicates that H_0 is rejected, and the residual data are declared non-normally distributed.

Therefore, the regression model used in this study did not statistically meet the assumption of normality. Therefore, further hypothesis testing was conducted using a non-parametric statistical method, namely the Spearman correlation test, which is considered more appropriate for non-normally distributed data. The Spearman test is used to assess the strength and direction of the relationship between the variables of tourist motivation (X_1), tourist interest in visiting (X_2), and joy of missing out (Y) without requiring a normal data distribution.

Spearman Correlation Test. The Spearman correlation test aims to determine the tightness of the relationship between variables. It can also determine whether the relationship between variables is unidirectional or non-unidirectional. The data scale used in the Spearman Correlation Test is ordinal. This test can also be used for interval/ratio data scales, provided the assumption of normality is not met (the data is not normal).

In this study, the Spearman correlation test was used to determine the relationship between:
1) Tourist motivation (X1) and tourist interest in visiting (X2)
2) Tourist motivation (X1) and Joy of Missing Out (Y)
3) Tourist interest in visiting (X2) and Joy of Missing Out (Y)
Spearman Correlation Test Criteria:
• If the Sig. (2-tailed) value is less than 0.05, the results indicate a significant relationship.
• If the Sig. (2-tailed) value is greater than 0.05, the results indicate no significant correlation between the two Sig. values.

Table 5. Spearman Correlation Test Results

Correlations			Tourist Motivation	Tourist Interest in Visiting	Joy of Missing Out
Spearman's rho	Tourist Motivation	Correlation Coefficient	1,000	.728***	.673***
		Sig. (2-tailed)		< .001	< .001
		N	135	135	135
	Tourist Interest in Visiting	CorrelationCoefficient	.728***	1,000	.760***
		Sig. (2-tailed)	< .001		< .001
		N	135	135	135
	Joy of Missing Out	Correlation Coefficient	.673***	.760***	1,000
		Sig. (2-tailed)	< .001	< .001	
		N	135	135	135

Source: SPSS 25 results, data processed by researchers

All research variables have a positive and significant relationship with each other, as shown by the Spearman's rho correlation test results in the table above, namely tourist motivation (X_1), tourist interest in visiting (X_2), and Joy of Missing Out (Y). The correlation coefficient between tourist motivation and tourist interest is 0.728 with a significance level of $p < 0.001$, indicating a very strong and significant positive relationship. This means that the higher a tourist's motivation to travel, the greater their interest in visiting tourist destinations like the Bogor Botanical Gardens.

Furthermore, the correlation coefficient between tourist motivation and Joy of Missing Out is 0.673 with a p-value < 0.001, indicating a strong and significant positive relationship. This means that tourists who are highly motivated to travel tend to be more able to enjoy their travel experiences with a sense of calm, awareness, and happiness without the pressures of digital activities, reflecting the JOMO phenomenon.

Meanwhile, the correlation between tourist interest in visiting and the Joy of Missing Out showed a correlation coefficient of 0.760 with a significance level of $p < 0.001$, which is categorized as a very strong and significantly positive relationship.

According to the correlation interpretation guidelines (Sugiyono, 2018):
• 0.00 – 0.199 = Very low
• 0.20 – 0.399 = Low
• 0.40 – 0.599 = Moderate
• 0.60 – 0.799 = Strong
• 0.80 – 1.000 = Very strong

Therefore, these correlation values fall into the strong relationship category (0.60-0.799) with a positive direction. This finding indicates that the higher the interest of tourists in visiting the Bogor Botanical Gardens, the greater their tendency to experience the Joy of Missing Out during their visit, namely fully enjoying their time without the distraction of social media. Overall, the results of this analysis confirm that tourists' motivations and interests in visiting play an important role in shaping a tourism experience based on serenity and self-awareness, as reflected in JOMO behavior in sustainability-oriented natural tourism destinations such as the Bogor Botanical Gardens.

This discussion section outlines the empirical findings of the study by linking them to the previously explained theoretical framework and the formulated hypotheses. Based on the Spearman correlation analysis, evidence was obtained that the two independent variables, namely tourist motivation (X_1) and tourist intention to visit (X_2), have a positive and significant relationship with the dependent variable, Joy of Missing Out (JOMO) (Y), at the Bogor Botanical Gardens tourist destination.

The Influence of Tourist Motivation on Joy of Missing Out (JOMO). The test results show that the tourist motivation variable has a correlation coefficient of 0.673 with a significance level of $p < 0.001$. This value indicates a strong and significant positive relationship between tourist motivation and JOMO. Conceptually, this finding reinforces the theory of tourist motivation proposed by Pitana and Gayatri (2005) and Sharpley (1994), which explains that motivation is a primary driving factor in tourist behavior, encompassing physiological, social, cultural, and psychological needs. Tourists motivated to seek tranquility, emotional balance, and immersive experiences tend to exhibit more conscious and reflective tourist behavior. In the context of the Bogor Botanical Gardens, this motivation encourages tourists to enjoy natural surroundings, reduce reliance on digital media, and find satisfaction in personal experiences. This aligns with the concept of JOMO as explained by Barry et al. (2023), who define JOMO as a form of happiness that arises from a conscious choice to escape from social and digital pressures. Thus, the first hypothesis (H1), which states that "tourist motivation has a positive and significant influence on the Joy of Missing Out," can be accepted.

The Influence of Tourist Visiting Intention on Joy of Missing Out (JOMO). The relationship between tourist visiting intention and Joy of Missing Out showed a correlation coefficient of 0.760 with a significance level of $p < 0.001$. This result indicates a very strong positive relationship between visiting intention and JOMO. This means that the higher tourists' interest in destinations offering a serene and natural atmosphere, such as the Bogor Botanical Gardens, the greater their tendency to experience happiness in serenity and self-awareness. According to Ferdinand (in Sinaga et al., 2020; Faoziyah et al., 2022), visiting intention encompasses four main dimensions: transactional, referential, preferential, and exploratory, which shape visiting behavior patterns based on the level of emotional engagement with the destination. This finding aligns with research by Patterson et al. (2020), which found that tourists with a strong interest in less crowded destinations and a focus on reflective experiences tend to exhibit mindful behavior and enjoy JOMO experiences more intensely. Therefore, the second hypothesis (H2), which states that "tourists' interest in visiting has a positive and significant influence on the Joy of Missing Out," is also proven to be accepted.

The Simultaneous Influence of Tourist Motivation and Visiting Intention on the Joy of Missing Out (JOMO). Simultaneously, both independent variables, namely tourist motivation and visiting intention, were shown to have a significant influence on the Joy of Missing Out. This indicates that intrinsic motivation and a deep interest in tranquil tourist destinations complement each other in shaping tourism behavior oriented toward self-awareness and sustainability. Tourists visiting the Bogor Botanical Gardens are driven not only by the desire to enjoy natural beauty but also by the urge to achieve inner peace, reduce social pressure, and enjoy personal time without excessive digital involvement. These results are consistent with the findings of Canonigo et al. (2025), who stated that JOMO is closely related to mindfulness, life satisfaction, and reduced social comparison, which emerges when individuals consciously choose to focus on personal experiences.

Therefore, the third hypothesis (H3), which states that "tourist motivation and visiting intention simultaneously have a significant influence on the Joy of Missing Out," is accepted.

Theoretical and Practical Implications. Theoretically, this research contributes to the development of sustainable tourism studies by positioning JOMO as a new psychological dimension in modern tourist behavior. Practically, these findings provide recommendations for the management of the Bogor Botanical Gardens to strengthen aspects of slow travel by providing facilities that support self-reflection and connection with nature, such as meditation areas, reflective paths, and digital distraction-free tourism campaigns. These efforts are expected to enhance the quality of the tourist experience while supporting the development of more mindful, balanced, and sustainable tourism.

CONCLUSION

Conclusions Based on the data analysis and discussion in this study, tourist motivation and intention to visit significantly influence the Joy of Missing Out (JOMO) experience at the Bogor Botanical Gardens. This conclusion was reached through a quantitative approach using Spearman correlation analysis, supported by validity and reliability tests, and descriptive statistical analysis. This study confirms that:

1. Tourist motivation (X_1) significantly contributes to the Joy of Missing Out (Y) experience at the Bogor Botanical Gardens. A strong and significant positive relationship is indicated by a correlation coefficient of 0.673 with a significance level of $p < 0.001$. Most participants demonstrated high levels of motivation, with an average motivation variable value of 33.87, particularly for physiological motivation (relaxation and health), cultural motivation (learning and appreciation of conservation), social motivation (quality time with family), and fantasy motivation (spiritual and reflective experiences). Therefore, it can be concluded that tourists' intrinsic motivation to seek serenity, emotional balance, and meaningful experiences plays a crucial role in shaping their ability to experience joy and escape from digital and social pressures during travel. Answers to hypotheses and/or research objectives or scientific findings obtained.

2. Tourists' Visiting Intention (X_2) also has a positive and significant effect on Joy of Missing Out (Y). This variable shows a very strong positive correlation with a coefficient value of 0.760 and a significance of $p < 0.001$. The average value of visiting intention of 32.76 indicates that tourists have a high interest in the Bogor Botanical Gardens as a destination that offers educational value, natural beauty, and a calm atmosphere that supports self-reflection. Tourists with high transactional, preferential, referential, and explorative interests in nature-based and educational destinations tend to be more able to enjoy tourism experiences mindfully, without social media distractions, and feel satisfied in solitude or intimacy. This is in line with the JOMO concept, which emphasizes satisfaction in conscious choices to focus on meaningful personal experiences.

3. Simultaneously, both independent variables—tourist motivation and tourist intention to visit—have a strong influence on the dependent variable Joy of Missing Out. The results of the Spearman correlation analysis indicate that both relationships are in the "strong to very strong" category and are statistically significant, which supports the research hypothesis. The very high average JOMO score (41.32 out of a maximum of 50) indicates that the Bogor Botanical Gardens successfully facilitates a tourist experience that supports the practice of mindfulness, social media regulation, satisfaction in solitude, social detachment, and reduction of social comparison, which are the main dimensions of JOMO.

These findings support the research objective of measuring and analyzing the influence of tourist motivation and interest in visiting on the Joy of Missing Out at the Bogor Botanical Gardens. Furthermore, these results answer the research problem by providing empirical evidence that natural and educational tourism destinations offering a serene atmosphere, conservation values, and contemplative experiences can be catalysts for the creation of JOMO experiences, a healthy alternative to the dominance of FOMO in contemporary tourism behavior.

Overall, this study confirms that combining destination characteristics that support slow travel (vast areas, a serene atmosphere, high educational value, and strategic accessibility) with tourists' intrinsic motivation and authentic interests can be an effective strategy for developing sustainable tourism based on meaningful experiences and self-awareness. The Bogor Botanical Gardens serve not only as a natural tourism and botanical conservation destination but also as a psychological space that facilitates tourists to experience the joy of disconnecting from the digital world, enjoying serenity, and finding balance in life—ultimately contributing to tourists' mental well-being and tourism sustainability.

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