

**Abstract:**

This thesis forms, in the first instance, a critical examination of labor in relation to the notion of self-realization following Hegelian and Marxian philosophy and their theories of action. In the second instance, it is a preliminary study of the concept of fomo (fear of missing out), which will be explored in more detail in the PhD based on the MA. In the first section, a critique of Andreas Reckwitz's and Hartmut Rosa's notions of self-realization is used to present the common view and contemporary engagements with said notion as relevant but insufficient. Both authors act as a proxy for a deficiency that turns out to be an all too great distance from metaphysical and historical-materialist positions and considerations regarding such notion as that of self-realization. Thus, in the main part, not only an attempt is made, by means of a renaissance of Hegelian and Marxian reflections on the concept of self-realization, to plausibilize and remedy this deficiency; moreover, by virtue of a detailed exegesis of their theories of action and examination of their categories, it is pointed out, above all, that Hegelian and Marxian philosophy intends the complete abolition of self-preservation (d. i. alienated and natural labor) and elevation into self-realization, even if both thinkers use the misleading concept of labor for their emancipative theories of action and concepts of self-realization, respectively. In lieu of a conclusion, the first and second parts are summarized insofar as the need for a revival of Hegelian (metaphysical) and Marxian (historical materialist) philosophies are illustrated in relation to sociocritical considerations of the concept of self-realization as the abolition of labor. This discussion forms the transition to the doctoral thesis on the concept of Verpassungsangst, which is already latently resonating everywhere in MA.

**Keywords:**

self-realization / self-actualization, labor, self-preservation, fear of missing out, Fomo, Hegel, Marx