



---

*A SURVEY ON PROBLEMS CAUSED BY PSYCHOLOGICAL FACTORS AMONG GEN Z*

<sup>1</sup>Rini Savira

Email : [rini.savira21@mhs.uinjkt.ac.id](mailto:rini.savira21@mhs.uinjkt.ac.id)

<sup>2</sup>Neshia Pranaz

Email: [neshia.prnaz21@mhs.uinjkt.ac.id](mailto:neshia.prnaz21@mhs.uinjkt.ac.id)

**ABSTRACT**

*Tujuan penelitian ini adalah untuk mengetahui kondisi psikologis remaja di era gen z, objek penelitian ini adalah remaja, jumlah partisipan yang terlibat sebanyak 80 responden dan data penelitian berupa kuesioner. Metodologi yang digunakan dalam penelitian ini adalah pendekatan kuantitatif deskriptif, dalam penelitian ini 59 responden merasa psikisnya terganggu akibat pandemi Covid-19 dan 38 responden merasa bahwa dirinya sedang depresi akibat merasakan gangguan kecemasan yang berlebih, pola tidur yang tidak teratur, sulit untuk fokus dalam belajar dan daya minat belajar semakin berkurang; sedangkan dari 80 partisipan, 74 responden menjawab tidak pernah datang ke psikolog atau konselor, hal ini membuktikan bahwa sebanyak 36 remaja mendiagnosa dirinya depresi, Hal inilah yang menimbulkan polemik pada psikologis remaja. Fase remaja adalah fase dimana Pikiran/emosi masih labil, sedang mencari jati dirinya, dan mudah tersinggung. Oleh karena itu perlu adanya evaluasi dalam hal ini, Karena jika tidak, para remaja sangat rentan terkena depresi atau gangguan kesehatan mental lainnya, hal ini dibuktikan dengan hasil penelitian bahwa sebesar 80 partisipan yang terlibat hampir semua mengalami gejala-gejala seperti gangguan kecemasan berlebih, sulit fokus dalam belajar dan pola tidur yang terganggu. Perlu adanya tindakan dan dukungan baik dari diri sendiri, orang tua maupun lingkungan sekitar tentang menjaga kesehatan mental di kalangan remaja khususnya saat pandemi Covid-19 seperti ini.*

**Kata Kunci :** Remaja, psikologis, Generasi Z

**ABSTRAK**

The purpose of this study is to know the psychological conditions of adolescents in the age of gen z, the object of this study is adolescent, the number of participants involved as many as 80 respondents and the research data of questionnaires. The methodology used in the study is a descriptive quantitative approach, in this study 59 respondents felt psychologically disturbed by the covid-19 pandemic and 38 respondents felt they were depressed because of experiencing excessive anxiety disorders, irregular sleep patterns, difficulty in focusing on study and growing interest in study; As for 80 participants, 74 respondents who responded never to a psychologist or counselor, this proves that as many as 36 teens diagnosed themselves with depression, this is what gives rise to teen psychology. Adolescence is a phase where the mind/emotions remain unstable, self-seeking, and easily offended. Therefore there needs to be an evaluation in this case, for if not, teenagers are particularly susceptible to depression or other mental disorders, which has been shown by studies that up to 80 participants involved in almost all such symptoms as excessive anxiety disorder, difficulty focusing on study and impaired sleep patterns. Actions and support of both parents and the environment need to be self-sustaining among adolescents especially when such a covid-19 pandemic is.

Keywords: Adolescent, Psychological, Z Generation

**INTRODUCTION / PENDAHULUAN**

---

Adolescence is a period that cannot be forgotten in the history of the stages of human life, adolescence is marked by a young mind that is very turbulent, based on any behavior it is always something unique that emerges from today's youth. Teenagers do not have a clear goal, at this point they are still very confused, from the beginning they continued to play and remain childish and now they have to find meaning and identity in their lives. Certainly not an easy thing for teenagers who slowly continue to live life.

The family is the most influential place in the world parenting, especially parents. Families that have been provides materially for its members but is less able filling psychological needs such as attention and affection will cause a child to feel bored and overwhelmed losing any significance of his being in the family. They lose people's places to complain, like tastedisappointment, conflict, stress, and so forth (sofyan, 2012)

Emotional regulation is an ability individuals to manage feelings, reactions Physiology and cognition that are related with the emotional pull of the individual. The impact that will happen if one can manage his emotions well then he can forgiveness and its decline the

anger, the anxiety, the depression (Astuti al., 2019)

Individual who having high emotional regulation is individuals capable of managing that emotion is perceived, so that when in trouble are unaffected by negative emotions. Besides, someone was facing negative stimulus and that individual can organize andower the negative emotions and behaviorally what appears is a form of that behavior constructive, not destructive. Individual who capable of regulating its emotions will get positive effects on physical health, behavior, and social relations (endaryani al., 2020)

But the opposite, if one does not can manage emotions well, one will behave aggressively to harm individual or even others' safety. As farichah et al puts it.(2019).

Teenagers are more likely to have mental health problems, right?

According to the National Institute of Mental Health, in 2015, 12.5 percent of teens ages 12 to 17 experienced at least one episode of a major depressive episode. Physiological and psychological changes and developments during adolescence have at least one emotional impact on adolescents.

Many things happen during adolescence that have the potential to bring teenagers to a psychological level. These include puberty, body shape recognition, peer interaction, self-esteem recognition, and a growing enthusiasm for social media. More information on this information is described below!

### **Adolescence is a time of vulnerability.**

Adolescence is a vulnerable period. Today, adolescents are developing identity and independence, but at the same time they face pressure to conform to sexuality, peer relationships, and the need to be recognized.

The American Academy of Pediatrics explains that adolescence is a time when a person experiences rapid development in five areas: moral, social, physical, cognitive, and emotional.

To support this development, adults, such as parents and teachers, should not overlook the importance of mental health issues. This is especially true for teenagers aged 13-19 years.

### **Knowing what young people need.**

Basically, everyone needs a sense of security and protection to meet physical needs such as food, clothing and medical care. One of the most important things parents need to know to meet the needs

of their teens is the frustration of teens at the thought that their parents don't understand themselves. At this time, teenagers and their parents often conflict because of misunderstandings.

### **Take note.**

Parents should know that it is very important for parents not to get bored to continue to pay attention to teenagers when children have doubts or doubts when asked by their parents.

Caring for teens will help parents develop close and cooperative relationships with their teens. It also indirectly strengthens your self-confidence and self-esteem. It's a way of showing that parents care and it's important.

How do parents care about teenagers? Simply put, try to enjoy and care about who they are interacting with and what they are doing.

Be approachable by listening to them when they want to talk, even if it's uncomfortable for the parents. Instead of imposing their will, it is better for parents to guide their teenagers and ask what they want, why they don't want to follow their parents' advice. The point is that there is communication between parents and teenagers.

---

## **RESEARCH METHODS /**

### **METODE PENELITIAN**

The research methodology is done using a quantitative descriptive method, with a sample of up to 80 respondents. A descriptive method is one used to describe or analyze a study study but is not used to draw broader conclusions (sugiyono, 2011, 21). A descriptive method is a method of examining the status of the human group, an object, a set of conditions, a system of thought, or a class of present events (moh. Nazir, 2012, 54). The way researchers solved the problem is by doing research through the questions provided. In the study researchers are using Google form to obtain data and information to identify the psychic condition of today's teens, the instruments are questions to teenagers, in data analysis, researchers found that 47.5% of teens feel depressed because of symptoms such as excessive anxiety disorders, difficulty concentrating, and disturbed sleep patterns. The contents of the questionnaire are then the basis for results and discussions.

## **RESULT AND DISCUSSION / HASIL DAN PEMBAHASAN**

The results of research researchers found constitute 80 partispan filling kuisoner,

nearly 95% of teenagers don't rarely experience signs such as excessive anxiety, difficulty in learning, and disturbed sleep pattern. Because adolescents sense that they are in trouble or are experiencing signs that they often diagnose themselves as depressed. Self-dignosis is extremely dangerous because it may lead to such cases as hyperbole over which there is no real cure. Going to energy experts such as psychologists or counselors is the key in the case, when we have ourselves felt there are jellies that were going wrong when consulting them to the energy experts.

The results of appeals studies by researchers with previous studies state true that teenagers are a condition where there are still uncontrolled emotional regularity, sometimes euphoric, sometimes also very sad, there are extra anxiety disorders, there is a declining spirit of study, and there is continual dietary and sleep disorder. Of course, family, friends, and a neighborhood need to influence negative emotions to positive ones.

Studying jean m twenge's generation mentions the z generation cannot be likened to the millennials because the z generation has different characteristics. Ryan Jenkins (2017) pointed out in his article "four measures generation" that

gen z had diverse, global characteristics and was able to influence cultures and attitudes. With the technological developments that flourished in the z generation, it now seems that z generation cannot escape gadgets and social media; Among the characteristics that usually grow in the z generation are these:

#### 1. The z generation

The z-generation descendants of the millennial generation born in 1995 to the middle of 2010, millennials were present during the transition of analog technology to digital technology, while the z generation was present when technological development was advancing and growing. According to the psychologist studying jean m twenge's generation, the z generation cannot be compared to millennials because the z generation has different characteristics. Ryan Jenkins (2017) pointed out in his article "four measures generation" that gen z had diverse, global characteristics and was able to influence cultures and attitudes. With the technological developments that flourished in the z generation, it now seems that z generation cannot escape gadgets and social media; Among the characteristics

that usually grow in the z generation are these:

A) Fluent in technology, known as a digital generation with intelligence and skill in the use of information technology,

B) Social networking, the z generation is characterized by a longer time trend toward communicating with and interacting with many

C) Multitasking, the z generation is accustomed to performing different activities at the same time. You can read, talk, watch, and listen to music at the same time.

he house of speaker Mrs. Maharani claims that she believes in Indonesian continuity in the future depends on the quality of the z-generation, A.K.A. That is what puan said at the opening of 2020 youth parliament activities in Jakarta, Monday (2/11/2020).

"This z generation is the generation that will change Indonesia. In alphabet, the z is considered the last letter. But I see z generation as the starting point for Indonesia's new journey," puan said.

It is said that at the age of 16, 17, teenagers will be at the peak of their late 30s or early forties by the time Indonesia reaches its 100th year.

"God willing, in the year 2045, some of these parliamentary candidates may already be on the house of



representatives, owning their own company, becoming scientists, technologists, or even ministers. This means that our brothers will make the most important decisions that will shape Indonesia when our country is over a century old," he said. According to you, Indonesia's economic growth will reach 6.3 percent in the next two years.

This is done by planting positive values by example. Generation Z learns not only by listening, but also by seeing. Finally invited Gen Z to have a discussion. If you have a problem, ask them to come up with a solution together. Therefore, Generation Z feels involved and responsible.

## 2. Teen psychics

Youth is called a difficult time because youth is a transition from childhood to adulthood. They generally experience periods of growth and development, both physical and mental. Professor zakiah daradjat determines adolescence at the age of 12-21. According to the professor. Zakiah daradjat, often the problems of adolescents include future problems, parental relationships, moral and religious issues, physical problems, social issues, adaptation issues, health issues, and educational issues. In this discussion researchers are discussing only the

growth of a teen's psyche, adolescence is a time of emotional instability that leaves a youth prone to both euphoric and sad. This gives adolescents emotional high levels, feelings that become very sensitive or sensitive. In the best of circumstances, youths can become easily touched and offended, their mental attitude becomes aggressive, begin searching for identity, enjoy being in existence, and begin to feel attracted to members of the opposite sex. According to erikson (in santrock 2003) adolescence is a stage in which the individual is expected to discover who he is, and where he is heading in life. Adolescents experience extreme anxiety as a result of the covid-19 pandemic, especially for lower classes who often experience excessive anxiety about having to think about how their family lost a source of income from covid-19. Anxiety experienced by teens can cause other problems such as concentration, academic achievement, and behavioral problems.

According to a study carried out in the United States on March 19-april 22, 2021, it was discovered that the covid-19 pandemic has had a major impact on children's mental health; Which is social isolation, long range of learning, staring at devices for too long, fear of contracting viruses, lack of physical activity, and

exposure to worrisome news. This can lead to pattern in the teen's psyche, in the results obtained by teenage researchers, self - condemning, and overthinking.

A study from Udayana University found that 4.75% of a sample of 13-18 year olds across Indonesia had thoughts of ending their life; Therefore, we urge teenagers not to self-diagnose their mental condition so that later it will cause excessive anxiety.

Teenagers often experience mental depression, this is characterized by reduced appetite, irregular sleep patterns, decreased enthusiasm for learning and excessive worry. The higher the intensity of teenagers meeting or interacting with other people, either directly or through social media, the more vulnerable they will be to mental health disorders.

According to (Carver, Scheier & Segerstrom, 2010) an individual must be able to create an optimistic nature; If a person thinks optimistically, he expects good things to happen. Vice versa, if individuals are pessimistic, they will expect bad things to happen.

Mental health must be maintained like maintaining physical health, mental health is very important because mental health is very influential in self-development.

## **CONCLUSION / KESIMPULAN**

The covid-19 pandemic has affected not only physical health but also mental health. Mental health problems are a common problem among teenagers. Adolescents often experience disorders such as emotional disorders, sleep disorders, and eating disorders. Young people also often harm themselves or harm others in the so-called self-harm. Self-diagnosis is also a very popular trend among today's teens. It needs to be enhanced in itself. You can improve by approaching the Lord, meeting with professionals, and sharing mental health issues with family, friends, or the outside world.

Adolescence is a period that cannot be forgotten in the history of the stages of human life, adolescence is marked by a young mind that is very turbulent, based on any behavior it is always something that emerges from today's youth.

Adolescent psychology is one of the mental disorders studied in this journal, where the condition fosters long-term care, this is often rarely known by families in the development of adolescent health.

According to the National Institute of Mental Health, in 2015, 12.5 percent of

---

teens ages 12 to 17 experienced at least one episode of a major depressive episode. Physiological and psychological changes and developments during adolescence have at least one emotional impact on adolescents. The 2018 Basic Health Research (Riskesdas) shows that more than 19 million people over the age of 15 suffer from mental and emotional disorders, and more than 12 million people over the age of 15 experience depression.

From the number of numbers that occur in adolescent health is increasing.

Adolescent psychological problems if they can still be consulted with friends, relatives, or closest family. If you can't then go to the nearest psychiatrist.

The use of Telepsychiatry is very helpful for clients and their families so that clients do not need to be treated in a mental hospital but gather with family, this is a family that becomes a support system for clients in achieving independence.

### **Suggestions**

- For Health Services

With the advancement of technology in the health sector, it is expected that hospitals in particular can improve the quality of health services through E-

technology, one of which is in the field of psychiatry through telepsychiatry.

- For Students

Increasing the idea to develop nursing management information system technology as concrete evidence for students to apply theory to practice.

### **REFERENCES / DAFTAR PUSTAKA**

According to Piaget (in Hurlock) speaking psychologically (*Accessed October 3, 2021*)

According to sugiyono, 2011, 21 (*Accessed October 3, 2021*)

According to in santrock (2003) (*Accessed October 3, 2021*)

According to in (Carver, Scheier & Segerstrom, 2010) (*Accessed October 3, 2021*)

According to (sugiyono, 2011, 21) (*Accessed October 3, 2021*)

According to Ryan Jenkins (2017) (*Accessed October 3, 2021*)

According to (Moh. Nazir, 2012, 54). (*Accessed October 3, 2021*)

Amita Dianda, (2019) *adolescent psychology and its problems, STIT Islamic Village Tangerang* <https://e-journal.stit-islamicvillage.ac.id/istighna/article/view/20> (*Accessed December 31, 2021*)

Brown, A. (2020) *Everything You've Wanted to Know About Gen Z But Afraid to Ask Forbes* <https://www.forbes.com/sites/abrambron/2020/09/23/everything-you-ve-wanted->



[to-know-about-gen-z-but-were-afraid-to-ask/?sh=28e8cf793d19](https://doi.org/10.24127/psikologi.v1i1.28e8cf793d19)  
(Accessed December 31, 2021)

Christiani, Ikasari (2020) *Generation Z and the Maintenance of Intergenerational Relations in the Perspective of Javanese Culture*, Tidar University  
<https://jurnal.untidar.ac.id/index.php/komunikasi/article/view/3326/1602>(Accessed December 31, 2021)

Dewi Rachmawati (2019), *Welcoming Gen Z in Job World*  
<http://ejournals.unmul.ac.id/index.php/ICCN/article/view/2721>(Accessed December 31, 2021)

DR. IDA UMAMI, M.PD. KONS in  
(Published year 2019, (Accessed October 3, 2021)

Estikasari, Pudjiati (2021) *Psychological Picture of Adolescents During School From Home Due to the Covid-19 Pandemic*  
<http://ejournal.uinsuska.ac.id/index.php/Psikobuletin/article/view/11750/0>(Accessed December 31, 2021)

Endang Ekowarni (2016) *Adolescent Delinquency: An Overview of Developmental Psychology*(Accessed December 31, 2021)

Galih Sakitri (2021) *Welcome to Gen Z*,  
<https://journal.prasetyamulya.ac.id/journal/index.php/FM/article/download/596/393/>  
(Accessed December 31, 2021)

*Mental Emotional Disorders in Students in Bekasi During the Covid-19 Pandemic and Its Potential Impact on Family Resilience* (2020) Universitas Respati Indonesia(Accessed December 31, 2021)

Hadion Wijoyo, Irjus Indrawan (2020) *Generation Z and the Industrial Revolution*(Accessed December 31, 2021)

In the book Karisma Dewi Puspasari Latino Rr. Siti Suminarti Fasikhah (Published in 2020, Accessed 3, 2021)

*Journal of Astuti et al.*, 2019  
(Accessed October 31, 2021)

*Journal of Endaryani et al.*, 2020)  
(Accessed October 31, 2021)

Kasmanto Rinaldi (2021) *Efforts to Minimize Juvenile Delinquency, Especially Fights Among Students During the Covid-19 Pandemic*, Riau Islamic University  
<https://journal.unilak.ac.id/index.php/SNPKM/article/view/8072>  
(Accessed December 31, 2021)

Karlina, L. (2020). *FENOMENA TERJADINYA KENAKALAN REMAJA*. *JURNAL EDUKASI NONFORMAL*, 1(1), 147-158. Retrieved from  
<https://ummaspul.ejournal.id/JENFOL/article/view/434> (Accessed October 31, 2021)

Ktut Dianovina (2018) *Depression Adolescents: Symptoms and a Problems*(Accessed December 31, 2021)

Linda Fitri, Ifdil (2020), *Adolescent Anxiety During the Covid-19 Period*  
<https://jurnal.iicet.org/index.php/j-edu/article/view/592> (Accessed December 31, 2021) Innovation!

Putra, Apsari (2021) *The Relationship between the Psychological Development Process of Adolescents and Brawls Between Adolescents*  
[https://www.researchgate.net/publication/331705902\\_PSIKOLOGI\\_REMAJA\\_DAN\\_PEMASALAHANNYA](https://www.researchgate.net/publication/331705902_PSIKOLOGI_REMAJA_DAN_PEMASALAHANNYA) (Accessed December 31, 2021)

Ruskandi (2021) *Adolescent Anxiety during the Covid-19 Pandemic*, Indonesian Advent University  
<http://jurnal.globalhealthsciencegroup.com/index.php/JPPP/article/view/530>(Accessed December 31, 2021)

Sirajul Fuad Zis (2021) *Changes in Communication Behavior of Generation Z in the Digital Age*, Andalas University  
<https://ejournal.umm.ac.id/index.php/JIC/C/article/view/15550> (Accessed December 31, 2021)

Sofyan's Journal, 2012 (Accessed October 31, 2021) The 2018 Basic Health Research (Riskasdas) (Accessed October 3, 2021)

This article was posted on *Tribunnews.com* with the title "Knowing Generation Z Characters as edGen" and entitled *characterdarigenerationzasigen*. Author: Aisyah Nursyamsi (Accessed October 3, 2021)

Wahyuningsih, W. (2018). *Teachers' Perspective on the Challenges of Teaching English for Specific Purposes in Indonesia*. *Journal of English for Academic and Specific Purposes*, 1(1), 22.  
<https://doi.org/10.18860/jeasp.v1i1.5243>

---