The Efforts to Improve Quality Mental Health Resilience for Generation Z Affected by Social Media

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Abstract

Introduction: Indonesia, with a population reaching 278.69 million by mid-2023, is among the most densely populated countries in the world. Since the post-COVID-19 era, the number of mental health issues among Generation Z has increased significantly, with 671 reported suicide cases and 5,116 suicide attempts recorded by Statistics Indonesia (BPS) in 2020. This alarming trend highlights the urgent need to initiate community service movements targeting the productive age group, particularly Generation Z. One such initiative was carried out at the Institut Teknologi Telekomunikasi Purwokerto, where students primarily focus on the field of information technology.
Purposes of The Devotion: The aim of this community service is to provide outreach and education to students, representing Generation Z, in order to foster quality mental health resilience in the global era.
Method of The Devotion: The method consists of a preliminary survey, site visits, and socialization-education sessions, accompanied by discussions using respondent questionnaires to collect relevant feedback.
Results Main Findings of the Devotion: It is at the heart of a research Social media offers numerous benefits; however, excessive use has a negative impact on psychological well-being, raising concerns about the mental health of Generation Z. Recommended efforts include collaboration with academics, government bodies, and NGOs to implement: a) Education and literacy programs for Generation Z; b) Counseling and advocacy support; c) Self-awareness development to manage social media usage.

Keywords: *Mental Health; Generation Z; Social Media.*

INTRODUCTION

Indonesia has the fifth largest population in the world, reaching 278.69 million people in mid-2023, according to data from the central statistics agency. Since 2020, Indonesia has entered an important phase in demographics known as the "demographic bonus" phenomenon. This phenomenon means that the proportion of productive age (15-64 years) is greater than the non-productive age (children and the elderly). This demographic bonus phenomenon is expected to reach its peak in 2030, and will be a crucial period for Indonesia in taking advantage of the great potential of economic growth, improved welfare, and technological advancement[1]. The generation that dominates the productive age in Indonesia

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consists of several groups, consisting of generation x (1965-1980) which reached 21.88%, the millennial generation (1981-1996) which accounted for 25.87%, and the zoomer generation or generation z (1997-2012) which occupies the largest portion, which is 27.94% (Central Statistics Agency, 2021). This data shows that generation z, who are currently 10 to 25 years old, play a central role in various sectors of life in the future, especially in the social, economic, and technological development of the nation.[2]

Generation z (gen z) is known as "*digital native*" who grew and developed in the era of digital technology development[3], They are the first generation to know a world without the internet and advanced technological devices, making them highly connected to social media. One of the characteristics of generation z is their life habits in spending time on digital platforms to communicate, socialize, learn, and access various information. They have a high curiosity and are known as the "*boundary-less generation*," which means that they know no boundaries in exploring information. Their expertise in technology allows them to solve various problems independently, without the need for the help of others.[4] Generation Z is realistic and pragmatic, such as conducting data searches to help them understand the challenges of the modern world with a practical approach. They tend to seek information independently through social media and value learning that is relevant and applicable in everyday life[5]. The use of social media for generation z has an impact on mental health which can be a source of great stress for their generation[6]. Generation z is able to adapt to social media technology in positive activities, but on the other hand has the opportunity to experience stress, anxiety, *overthinking*, anxiety, anxiety, and depression among generation z[7]. Generation Z's understanding of listening to social media is like the aquarium screen, perfect life displayed on social media, both perfectly happy and perfectly sad. The negative impact of social media content makes generation z experience dependence to always monitor social media, so that chaotic sleep patterns and offline social interactions are disrupted and it is difficult to communicate.[8]In such conditions, it is important to pay attention to health security for generation z.

Based on Merriam Webster's dictionary, mental health is defined as "*the condition of being sound mentally and emotionally that is characterized by the absence of mental illness and by adequate adjustment especially as reflected in feeling comfortable about oneself, positive feelings about others, and the ability to meet the demands of daily life*"[9]. Types of mental disorders experienced by generation z due to social media include *first*, social anxiety. *Second,* depression resulting from *cyberbullying* or online bullying in the form of negative comments, insults, and bullying

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[9] https://www.merriam-webster.com/dictionary/mental%20health

causes feelings of isolation[10]. *Third,* insomnia. *Fourth*, *eating disorder* is a condition where generation z compares themselves to others who look perfect on social media as well as depression, worthlessness, and depression. Mental health disorders experienced by generation z as a result of social media are a priority by mental health experts; academics, and relevant observers by their scientific field, to carry out prevention and prevention in the corridor of mental health resilience.

According to Merriam Webster's dictionary, resilience is "The meaning of resilience is the ability of a strained body to recover its size and shape after deformation caused especially by compressive stress". Meanwhile, mental health according to Merriam Webster Dictionary is a good emotional and psychological state, where individuals can utilize their cognitive and emotional abilities to function in their community, and meet their daily living needs. A nation needs concern to ensure a prosperous and happy life for the next generation of the nation[11]. The World Health Organization (WHO) in 2023 has warned that mental health insurance is a human right guaranteed by the state for its population.

Efforts to increase mental health resilience for generation z affected by social media are a challenge and a mental health problem in the digital era because generation z is always connected to social media[12]. Parents and schools or campuses have a role in improving the mental health of generation z who are affected by social media. Generation z needs education about maintaining and improving mental health, when they use social media it results in mental health for generation z. Generation z gets this education intended to be wise in using social media by involving counseling services, as well as access to education related to mental health at school[13].

One of the campuses based on communication technology learning in Indonesia is the Purwokerto Institute of Telecommunication Technology. The Purwokerto Institute of Telecommunication Technology (ITT Purwokerto) is one of the leading campuses in Indonesia that prioritizes communication technology-based learning. The number of active students is recorded to reach 4,235 (four thousand two hundred three and five recovers) in 2024. This campus offers a variety of study programs, consisting of the S1 Informatics Engineering study program with the highest number of students, which is 1,402. Itt Purwokerto is committed to developing student competencies in the field of information technology in the current digital era, especially in the technological proficiency of various study programs.

The forum to convey ideas, discussions, and education in collaboration with the State University of Semarang (UNNES) in a collaboration of community service from lecturers across disciplines. This community service aims to equip ITT students through socialization, education, and literacy for generation z so that it becomes an important foundation for the future of the quality young generation, so that they can face the challenges and opportunities that exist in the digital era with more confidence and productivity.

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METHOD OF THE DEVOTION

This service was carried out with the first method, a pre-survey was carried out at the ITT Purwokerto campus. *Second*, aiming at the object of service that will be used as a problem. *Third*, literature study. *Fourth, conduct a re-survey to confirm and take care of the certificate of service partners. Fifth*, prepare service proposals, service questionnaires and question and answer discussions with respondents from active itt purwokerto students offline. *Sixth,* the preparation of service reports and documentation. *Seventh*, publications. The detailed stages of the service method carried out by the service team include: 1) A personal approach to all students by making periodic visits or through continuous telecommunication at least once a month. The results of the online visit were part of the initial observation to find out the interest of all students in their mental health conditions. This initial observation[14] Aiming to identify problems related to the mental health condition of Generation Z in active students randomly as many as 40 (forty) respondents; 2) Initial planning with partner institutions includes coordination to arrange community service schedules at ITT Purwokerto. The preparation of service activities includes the collection of materials, both physical and non-physical, that will be used in the service, of course, by coordinating with partner institutions; 3) The implementation stage includes socialization and education as well as filling out respondent questionnaires to random 40 ITT Telkom Purwokerto students according to the schedule that has been agreed and set together by the UNNES service team and students as generation z and service partners[15]. Assistance is provided to students and accompanying lecturers related to mental health resilience for generation z.

RESULTS AND DISCUSSION

A. Provision of Quality Mental Health Resilience Improvement Services for Generation Z at the Purwokerto Institute of Telecommunication Technology

Generation z is characterized by a generation that has a habit of living using information technology. The use of information technology makes it easier to access the digital world, generation z is often exposed to a large amount of information through social media and online platforms. While digital technologies bring many benefits, such as easier access to information and global connectivity, constant exposure to social media also poses serious challenges to mental health. The Purwokerto Institute of Telecommunication Technology (ITT), which is technology-based and has students with various study backgrounds in the field of digital communication, the challenge of mental health is a very important issue. Generation z who are part of this campus community tend to be more vulnerable to mental pressure due to digital life. Some of the factors that affect their mental health include social anxiety, academic stress, unrealistic social comparisons on social media, and demands to always be active and productive online: 1) Causing anxiety and depressed, namely: They are anxious and depressed when they cannot access social media, so sleep deprivation and lack of concentration study are bad life habits. Excessive social media listening activities with various platforms can reduce confidence and stress to depression; 2) Comparing yourself with others: When using social media, feelings of inadequacy arise when you see other people's social media posts that are all luxurious, perfect or even sad. This is a widespread sentiment among individuals in the social media era, as they often compare

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[14] Moleong, L.J. *Metode Penelitian Kualitatif.* (Bandung: Remaja Rosdakarya, 2017), p. 22
[15] Hanitijo Soemitro. *Metode Penelitian Hukum Dan Jurimetri* (Jakarta: Ghalia Indonesia, 1990).

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themselves to others based on their activities on the platform. As a result, generation z can become inferior; 3) Mental and emotional disorders: social media can affect a person's mental and emotional health. Unhealthy or negative content on social media can affect a person's mood and mental health, which can interfere with focus and productivity; 4) Dependency and addiction: Using social media too often can result in dependency and addiction. As time goes by, a person who is exposed to these digital platforms too often tends to find it difficult to let go, even when they know that the time they are spending is already excessive. This dependency can develop slowly, starting from the desire to stay connected, see updates, or get validated through likes and comments. As a result, they begin to spend more time in the virtual world than in the real world, which can reduce direct social interaction and interfere with daily activities; 5) Creates a feeling of loneliness and isolation: If a person prefers to use social media excessively rather than having face-to-face interactions, this can lead to feelings of loneliness and isolation and isolation The relationships that exist in the virtual world often cannot replace the warmth and depth of direct interaction. When a person spends more time in front of a screen than meeting friends or family in person, they can feel disconnected from the real world, even though digitally they are connected to many people. This can lead to feelings of loneliness that arise from the absence of deeper emotional interactions, which can only be obtained through direct conversation and real social connections. As a result, even though they are connected virtually, a person feels more isolated and lacks the emotional support needed in daily life.

Based on the data obtained from the posttest, it is obtained as follows

No	Subject	Answer Options	Analysis
1.	Use of instragram	a) Strongly agree 28.1% b) Agree 61,4% c) Neutral 8,8% d) Don't know 1.8%	Based on the data obtained, Instagram is one of the social media used to see life in cyberspace from their social media accounts.
2.	Social media use of more than 5 hours for entertainment	a) Strongly agree (14,0 %) b) Agree (28,1 %) c) Neutral (24,6 %) d) Neutral (24,6 %)	Based on the data, 42.1% of respondents spend more than 5 hours a day surfing on social media, indicating that this activity has become an important part of their daily lives, whether for entertainment, seeking information, or communicating. On the other hand, 33.3% of respondents expressed disagreement with statements related to the use of social media, indicating a critical view or concern about its impact. Additionally, 24.6% of respondents were neutral, which may be due to a lack of information, disinterest, or doubts about the influence of social media in their lives. Overall, this data shows that long-term social media use is still a trend among respondents. However, the difference of opinion in responding to social media indicates that its use is still a diverse topic in public perception.

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No	Question	Options	Analysis
3	The Problem of Addiction in Social Media	a) Strongly agree (15,8 %) b) Agree (28,1 %) c) Disagree (22,8 %) d) Neutral (33,3 %)	Based on the data presented, as many as 15.8% of respondents strongly agree that they experience indications of social media addiction, while another 28.1% agree that social media addiction is indeed a real problem. This shows that more than 40% of respondents are aware of the addictive impact of social media use in their lives. On the other hand, 22.8% of respondents disagreed with the existence of addiction in social media use, indicating that they feel they can still control the time and intensity of use without significant negative impacts. Meanwhile, 33.3% of respondents chose to be neutral, which may be due to a lack of understanding of the boundaries between reasonable use and addiction, or because they have not felt the direct impact of excessive social media use.
4	Is there content that damages mental health?	a) Strongly agree (12,3 %) b) Agree (26,3 %) c) Disagree (29,8 %) d) Neutral (31,6 %)	The data presented illustrates how content on social media affects mental health. Based on the survey results, as many as 12.3% of respondents stated that they strongly agreed that the content contained on social media had a bad impact on their mental state. Meanwhile, another 26.3% also agreed with this opinion, showing that more than a third of respondents felt that they had mental health problems due to exposure to certain content on social media. On the other hand, there are differences of opinion from other groups of respondents. As many as 29.8% of respondents stated that they disagreed with the notion that content on social media is harmful to mental health, indicating that they do not feel negatively affected or have different experiences. Meanwhile, 31.6% of respondents were in a neutral position, meaning they did not explicitly agree or disagree about the negative impact of social media on mental health. From this data, it can be concluded that there is a diversity of opinions regarding the influence of social media content on mental health. Although most respondents felt the negative impact, there were also groups who did not agree or felt neutral on this issue. This suggests that other factors, such as the type of content consumed, the level of exposure, as well as the individual's psychological state, can affect how a person feels the impact of social media.

| 5 | A tendency to imitate or try something that has the potential to harm oneself | a) Don't Know (3,5%)
b) Strongly agree (5,3 %)
c) Agree (19,3%)
d) Disagree (50,9 %)
e) Neutral (21,1,6 %) | The data presented provides an overview of the views of people, especially generation z, on the impact of social media on mental health, especially in relation to the tendency to imitate or try something that has the potential to harm oneself.

As a generation that grew up with the development of digital technology, gen z has a strong attachment to social media. Based on the survey results, as many as 5.3% of respondents strongly agreed that social media can damage mental health and encourage someone to imitate or try certain behaviors that may be risky. Meanwhile, another 19.3% of respondents also agreed with the statement. Thus, about a quarter of the total respondents—who are most likely to be from generation z as active users of social media—acknowledged the negative influence of digital content on their mental health as well as the tendency to imitate what they see on the platform.

However, the majority of respondents have a different view. As many as 50.9% of respondents stated that they did not agree that social media has such an impact, indicating that they did not feel affected or had different experiences in using social media. This may reflect that most of Generation Z is aware of digital risks and is able to sort through and control their content consumption. In addition, 21.1% of respondents were neutral, indicating that they may not have felt the impact directly or have not had a definite opinion on the issue. Meanwhile, as many as 3.5% of respondents stated that they did not know, indicating a lack of understanding or awareness of the impact of social media on mental health.

From this data, it can be concluded that while there are some people—especially from generation z—who feel that social media can affect mental health and encourage copying behavior, the majority of respondents disagree with this view. Factors such as social media usage patterns, the type of content consumed, and the individual's level of awareness of the impact of social media may play a role in shaping these differences of opinion. Gen Z, who are known to have extensive access to information and high awareness of mental health issues, play an important role in shaping healthier digital trends, both through advocacy, education, and social movements to encourage more positive and responsible use of social media. |

| 6 | Is the reaction to social media content that damages mental health to be the point of protesting? | a) Strongly agree (21,1 %)
 b) Agree (40,4%)
 c) Disagree (8,8 %)
 d) Neutral (29,8 %) | The data presented illustrated how respondents, especially from generation z, reacted to the notion that content on social media could cause mental damage, as well as their tendency to protest or oppose such opinions.

 Based on the survey results, as many as 21.1% of respondents strongly agree with the idea that content on social media can damage mental health and feel compelled to protest it. In addition, 40.4% of respondents also agreed, indicating that the majority of respondents—especially from Gen Z—have concerns about the negative impact of social media and want to take action in the form of protests or rejections of content that is considered harmful.

 On the other hand, there are small groups who disagree. As many as 8.8% of respondents stated that they did not agree with the idea that social media content is harmful to mental health and needs to be protested. This suggests that they may not feel affected by the content or have a different view of the impact of social media on a person's psychology.

 Meanwhile, as many as 29.8% of respondents stated that they do not know or do not have a definite opinion on this issue. This percentage is quite large, indicating that there is still uncertainty or a lack of awareness about how social media can affect mental health and whether protests against certain content are necessary.

 This phenomenon is of particular concern to generation z, who are the digital native generation and are the most active in using social media compared to previous generations. They tend to be more vocal in voicing concerns about mental health issues and more critical in responding to the negative impact of digital platforms. With this high level of awareness and participation in these discussions, generation z plays an important role in driving change, whether through social campaigns, mental health advocacy, or encouragement for social media platforms to implement stricter regulations in managing content that has the potential to harm users psychologically.

 From this data, it can be concluded that the majority of respondents, especially from generation z, feel that social media content has a negative impact on mental health and argue that protest actions against such content need to be taken. However, there are still a small number who disagree as well as a large group who do not yet |

		have a clear view on the issue. This shows the need for further discussion and increased awareness of the impact of social media on mental health, both through education, research, and stricter policies on content on digital platforms.
7	Content containing brutal swear speech was identified as a factor that could be detrimental to mental health	a) Strongly agree (21,1 %) b) Agree (50,9%) c) Disagree (15,8 %) d) Neutral (12,3 %)	Based on the data obtained, content containing brutal swear words was identified as a factor that can damage mental health. This is supported by 21.1% of respondents strongly agreeing and 50.9% agreeing, indicating that the majority of respondents acknowledge the negative impact of such content on a person's psychological state. However, not all respondents agreed with this. A total of 15.6% disagreed, which may reflect the view that the impact of the content depends on the individual or the context in which it is used. Meanwhile, 12.3% of respondents were neutral, likely because they had not experienced or felt firsthand the effects of such content on mental health. Overall, the data shows that harsh and brutal speech on social media is considered to be potentially disruptive to mental health by most respondents, although there are still differing views on the extent of its impact.
8	Easily mentally fragile generation z due to the availability of information technology facilities	a) Strongly agree (26,3 %) b) Agree (29,8%) c) Disagree (14,0 %) d) Neutral (29,8 %)	Based on the data obtained, generation z tends to be considered mentally vulnerable due to the availability of information technology facilities. This can be seen from 26.3% of respondents who strongly agree and 29.8% who agree, so that more than half of the respondents admit that there is a relationship between the ease of access to technology and the level of mental vulnerability of this generation. Meanwhile, 29.8% of respondents were neutral, indicating that they may still consider other factors that play a role in the mental state of generation z, such as the social environment or academic and work pressures. On the other hand, 14.0% of respondents disagreed, indicating the view that information technology is not the main factor that causes mental fragility, or can actually provide positive benefits if used wisely. Overall, data trends show that most respondents agree that ease of access to technology can contribute to the level of mental vulnerability of generation z, although there are still differences in perspectives among the public on the extent of its impact.

9	Social media content that contains mental illness will you follow in his footsteps?	a) Strongly agree (7,0 %) b) Agree (1,8%) c) Disagree (75,4%) d) Neutral (14 %) e) Don't know (1,8%)	Based on the data obtained, the majority of generation z (75.4%) do not agree that the content on social media they follow contributes to mental health problems. This shows that most of them do not feel negatively affected by the content they consume in the digital world. Meanwhile, 14.0% of respondents were neutral, which could indicate that they are not fully aware of or consider the potential impact of social media content on their mental health. On the other hand, only 1.8% agreed and 7.0% strongly agreed, indicating that there is a small percentage who are aware of or feel the adverse influence of certain content on their mental state. Additionally, 1.8% of respondents did not know, which may indicate a lack of confidence or lack of understanding regarding the relationship between social media content consumption and its psychological impact. Overall, this data illustrates that while most gen z do not feel that social media content has a negative impact on their mental health, there is still a minority who feel the impact, as well as a group of respondents who do not yet have a definite stance on this issue.
10	Understanding of mental health:	a) 54,4% Understand b) 10,5% Very knowledgeable about mental health. c) 33,3% neutral, and d) 1,8% very incomprehensible.	Based on the data obtained, the majority of generation z has a fairly good understanding of mental health, with 54.4% of respondents stating that they understand and another 10.5% very well about this issue. This shows that more than half of the respondents have sufficient awareness and knowledge about mental health, both in terms of definition, impact, and how to maintain it. However, there are still 33.3% of respondents who are in a neutral position, indicating uncertainty between understanding or not understanding mental health. This can be caused by limited information, differences in viewpoints, or lack of personal experience in dealing with mental health issues. On the other hand, 1.8% of respondents stated that they did not understand mental health very well. Although the numbers are small, it shows that there is still a small percentage of generation z who do not have enough awareness or access to information about the importance of mental health. Overall, this data indicates that Generation Z's understanding of mental health is quite good, although there are still some who do not fully understand it or are still in the stage of uncertainty

From the results of the respondents' questionnaire data processing, it can be observed first, the use of social media that is in demand is in the form of Instagram because it displays an up-to-date platform about the activities and habbitus of the Instagram account owner. The latent interests of Instagram owners have the opportunity to be adopted and endorsed by Instagram users so that Instagram users gain material and immaterial benefits. Second, content from Instagram or other social media becomes a reference for other social media users, so that Instagram users are directed and controlled latently to imitate and support the content of Instagram owners. Instagram and other content is the control for Instagram users to map and weigh which is good, bad, and feasible, and not suitable for imitation and modification by users, for example the case of K-POP artists who like to display daily activities both in residences and in public areas due to the intimacy of a life partner who is far apart in age, A 16-year-old female artist who was in a relationship with a 27-year-old male artist who allegedly had an unhealthy romantic relationship and dragged financial problems that were inflicted on the female artist in the amount of 700 million won. This financial problem resulted in severe depression for female artists which resulted in suicide. This financial problem has not been resolved because the artist's family is still feuding which can be seen on social media.

From the above case, it can be reflected that the use of social media content can trigger convenience, practicality and frugality from simple matters to complicated matters related to legal issues that reap disturbed mental health for both Instagram owners and users. The creation and use of Instagram content contains two sides that collide with each other, which means that it can provide good benefits, but on the other hand it spreads addictive substances in the form of excessive addiction in listening to Instagram content. Each individual's self-control has a layered reach and power to control both opening and closing the screenplay. Self-control for individuals who have sick mental health can certainly be fatal for both Instagram owners and users.

a. Individual Control Sources

Kontrol diri merupakan suatu kecakapan individu dalam kepekaan membaca situsi diri dan lingkungan.[16] Calhoun and Acocella define self-control as the regulation of physical, psychological, and behavioral processes of a person Synder and Gangstad (1986) conveyed the concept of self-control between personal relationships and society in regulating the impression of society in accordance with situational cues to be able to adapt in an effective attitude and stance related to the concept of direct self-control is very relevant to see the relationship between the individual and the community environment in regulating the impression of the community in accordance with situational cues in behaving and taking an effective stance

b. Types of Self-Control

Averill refers to self-control as Personal control, namely behavioral control (*behavio control*), cognitive control (*cognitive control*), and decision control (*decesional control*). The impact of addiction to consecutive Instagram content shows in the form of mental health disruptions consists of: 1) disruption of quality sleep hours; 2) overthinking; 3) individual creativity and productivity are weakened; 4) anti-social in association. Of the 50.9% of respondents indicated that they have good self-control including cognitive, behavioral and

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[16] Ghufron, M. N., & Suminta, R. R. *Teori-Teori Psikologi*, (Yogyakarta: Ar-Ruzz Media, 2010), p. 21

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decesional control aspects to not imitate or adopt absolutely Instagram impressions, as many as 5.9% have anxiety to imitate the negative effects of Instagram impressions. A total of 40.4% of respondents thought they agreed to be cautious and self-control over the negative effects of Instagram or other social media. More than 50.9% of respondents were aware of the existence of content that contained brutal swear words as an impact on the stability of state security and mental health disturbances and contained elements of ongoing criminal acts. At least 55% stated that Instagram impressions are able to destroy the mental health of Generation Z because of the ease and practicality of instant access to information. 74.5% of respondents did not agree to follow content or invitations that contained mental health that was increasingly disturbed both on Instagram and other social media. Gen Z here, according to the results of the questionnaire, can be declared strong self-control to try to maintain their own mental health, while around 25% of respondents have the opportunity to easily lose control of their mental health.

More than 54.4% have stable understanding and self-control to maintain better mental health, while 35% of them have the opportunity to be easily labile in maintaining good mental health: 1) first conduct a pre-survey of gen Z which will be targeted by a dedicated team, especially active students at random in the semester level; 2) second, educating active students as Gen Z who are worthy of being targeted by the service team, the substance of education includes: a) Gen Z characteristics; b) social norms embraced by Gen Z; c) mapping of mental health fragility by the Service Team; d) How to respond to health fragility of Mental Health; e) Screaning and early therapy to strengthen mental health resilience for z. 3) Distributing questionnaires from the service team of active students as gen z which contains: a) social media tools that are predominantly used; b) duration of social media use; c) Likes on social media; d) the quality of impressions through social media that is seen as good and bad for Gen Z means that Gen Z can determine and respond to the good and bad values of social media impressions; e) Gen Z is fully aware of the positive and negative impact on their mental health of their social media impressions; f) Gen Z is able to limit with individual power any impressions on social media that are worthy of being watched and adapted in daily life. 4) Discussion of the service team with active students from Gen Z about: a) Shifting social norms and legal norms embraced by Gen Z and previous generations related to impressions on social media; b) responding to the quality of social media impressions in the needs of college assignments and daily life; c) be aware of and consider the adverse impact of impressions on social media for the mental health resilience of Gen Z.

B. Assistance in Mental Health Literacy for Generation Z At Institut Teknologi Telekomunikasi Purwokerto

Institut teknologi telekomunikasi purwokerto (itt purwokerto) sebagai kampus berbasis teknologi memiliki tanggung jawab besar dalam mempersiapkan mahasiswa yang tak hanya terampil secara teknologi, tetapi juga memiliki ketahanan mental yang baik. Dalam konteks generasi z yang mendominasi populasi mahasiswa di kampus ini, literasi kesehatan mental sangat penting, terutama mengingat dampak media sosial yang sangat kuat terhadap kehidupan generasi z. Kesehatan mental bagi generasi z dapat berujung pada mental health disorder maupun mental illness apabila diabaikan dan tidak diimbangi dengan literasi kesehatan mental salah satunya oleh lembaga pendidikan yakni kampus itt purwokerto.

Menjawab rumusan masalah 1 menunjukan hasil observasi dan wawancara beserta angket dengan olah data sebagai berikut:

No	Subject	Answer Options	Analysis
1.	Your level of understanding of the characteristics of mental health disorders	a) 52,6 % Understand b) 5,3 % Very understanding c) 42,1 % Worry	The data above illustrates the level of understanding of generation z on the characteristics of mental health disorders. The majority of respondents, 52.6%, stated that they were aware of the signs of mental health disorders, while the other 5.3% were very understanding, indicating that most of Generation Z had awareness and knowledge about this aspect. However, there are still 42.1% of respondents who are in doubt, indicating that they are not fully sure or still have limitations in recognizing the characteristics of mental health disorders. This can be due to a lack of comprehensive education, a lack of personal or social experience, or the persistence of stigma that makes information related to mental health less open. This trend suggests that although most generation z have a fairly good understanding of the characteristics of mental health disorders, there is still uncertainty and confusion among them. Therefore, further educational efforts are needed, both through social media, educational institutions, and mental health campaigns, so that their understanding is clearer and deeper

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| 2. | What is your level of understanding of the factors that cause mental health disorders? | a) 57,9 Understand
b) 7 % Very understanding
c) 35,1 % Worry | Based on the data obtained, the level of understanding of generation z regarding the factors that cause mental health disorders shows that the majority of respondents have quite good awareness. As many as 57.9% of respondents stated that they understood, while another 7.0% were very understanding, indicating that most of Generation Z have recognized factors that can affect mental health, such as academic stress, social environment, digital media, as well as biological and psychological factors.
However, there are still 35.1% of respondents who are in uncertainty between understanding or not understanding the factors that cause mental health disorders. This confusion may be caused by still uneven information, a lack of personal experience, or a lack of educational exposure to complex mental health causes.
Overall, while most gen z have a fairly good understanding of the factors that cause mental health disorders, there is still a group of respondents who are not yet fully convinced or understand those factors in depth. Therefore, more comprehensive education and access to valid information are still needed so that their understanding is clearer and able to increase awareness in maintaining mental health. |
| 3. | Your level of understanding of the impact of social media addiction on mental health | a) 59,6 % Understand
b) 21,1% Very understanding
c) 15,8 % Worry
d) 3,5% don't understand | Based on the data obtained, the majority of generation z has a fairly good understanding of the impact of social media addiction on mental health. As many as 59.6% of respondents stated that they understand, and another 21.1% are very understanding, indicating that more than 80% of generation z are aware of how excessive use of social media can affect their psychological state, such as increased stress, anxiety, feelings of inadequacy, and decreased sleep quality and productivity. |

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			However, there are still 15.8% of respondents who are in doubt, which means they are not yet fully convinced of the link between social media addiction and mental health. This can be due to a lack of in-depth education, different personal experiences, or the assumption that social media use is still within reasonable limits. On the other hand, there are 3.5% of respondents who do not understand the impact of social media addiction on mental health. Although the number is small, it shows that there is still a small percentage of generation z who do not understand or realize the negative consequences of excessive use of social media. Overall, this data shows that Generation Z understands the impact of social media addiction on mental health is quite high, but there are still some who experience confusion or lack clear information. Therefore, it is necessary to increase education and awareness about the healthy use of social media, so that the negative impact can be minimized and mental health is maintained.
4.	Your level of understanding of how to prevent mental health disorders from social media addiction	a) 49,1 Understand b) 7% Very understanding c) 38,6 bimbang d) 5,3 % don't understand	Based on the data obtained, generation z has a fairly good level of understanding of how to prevent mental disorders due to social media addiction. As many as 49.1% of respondents said they understood, and another 7.0% were very understanding, indicating that more than half of the respondents were aware of the steps that can be taken to prevent the negative impact of excessive use of social media. These measures may include time management in social media use, setting screen time limits, and raising awareness of mental health and life balance. However, there are still 38.6% of respondents who are in uncertainty between understanding or not understanding how to prevent mental disorders due to social media addiction. This uncertainty can be caused by a lack

of clear information, ignorance in implementing prevention strategies, or differences in personal experiences in dealing with the impact of social media on mental health.

On the other hand, as many as 5.3% of respondents stated that they did not understand how to prevent mental disorders due to social media addiction. Although the number is relatively small, it shows that there is still a small percentage of generation z who need further education on the importance of maintaining a balance in using social media so that it does not adversely affect their mental health.

5.	Your level of understanding of first aid to help your friend who is indicated to have a mental health disorder	a) 49,1% Understand b) 7 % Very understanding c) 38,6 % Worry d) 5,3 % don't understand	Based on the data obtained, generation z has a fairly good level of understanding of how to prevent mental disorders due to social media addiction. As many as 49.1% of respondents said they understood, and another 7.0% were very understanding, indicating that more than half of the respondents were aware of the steps that can be taken to prevent the negative impact of excessive use of social media. These measures may include time management in social media use, setting screen time limits, and raising awareness of mental health and life balance. However, there are still 38.6% of respondents who are in uncertainty between understanding or not understanding how to prevent mental disorders due to social media addiction. This uncertainty can be caused by a lack of clear information, ignorance in implementing prevention strategies, or differences in personal experiences in dealing with the impact of social media on mental health. On the other hand, as many as 5.3% of respondents stated that they did not understand how to prevent mental disorders due to social media addiction. Although the number is relatively small, it shows that there is still a small percentage of generation z who need

further education on the importance of maintaining a balance in using social media so that it does not adversely affect their mental health.

Respondents, 42.1%, indicated that their mental health needs to be monitored and directed to have strong self-control and be able to develop creativity that supports study and interaction with the social environment outside the campus. A total of 57.9% understood and were able to control themselves over the factors that cause mental health disorders on Instagram or other social media impressions. However, on the other hand, 35.1% need to be aware of vulnerability to mental health disorders from the factors that cause mental health disorders.

The number of respondents 80.7% indicated that respondents had established self-awareness and control and needed to be monitored and directed continuously so that 19.3% were able to be involved in stable mental health resilience. 56.1% of respondents have an understanding of how to prevent mental health disorders due to social media addiction. Meanwhile, 43.9% of respondents need education and literacy about understanding resilient mental health.

49.1% of respondents who had an understanding of overcoming social media addiction could be mobilized to take an inpersonal and group approach to maintaining more resilient mental health compared to 43.9%. Generation z in general has a pretty good understanding of mental health and the impact of social media on their psychological state. The majority of respondents like Instagram as their favorite social media platform and spend more than 5 hours a day surfing social media. Most are also aware of the tendency to be addicted to social media and the negative impact of certain content, such as abusive speech, on mental health. However, there are still differences of opinion among respondents. Some feel unaffected by negative content, while others are aware of its impact and even want to protest against destructive content. Although the understanding of mental health is quite good, there are still those who are indecisive or lack understanding of this issue. Therefore, further efforts are needed to increase education about mental health and healthy use of social media, as well as reduce exposure to negative content that can damage mental health.

Preventive efforts that can be carried out include: 1) Comprehensive education: increasing understanding of mental health through campaigns, schools, and social media; 2) Healthy use of social media: provide guidance on time management and limits on social media use; 3) Provision of valid information: provide an accurate and easily accessible source of information about mental health; 4) Psychological support: providing counseling services or psychological support for those in need; 5) Collaboration with social media platforms: encourage social media platforms to organize harmful content and promote positive content. These steps, it is hoped that generation z can have a deeper understanding of mental health and be able to use social media more responsibly, so that their mental health can be well maintained. As awareness of mental health increases, especially among Generation Z who are more open about the issue, various regulations have been put in place to provide legal protection for individuals with mental health disorders. In the legal context in Indonesia, mental health is regulated in several laws and regulations that affirm the right of individuals to adequate mental health services as well as protection from discrimination.

Here are some of the legal bases that regulate mental health in Indonesia: 1) Law Number 18 of 2014 concerning Mental Health; 2) Law Number 36 of 2009 concerning Health; 3) Law Number 8 of 2016 concerning Persons with Disabilities; 4) Regulation of the Minister of Health Number 77 of 2015 concerning Guidelines for Community Mental Health Services. Countermeasures for mental health literacy: 1) The campus opens a consultation service for students who are disturbed by mental health and have an impact on concentration and smoothness of study such as reduced quality sleep hours, disturbed biological hours, students no longer look untidy and undisciplined when studying and submitting lectures; 2) The campus needs to open assistance to a team of psychologists and psychiatrists to respond to and provide disturbed mental health therapy. Guardian lecturers need to be informed of indications of students who are disturbed by their mental health to be periodically escorted with academic advice.

CONCLUSION

Provision of quality mental health resilience improvement services for generation z at ITT Purwokerto: including pre-survey, education, distributing questionnaires, conducting service team discussions for active ITT Purwokerto students as Gen Z. Literacy about mental health for Gen Z: divided into 2 efforts including preventive in the form of comprehensive education across disciplines, healthy use of social media, provision of valid information, adequate psychological support, collaboration with social media platforms that are mentally healthy. Countermeasures in the form of the campus opening consultation services, as well as regular assistance from a team of psychologists and psychiatrists. followed up in collaboration with guardian lecturers to hold periodic monitoring.

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