

Description of Future Anxiety on Generation Z

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ABSTRACT

Gen Z is the generation born between 1995 and 2012. Gen Z did not only grow against a background of sophisticated information technology but also against the backdrop of various global recessions and economic downturns. These conditions make Gen Z vulnerable to mental health, especially future anxiety. This study aimed to describe future anxiety in Gen Z. This study used a quantitative method. The subjects of this study were 204 Gen Z in Yogyakarta. The measurement tool in this study uses the future anxiety scale. The results of this study are a moderate level of future anxiety for Gen Z with a mean gain of (66.2%). Future anxiety significantly influences behavioral aspects, with the highest mean (17.28%), followed by cognitive aspects, with a mean gain of (14.93%).

Keywords: Future Anxiety, Gen Z

Introduction

Gen Z is the generation born between 1995 and 2012. Since the beginning of their lives, elements of technology and information have heavily influenced Gen Z. They are classified as individuals who are literate in technology. This is because they grow together with the progress of the internet, so it's no wonder that Gen Z is known as iGeneration, defined as the internet generation or digital generation. Gen Z is known as a creative and innovative generation. This is supported by a survey conducted by Harris Poll (2020) proving that 63% of Gen Z are interested in doing various creative things daily. Thus, Gen Z, born with advances in technology and information, is expected to play a role in the nation's future progress. Gen Z should have a strong mentality to face these challenges. But in fact, Gen Z is considered to have a weak mentality compared to previous generations.

Gen Z has a solid attachment to the development of digital technology. The close relationship between Gen Z and technology has been proven in research, which states that 33% of Gen Z spend more than 6 hours a day using cell phones, especially on social media (Kim et al., 2020). The results of this study indicate that Gen Z has a high intensity in using digital technology, they have a close relationship with the development of digital technology which makes it easy for them to interact socially, get information, and easily explore cyberspace. However, Gen Z's proximity to technological developments does not always benefit Gen Z. The

ease and freedom that Gen Z has in accessing digital technology creates many challenges and tougher competition. For Gen Z, competition due to freedom of access to technology does not only arise from the surrounding environment, but they must face global competition. This condition causes individuals in gene Z vulnerable to mental health, especially anxiety. In addition, it cannot be denied that the existence of social media, which has created a standard of living in various aspects, is a stimulus for the emergence of anxiety in Gen Z. With these conditions and challenges it has an impact on the emergence of the phenomenon of future anxiety in gen Z.

Zaleski (1996) defines future anxiety as fear about something that will happen, fear and uncertainty about unwanted changes that are expected to occur, and the possibility of threats to individuals when individuals feel very anxious about the future. Preparation for life in the future is not easy. Gen Z did not only grow up against a backdrop of sophisticated information technology but also the backdrop of various global recessions and economic downturns. This condition is undoubtedly one of the causes of future anxiety in Gen Z. A Cigna survey of 12,000 global workers showed that 39 percent of Gen Z cite financial insecurity as their top stressor, compared to 34 percent of millennials and 29 percent of ages 50 to 64 years.

Robert B. Tucker, in his book *Managing the Future* (1991), Compiled his predictions of the challenges that will be faced in the 21st century, including speed, convenience, wafe age, multiple choice, lifestyle, discounting, value-added, customer service, technology, and quality control. What Robert B. Tucker wrote 30 years ago describes life today. The 21st century, which presents many challenges for the Z gene, is undoubtedly a significant factor in the emergence of anxiety in the Z gene. This is supported by research showing that as many as 90% of the Z gene experienced psychological or physical symptoms due to stress within the last year, 70% of the gen Z said that anxiety and depression were significant problems among their peers, 30% of parents surveyed felt their child was experiencing adverse effects on emotional health due to social distancing and school closures, 25% of Gen Z reported experiencing emotional distress almost twice times the rate reported by the older generation. During the pandemic, adolescents aged 20-24 showed the most significant jump in anxiety from the American Psychological Association (2018).

Unresolved Future Anxiety problems certainly hurt various aspects of life. These negative impacts are difficult to think positively about and develop, affecting the behavior patterns of individuals who experience them. Zaleski (1996) described the influence of future anxiety into several aspects including (a) cognitive aspects, leading to cognitive function, (b) behavior, leading to behavior that arises due to anxiety (c) affective, leading to emotions and feelings (e) somatic. Lead to a physical reaction.

The description above has provided an overview of future anxiety in Gen Z. In addition, the data in the form of facts mentioned in the description can strengthen the hypothesis in our research regarding the description of future anxiety in Generation Z.

Material And Methods

In this study, a descriptive study was used regarding future anxiety in Generation Z by conducting a survey using a descriptive research type with quantitative methods. This method aims to create an image or describe a situation objectively using numbers starting from data collection, interpretation, appearance, and results (Arikunto, 2006). This research was conducted from June 26, 2023, to June 29, 2023, with the data collection process and data collection carried out online via a Google form questionnaire. The population in this study is all Gen Z in Indonesia, namely the age range of 17-25 years with male and female types, while the sample in this study was 204 Z generations in Yogyakarta.

The data collection technique was carried out by using random sampling. The scale is aimed at all Gen Z who feel or experience anxiety about the future. The future anxiety scale comprises 26 items with a validity index ranging from 0.251 to 0.736 and a Cronbach alpha value of 0.903. The data analysis technique used is descriptive statistics with the help of SPSS Vo. 21. The descriptive statistical technique describes or gives an overview of the object under study through sample or population data (Sugiyono, 2007). The data presented in descriptive statistics is usually in the form of a measure of data concentration (Kuswanto, 2012). One commonly used data-centering measure is the mean (Fauzy, 2009).

Results

The study's results include descriptions of research subjects, categories of future anxiety, and descriptions of future anxiety in Gen Z.

Table 1. Frequency and results in demographic data

Variable	Frequency	Percentage (%)
Ses		
Man	28	14%
Woman	176	86%
Age		
17-19 old	63	31%
20-22 old	116	57%
23-25 old	25	12%

Sources: data processed by researchers

In research on the description of future anxiety in gene Z, the results of demographic data, including gender and age group, showed that the female group obtained a high score of 86%, and the male group showed a low gain with a score of 14%. Thus, it can be concluded that the description of future anxiety in Generation Z is more susceptible to being experienced by the female group than the male group. Then, the results of demographic data on the three age groups show that the 17-19-year-old group got a score of 31%, the 20-22-year-old group got 57%, and the 23-25-year-old group acquired a 12%. Thus, it can be concluded that the phenomenon of future anxiety in Generation Z is experienced by many individuals aged 20-22.

Table 2. Categorization results

Category	Frequency	Percent	Valid Percent	Cumulative Percent
Low	67	32,8	32,8	32,8
Middle	135	66,2	66,2	99
High	2	1	1	100
Total	204	100	100	

Sources: data processed by researchers

The results of the future anxiety categorization show gains in the medium category, with a score of 66.2%. Thus, it can be concluded that the phenomenon of future anxiety in Gen Z is moderate.

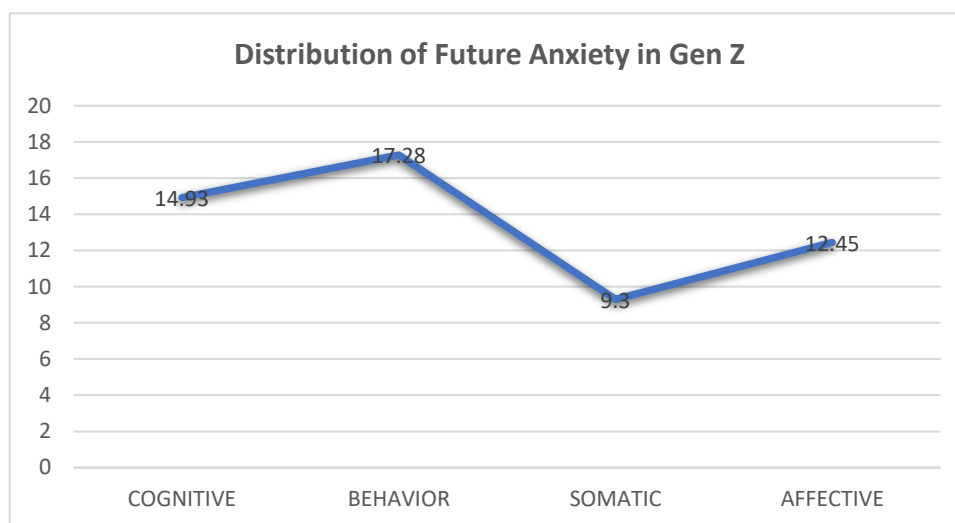
Table 3. The mean score on each aspect

	Minimum	Maximum	Mean	Std. Deviation
Future Anxiety	26	81	56,12	11,384
Kognitif	7	22	14,93	2,732
Perilaku	8	26	17,28	4,121
Somatik	4	16	9,3	2,664
Afektif	6	20	12,45	2,881

Sources: data processed by researchers

In the table above, the description of future anxiety in gene Z gets a mean of 56.12%. When viewed based on the future anxiety aspect, the highest mean is the behavioral aspect (17.28), the cognitive aspect gets a mean of 14.93, the affective aspect gets a mean of 12.45, and the lowest mean is the somatic aspect (9.3). The results of obtaining scores from these aspects can be seen in the distribution of future anxiety as follows:

Figure 1. The distribution of future anxiety in gene Z



Sources: data processed by researchers

Discussion

The results of this study show a picture of future anxiety in the Z gene with an overall mean value of 56.12%. Based on the future anxiety aspect, the highest mean was the behavioral aspect (17.28), the cognitive aspect got the mean of (14.93%), the affective aspect got the mean of (12.45%), and the lowest mean was the somatic aspect (9.3 %). Thus, it can be concluded that future anxiety has a major influence on behavioral and cognitive aspects. This is in line with previous research conducted by Zaleski (1989), which showed that future anxiety has a high score on the cognitive and behavioral aspects of the future anxiety scale.

Future anxiety with the highest mean is the behavioral aspect (17.28). This is supported by research conducted by Moch Aden Harwendra S and Sondang Maria J. Silaen (2020) with the title *The Relationship between Confidence and Anxiety with Cheating Behavior When Facing National Examinations Class XII students of SMA N 8 Bekasi* showing a relationship between self-confidence and anxiety with significant cheating behavior towards a positive relationship. So, it can be concluded that self-confidence and anxiety can affect cheating behavior. Another study by Tantri Widyarti Utami, Greece Sri Astuti, Livana PH showed that bullying behavior in school children was caused by anxiety showing a percentage of 84.7%. Based on the research support, it can be assumed that anxiety influences behavioral aspects. The effect of future anxiety on behavioral aspects does not always trigger negative behavior. However, well-managed future anxiety can affect a person's motivation to face new challenges. Hariyanto and Iman Subekti support this in their research entitled *The Role of Anxiety Level on Student Achievement Motivation*, showing that moderate anxiety is important in

encouraging students to excel. Thus, the description above can strengthen this study's results, which show that the behavioral aspect has the highest mean value in future anxiety.

Future anxiety on the cognitive aspect obtained a mean of 14.93. The results of the mean acquisition on the cognitive aspect show a comparison that is not far from the results of the mean acquisition on the behavioral aspect. With that, it can be concluded that future anxiety considerably influences cognitive aspects. This is supported by the results of research by Irsalina, F. A. (2019) entitled *The Relationship between Anxiety Levels and Working Memory in Medical Study Program Students at UNS*, which shows that the higher the level of anxiety, the lower the working memory. In another study conducted by Ni Putu Kintan P. Cyntia, Dyah Gita Rambu Kareri, Su Djie to Rante, Conrad Liab H. Folamauk (2021) with the title *The Relationship between Anxiety Levels and Academic Achievement of Students at the Faculty of Medicine, Nusa Cendana University*, which shows the results of the study that there is a significant relationship ($p < 0.05$) between the level of anxiety and the academic achievement of the students of the Faculty of Medicine, University of Nusa Cendana. Based on the research findings, it can be assumed that anxiety influences cognitive aspects such as decreased memory, difficulty concentrating, to decreased thinking ability.

Future anxiety on the affective aspect obtained a mean of 12.45. The affective element refers to one's emotions, feelings, and mood changes. This can be interpreted that anxiety can affect one's emotions and feelings. This statement is supported by research conducted by Siti Amaliyah (2019) in the study titled *The Relationship between Anxiety and Self-Efficacy on Student Chemistry Learning Outcomes*, which shows a significant and positive relationship between anxiety and self-efficacy in student chemistry learning outcomes with correlation criteria currently. This research indicates that anxiety influences a person's feelings through belief in himself to achieve a specific goal.

Future anxiety with the lowest mean is the somatic aspect (9.3). The bodily element of future anxiety leads to physical reactions when individuals experience anxiety. These physical reactions, such as increased heart rate, can cause hypertension or high blood pressure. This statement is supported by research conducted by Adhar Arifuddin and A. Fahira Nur titled *The Effect of Psychological Effects on Blood Pressure in Hypertension Patients*, showing a positive correlation between anxiety, stress, and depression with increased blood pressure. Thus, it has been proven that anxiety can affect the somatic aspects.

This study shows that future anxiety in generation Z is moderate, with a percentage of 66.2%. The findings in this study are supported by a survey conducted by the Alvara Research Center, a research institute in Indonesia, for the last five years, has consistently worked on studies related to demographic changes and shifts in behavior between generations in Indonesia. The Alvara Research Center survey was born on 20-31 March 2022 using the multistage random

sampling method through face-to-face interviews with 1,529 people spread across 34 provinces with respondents coming from Gen Z, millennial, and Generation X throughout Indonesia showing a Likert scale of stress levels and anxiety in gene Z with the highest score at the level of quite anxious (40%), not anxious (31.7), anxious (23.3%), and very anxious (5%). Thus, from the results of this research, it can be assumed that the Z gene most experiences anxiety at a moderately anxious level (40%) or can be categorized at a moderate anxiety level. The anxiety level in Gen Z is high when compared to previous generations. This is also in line with the results of the Alvara Research Center survey, which shows that the anxiety level of Gen Z in life is higher than in previous generations.

Conclusion

Based on the results of research and discussion regarding the description of future anxiety in gen Z with a total of 204 respondents, it can be concluded that the description of future anxiety in gene Z is in the medium category with a mean gain of (66.2%). Future anxiety significantly influences behavioral aspects, with the highest mean (17.28%), followed by cognitive aspects, with a mean gain of (14.93%).

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