

RESILIENCE VIEWED FROM SOCIAL MEDIA USE OF GEN Z**Ahmad Fauzul Adhim¹, Zahro Varisna Rohmadani²**

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**ABSTRACT**

Gen Z was born from 1995 to 2010, and this generation is firmly attached to digital technology, particularly social media. The paper is based on determining how the use of social media influences the resilience of Gen Z, considering four internal factors: spirituality, self-efficacy, optimism, and self-esteem, and an external factor which represents social support. In this, a quantitative comparative method was used with a total sample of 205 from Gen Z, aged between 15 and 27 years. The resilience level was measured using the CD-RISC scale, and social media use was measured by self-reporting the duration. From ANOVA, it could be observed that there is no significant difference in the levels of resilience concerning the duration of use of social media. Therefore, answering even with long exposure to social media, internal and external factors take important roles in maintaining resilience. These findings intimate that these elements should be strengthened to promote mental and emotional wellbeing among Generation Z within a technological saturated context.

INTRODUCTION

Generation Z is the nickname given to the generation born between 1995 and 2010 (1), so all children who developed in the range of 1995-2010 can be said to be Gen Z. Generation Z is a generation that is closely related to technological facilities that are digital, as well as their lives depend on and centered on the digital world. In addition, Gen Z also has various nicknames, including Gen I, Gen Tech, Digital Native, etc. (2). As a generation born in the era of rapid technological development, making Gen Z different from other generations, one of the striking differences between Gen Z and other generations is the use of cell phones (1). The ease with which Gen Z has access to information makes Gen Z exposed to a lot of information that they should not get, this causes Gen Z to be synonymous with the nature of freedom, likes to do personalization, his life depends on the speed of information, likes instant things, is innovative, likes and actively collaborates, and hyper technology (4). The condition of gen Z, which was born and grew up in the midst of the rapid development of technology, makes gen Z inevitably have to be exposed to technology. Many of Gen Z's activities are related to technology, such as communicating, finding entertainment, even teaching and learning activities cannot be separated from technology, which is why Gen Z is one of the generations most exposed to technology, Gen Z spends at least 9 hours

a day on social media. (8). The intention to consume social media long enough causes various negative impacts for Gen Z, (9) in his book explains that the impact of consuming social media for too long has an impact on short focus spans, and the need for constant entertainment. In addition, the intention to use social media for too long is also at risk of experiencing anxiety, and decreased self-esteem (8).

Resilience is divided into 2 causal factors, namely internal factors and external factors (12). Internal factors are factors that are found in the individual himself, in other words, the individual is the one who affects himself (3,4). Meanwhile, external factors are factors that are influenced by things outside the individual, such as the surrounding environment and the social structure of society. Internal factors consist of 4 aspects, including spirituality, self-efficacy, optimism, and self-esteem. While external factors have 1 aspect, namely social support (5). When viewed from the resilience factors above, basically every individual has seeds of resilience that can be developed. The seeds of resilience are in the form of adaptation or self-adjustment abilities that are naturally found in humans. So that with these seeds, each individual only needs to open and develop them (6). However, managing and developing resilience is not easy to do in this day and age. The presence of technology that grows rapidly as the years go by makes humans focus more on technological developments than on themselves. One of the results of technological development is the presence of social media platforms (10). Social media is a new place for humanity to explore, share, participate, create content, blog, write, etc. that relies on internet networks to run it (11). Social media can be accessed only by using a smartphone that is connected to the internet (14). With the convenience found on social media, individuals can connect with each other even though they are not in the same place.

The ease of interaction on social media platforms certainly has positive and negative impacts (15). The positive impacts that can be felt by humans from the existence of social media, including humans can easily interact and search for information, besides that transaction activities, at this time, have also been facilitated by the existence of social media platforms, both in the form of transactions and promotions (16). The positive impact of social media certainly provides additional convenience for humans to do their daily work, but social media comes not only with positive impacts but also with negative impacts. The most noticeable negative impact of social media is the reduction of direct social interaction in the community. This causes a decrease in social awareness, and human empathy with others, indirectly (9). The habit of accessing social media can also reduce the level of individual self-esteem, this is due to the easy access to information that can be obtained through social media. So, are there differences in resilience caused by the use of social media? Are there differences in individuals who use social media, especially in Gen Z who have the longest duration of social media access compared to other generations?

METHODOLOGY

In this study the method used is quantitative research method. Quantitative research methods are research methods that use empirical data so that the data used can be calculated accurately. Quantitative research is closely related to numerical data (13). In this case, it can be concluded that quantitative research methods are empirical research methods using data in the form of numbers so that they can be measured with high accuracy. The method used in this research is a comparative study (comparison) with the intention of knowing whether there is a significant difference between the variables being compared.

The population in this study are adolescents and adults who fall into the Gen Z category based on (1), namely those born in the range of 1995 to 2010, with the research location at Aisyiyah University Yogyakarta. The number of respondents received reached 205 respondents, with an age range ranging from 15 years old to 27 years old. The scale used in this study is the CD-RISC

scale with the aim of knowing the level of resilience of gen Z. The CD-RISC scale was then rewritten using the Indonesian language, then distributed to be filled in through the Google Form platform using the Likert choice model, with answer options including: not true at all, rarely true, sometimes true, often true, and true almost all of the time.

The data analysis method is a step used to answer the formulation of problems in research. The goal is to get conclusions from the research results. The data analysis technique used in this research is comparative quantitative, where comparative research aims to find comparisons of several data samples that have been obtained. The statistical technique used in this research is Anova. According to Yamin & Kurniawan (2014: 45) in his book Complete Statistical Analysis Techniques with SPSS Software, states that the Anova statistical technique is a technique used to test data comparisons of more than two groups of data samples. Meanwhile, to find out the level of social media usage, researchers included a list of duration options that could be selected by respondents, using Google Forms.

RESULTS AND DISCUSSION

The results of the normality test conducted on data with a sample size of 205 show that the average value is 67.67 with a standard deviation of 12.511. The data has a minimum value of 28 and a maximum of 98, which shows a fairly wide range of variation. To determine whether the data is normally distributed, the analysis was conducted using the Kolmogorov-Smirnov and Shapiro-Wilk tests. If the p value (significance) of both tests is greater than 0.05, it can be concluded that the data follows a normal distribution. This is important to ensure that the assumptions in subsequent statistical analysis can be met, so that the results of the analysis are reliable and valid. Therefore, evaluation of the p value obtained from this normality test is key in determining the next step of analysis.

The data that has been obtained is tested using the Kolmogorov Smirnov Test using SPSS software. The results show that the data obtained has a normal distribution, with a value of 0.157 (picture 1). Setelah uji normalitas dilakukan, kemudian dilakukan uji homogenitas untuk mengukur keselarasan variasi populasi yang diuji. Uji homogenitas menggunakan metode Anova, hasilnya bahwa hipotesis

Picture 1

One-Sample Kolmogorov-Smirnov Test

		VAR00002
N		205
Normal Parameters ^a	Mean	67.67
	Std. Deviation	12.511
Most Extreme Differences	Absolute	.079
	Positive	.039
	Negative	-.079
Kolmogorov-Smirnov Z		1.128
Asymp. Sig. (2-tailed)		.157

a. Test distribution is Normal.

After the initial stage of data analysis is carried out, namely the normality test, the next step is to conduct a homogeneity test. For this purpose, the One Way ANOVA (One Way Analysis of Variance) method is used. This homogeneity test aims to determine whether there are significant differences in the variables under study between several different groups.

Picture 2
ANOVA

VAR00002

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	426.549	2	213.275	1.367	.257
Within Groups	31506.553	202	155.973		
Total	31933.102	204			

The results of the homogeneity test showed that the significance value obtained was 0.257. This figure has an important meaning in the context of data analysis. In statistical research, the significance value is used as an indicator to assess whether the differences between the groups under study are real or just occur by chance. In interpreting the results, we use the significance value limit of 0.05 as a reference. If the significance value is greater than 0.05, as obtained in this analysis (0.257), then it can be concluded that there is no significant difference between the groups of variables under study. This means that the variation seen between the groups is not strong enough to be considered a real difference; instead, the difference may be due to random factors or measurement error. Conversely, if the significance value obtained is less than 0.05, then this indicates that there is a significant difference between one group of variables and another group of variables. In such a situation, we can argue that there is a strong enough influence of the independent variable on the dependent variable being analyzed. Thus, the results of this homogeneity test provide a clear understanding that in the context of this study, there is insufficient evidence to suggest that there are significant differences between groups of variables. This is important to understand because it can affect the next steps of analysis and the interpretation of the overall research results.

CONCLUSION

This study aims to examine the influence of social media use on the level of resilience in Generation Z, a generation known as “digital natives” who are highly connected to technology. This study utilizes a quantitative method with a comparative approach, which aims to see if there is a significant difference in the level of resilience between Gen Z individuals based on the duration of their social media usage. Data was collected from 205 respondents, aged 15 to 27 years, using the CD-RISC scale to measure resilience and duration options to measure social media usage. Based on the results of statistical analysis using the ANOVA test, no significant differences were found between the groups of respondents who had different durations of social media use in terms of resilience levels. This suggests that although Gen Z in general is highly exposed to social media - with an average usage of 9 hours per day - prolonged social media use is not directly related to a significant decrease in resilience.

The results of this study confirm the importance of internal and external factors in building and maintaining resilience in individuals, especially among Generation Z. Internal factors consisting of spirituality, self-efficacy, optimism, and self-esteem, turned out to have an important role in maintaining the ability of individuals to survive and rise from life's challenges, despite their intense exposure to social media. External factors, such as social support, also remain an important component that helps individuals deal with the challenges and stress they may face. Furthermore, although there is no significant difference in resilience based on the duration of social media use, it is undeniable that social media still has a negative impact on other aspects of Gen Z's social and emotional life. Previous research has shown that excessive social media use can result in a decrease in direct social interaction and human empathy. This, in the long run, can reduce the quality of relationships between individuals and worsen mental health. However, the resilience factors

examined in this study seem to be able to balance the negative impacts of social media use. In other words, although social media brings some challenges to this generation, factors such as self-efficacy and social support are able to help individuals to remain resilient and adaptive in the face of rapid environmental changes and increasingly complex social demands.

In conclusion, this study shows that resilience in Generation Z is not fully affected by the duration of social media use. Although social media can cause some social and emotional problems, the internal and external factors of resilience still play a major role in maintaining individual balance and adaptability. Therefore, the focus of resilience development needs to be directed at strengthening these factors, especially in the context of an environment that is increasingly saturated by technology and digital media. This research implies that a comprehensive approach is needed in efforts to develop resilience in Generation Z. Interested parties, such as educational institutions and social organizations, are expected to not only provide digital literacy to Gen Z, but also focus on developing aspects of spirituality, self-efficacy, optimism, and social support that are proven to play an important role in maintaining mental health and emotional resilience. With a deeper understanding of the relationship between social media use and resilience, this study also provides insights for researchers and practitioners working in developmental and educational psychology on the importance of considering psychological factors in the context of digital technology.

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