

# The relationship between resilience and the intensity of social media use with psychological well-being of Gen-Z students

## Hubungan antara resiliensi dan intensitas penggunaan media sosial dengan kesejahteraan psikologis pada mahasiswa Gen-Z

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### ABSTRACT

In recent years, there has been a strong emphasis on mental health, particularly among Generation Z students. Generation Z students are highly vulnerable to the negative effects of social media norms and expectations on their mental health. The purpose of this research is to examine how the mental health of Gen Z students is influenced by their level of social media use and resilience. This study employs a quantitative method with a correlational approach using multiple linear regression analysis. The respondents in this study consisted of 210 Gen Z college students aged 18-24 years, selected using accidental sampling techniques. Data collection was carried out using an online questionnaire through Google Forms on social media, which included a psychological well-being scale, a resilience scale, and a social media usage intensity scale. The reliability of the psychological well-being scale was 0.909, the resilience scale was 0.951, and the social media usage intensity scale was 0.831. The analysis results show that psychological well-being is significantly influenced by the combined effects of resilience and social media usage intensity,  $p < .001$ .

### ABSTRACT

Dalam beberapa tahun terakhir, ada penekanan kuat pada kesehatan mental, terutama di kalangan siswa dari Generasi Z. Siswa Generasi Z sangat rentan terhadap efek negatif dari norma dan ekspektasi media sosial pada kesehatan mental mereka. Tujuan dari riset ini adalah untuk melihat bagaimana kesehatan mental siswa Gen Z dipengaruhi oleh tingkat penggunaan dan resiliensi media sosial mereka. Metode kuantitatif berdasarkan pendekatan korelasional memakai analisis regresi linier berganda dipakai dalam riset ini. Responden pada penelitian ini berjumlah 210 orang mahasiswa Gen-Z dalam rentang usia 18-24 tahun dengan menggunakan teknik *accidental sampling*. Pengumpulan data dilakukan menggunakan kuesioner secara online melalui *google form* di sosial media yang terdiri dari skala kesejahteraan psikologis, skala resiliensi, dan skala intensitas penggunaan media sosial. Reliabilitas pada skala kesejahteraan psikologis sebesar 0,909, pada skala resiliensi sebesar 0,951, dan pada skala intensitas penggunaan media sosial sebesar 0,831. Hasil analisis menunjukkan bahwa kesejahteraan psikologis dipengaruhi secara signifikan oleh efek gabungan dari resiliensi dan intensitas penggunaan media sosial,  $p < .001$ .

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## **1. INTRODUCTION**

Mental health has become a primary focus in recent years, particularly among Generation Z. Generation Z, often referred to as Gen-Z, born between 1995 and 2012, frequently feels pressured by societal demands and existing standards, leading to an increased risk of mental health disorders such as anxiety, depression, and even suicide (Lahargo, in Izzati, 2023). According to data from the Central Bureau of Statistics in 2020, around 27.94% of Indonesia's population consists of Gen-Z, highlighting the significant influence and role of this generation in the country's development (BPS, 2021).

Based on data from the Indonesian Internet Service Providers Association in 2024, there are 221,563,479 million internet users in Indonesia. The internet users in Indonesia comprise Generation Z (34.40%), Millennials (30.62%), Generation X (18.98%), Post Gen-Z (9.17%), baby boomers (6.58%), and pre-boomers (0.24%). This information is crucial, considering that the majority of students in Indonesia are Generation Z (Adityaputra & Salma, 2022).

Gen-Z has grown up in an advanced technological era where the internet and social media have become integral parts of their lives (Puspita, 2021). Most of Gen-Z, especially university students, spend hours each day interacting with social media. Data from Tirto.id (2018) shows that around 34.1% of Gen-Z students spend 3-5 hours daily on social media, with Instagram being the most frequently visited app. This creates unrealistic standards and expectations, especially concerning body image and lifestyle, which can impact their psychological well-being (Lahargo, in Izzati, 2023).

Interviews conducted by researchers in May 2024 with six students from Java, Sumatra, Papua, Kalimantan, Sulawesi, and Nusa Tenggara indicated that problems are emerging that disrupt their psychological well-being. Gen-Z students experience high academic pressure, intense competition in education, and expectations of high achievement, which can lead to stress, anxiety, and even depression. As expressed by Subject A, "The academic pressure in class is very high, and I always feel dissatisfied with what I've done." Intensive use of social media reinforces unrealistic expectations regarding beauty standards and lifestyle. Subject C also felt the impact, stating, "I spend too much time on social media, and it creates high expectations for beauty and lifestyle standards." Meanwhile, digital interaction reduces social support and affects psychological well-being, as experienced by Subject B, "I feel I lack social support. This makes me often feel stressed and overly anxious." Quarter-life crisis is also a concern, with anxiety about the future, global changes, and a lack of physical activity due to technological habits, negatively impacting physical and psychological well-being. Additionally, comparing themselves to others on social media often triggers feelings of insecurity and discomfort among Gen-Z students, as felt by Subject E, "Using social media only makes me more insecure because I often compare myself to others."

A person is considered to have psychological well-being when they are able to do the following: accept themselves, establish meaningful relationships, manage their environment, find purpose in life, and achieve their full potential (Ryff, 1989). Self-acceptance, healthy

relationships, autonomy, environmental mastery, aspirations, personal development, and progress are components of psychological well-being. Many factors influence a person's psychological health, including but not limited to: gender, age, socioeconomic and cultural background, social support, life event evaluation, religious affiliation, and personality (Ryff, 1989).

According to Herrman et al. (2011), personality factors, including self-resilience or resilience, influence psychological well-being. Resilience is the individual's ability to face stress, difficulties, or trauma, and bounce back positively (Seligman, 2011). It involves transforming into a more resilient and positively developed individual. According to Seligman (2011), aspects of resilience include positive emotions, social attachment, commitment to goals, self-control, and self-confidence. Resilience is necessary to enhance the psychological well-being of Gen-Z students (Lutfiyah and Dwarawati, 2023). Gen-Z students with high resilience are able to endure and recover from pressures and obstacles, enabling them to thrive in challenging situations (Herrman et al., 2011).

Twenge et al. (2018) stated that the intensity of social media use is one of the cultural factors that influence Gen-Z students. The intensity of social media use refers to how often and how long a person engages in online activities, such as self-representation, communication, interaction, content sharing, and collaboration with other users. It also involves forming virtual social relationships such as friendships, professional networks, and engagement in online communities. Factors contributing to the intensity of social media use include attention, reward, duration, and frequency (Ajzen, in Frisnawati, 2012). According to Lahargo, as cited in Izzati (2023), Gen-Z students are more vulnerable to mental health issues such as anxiety, stress, and depression due to heavy social media use.

Research by Sijabat (2023) shows that individuals who can bounce back from difficulties tend to report higher levels of psychological well-being. These findings highlight the importance of social strategies, coping mechanisms, resilience, and self-esteem in influencing students' psychological well-being. Additionally, research by Gunawan et al. (2021) revealed that the mental health of Gen-Z students is heavily influenced by their social media usage during the COVID-19 pandemic. These social media habits can have a significant impact on the mental health of Generation Z students.

The psychological well-being of Gen-Z students is influenced by the intensity and resilience of their social media use. Previous research has not examined the relationship between resilience and social media use intensity concerning psychological well-being; instead, these concepts have been explored independently. Based on the background explanation above, the following hypotheses are proposed: (1) There is a relationship between the level of resilience and the intensity of social media use with the psychological well-being of Gen-Z students, (2) There is a relationship between the level of resilience and the psychological well-being of Gen-Z students, and (3) There is a relationship between the intensity of social media use and the psychological well-being of Gen-Z students. With these hypotheses, the author has proposed the topic "The Relationship Between Resilience and Social Media Use Intensity with

Psychological Well-being in Gen-Z Students” to encourage further research on the impact of social media on the mental health of Generation Z students.

## 2. METHODS

The researcher in this study employed a correlational quantitative research strategy. Psychological well-being is the outcome of this research, with resilience and social media usage intensity as the independent factors. The population in this study consists of Gen-Z students aged 18-24 years, with a sample size of 210 participants. The sampling technique used was accidental sampling. An online survey was conducted across all social media platforms using Google Forms as the data collection tool. Specifically, a Likert scale was used. Psychological well-being, resilience, and social media usage intensity are the three variables that make up the questionnaire. At the top of each scale, there is a statement that supports or does not support the respondent’s views, and for each statement, there are five possible answers: (1) strongly disagree, (2) disagree, (3) somewhat agree, (4) agree, and (5) strongly agree. Each scale was thoroughly evaluated for validity and reliability before being used to assess the variables.

The psychological well-being scale, adapted from Ryff (2007) and translated into Indonesian, includes six aspects: self-acceptance, positive relationships, autonomy, environmental mastery, life purpose, and personal growth. Validity results showed that two items (24 and 33) were invalid, so 40 items were deemed valid. The resilience scale, based on Seligman’s (2011) theory and developed by Fitriana (2023), includes five aspects: positive emotions, social attachment, commitment, self-control, and self-confidence. Validity results showed that one item (22) was invalid, with 41 items deemed valid. The social media usage intensity scale, based on Ajzen’s aspects (in Frisnawati, 2012), consists of four aspects: attention, engagement, duration, and frequency. All items on this scale were valid. Reliability testing showed Cronbach’s Alpha values of 0.909 for the psychological well-being scale, 0.951 for the resilience scale, and 0.831 for the social media usage intensity scale, indicating that all three scales are reliable in measuring the intended variables.

Although multiple linear regression analysis is the primary data analysis method in this work, additional tests such as normality, linearity, multicollinearity, and heteroscedasticity tests were conducted beforehand. The statistical program IBM SPSS Statistics Version 26.0 was used to assist with all the testing in this research.

## 3. RESULTS AND DISCUSSION

### Results

**Table 1** Description of research subjects based on gender

Gender	Frequencies	Percentages (%)
Male	49	23,3
Female	161	76,7
<b>Total</b>	<b>210</b>	<b>100</b>

Table 1 indicates that the total respondents in this research were 210, consisting of 49 men (23.3%), and 161 women (76.7%). Thus, it can be said that the number of female respondents is greater than the number of male respondents.

**Table 2** Overview of research subjects based on age

Age	Frequencies	Percentages (%)
18	14	6,6
19	35	16,6
20	61	29
21	55	26,2
22	24	11,4
23	16	7,6
24	5	2,4
<b>Total</b>	<b>210</b>	<b>100</b>

Table 2 indicates that the total number of respondents in this research was 210, consisting of 14 people aged 18 (6.6%), 35 people aged 19 (16.6%), 61 people aged 20 (29%), 55 people aged 21 (26.2%), 24 people aged 22 (11.4%), 16 people aged 23 (7.6%), and 5 people aged 24 (2.4%). Thus, it can be said that the majority of respondents are 20 years old and followed by respondents aged 21 years old.

**Table 3** Classical Assumption Test Results

Tests	Results	Description
Normality test	0,200, $p > 0,05$	Data is normally distributed
Linearity test of psychological well-being variables and resilience variables	0,726, $p > 0,05$	Linear
Results of linearity test of psychological well-being variables and intensity of social media use variables	0,340, $p > 0,05$	Linear
Multicollinearity test	0,949 (tolerance $> 0,10$ ) and 1,054 (VIF $< 10,00$ )	No multicollinearity
Heteroscedasticity test	The significance value of the resilience variable = 0.955 and the intensity of social media use variable = 0.147	No heteroscedasticity symptoms

A significance level of  $0.200 > 0.05$  was found for all three variables in the normality test, indicating that the data passed the normality assumption test, and thus, it is safe to say that the data follows a normal distribution. Additionally, there was no significant divergence from linearity ( $p = 0.726 > 0.05$ ) in the linearity test findings between the resilience variable

and the psychological well-being variable. This result indicates a strong linear relationship between resilience and psychological well-being. Furthermore, the linearity test indicating the relationship between psychological well-being and social media usage intensity revealed a non-linearity score of  $0.340 > 0.05$ . This result suggests that there is also a strong linear correlation between social media usage intensity and indicators of psychological well-being.

According to the multicollinearity test findings, all three variables had a VIF value of  $1.054 < 10.00$  and a tolerance value of  $0.949 > 0.10$ . Therefore, the regression model does not indicate multicollinearity. Lastly, the heteroscedasticity test showed a significance level of 0.147 for the social media usage intensity variable and a value of 0.955 for the resilience variable. Since the significance values for both variables are higher than 0.05, there is no evidence of heteroscedasticity in the regression model.

**Table 4** Multiple Linear Regression Analysis Results

Variables	Regression Coefficient (F Regression)	Sig (p)	Description
Resilience and Intensity of Social Media Use with Psychological Well-being	252,565	0,000	Significant
Resilience with Psychological Well-being	501,013	0,000	Significant
Intensity of Social Media Use with Psychological Well-being	12,823	0,000	Significant

The results of the multiple linear regression analysis indicate that the variables of resilience and social media usage intensity together have a significant impact on psychological well-being,  $F(2,207) = 252.565$ ,  $p < .001$ . Therefore, the hypothesis stating that resilience and social media usage intensity together influence psychological well-being is accepted.

Furthermore, the results of the multiple linear regression analysis between the resilience variable and psychological well-being show that resilience has a significant impact on psychological well-being,  $F(1,208) = 501.013$ ,  $p < .001$ . Thus, the hypothesis stating that resilience affects psychological well-being is accepted.

Lastly, the results of the multiple linear regression analysis between the social media usage intensity variable and psychological well-being indicate that social media usage intensity has a significant impact on psychological well-being,  $F(1,208) = 12.823$ ,  $p < .001$ . Therefore, the hypothesis stating that social media usage intensity influences psychological well-being is accepted.

**Table 5.** Effective Contribution Results

Components	Sub. Effective Components
Resilience	82,7%
Social Media Usage Intensity	1,5%
Total	84,2%

In this study, the researchers found that the resilience variable effectively contributed 82.7% to the psychological well-being variable. At the same time, the effectiveness of the social media usage intensity variable in predicting psychological well-being was 1.5 percent. Therefore, the resilience variable, rather than the social media usage intensity variable, has a more significant impact on the psychological well-being variable. Thus, the overall effective contribution is 84.2%, which is equal to or higher than the multiple correlation coefficient (R) of multiple linear regression analysis.

## **DISCUSSION**

The study found a substantial relationship between psychological well-being and resilience among Gen Z students using multiple linear regression analysis to examine these two factors. With an effective contribution of 82.7% to the psychological well-being variable, resilience clearly has a significant impact on well-being. This finding reinforces previous research indicating that resilient individuals often enjoy higher levels of psychological well-being (Sijabat, 2023).

Resilience, or an individual's ability to adapt and remain strong under pressure, positively contributes to psychological well-being. Gen Z students with higher levels of resilience tend to have better psychological well-being. These students can endure and recover from stress and challenges, allowing them to thrive in difficult situations (Herrman et al., 2011).

Moreover, the research that used multiple linear regression analysis to explore the factors of psychological well-being and social media usage intensity among Gen Z students found a significant relationship. The findings indicate that the social media usage intensity variable contributes 1.5% to the psychological well-being variable, suggesting a small but real connection between these two variables.

These results reflect the ambivalence of social media – while it offers positive influences such as social support, information, and a sense of connection, excessive use can lead to negative impacts like anxiety, feelings of isolation, and negative social comparison (Gunawan et al., 2021). Gen Z students who spend a lot of time on social media are often exposed to unrealistic standards of beauty and lifestyle, which can lower self-esteem and increase anxiety (Lahargo, in Izzati, 2023). This indicates that wise and directed use of social media can play a role in improving the psychological well-being of Gen Z students, helping them feel more connected and gain useful information.

The results from the multiple linear regression analysis of resilience, social media usage intensity, and psychological well-being indicate that there is a significant relationship between resilience and social media usage intensity with psychological well-being among Gen Z students. Resilience and social media usage intensity are factors that influence the psychological well-being of Gen Z students. Resilience, as the ability to adapt and remain strong under pressure, and the wise use of social media both contribute positively to psychological

well-being. Gen Z students with high levels of resilience and who use social media wisely can benefit from both aspects, achieve better emotional balance, and receive adequate social support.

Based on the research findings, it is evident that developing resilience is crucial for enhancing the psychological well-being of Gen Z students. The study indicates that resilience significantly contributes to well-being, highlighting the need to focus on developing resilience skills such as stress management and problem-solving. Additionally, promoting wise social media usage is essential, as excessive use, although having a smaller impact, can lead to negative effects like anxiety and social comparison.

To improve psychological well-being, it is recommended that resilience training programs be implemented on campuses or integrated into the educational curriculum, along with providing access to psychological support. Education on healthy social media use should also be conducted through seminars or workshops, and technology such as screen time management apps can assist students in managing their habits.

Gen Z students can enhance their psychological well-being by regulating their social media usage, engaging in physical and social activities outside of the virtual world, and practicing relaxation techniques like meditation and yoga. Participation in resilience skill development programs is also important to build the ability to adapt to pressure. With these measures, Gen Z students can achieve better emotional balance, receive adequate social support, and effectively leverage the benefits of social media.

Therefore, the research findings support the hypothesis that there is a relationship between the psychological well-being of Gen Z students and their level of resilience, the intensity of social media use and their psychological well-being, and the combined influence of resilience and social media usage intensity on their psychological well-being.

#### **4. CONCLUSION**

Based on the research findings, it is evident that developing resilience is crucial for enhancing the psychological well-being of Gen Z students. The study indicates that resilience significantly contributes to well-being, highlighting the need to focus on developing resilience skills such as stress management and problem-solving. Additionally, promoting wise social media usage is essential, as excessive use, although having a smaller impact, can lead to negative effects like anxiety and social comparison.

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