

Solutions For Generation Z University Students In Ho Chi Minh City To Deal With Stress

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Abstract

The pressures of modern life put a lot of strain on Generation Z, and as a result, the prevalence of psychiatric problems in this age group is rising. Not only one generation is affected by stress or depression. We found that the rising interest in mental health, together with the greater access to information that many young people and parents have, may be used to explain the rise in the number of persons suffering from stress or depressive illnesses. They quickly become aware of their own or others' psychological problems and aggressively seek out a psychologist. As a result, more and more individuals are getting emotional assistance. Along with the pressure from expectations, young people often face pressure from life events including prejudice, unhappy families, and violence. Anything might be the cause of Gen Zers' behavior (born between 1996 and 2010) Many Gen Zers in recent years have consistently emphasized and concentrated on physical health while ignoring mental health. Young people constantly encounter additional strain from job, education, and outside life as a result of modern life's rising modernization. Since that time, mental diseases like stress and depression have become more prevalent and are on the rise. The Covid-19 pandemic has occurred, and Gen Z is more concerned than prior generations about living after the epidemic. The already intense strain is getting worse as they adjust to working online, receiving degrees from distance learning programs, and a lack of connection with others. The worldwide economic crisis that began in 2022 also had an impact on this generation. Therefore, we must get through these obstacles in order to find the best solutions for raising Gen Z's standard of living now.

Keywords: student, education, stress, university

1. Introduction

A promising age, Gen Z constantly reinvents itself to keep up with societal trends and has a progressive mentality. They set themselves "overwhelming" ambitions to attain the same spectacular accomplishments as everyone else because they want to flaunt their talents and be noticed. Many Gen Zers experience this because they are overwhelmed by their surrounds, particularly social media, and its accomplishments. Even if there is no authenticity in this, someone only needs to post a really cool profile on social media. Invisible has given Gen Z one more thing to aim for on their ideal path. good to you. Technology gadgets also contribute to the flattening of the

globe, but when individuals spend most of their time conversing online, they can quickly lose direct contact with others around them. The lives of Gen Z members are closely tied to the advancement of technology, and as a result, many young people now spend the majority of their time online.

2. Literature review

The American Psychological Association reports that just 45% of Gen Zers believe their mental health to be excellent or very excellent. Millennials (56%), Gen Xers (51%), and Boomers (70%), all other generational groupings, performed better on this metric. Gen Z is the most depressed generation, according to the graph above, and its members are

more prone than those in earlier generations to seek treatment or mental health counseling. Compared to earlier generations, Gen Z participants reported working with a mental health professional at a rate of about 37%. According to the Institute of Mental Health, Vietnam suffers more than twice as many suicides from depression every year—more than 40,000 persons. Traffic accidents cause 2.5 times as many fatalities. In affluent civilizations, anxiety problems are widespread and often get worse. An anxiety disorder is a condition of emotional tension that is an unsuitable reaction to bodily and environmental stimuli, both in terms of their duration and severity. The patient nevertheless experiences anxiety and tension even though the anxiety cause is not there or has disappeared. The compressive force that a material must withstand is what the term stress originally referred to in physics. In Physiology, Walter Cannon (1914) to describe emotional pressures. He looked at how animals maintained homeostasis in challenging circumstances, as when they experienced a temperature fluctuation, in 1935. Additionally, he discusses the emotional influences on the onset and progression of specific diseases and clarifies the function of the neurological system in the body's emergency response. As a result, it is clear that stress is crucial to maintaining good health. It influences the beginning, progression, and conclusion of a disease good or bad. Students frequently experience stress. About 25% of the population has this illness, according to data from the World Health Organization (WHO). Although there are no data on the level of stress in the

community at the moment, several research on certain target populations, such as office employees, students, and students, have been undertaken. Although there are many other causes of student stress, they include relationships, money issues, and coursework. Additional characteristics that contribute to mental stress include a quiet personality, low self-esteem, a lack of communication skills, and life experience.

3. Research Methodology

Research that gathers information and data for a thorough examination or assessment of a research item, survey, or inquiry is referred to as qualitative research. In order to obtain information, open-ended questions were asked during focus group discussions, interviews, and direct observations. Because study participants are free to voice their personal opinions and ideas, the researcher is able to delve deeply and consider a variety of viewpoints. The interviewer might utilize prepared questions or not to conduct in-depth interviews and obtain information from the replies flexibly and completely. Typically, there are no right or incorrect responses to these open-ended inquiries. In the form of mathematical data and statistical data, quantitative research has gathered information and data. An extensive questionnaire was used in a survey to gather data and information. 500 students from different campuses in Ho Chi Minh City were chosen at random to take part in the study.

4. Research result and discussion

Table 1: Demographics of Respondent

Variable	Frequency	Percentage %
Gender		
Male	150	30
Female	150	30
Other	200	40
Income		
Below 5 million VND	350	70

5 to 10 million VND	100	20
More than 10 million VND	50	10
Academic level		
Freshman	100	20
Sophomore	300	60
Junior	70	14
Senior	30	6
Total	500	

Figure 1 displays that 70% of respondents have a monthly salary of less than 5 million VND, the majority of respondents are first-year students, and 30% of the sample is made up of participating men

in the study. The remaining 30% of respondents are women, and only 20% of participants have yearly incomes of \$10 million or more.

Table 2: Cronbach’s Alpha

Variable	Observed variables	Cronbach’s Alpha
Social comparison	5	.610
Family	5	.671
Academic pressure	5	.630
Relationship	5	.630

The validity of the link between a number of observable variables and a study variable can be assessed using Cronbach's Alpha. We will choose which observed variables to keep and which to discard based on their relative contributions to the concept's definition using the correlation coefficient of the total variable. The confidence coefficient, however, just shows whether the

measurements are connected. This model incorporates all variables, as seen in Table 2. Salary, cultural background, and communication language all score higher than 0.6 on the Cronbach's alpha scale, which measures the degree of internal consistency or interdependence among a group of elements. It is used as a scale dependability indicator.

Table 3: KMO and Bartlett’s Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.	.610	
Bartlett's Test of Sphericity	Approx. Chi-Square	1008.126
	Df	197
	Sig.	.000

In order to assess the effectiveness of component analysis, statisticians use the Kaiser-Meyer-Olkin (KMO) coefficient. The value of KMO must be at least 0.5 in order for factor analysis to be appropriate (0.5 KMO 1). Factor analysis is frequently not relevant for the study data set if this

value is less than 0.5. The results of the KMO and Bartlett's Test of Independent Variable, with KMO = 0.874 and Sig = 0.000, indicate that the test of the conceptual validity of the scale is sufficient for analysis.

Table 4: Rotated Component Matrix

	Component			
	1	2	3	4
SC1	.670			
SC2	.630			
SC3	.654			
SC4	.675			
SC5	.640			
AP1		.708		
AP2		.706		
AP3		.711		
AP4		.703		
AP5		.702		
FM1			.773	
FM2			.707	
FM3			.701	
FM4			.721	
FM5			.792	
RS1				.701
RS2				.701
RS3				.713
RS4				.708
RS5				.709

The rotation matrix's findings guarantee convergence and discrimination at a respectable level or higher. The theory-based features of

variable groupings are completely lost because the groups are completely reversed and not appreciably spread.

Table 5: KMO and Bartlett's Test of Dependent variable

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.	.710
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Bartlett's Test of Sphericity	Approx. Chi-Square	101.320
	Df	190
	Sig.	.000

A test that assesses whether or not factor analysis should be applied to the data set is the KMO measure of sampling adequacy. Using Bartlett's test of sphericity, the variables in the population correlation matrix can either be correlated or uncorrelated. Table 5's KMO value of 0.710 > 0.5

demonstrates that the data are appropriate for factor analysis and that factor analysis is appropriate for combining variables. The significance threshold for the Barlett's test is sig = 0.000 because the observed variables are related.

Table 6: Model Summary

Model	R	R Square	Adjusted Square	R	Std. Error of the Estimate	Durbin-Watson
1	.602a	.503	.712		.50217	1.710

Because the acquired DW value is 1, (placed between 1 and 3), and because the hypothesis of no first order series correlation is accepted as a dummy, the Durbin Watson coefficient used to test First order series correlation indicates the pattern no violation when applying recovery technique multiplicative. within the model. The multiple regression model is a result. fulfill the requirements for testing and evaluation suited for making conclusions from study. The ANOVA analysis of

variance revealed that the value F has a significance level of Sig.= 0.000 (less than 0.05), indicating that the input variables and collected data are statistically significant at the 5% level of significance and that the regression model fits them. F = 69,033 is the statistic used to test. The linear link is especially strong when it is has meaning to Sig. < 0.05. Consequently, the model's independent variables. The dependent variable Effect and the figure are connected teaching outcomes

Table 7: ANOVA

Model	Sum of Square	Mean Square	F	Sig
Regression	41.022	4.010	60.020	.000b
Residual	20.012	.108		
Total	61.034			

Table 7 demonstrates that the multiple linear regression model is suitable for use and fits the data set. Additionally, they demonstrate the linear relationship between the independent and dependent variables and the model's compatibility with reality.

Stress may contribute to depression, anxiety disorders, and a variety of other psychological issues if you are dealing with a lot of trauma. In order to maintain their best physical and mental health, students also need to know how to manage stress in addition to the essential abilities. Student-friendly strategies for reducing stress. Exercise for at least 30 minutes each day. When you are upset or

5. Recommendation

unable to manage your emotions, practice breathing and continue this exercise until you feel more at peace. This action will assist the brain in releasing hormones that reduce stress. This is a good activity to do if you suffer from insomnia. Maintaining a consistent schedule of activities is crucial for mental wellness. Maintaining a regular routine can help us avoid feeling bored, worn out, or angry, especially during a period of social withdrawal. If necessary, consult a psychologist. Our spirits require daily maintenance just like our physical bodies do. Self-worth is like a well planted tree.

Having many relationships when joining the university setting would tremendously aid students in the process of living and learning. You should aim to open your heart and actively engage others around you rather than becoming self-deprecating. To make it easier to establish partnerships, let's start with basic inquiries like names and hometowns. Students may experience stress as a result of toxic relationships, in which only you put in the effort to sympathize with the other person and convey your thoughts but they don't give a fig about you or care. In reality, this kind of interaction may exist in friendships, professional partnerships, and even romantic ones. To establish more healthy relationships, you should take the effort to break up with your partner if you see that they are acting strangely. Eliminating toxic relationships can improve mood and lessen stress and despair in daily life. College calls for more active learning than you experienced as a student. In order to fully comprehend the lecture, you must actively address any issues you have with it with the speaker and explore other information. In addition to learning, students also need to learn how to properly manage their spending to prevent money issues. You must first set aside money for necessities like housing, transportation, and the price of books, notes, and school supplies. Next, tally up your funds for daily costs. If you work overtime, you should keep a little emergency fund on hand. In reality, taking control of your finances will help you solve many difficulties in life and greatly lessen stress.

Students' stress and exhaustion might be linked to an unscientific way of living. In actuality, a lot of students have a bad habit of sleeping in late, doing little exercise, and binge eating. These behaviors not only raise the possibility of stress but also harm physical health in various ways. As a result, in addition to the aforementioned strategies, you should develop a stress-reducing healthy lifestyle. First, it's important to strike a balance between study time and work so that you may rest, exercise, and get adequate sleep. Additionally, it's important to maintain a balanced diet, avoid using cigarettes or alcohol, and consume little to no processed food. If stress cannot be controlled, therapy may be an option. In order to help students overcome obstacles and learn how to address problems in life, certain colleges now feature psychological counseling rooms.

Social networks foster human connection but can provide numerous health hazards, particularly depression. Seoul National Hospital (South Korea) Professor Myung Woo-jae said: "Users' psyche is impacted by social media use, particularly those who struggle with emotion management. Depression is inescapable when one is mired in gloomy ideas. Experts claim that abruptly ceasing all social media use is ineffective for treating depression because people will turn to TV or online game addiction instead. Instead, experts advise that people progressively cut back on their online time. Nighttime social media use raises the chance of depression. Social media usage should only be done during the day to prevent disruptions to sleep. In addition to making you a better person, giving up social media can help you build emotional intelligence, a vital talent in the workplace. However, interaction with others is required to hone this skill. The amount of time spent engaging in face-to-face conversations is decreased while spending long stretches of time staring at a screen, which lowers emotional intelligence. Let's interact and converse to spread virtue and alleviate tension.

6. Conclusion

Despite the fact that stress is a normal bodily reaction that everyone can experience. But when chronic stress sets in, it not only interferes with day-to-day tasks but also has a negative impact on both mental and physical health. Therefore, it is crucial to manage and get rid of stress-related elements in order to improve work productivity, safeguard health, and improve quality of life.

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Conflict of interests

None

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