

THE ROLE OF GUIDANCE AND COUNSELING TEACHERS IN FORMING THE MENTAL HEALTH OF GENERATION Z

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Abstract

Generation Z, which includes individuals born between 1995 and 2010, faces major challenges related to mental health due to social pressure, academics and rapid technological developments because they were born during a transition period in technological development. This study aims to examine in depth the important role of guidance and counseling (BK) teachers in facilitating the mental health of this young generation through a comprehensive literature review. Using a systematic literature review method, a total of 8 journal articles and 2 books that were relevant in the 2017-2024 period were analyzed to identify main themes. The results of the study reveal the main challenges faced by guidance and counseling teachers in dealing with generation Z's mental health issues, the most frequently experienced by generation Z are depression, anxiety, self-harm and eating disorders. The literature also emphasizes the crucial role of guidance and counseling teachers in creating a supportive school environment, providing individual and group counseling services, and conducting psychological education programs. This study recommends that BK teachers improve mental health by providing emotional support, providing counseling, and teaching stress management skills. By optimizing the role of guidance and counseling teachers, it is hoped that they can help ensure good mental health among the younger generation, so that they can achieve their maximum potential in development and achievement.

Keywords: Mental Health; Generation Z; Role of Guidance Teachers

1. Introduction

Generation Z is an up-aging generation because they grow up faster. The World Health Organization (WHO) estimates that children start puberty three months earlier every decade. They also enter school faster, are exposed to the younger market so they are the biggest consumers compared to previous children. Generation Z is a generation that has good digital literacy, can change tasks quickly (multi-tasking) they only understand wireless, hyperlinked, user-generated world and use clicks to obtain technology. (Curriculum and Books Center Team, 2021) The advantages felt by generation Z are that they tend to have a very curious attitude, are very proficient in using technology so they don't need the help of other people, when solving general problems related to technology, they tend to make their own efforts to be able to meet their needs and determine steps in getting things done through technology. . The difficulty currently facing generation Z is that they are vulnerable to mental illness and always want to get things done instantly. This happens because most of generation Z's lives are very dependent on technology, so they tend to ignore the conditions that occur in the real environment. Problems related to mental health faced by generation Z are influenced by the high intensity of exposure to the internet and social media. Generation Z is a productive generation but is very addicted to gadgets so the impact is that they easily experience mental disorders (Bakar et al., 2022).

Generation Z feels mental disorders because they grew up in an era of ever-growing digital technology, where social media plays a dominant role in their daily lives. Pressure from the



school environment, family and peers can be a factor that influences their mental health. Uncertainty about the future, both in terms of career and social change, can also cause stress. Additionally, constant social comparison via social media often triggers feelings of inadequacy and low self-esteem. This can increase levels of anxiety and depression. Concerns about online self-image, the need for validation from others, and the pressure to achieve success in a short time can all take a toll on this generation's mental health.(Linton et al., 2020)

This generation is very open to advances in technology and the internet. Generation Z's ease in accessing information through the development of increased global connectivity is one of the positive effects of the internet being easily accessible via handheld devices/cellphones. Unfortunately, the ease of internet access also makes generation Z more susceptible to emotional mental effects than previous generations (Abdulah et al., 2024)

A teacher must consist of people who can be responsible, teachers have a role to instill values and attitudes in students so that they have good personalities by giving good examples to their students and if there is an educator who gives a negative example it will have an impact and have a negative impact on the psychological development of students(Wardhani, 2017)

Mental health for generation Z is the responsibility of all related parties, which when brought to school, this problem is the responsibility of the guidance and counseling teacher along with the role of guidance and counseling teachers in the problems faced by generation Z. The training carried out can increase the understanding and knowledge of guidance and counseling teachers in understanding the importance of knowing students' mental health and designing guidance and counseling services that can improve students' mental health(Abdulah et al., 2024)

The role of Guidance Counseling (BK) teachers in schools is vital in preventing mental health problems in students. Many activities are carried out with the aim of dealing with students' mental health problems. Activities carried out include measuring guidance counselors' knowledge about students' mental health problems (pretest), brainstorming counselors' experiences in dealing with student problems at school, providing education, and measuring secondary knowledge (post- test)(Madiistriyatno, 2024)

This research aims to explore in depth the role of guidance and counseling teachers in shaping the mental health of generation Z. By understanding the challenges and opportunities faced, it is hoped that it can provide practical recommendations to optimize the role of guidance and counseling teachers in maintaining students' mental health. This is important considering that good mental health is the foundation for the young generation to reach their maximum potential and become positive contributors to society.

2. Method

The research method related to the discussion in this article is using qualitative research methods, with library research techniques or systematic library research. Where, here the researchers carried out this technique by combining 8 journal articles and 2 books that were relevant in the 2017- 2024 period and analyzed to identify the main themes. The themes taken by researchers related to this article are about mental health, generation Z and the role of guidance and counseling teachers in the mental health of generation Z, and also related to three things or only one of the things taken in the related journal taken by researchers there.

The main theme in this article is related to the mental health of the current generation Z who are very vulnerable to various mental health disorders, many of whom experience this disease. Various causes that underlie the weakening mental health of generation Z can be observed through various related journals taken by researchers, and collaborated and analyzed

and the results of problems that occur among generation Z children, related to mental health and ways of mental recovery for the generation. Z will be discussed in this article.

3. Results and Discussion

3.1. Results

3.1.1. Child Counseling Guidance Media

The results obtained by researchers are related to the journals and books that have been taken. So it is related to the results obtained by researchers regarding the mental health of generation Z, especially in schools, where generation Z currently starts from junior high school students down to elementary school. And in journals that are often taken to be related to mental health, the researchers chose here to be the sample taken from Generation Z who are at junior high school level. The results of a literature study conducted by researchers, found that the problems of junior high school students which fall into the category of unhealthy personal characteristics that appear in students include: irritability (offended); showing worry and anxiety; feeling depressed (stressed or depressed); has a habit of lying and lacks a sense of responsibility; being cruel, enjoying bothering other people; be hostile/against parents, teachers; enjoys criticizing/ridiculing other people; lack of awareness to comply with regulations, and; experiencing pessimism in facing life. Students who experience unhealthy personal characteristics at school account for more than 6 out of 10 students who experience unhealthy personal characteristics. Wang (2015) believes that mental health problems can influence children to leave school (dropout). So mental health interventions are needed to reduce dropout in schools (Sarfika et al., 2023).

The discussion is related to this article, namely regarding the mental health of generation Z and the influence of guidance and counseling teachers on the mental health of clients in the generation Z group. Currently in Indonesia the position of Generation Z is the focus of the future and is predicted to lead a Golden Indonesia 1945. However, many children in this generation experience mental crises or mental health problems, which can have lasting social and economic impacts and be detrimental to their lives in the future if not treated properly from an early age. A mental crisis is a condition in which a person experiences significant emotional and psychological distress, often due to various factors such as stress, life changes, or emotional problems.

Although technology has great benefits, excessive use of social media, exposure to negative content, cyberbullying, and feelings of dependence on electronic devices can have a negative impact on mental well-being. Generation Z often faces economic uncertainty, expensive education, and intense competition in the world of work. This can create pressure and worry about the future as well as high academic demands and competition in education can increase stress in generation Z, especially when they are faced with pressure to achieve high results in exams and school assignments, social and political issues also affect the generation Z is often involved in complex social and political issues. This can create anxiety and feelings of dissatisfaction with current social conditions. Despite digital connectivity, some members of generation Z experienced social isolation, especially during the pandemic period several years ago (Madiistriyatno, 2024).

This generation grew up in a fast-paced digital era, with high social and academic pressure. Various studies show an increase in the prevalence of mental health problems such as anxiety,

depression and eating disorders among teenagers and young people (cite references). This condition is worrying considering its negative impact on development, academic achievement and overall quality of life.

Schools have an important role in supporting students' mental health. Guidance and counseling (BK) teachers have the main responsibility for facilitating students' personal, social, academic and career development (cite references). However, the challenges faced by guidance and counseling teachers in dealing with generation Z mental health issues are still not fully understood. Lack of special training, excessive workload, and limited resources often become obstacles in providing optimal services (cite references).

Guidance and counseling in this era of problems for generation Z is really needed. Guidance and counseling services for generation Z should use counseling techniques and services to convey input to students. Techniques that can be used to stimulate skills are discussions, FGDs, problem solving and simulation games, as well as e-counseling or cyber counseling services. The media used can be videos, films, macromedia flash, and so on. This effort needs to be accompanied by collaboration with parents, schools, subject teachers, homeroom teachers, and agencies/institutions/companies operating in the field of information and communication technology. Under these conditions, it is necessary to strengthen Generation Z, including in the aspect of mental health. However, the difficulty currently facing generation Z is that they are vulnerable to mental illness and always want to get things done instantly (Handayani, 2019). This happens because most of generation Z's lives are very dependent on technology, so they tend to ignore the conditions that occur in the real environment. Problems related to mental health faced by generation Z are influenced by the high intensity of exposure to the internet and social media. Generation Z is a productive generation but is very addicted to gadgets so the impact is that they easily experience mental disorders.

WHO states that mental health is a healthy state when individuals realize their own potential, are able to cope with stress well, are productive at work, and are able to make a positive contribution to their environment. The digital era has brought major developments and changes in many aspects, but it has also led to an increasing number of people suffering from mental illness. Mental illness is a condition that can change the way an individual thinks, feels and behaves and interferes with daily activities.

Research conducted in one country shows that many people agree that depression, anxiety, self-harm and eating disorders are the mental health problems most often experienced by generation Z. One of the causes of mental illness experienced by generation Z is social media. A report from the National Institute of Mental Health shows that the increasing risk of mental disorders in generation Z teenagers aged 18-25 years is caused by the high intensity of social media use.

The rapid development of the digital era also has an impact on the mental health of generation Z. Data shows that almost all provinces in Indonesia have teenagers under 15 years old who experience mental illnesses such as depression and only 9% of them decide to seek treatment from psychiatrists and psychologists (Phangadi, 2019). The high rate of people suffering from mental illness in adolescents is caused by various factors such as a lack of professional workers in the field of psychology, the era of increasingly rapid globalization, the existence of social inequality in the environment, infrastructure and government assistance which

is still lacking in supporting people's mental health. Apart from that, society Indonesia has quite a high stigma regarding mental illness. This makes generation Z pay less attention to themselves when experiencing problems related to mental health that require professional help from medical staff or psychologists. Based on this explanation, mental health training is an important thing to improve for generation Z so that they are able to adapt well in the digital era. Therefore, a training program with the theme of growth mindset in improving mental health for the boomer generation is a solution for Generation Z teenagers to know the importance of maintaining mental health at an early age (Bakti & Safitri, 2017)

Guidance and Counseling Services are systematic, objective, logical, sustainable and programmed assistance efforts carried out through direct or indirect counselor (Guidance and Counseling teacher)-counselee interactions. Guidance and Counseling aims to help counselees be able to understand and accept themselves, their environment, develop potential, plan for the future, solve problems, to achieve independence and benefit themselves and others.(Widianingsih et al., 2021)

The role of guidance and counseling teachers in improving the mental health of generation Z is very significant. Generation Z, has unique mental health challenges as a result of academic pressure, intense technology use, and rapid social change. They can be a source of emotional support, provide counseling, and teach stress management skills to students.

Apart from that, guidance and counseling teachers can also provide education about mental health to generation Z, helping them understand the importance of maintaining mental well-being, identifying signs of mental health disorders, and seeking help if needed. They can organize educational programs and school activities that promote mental health awareness and reduce the stigma associated with mental problems.

Thus, the role of guidance and counseling teachers in improving the mental health of generation Z includes providing emotional support, providing counseling, teaching stress management skills, providing education about mental health, and promoting awareness of mental health in the school environment. Through appropriate interventions, guidance and counseling teachers can help Generation Z better deal with their mental health challenges and help them develop into emotionally healthier individuals.

4. Conclusion

The conclusion that can be drawn regarding this article is that Generation Z's mental health is in crisis, starting from various problems caused internally and externally to the clients, which will have a huge impact on their mental health. Generation Z is a generation that is very advanced compared to the previous generation. , which in this generation, starting when they were small, they were introduced to what is called the latest technology. This technology can have a good or bad impact on a person, it depends on the user of the technology. However, in this article, the problem lies in the use of technology that is not regulated, supervised by parents or teachers, causing widespread mental health issues, some of which are forms of mental health in the form of anxiety, stress, depression, despair, emotional insecurity. stable and self-harm.

Mental health, in the school environment, is the area of expertise of a guidance and counseling teacher at school, where the guidance and counseling teacher will provide various forms of services that will be provided to students, namely in the form of providing emotional support, providing counseling, teaching stress management skills, provide education about mental health, and promote awareness of mental health in the school environment. Through appropriate interventions, guidance and counseling teachers can help Generation Z better deal with their mental health challenges and help them develop into emotionally healthier individuals.

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