Generation Y and Generation Z's substantial technology use and mental health ignorance: A Descriptive Analysis

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Abstract. COVID-19 has already had a major impact on Generation Z due to everything going online. As a result of the epidemic, their educational and social lives have been radically impacted. It altered the way people studied on the internet [25]. It also encouraged some of their elder siblings to take up new careers as educators and family caretakers. Despite the fact that there has been more discussion about mental health during the pandemic, many surveys have shown that stigma at work makes Millennial and Gen Z hesitant to express their increased stress and anxiety to their employers, with nearly six out of ten saying they did not tell their boss how they were feeling—in addition, an astounding 49 percent and 47 percent of millennial and Gen Zs who have taken time off work for mental health reasons have given their email addresses [29]. Over half of the millennial and Gen Zs asked believe that discrimination based on someone's mental health is frequent in their country. School shootings, student debt, joblessness, and even politics are all sources of chronic stress for Gen Z [5]. Some young people may experience acute feelings of isolation and loneliness as a result of growing up in a hyper-connected environment. It may also provide a regular stream of negative news stories, a fear of missing out, and humiliation at not living up to a social media norm [10]. Instagram, for example, has been demonstrated to have a negative influence on adolescent mental health. Millennial also believe that their employment plays a significant effect on their mental health [16]. Burnout is more common among millennial than in previous generations, owing to increased work hours and stagnating earnings [13]. For mental health concerns, several of them have even abandoned their employment. While some millennial cannot afford to get treatment, they are more likely than prior generations to seek counseling, therefore de-stigmatizing the notion [18]. The current study focuses on the identification of factors that affect the mental health of the individuals belonging to generation Y and Z. The sampling unit of study is limited to the individuals living in the North-West region of Delhi. Furthermore, the study also analyzed the factors against demographics of the respondents. Primary Data has been collected using survey Questionnaires and hence further used for analysis.

Keywords: mental health, physical health, mental illness, technology usage, generations, millennials

1 Introduction

Mental wellness is an essential component of total happiness. According to the WHO constitution, "health is a state of complete physical, mental, and social well-being, not only the absence of sickness or incapacity." This means that mental health entails more than the absence of mental illnesses or impairments [6]. Mental health includes our emotional, psychological, and social well-being. It affects the way we think, feel, and behave. It also has an impact on how we deal with stress, social interactions, and decision-making. Mental health is important at any age, including childhood, adolescence, and adulthood. [7]

Mental illnesses are significant illnesses that impact your thinking, attitude, and behaviour. They might be short-term or long-term. They can have an impact on your capacity to interact with others and operate on a daily basis [24]. More than half of all Americans will be diagnosed with a mental condition at some point in their lives. However, there are therapies available. Mentally ill people can improve, and many of them recover entirely [3]. Both mental and physical health are important aspects of overall well- being. Depression, for example, raises the risk of various physical ailments, especially chronic illnesses such as diabetes, heart disease, and stroke [1]. In the same way, the presence of chronic illness can increase the risk of mental illness. It is important to note that a person's mental health can fluctuate over time and be influenced by a variety of factors. When a person's resources and coping skills stretch beyond their limits, his mental health may suffer. For example, a person with a mental illness may work long hours, care for a relative, or endure financial hardship [2]. Mental illness is caused by a variety of factors. A variety of variables can increase the risk of mental illness, including: Premature difficulties, such as trauma or family history of abuse (e.g., child abuse, sexual abuse, perceived violence, etc.), experience with other chronic (chronic) diseases, such as cancer or diabetes, chemical abnormalities in the brain due to biological factors, drug or alcohol use, feelings of loneliness or isolation are common [4].

2 Literature Review

Mental health is a requirement for physical health and is connected to elements such as poverty, employment, and economic progress, as well as peace and justice. In India, mental illnesses are one of the primary causes of non-fatal disease burden. Using data from several sources, the Global Burden of Disease Study (1990–2017) estimated that one in every seven Indians suffers from mental diseases of varied severity [27]. Since 1990, the relative contribution of mental illness to India's total disease burden has nearly doubled. The study also found that there were significant differences between states. Anxiety affects roughly 272.2 million individuals worldwide. Worrying thoughts, tension, increased blood pressure, respiratory rate, pulse rate, sweating, difficulty swallowing, dizziness, and chest pain are all symptoms of anxiety, which is triggered by an individual's beliefs, feelings, and thoughts and is characterized by worrying thoughts, tension, increased blood pressure, respiratory rate, pulse rate, sweating, difficulty swallowing, dizziness, and chest pain [19]. Adolescent mental health issues have become a serious public health concern in many low and middle-income countries (LMICs), including India. Depression and anxiety are common mental health issues that commonly appear throughout puberty and remain throughout life [11]. The risk of depressive disorders rises dramatically after adolescence, especially among girls, who are 1.5–

2 times more likely than boys to be diagnosed with depression; this significant gender discrepancy maintains throughout life [28]. The brain is recognized to be at a highly dynamic period of development throughout adolescence, rather than being a static organ, but the causes of frequent mental problems in adolescents have received less attention.

Quarantine, seclusion, and social separation can be mentally upsetting during times of a rising COVID-19 epidemic. Due to COVID-19 and socially disruptive measures such as lockdowns and quarantines, the majority of people suffer financial losses and risk unemployment, exacerbating people's bad feelings and anxiety [20]. People's emotional health is being harmed more than their physical health as a result of social distance and also extensive use of technology [21]. Post-traumatic stress disorder, depression, anxiety, panic disorders, and behavioral problems are just a few of the psychological and physiological conditions that might result. Early detection of a pandemic's behavioral consequences is crucial for establishing community measurements and responses.

In this regard, the study's goal was to look into the general public's mental health in order to better understand the psychological effects of COVID-19 lockdown on individuals. Furthermore, statistical analysis in the form of hypothesis testing was used to assess the demographic with the factors linked to psychiatric diseases in order to identify ignorance towards mental health. The researchers' work was to be published in a conference supplement, which was one of the meeting's goals.

When people are diagnosed with mental illness, their emotional, cognitive, and social capacities are harmed, resulting in lower production and underemployment. Depression is expected to be the world's most serious condition, and it can have a significant impact on the outcomes of chronic diseases such as diabetes, cardiovascular disease, cancer, and obesity. To overcome such depressing situations the individuals use technology in terms of Social media platforms, OTT platforms etc. These technologies are said to takeover people's lives, creating time and social pressures that put people at risk for the negative physical and psychological health effects that can result from stress [9]. Despite the fact that about 30% of the world's population suffers from mental illness each year, at least two-thirds do not obtain treatment. Even in nations with the finest resources, under treatment persists. For example, in the United States, Mental disease affects 31 percent of the population. Every year, yet only 67 percent of these people receive treatment. Furthermore, mental illness affects 27 percent of individuals in Europe every year, with 74 percent of those suffering from it receive no medical treatment.

Through past studies it has been observed that there exists a relation of excessive usage of technology and mental health illness, therefore to establish the same the current study focuses on exploring the factors that affect mental health of millennials and Generation Z, as these two generations extensively use technology and most affected by the technology [32] .

3 Objective of the Study

The main objective of study has been framed based on the review of past studies and gaps observed

1. To explore the factors that affect mental health of generation Y and Z due to extensive use of technology.
2. To analyze the factors affecting mental health in Gen Y and Z with respect to the demographic variables i.e. gender and age group.

4 Research Methodology

A questionnaire using 5 point scale has been developed to conduct a survey to learn about the mental health of Generations Y and Z. The questionnaire consists of demographic details and variables that affect the mental health of generation Y and Z. Only those individuals have been considered for response collection who belong to the age group under generation Y and generation Z. The responses have been examined and irrelevant responses were removed. The Research Design used in this study is Descriptive in nature. Descriptive research is used to characterize the features of a population or phenomena. The Source of data used in this study is Primary data and the sampling technique used in is Simple random sampling which is a type of Probability Sampling. Sample units of this study are the individuals that are in Age group of 15-45 years. The sample size of this study is 179. Tool for data analysis used in this study in IBM SPSS Statistics 21.

5 Data Analysis

5.1 Exploring factors affecting mental health of generation Y and Z:

To explore factors that affect mental health of generation Y and Z factor analysis using exploratory factor analysis has been applied. A no. of variables have been identified and questionnaire has been distributed among the individuals belonging to the age group of generation Y and Z. Table 1 shows the number of factors extracted based on Eigen value. Only those factors considered having eigenvalue greater than 1 [22]. Therefore 2 factors have been extracted. Table 1 shows the first two components having value greater than 1 therefore two factors have been extracted

Table 1. Significance of factor in research

Table 1. Table title. Table captions should always be positioned *above* the tables.

Component	Total	% of Variance	Cumulative %	% of Variance	Cumulative %
1	3.463	43.283	43.283	31.388	31.388
2	1.471	18.391	61.674	30.287	61.674
3	.889	11.111	72.785		
4	.699	8.733	81.518		
5	.498	6.223	87.741		
6	.375	4.693	92.434		
7	.322	4.031	96.465		
8	.283	3.535	100.000		

Table 1 depicts how much common variance a particular factor has in respect to the study. It means that it shows which factors are more important to the research in comparison to others. Only the factors that have Eigenvalue more than 1 are considered important enough to study in a research. In above table only factor 'Awareness on impact of technology on Mental health' and factor 'Anxiety and Stress' have eigenvalue of more than 1 and also the contribution of these factors in the study is approx. 31% and 61% respectively , this shows that both of these factors have contribution adequate enough to be studied in the study.

Table 2 showing relationship of factors and variables

Variables of Study	Awareness on impact of technology on Mental health	Anxiety and Stress
I am aware that frequent use of technology will affect my mental health.	.823	
I am aware of impact of technology on my mental health	.770	
I am conscious of the influence of technology on my mental health.	.765	
I am aware that my frequent use of technology will negatively impact my mental health.	.720	
I often feel stressed due to excessive usage of technology.	.823	
The use of technology makes me feel irritable and resentful.		.842
After utilizing technology, I feel that I become quickly frustrated or furious.		.821
I am aware that frequent use of technology will affect my mental health.		.803

Interpretation – In the above table we are exploring factors that are studied in the research along with the variables of the factors As we can observe we can see that entire item/measurement variables also have factor loading values above 0.5 [14] and that 4 out of above 7 variables show more contribution towards toward factor "Awareness on impact of technology on Mental health" while rest of the variables are showing contribution towards factor "stress and Anxiety" and. So we can say that both the variables and factors have significant contributions towards the study.

5.2 Factors affecting mental health on basis of Demographic variable

The null hypothesis has been formulated to assess the importance of the demographic variable Gender in relation to the factors impacting mental health as a result of excessive technology use. Regarding Gender, two groups, male and female, were evaluated, with 88 females and 91 males. Following Null hypothesis, the analysis was designed:

H0: There is no significant difference between gender and factors affecting mental health in generation Y and Z.

Table 3 Independent T test: gender and factors affecting mental health

Factors	t (Sig)
Awareness on impact of technology on Mental health	1.209
Anxiety and Stress	.303

Another hypothesis has been formulated to examine the significance of the demographic variable Age in relation to the factors impacting the mental health of persons as a result of excessive technology use. Regarding age, two groups, 15-25 and 26- 45, were evaluated, with 82 females and 97 males. Following Null hypothesis was framed for analysis:

H1- There is no significant difference between age of individuals and factors affecting mental health in generation Y and Z due to excessive use of technology.

Table 4 Independent T test: age and factor affecting mental health

Factors	t (Sig)
Awareness on impact of technology on Mental health	.586
Anxiety and Stress	.303

6 Conclusion:

The absence of mental disease isn't the only indicator of good mental health. It denotes a condition of well-being in which you feel well and are able to perform effectively in the world. The World Health Organization defines good mental health as the ability to: cope with life's usual pressures and work efficiently. From the current research two factors have been identified: Awareness on impact of technology on mental health, and Anxiety and Stress. The research findings also showed that in the case of analyzing demographic variables Gender and Age-group with the factors affecting mental health in generation Y and Z, null hypothesis is accepted, which means there is no significant difference in Generation and demographics of the respondents in terms of Gender and Age-group. In other words, the risk of poor mental health is the same for all individuals regardless of age and gender.

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