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Self-Care of Mental Health Generation Z Ethnic Arek East Java

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ABSTRACT

The lifestyle experienced by Generation Z of the East Java Arek ethnicity causes mental health problems. One of the efforts that can be made to prevent mental health problems is mental health self-care. This study aims to describe the mental health self-care behavior of the Z generation of the East Java Arek ethnicity. The method used is descriptive quantitative research with a survey approach. The population of this research is all Generation Z of East Java Generation ethnicity. The sampling technique used was purposive sampling with 402 respondents Z, ethnic Arek, East Java. The research was conducted in Malang, Sidoarjo, and Surabaya. The measuring tool used is The Mindful Self-Care Scale questionnaire. The data collection technique uses Google Forms, distributed via WhatsApp, WhatsApp groups, Telegram, and social media. Of the results of mental health self-care for generation Z of the Arek ethnicity, 19% carry out self-care, and an average of 82.61 positive behavior the generation Z of the Arek ethnicity in carrying out mental health self-care. Conclusion of mental health self-care Z generation of East Java Arek ethnicity prefers self-care behavior and positive behavior in carrying out mental health self-care.

Keywords: arek ethnicity, generation Z, mental health, self-care

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1.BACKGROUND

Mental health problems in Indonesia are currently a concern. One of the factors causing mental health problems in Indonesia is a lack of understanding in carrying out mental health self-care (Larasati et al., 2020). So that someone with a self-care deficit problem makes the client relapse and experiences physical health problems (Town et al., 2023). In 2019 in the Indonesian region, specifically in the city of Solo, it was stated that clients with mental disorders in the community could not carry out self-care properly (96.9%) (Herawati & Afconneri, 2020). The survey results at a psychiatric hospital

on the island of Java show that the behavior of someone with mental health problems regarding self-care behavior is also lacking (29.7%) (Ernia et al., 2020). Since the 2020 pandemic, mental health problems such as depression, anxiety, stress, and the risk of suicide have increased to more than 60%, and this is due to factors such as a lack of mental health self-care carried out by the community (Ministry of Health of the Republic of Indonesia, 2018).

Self-care is absolute and must be done by everyone (Simorangkir & Sinaga, 2019). The problem that is often experienced by someone with mental disorders or psychiatric problems is a self-care deficit. Thought factors influence this self-care deficit behavior in the human brain (Ma et al., 2022). This change of mind occurs because of thought processes that cannot be adequately managed, so the ability to carry out self-care decreases. Finally, mental health self-care that often occurs in someone with psychiatric problems and mental disorders is the inability to perform personal hygiene, make makeup, toilet, eat, and manage stress independently (Stuart, 2013)

Mental health is indeed influenced by self-care behavior. This self-care behavior should be able to be carried out by each individual (Martorell-Poveda et al., 2015). However, several generations in Indonesia, such as Generation Z, experience many mental health problems affecting their daily activities. Generation Z, or Gen Z is a generation with a weak mentality/spirit (Ahmed, 2019). The results of basic health research in 2018 stated that nearly 19 million people over 15 years had experienced emotional and mental disorders, and more than 12 million have experienced depression. In addition, almost 47.7% of Generation Z in Indonesia are victims of suicide risk (Ministry of Health of the Republic of Indonesia, 2018). This is influenced by the behavior of a lack of mental health self-care, such as managing stress management on gene Z (Enos, 2020).

The Z gene problems with mental health problems are also influenced by a lack of knowledge about self-management or care (Alfianto, Rahmadanty, and Ulfa, 2022). Mental health self-care that Gen Z often neglects is a pattern of stress management, conflict management, to the behavior of not eating with the excuse of a diet program, thus causing the problem of eating disorders in Gen Z. These patterns are caused by the behavior of the gene Z that is not open to problems. Mental health, such as social stigma about mental health problems or mental disorders. The habit of Gen Z, who perform self-diagnosis of mental health problems, to the risk of

suicide. This strongly impacts mental health self-care behavior patterns (Dodok et al., 2022).

Gen z with mental health self-care problems that can impact aspects of life are also influenced by several beliefs (Salleh et al., 2017). Strong beliefs can cause someone to behave more or believe something strongly. Cultural factors and habits in the region can cause one's beliefs. One example of the ethnic habit of using in health care is practicing and believing that traditional medicine can heal sick people (Verma et al., 2019). In addition, in East Java, especially the Arek ethnicity, the family influences their health care. The main factor is the cultivation of the value of spiritual beliefs to prevent health problems, such as menstrual care in adolescents who prioritize the values of religious beliefs in their health care (Tabei et al., 2016).

Apart from these ethnic groups in East Java, the Arek ethnicity also dominates the second ethnic group, with the most significant number after the Mataraman ethnic group (30.8%). The Arek ethnicity, spread across Malang Raya, Surabaya, Sidoarjo, Gersik, Jombang to Mojokerto, is an ethnic group with a model of very rapid change, especially in the social, economic, and technological fields (Sholihatin, 2013). The concentration of the Arek ethnic group in big cities and the capital city of East Java also causes problems such as mental health problems. The culture of gathering, or in the East Javanese language, "hanging out" for hours, is a new behavior in culture in East Java. Some ethnic Arek also thinks that if there is a problem, they will run "hang out" with their friends. The culture of going to shopping centers is also a priority for the Arek ethnicity in reducing stress or busy work. The characteristic often found in other Arek ethnicities is that they are always rude and speak harshly compared to other ethnic groups in East Java (Fahtoni, 2022).

The problems and phenomena occurring in Gen Z and the Arek ethnicity of East Java need to be studied more deeply. This phenomenon, in particular, is a mental health problem that Gen Z and the Arek ethnicity often experience. Mental health problems are through daily habitual activities, namely self-care. Patterns of mental health habits and self-care include relaxation activities, physical care/exercise, caring for oneself, establishing relationships with others, and seeking support/assistance for feelings of self-awareness. Thus, research is needed to improve culturally sensitive-based mental health nursing care services, especially in mental health self-care. Therefore, this

study aims to describe mental health self-care for the East Java Arek ethnic group.

2. METHODS

This study uses a quantitative descriptive research design with a survey approach. The sampling technique used was purposive sampling with the Gen Z population in the Greater Malang area, Sidoarjo Regency, and Surabaya City, East Java, born in 1995-2005 or aged 12-27 years. The number of samples in this study was 402 respondents, with the inclusion criteria of respondents aged 17-27 years, living and born in the Greater Malang area, Sidoarjo Regency, and Surabaya City, fully conscious, having no psychiatric problems/history/psychiatric disorders as evidenced by a doctor's certificate. This research was conducted from September 2022 to January 2022. The measuring instrument used in this study used The Mindful Self-Care Scale, which consists of 6 indicators: relaxation, physical care, caring for yourself, establishing relationships, support, and awareness and concern (Wong, 2020). The measuring instrument consists of 24 questions with scores ranging from 24 to 120. The measuring instrument was previously translated into Indonesian following the WHO Guidelines on Translation. The average value of the measuring tool tested on the two experts was I-CVI = 0.82. After being translated, the measuring instrument was tested for Validity and Reliability by 30 respondents. The result is the value of Cronbach's alpha of 0.856. Data collection techniques using Google form, dissemination of information on social media (Instagram, Twitter), Telegram, and WhatsApp groups. Data analysis used SPSS 25 with a univariate test presented in frequency and average data. This research has also received ethical approval from the Research Ethics Committee of the Chakra Brahmanda Lentera Institution with number 114/023/XII/EC/LCLB/2022.

3. RESULTS

Tabel 1. Distribution of Respondents Based on Age, Gender, and Occupation of Generation Z on Arek Ethnicity (n=402)

Characteristics	Classification	Frequency	Percentage (%)
Age	Adolescent (12-25 tahun)	393	97,7
	Adult (26-45 tahun)	9	2,3
Gender	Male	93	23
	Female	309	77
Work	Student	15	4
	Student	271	67,4
	Factory workers	10	2,4
	Freelancing	6	1,4
	Private	57	14
	Teacher	2	0,4
	Nurse	13	3,2
	Village apparatus	3	1
	Not Working	25	6,2
Domicile	Malang Raya (Batu, Malang City and Malang Regency)	323	80,4
	Sidoarjo regency	20	5
	City of Surabaya	59	14,6

The frequency distribution of the characteristics of the Z generation of Arek ethnic respondents with a total of 420 respondents indicated that the respondents were predominantly female, 309 respondents (77%), the age of the respondents was grouped as teenagers (12-25 years) adults (26-45 years) (Amin & Juniati, 2017) the age that dominates the respondents is adolescence with a percentage of 97.7%, the job characteristics of the respondents are also dominated as students as many as 271 respondents (67.4%), the highest domicile of respondents is in Malang Raya (Batu, Kota Malang, and Malang Regency) a total of 323 respondents (80.4%).

The following data concerns mental health self-care for Generation Z, East Java Arek ethnicity (n-402). The data normality test used the Kolmogorof-Smirnorf parameter, and the result was 0.085 > 0.05, so it was concluded that the data were normally distributed. Whereas for data homogeneity, using the Levene test with a result of 0.485 > 0.05 so that the data is homogeneous. So to explain mental health self-care for Generation Z, the East Java Arek ethnicity uses the average value.
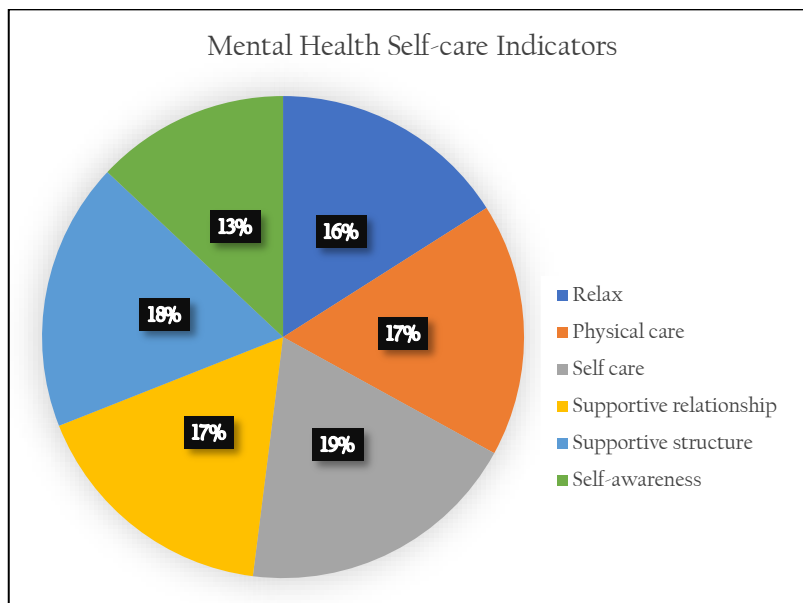
Figure 1. Distribution of Respondents Based on Mental Health Self-Care Behavior

The average distribution of each mental health self-care indicator in generation Z in Arek ethnicity on relaxation has a frequency of 16%, physical care is 17% frequency, self-care is 19% frequency, supportive relationships are 17% frequency, support structures are 18% frequency and self-awareness the frequency is 13%.

Table 2. Mean Distribution and Standard Deviation of Mental Health Self-Care in Generation Z of Arek Ethnicity

Variable	Mean	Standard Deviation
Mental health self-care	82.61	10.345

Based on the distribution in table 2, it shows the mean value of the mental health self-care variable showing an average value of 82.61 which is positive in terms of the standard value of that variable (24-120) and for the standard deviation of the mental health self-care variable 10.345.

4. DISCUSSION

Mental health self-care consists of 6 indicators in carrying out mental health. These indicators are relaxation, physical care, caring for oneself, establishing relationships, support, and self-awareness and concern (Sunbul et al., 2018b). The description of Generation Z of East Java Arek ethnicity has positive mental health self-care behavior. This follows the behavior currently carried out by the East

Java Arek Z ethnic generation (Jauhari & Purnanto, 2019). The East Javanese Arek ethnicity, which is scattered in several areas of big cities, makes a significant impact on behavior. The behavior of urban communities carried out by the East Java Arek ethnicity is also influenced by several factors, such as the level of knowledge, lifestyle, modern culture, to support from surrounding groups for the changes experienced by the East Java Arek ethnic group (Tinarso et al., 2018).

Changes in the behavior of the East Java Arek ethnicity are also influenced by region. The area inhabited by the East Javanese Arek ethnicity is scattered in Malang Raya, Sidoarjo, Gresik, and Surabaya. These cities have high levels of population density and mobility in work (Anggraeni et al., 2016). So that it has an impact on all aspects. An ethical aspect that can also be experienced by Arek, who lives in these cities, is mental health problems. Many changes in mental health problems that people in big cities often experience. So that many efforts have been made by these community groups towards prevention, such as carrying out rehabilitation activities to talking with their peers or work (Suwignyo, 2019).

Burnout is one of the originators of mental health problems (Ramdan & Fadly, 2017). The burnout that is not by workload or burnout is a condition that describes a response to chronic stress; this is caused by emotional exhaustion, depersonalization, and personal achievement (Nelma, 2019). Several studies say that the heavier a person's work, the higher self-care for mental health, these two things must go hand in hand (Hikmawati et al., 2020).

We often encounter this behavior in big cities. This effort is a form of mental health self-care. Various forms of mental health self-care efforts can be made, such as relaxation and physical care such as bathing, eating, and dressing. Seeking support from peers/building relationships to seek attention is often done by the current generation group (Alfianto & Safitri, 2019). For example, a teenager or Generation Z/millennials are currently more active in using social media to be able to express their feelings. This is a form of self-recognition of something that has been done. In addition, this behavior also impacts Generation Z or millennials in seeking attention from others (Alfianto, Rahmadanty, and Ulfa, 2022).

The cases found in generation Z of the East Java Arek ethnicity also prefer self-care with self-care. Concern for oneself is often interpreted as fulfilling one's needs to be recognized by others. Lifestyle and attention-seeking behavior are factors in a person's ability to care for himself (Sunbul

et al., 2018). Examples of daily life that can be done in self-care are bathing, eating, making up, and doing daily activities. Taking a bath is a priority that can be done as an effort to treat mental health. There is some research on psychosocial problems because a person does not carry out activities such as bathing to meet daily needs. Many cases of someone with mental disorders experience self-care deficits. This can increase recurrence in people with mental disorders (Febrianita et al., 2021).

The next concern is to do make-up and dress. Generation Z is currently more often with a different style of dress than the previous generation. Models of dress and make-up as an effort to self-care for mental health are also a form of recognition by others (Hoare et al., 2022). The current phenomenon that we often encounter is the problem of dressing. Some research also mentions that the current style of children's clothing prioritizes simple and elegant appearance but can pay attention to those who see it (Egan & Mantzios, 2018). So that these things are an effort in mental health self-care, but many Generation Z consider this to be included in the style of dress they can.

Self-care efforts that they often carry out do not impact mental health problems. They consider many factors that cause these problems in everyday life, not in the mental health self-care section. Mental health self-care that everyone should be able to do can prevent mental health problems (Martorell-Poveda et al., 2015). Things that can affect mental health problems, such as self-care, are essential things every individual must do. Therefore mental health self-care efforts can be carried out by all individuals in order to improve mental health. Simple models that can be used as a form of self-care for mental health are managing stress, exercising, eating nutritiously, bathing, making up and dressing appropriately, establishing relationships with other people, and providing medical assistance to professionals (Dodok et al., 2022).

5. CONCLUSION

The description of mental health self-care behavior carried out by generation Z of the Arek ethnicity of East Java prefers to care for themselves (19%). Meanwhile, the average mental health self-care behavior is 82.61, which is more favorable (24-120). Therefore, efforts must improve mental health self-care through a digital approach to current conditions in the global era so that these efforts can overcome mental health problems that currently occur in adolescents.

AUTHOR CONTRIBUTIONS

Substantial contributions to conception, data collection, and analysis: Dona Vetrisia Yuniarta, Ahmad Guntur Alfianto, Jiarti Kusbandiyah. Writing: Dona Vetrisia Yuniarta, Ahmad Guntur Alfianto. Manuscript revisions: Dona Vetrisia Yuniarta.

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CONFLICT OF INTEREST

The authors declare no conflict of interest.

DATA AVAILABILITY STATEMENT

The data that support the findings of this study are available from the corresponding author upon reasonable request.

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