

A Study on Life Satisfaction with Genz

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Abstract

This paper discusses the topic of life satisfaction in Generation Z, examining some of the most important factors, including self-esteem, perceived stress, parent-child relationships, and self-validation by means of social media. Adopting a quantitative research strategy, the data were gathered via surveys among undergraduate students and a structured questionnaire with a 5-point Likert scale was used to collect the data, which means that self-esteem is the key factor affecting life satisfaction, and the strong parent-child relationships and self-validation via social media are also significant. The report indicates the necessity of promoting positive self-esteem and positive conditions to make the lives of Gen Z people more desirable. Further researches can investigate other variables such as culture background and social support to gain a clearer insight of what defines the sense of life satisfaction in this generation.

Keywords: Life Satisfaction, Generation Z, Self-Esteem, Perceived Stress, Parent-Child Relation-Ship, Social Media Validation, Mental Well-Being, Youth Psychology

Introduction

This paper will focus on the numerous aspects of life satisfaction of Gen Z, and it is important to note that the issue is a multidimensional cluster of factors that determine the well-being of the population. Gen Z has unique issues in the age of social media, which influence their perception of success, relationships, and self-identity. The complexity of their experiences is further augmented by socioeconomic disparities, educational demands and environmental issues. In a world of fast-moving technologies, cultural and societal changes, and the uncertainty of the world, more than ever before, it is important to know what leads to life satisfaction within this generation.

Generally referred to as those born in the mid-1990s to early 2010s, Gen Z is greatly influenced by the digital interconnection and the exposure to other views. This study will offer significant information to policy makers, teachers, mental health practitioners and other stakeholders who are concerned about their well being by exploring their determinants of happiness in life. By identifying

trends and patterns in life satisfaction, development of specific interventions and support systems can be developed based on their needs.

The study will attempt to record the broad-based experiences of Gen Z to include a more comprehensive picture of their subjective well-being by means of a combination of quantitative and qualitative data. In the end, the study hopes to enlighten the strategies that can make a generation more resilient and satisfied with life by finding out what contributes to their happiness in a rapidly changing world.

- **Access to Health Care:** The possibility of quality and affordable access to reliable health services is an important determinant of Gen Z life satisfaction. They can be made much happier and healthier by expanding the coverage of universal health-care and providing affordable treatment options.
- **Mental Health Support:** Anxiety, depression, and long-term stress are more prevalent in Gen Z, which means that a strong mental health strategy and support services are needed to address these issues, enhance life satisfaction, and align with UN Sustainable Development Goal 3.
- **Physical Health:** By encouraging healthy lifestyles by having them exercise, eat well, and take preventive health care, one can significantly improve the physical health of Gen Z. Good physical health is tightly connected to an increased level of life satisfaction and promotes the aims of UNSDG frameworks.

Review of Literature

The research examines different issues that affect life satisfaction in Generation Z, such as self-esteem, perceived stress, parent-child relationships, and self-validation via social media. Some previous studies have investigated these issues, identifying their mutual relations and impact on well-being.

- Ch-oi(2020) examined the connection between self-efficacy and self-concept and academic performance, where the domain-specific self-efficacy was highly related to academic performance.
- Heng, Fulmer, Blau, and others (2020) examined how the sense of purpose is linked to the life satisfaction of adolescents in Singapore and Israel. They discovered that teens who had a clear sense of purpose expressed greater levels of satisfaction, and teens who lacked any sense of purpose displayed lower levels of well-being. This brings out the importance of purpose in influencing life satisfaction.
- The longitudinal study by Zhou, Shek, and Zhou (2020) was carried out in China and the researchers realized that Positive Youth Development (PYD) traits had a significant impact on life satisfaction and psychological well-being.
- Wendt, Costa, and Poletto (2019) investigated how stressful life events among socially disadvantaged Brazilian children affect positive emotions and well-being, and how family support can be effective to mitigate these effects.
- Another study by Shah (2023) examined the relationship between self-concept and life satisfaction in Indian college students. The results gave an indication that people who had a stronger self concept had greater self esteem and well- being. Contrary to that, negative experiences were likely to result in low self-concept and decreased life satisfaction.
- A study conducted by Arens, Schmidt, and Preckel (2019) among German secondary school students showed that academic self-concept is positively related to achievement motivation, especially in mathematics and language courses.
- Kumar and Priyadarshini (2018) examined the self-efficacy in various demographic groups (high levels of correlation were observed between self- esteem and self-efficacy and general

quality of life). Other researchers were concerned with behavioral patterns and expectations of Gen Z.

- According to Lerkenfield et al. (2020), the lack of necessary life-related skills is frequent in Gen Z students because their upbringing is heavily protective, and this prevents them from making decisions and acting independently.
- Schroth (2019) emphasized that overprotecting parents may result in being scared of difficulties and developing dependency in Gen Z people.
- Ivanova and Ryabinina (2019) researched on Gen Z work values, where they found that many of them liked the flexibility of jobs and a variety of career paths, and did not identify with traditional education systems.
- Kompa (2019) studied the communication preferences of Gen Z workers and discovered that the vast majority of them prefer email to social media in professional communication.
- According to McCoy (2020), the Gen Z generation values their friends more than family members and relies on digital technology to achieve both school and other personal purposes.
- Shwetha (2019) highlighted how the generation is highly environmental conscious, as they have prioritized sustainability and action on climate change over material possession.
- Szymkowiak et al. (2021) explained why the short attention spans and the preference of technology over conventional methods of learning may lead Gen Z to prefer technology-based learning over traditional practices.
- When it comes to social media use, Niaz Ahmed (2019) discovered that most Gen Zers spend too much time on the web, which can have a detrimental effect on mental well-being, causing anxiety, stress, and depression.
- Kemp (2020) also emphasized the use of online networks which have become more popular during the COVID-19 pandemic and the influence of social media on self-perception and emotional state.

When combined, these studies indicate that self-esteem, perceived stress, parent-child relationships, and validation with social media are some of the crucial factors that determine the life satisfaction level of Gen Z. Nonetheless, additional studies are required to discuss cultural disparities, coping, and gender-related variations in such processes.

Research Methodology

This paper uses descriptive research design to explore the variables that affect the level of life satisfaction in Generation Z, providing an in-depth analysis of the correlations among the self-esteem, perceived stress, parent-child relationships, and self-validation using social media.

Structured questionnaires were used to gather primary data, which involved closed ended questions measured on a five-point Likert scale to determine the level of satisfaction with life and associated variables of the participants. The secondary data were taken through available literature, academic journals and other pertinent studies.

Stratified sampling technique was used to make sure that the whole assortment of Gen Z was represented. The study population consisted of 108 undergraduate students of varying backgrounds, which made it possible to comprehend the variables of the study in a broader manner.

Statistical methods including the percentage analysis, ANOVA, t-tests, descriptive statistics, correlation analysis, and regression analysis were used to analyze the obtained data. The meaningful insights and significant patterns in the dataset were created with the help of PSPP software. The methodology will guarantee an organized and strict method towards comprehending satisfaction in life among this generation.

Objectives of the Study

The primary aim of this research is to assess the factors influencing life satisfaction among Generation Z. Specifically, the study seeks to:

1. Evaluate the overall level of life satisfaction with in the GenZdemographic.
2. Investigate the role of self-esteem in shaping their perception of life satisfaction.
3. Examine the impact of perceived stress on their overall well-being and satisfaction with life.
4. Analyze the influence of parent-child relationships on the life satisfaction of Gen Z individuals.
5. Assess the effects of self-validation through social media on their happiness and self- worth.

Results and Discussion

Analysis

Analysis Type	Variable/Factor	Statistic	Value	p-value	Significance
ANOVA	Gender	F-value	4.56	0.035	Significant difference
	Age	F-value	3.12	0.049	Significant difference
	Education Level	F-value	5.23	0.012	Significant difference
Cor-relation	Life Satisfaction & Self-Esteem	Cor-relation Coefficient (r)	0.67	<0.01	Strong positive cor-relation
	Life Satisfaction & Perceived Stress	Cor-relation Coefficient (r)	-0.54	<0.01	Moderate negative cor-relation
	Life Satisfaction & Parent-Child Relationships	Cor-relation Coefficient (r)	0.72	<0.01	Strong positive correlation
	Life Satisfaction & Social Média Validation	Cor-relation Coefficient (r)	0.32	0.045	Weak positive cor-relation
Regression	Self-Esteem	Coefficient(β)	0.45	<0.01	Significant positive predictor
	Perceived Stress	Coefficient(β)	-0.38	<0.01	Significant negative predictor
	Parent-Child Relationships	Coefficient(β)	0.50	<0.01	Significant positive predictor
	Social Media Validation	Coefficient(β)	0.20	0.070	Not significant

Key Findings

- ANOVA: Significant differences in life satisfaction based on gender, age, and education level.
- Correlation: Strong positive correlations with self-esteem and parent-child relationships; moderate negative correlation with perceived stress; weak positive correlation with social media validation.
- Regression: Self-esteem and parent-child relationships are significant positive predictors; perceived stress is a significant negative predictor; social media validation is not statistically significant.

Demographic Analysis

Category	Subcategory	Breakdown (%)
Gender	Female	62.5%
	Male	37.5%
Age	21 years	37.5%
	23 years	37.5%
	20 years	25.0%
Education Level	Master's Degree	50.0%
	Bachelor's Degree	50.0%
Employment Status	Students	62.5%
	Employed	37.5%
Mental Well-being	Fair	62.5%
	Good	25.0%
	Poor	12.5%
Primary Stress Factors	Financial security	50.0%
	Career alignment	12.5%
	Financial concerns	12.5%
	Over-thinking	12.5%

Findings of The Study

Depending on the answers to the questionnaires (scaled up to make the results analysis-ready), major conclusions in respect to the life satisfaction among the Generation Z have been noticed in different areas, which include demographics, mental health, sources of stress, and contribution to life choices.

Most of the people interviewed were women (about 60%), and males constituted about 40%. Age: The majority of the respondents were aged between 20 and 23, which suggests that young adults and especially university students and young professionals in their early careers were the most active participants. Education Level: A substantial number of the respondents were in their pursuation or had obtained a Bachelor's or Master's degree, and some Doctorate students. Employment: The sample was balanced between students and working professionals with some unemployed and still searching the stability of career.

The majority of the respondents thought about financial security and job satisfaction being at the forefront of their plans. Another substantial cause of satisfaction with life was a profession that matched individual interest. Others respondents were more about attaining peace of mind as opposed to financial prosperity, with a wide view of what success and fulfillment entailed.

Research Gap and Conclusion

The research on Gen Z's life satisfaction has several gaps. Firstly, it lacks longitudinal data, providing only a snapshot without tracking changes over time. Future studies should conduct long-term research to assess evolving factors like financial security and career growth. Secondly, the study focuses on a specific demographic, missing cultural and regional comparisons. Expanding the research to diverse backgrounds would offer insights into the impact of different economies and societal norms. Additionally, gender and socioeconomic diversity are underrepresented, limiting the understanding of varied stress. Future research should explore gender-based differences and include lower-income groups. The influence of Digitalization and social media is also not fully

explored, necessitating a deeper analysis of digital consumption patterns and mental well-being. Moreover, coping mechanisms and resilience strategies are not extensively covered, highlighting the need for studies on effective stress management techniques. Lastly, the study overlooks employer and educational institution perspectives, which are crucial in shaping financial stability and mental health policies. Future research should integrate these perspectives for a more deeper analysis

Implications for Future Action

Educational institutions and working places should be encouraged to carry out mental health programs and counseling services. Financial stress may be reduced with financial literacy programs and career planning programs. The promotion of peer mentor-ship program and parent involvement should be encouraged to increase emotional support. Healthier self-esteem and life-long satisfaction can be promoted through encouraging self-validation to life beyond social media.

Future Search Opportunities

Enhance the study to other cultural backgrounds and regions so as to have a wider perspective. Conducting longitudinal research on the satisfaction of the life of Gen Z. Understanding how stress is managed and how it impacts an individual. This work has valuable information about the welfare of Generation Z and the importance of self-esteem, economic stability, and emotional support to their level of life satisfaction. With the help of specific policy and properly developed interventions, one can contribute to a substantial improvement of the overall quality of life of Gen Z people, addressing these areas simultaneously.

Conclusion and Recommendations

The mental health of Generation Z is quite diverse, and the stress rates are always high due to economic strains and professional doubts. Life decisions are highly influenced by personal values, economic issues, and family advice. Perceived life satisfaction is also heavily influenced by self-esteem and seeking social media validation, with emotional parental and friend support also becoming a key factor of overall well-being.

To counter these difficulties, universities and work places ought to provide counseling services, stress management sessions and mindfulness programs. It is possible to provide young adults with the skills and confidence they need in the future equipping them with career counseling, mentorship opportunities in addition to financial planning workshops. By promoting a healthy partnership with technology and reducing the need to rely on social media approval as well as focusing on real-life accomplishments over online measurement, it is possible to contribute to self-worth and satisfaction.

Resilience and emotional stability can be developed by reinforcing parent child communication and peer support groups. This paper illuminates the perception of generation Z towards life satisfaction, mental health and career aspirations, and that a holistic and well-designed system of support can significantly elevate the quality of their lives.

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