

ABTRACT

Designing "Titik Temu" Journaling Book for Psychoeducational Overanxiety Prevention among Gen Z People

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This research discusses the significance of mental health among Generation Z to help address the high rate of mental health disorders. As the prevalence of mental health problems among Generation Z increases, there is a need for a medium that facilitates them to express personal experiences to overcome mental health challenges faced. Data collection methods were conducted by interviewing psychologists, and by distributing questionnaires to Generation Z as the first object. The proposed solution includes the creation of a journaling book, which aims to not only provide information about mental health, but also engage readers in various activities that help reduce mental health symptoms. By designing a journaling book, it is hoped that it can make a positive contribution to the prevention and treatment of mental health problems in this generation.

Translated with DeepL.com (free version) Key words: 1st Gen Z, 2nd Anxiety, 3rd Mental Health

References :

Publication Years :