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PROCEEDING OF THE 1ST ICOPEM

INTERNATIONAL CONFERENCES PSYCHOLOGY, EDUCATION, AND MENTAL HEALTH

EDUCATION INNOVATION AND MENTAL HEALTH IN INDUSTRIAL ERA 4.0

9TH -10TH SEPTEMBER, 2019 PADANG, WEST SUMATERA, INDONESIA

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Preface

Izzanil Hidayati, S.Psi., M.A

General Chair Conference ICoPEM

Assalamu'alaikum Warohmatullahi Wabarokatuh

Greetings!

It gives me great pleasure to welcome you to the International Conference on Psychology, Education, and Mental Health (ICoPEM) 2019. This is the first conference held in the Psychology department, Faculty of Medicine, Universitas Andalas. The main theme of this conference is Education Innovation and Mental Health in Industrial Era 4.0. For that issues, we'll hear from our keynote speakers and invited lecturers to speak about how education and mental health in Industrial Era 4.0, and for the next session you can discuss with the presenter who sharing about their great research.

Industrial 4.0 make a significant influence on our lives. The advance of technology has changed many aspects of the living process. The influenced alternation of this development was starting from ritual in daily living like using technology in every aspect of our lives that impact education, job offers, and the values in society. One way to accommodate these changes is modification in the curriculum to face industry 4.0. The purpose of this conference is to discuss issues about the consequence of industry 4.0 in education and mental health aspect.

As the General Chair of this conference, we would like to express our gratitude to the keynotes speakers, Prof. Kate Cain from Lancaster University, Robert Lemelson, Ph.D from University of California, Semenu M. Thein-Lemelson, Ph.D from University of California, Berkeley and Yantri Maputra, Ph.D from Universitas Andalas. Thank you also to our invited speakers, Prof. Madya Dr. Mahazan Abdul Muthalib @ Taib from Universiti Sains Islam Malaysia, Dr. dr. Wirsma Arif Harahap, SpB(K)-Onk from Universitas Andalas, and Dr. Marjoni Imamora, M.Si from IAIN Batusangkar.

We hope that you will enjoy the conference and that your interaction with your colleagues at this conference will stimulate a creative exchanged of ideas and will be personally rewarding. Finally, I would like to welcome you to Padang, West Sumatera. You will find many interesting destinations and kind of delicious foods. I will be all over the conference and would like to personally meet and warmly welcome every one of you.

Dr. dr. Wirsma Arif Harahap, SpB(K)-Onk

Dean of Medicine Faculty Universitas Andalas

Assalamu'alaikum Warohmatullahi Wabarokatuh

Greetings!

It is my pleasure to welcome you to the International Conference on Psychology, Education, and Mental Health (ICoPEM) 2019. ICoPEM is planned as an annual event of The Psychology Department of Medical Faculty Universitas Andalas, in collaboration with IAIN Batusangkar, Universiti Teknologi MARA, Institut Pendidikan Guru Kampus Raja Melewar, and Universiti Sains Islam Malaysia. We gather in this event to share knowledge and to strengthen friendship between researchers and between societies.

This year's theme "Education Innovation and Mental Health in Industrial Era 4.0" is to support the urgency of a healthy person as one of the elements to human well-being, and education to keep the pace of era 4.0. With the development of industrial which influence psychological, educational, and mental health factors of human, it is important to do the research that primarily focuses on the consequences of this development in society. This event's mission is to create an academic climate of excellence by gathering the researcher. By meeting and sharing their works, the academicians and students will be able to deepen their understanding of the issue of their interest. Hopefully, this interaction would increase cooperation among scholars in this region.

It is a pleasure we are trusted to host this event in our home this year, as a beginner we are aware of many shortages but do not decrease our effort to bring our best to you. Hope you enjoy this event and we can meet again in years to come.

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Millennials: Can gratitude help them overcome mental health problems?

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Abstract

Millennials are well-known as generations with many mental health problems. Living in the digital world, Millennials tend to have more problems because of the improvement of technology, which gave them access to social media, and from social media, they feel more and more insecure with the world they live in. They feel the lack of something and never satisfied with what they have now. Gratitude is one thing that can make them feel more secure and have a positive feeling. This is qualitative research, aims to find out whether gratitude can help millennials overcome their mental health problems, and how it works. Some activities in some counseling sessions were conducted. The total participants were six people, males, and females, aged 24 to 30. The results were gratitude expression can help Millennials to overcome their mental health problems gradually.

Keywords: *Millennials, mental health problems, gratitude*

INTRODUCTION

Everyone can experience mental health problems. From the lowest level of problems until a severe level, mental health problems come in many kinds and ways. The research found out that amongst different generations, mental health problems were also shown in different ways. The millennial is the generation that is prone to have more mental health problems, compared to other generations before it (Putri, 2018).

Characteristics of Millennials. Millennial is a generation with many interesting characteristics. Hoyt and McGrath (2018) defined that millennial is highly educated, self-confident, tend to be more liberal, and also ambitious. One more thing that characterized them is they are extremely connected. They own one or more smartphones, actively engaged in social media, and adopt new platforms based on IoT (internet of things). With this trend of technology development, they can access information much more easily, which also means they can find anything more easily and make comparisons about many things. They have their perceptions, and they also have their own opinions.

Mental health problems in Millennials. As mentioned earlier, The fact that technology plays an important role in Millennial's life, besides their histories of life, sometimes leads them to many mental health problems. They live in a world full of other perceptions and opinions, which are not always the same as them. Shout Out UK (2018) stated that technology used for communication is now as essential as air. The generations that have grown up with the internet have not had the opportunity to make the most of life without technology. Their lives depend on the internet. It is not uncommon for anyone to have a social media account nowadays.

Living in a digital life does not always bring comfort to millennials. They can grasp the world in their hand, but the fact is that privilege brings them to such a complicated life. For

Millennials who do not have enough ego strength or experienced bad life before, tend to have more mental problems than the Gen-Xers or the Baby Boomers. It can be shown as stress, depression, borderline personality, emotional problems, or suicidal tendencies. They might probably suffer more unmentioned mental health problems. But many of them now are familiar with the terms of psychological counseling. So they will come by themselves to seek help from the professionals. One of the effective ways to make them overcome their mental health problems gradually is by reminding them how to be grateful for what they are or what they have.

The definition of gratitude. Burton (2014) explained that gratitude derives from the Latin "gratia", which, depending on the context, translates as "grace", "graciousness", or "gratefulness". It then makes all derivatives of this Latin root, "have to do with kindness, generousness, gifts, the beauty of giving and receiving, or getting something for nothing." Earlier, Emmons, McCullough, and Tsang (2002) wrote that gratitude had been viewed variously as a social and civic virtue, a motivator of benevolence, and both a cognitive and emotional reminder of the social need to reciprocate.

Gratitude may also be defined as the appreciation of one's ability, or of a climate in which such successful work was possible (Wood, Froh, & Geraghty, 2010). Gratitude has always been a positive value. Gratitude can be characterized as both a moral and actively pro-social, emotive, concept, the expression of which has potential implications for life satisfaction and wellbeing (Meade, 2016). Within the field of gratitude research, there is a lack of agreement about the nature of the construct. Gratitude is an emotion that occurs after people receive aid, which is perceived as costly, valuable, and altruistic (Wood, Maltby, Stewart, Linley, & Joseph, 2008)

The benefits of gratitude. Gratitude always produces a positive emotion. Gratitude is very important because it serves a purpose (Ackerman, 2019). It also encourages us not only to appreciate gifts but to repay them (or pay them forward). The Greater Good Science Centre (2013) wrote one of the sociologists, Georg Simmel called it "the moral memory of mankind." Gratitude is a powerful tool for increasing well-being in all sorts of settings, it is not just an action.

The benefits of practicing gratitude are also not tied to any sort of specific pathology. Gratitude is also in line with the values of positive psychology research. Some of the most exciting things of all these benefits of gratitude is that gratitude is practiced at no cost and that anyone can easily be grateful for many things in their lives. There are many ways to practice gratitude, and it can be practiced in any setting of daily life
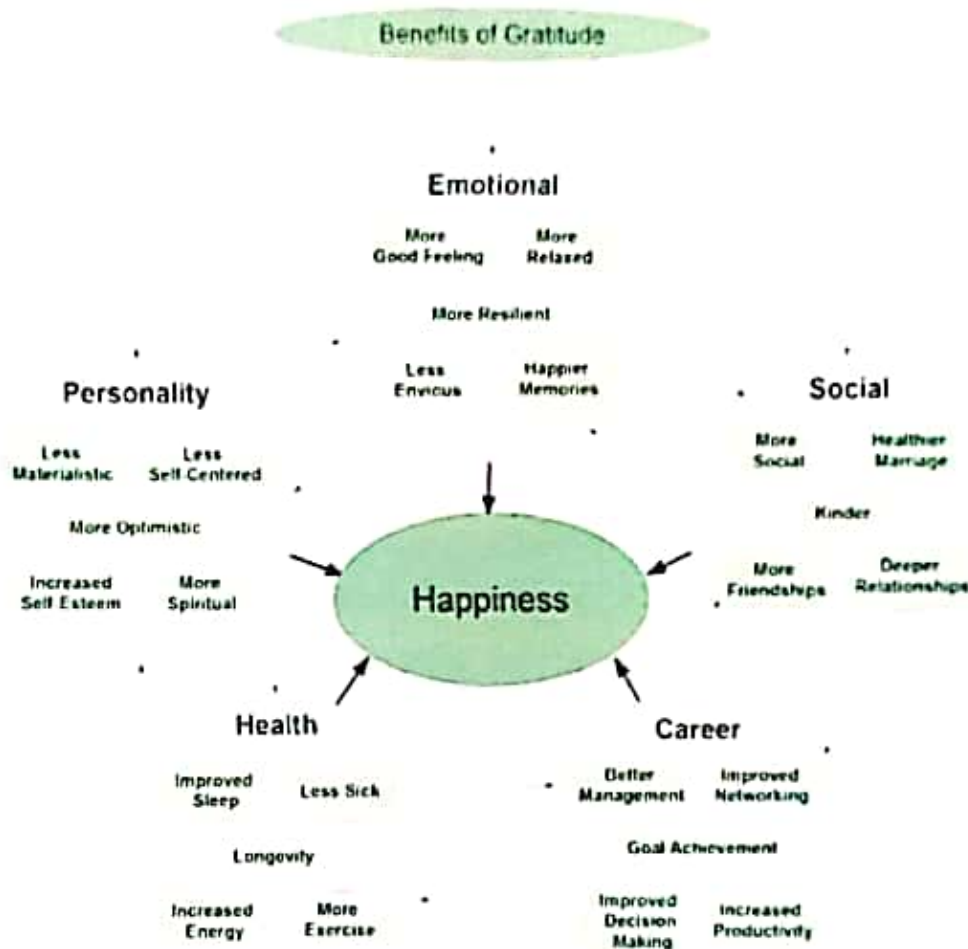
Figure. 1. The Benefits of Gratitude (Source: Happierhuman.com, 2019)

Components of Gratitude. Gratitude has two key components: a) it is an affirmation of goodness. We affirm that there are good things in the world, gifts, and benefits we've received, and b) we recognize that the sources of this goodness are outside of ourselves. We acknowledge that other people—or even higher powers, gave us many gifts, big and small, to help us achieve the goodness in our lives. Emmons and other researchers see the social dimension as being especially important to gratitude as a relationship-strengthening emotion because it requires us to see how we've been supported and affirmed by other people (GGSC, 2019)

Purpose of the study. This study aims at finding the reasons why millennials prone to have mental problems and how gratitude has an effect on helping them overcome the problems

METHODS

Participants. The participants in this study were 6 young adults, who reported having mental health problems, such as feeling restless, mood swings, aggressiveness, low self-esteem, or had (a) suicidal attempts, according to some psychological evaluations. They appeared to be quite well when they first came for the session. The age of the participants ranged from 24 to 30

years old. All of the participants had been through 4-6 sessions, each session was about 1.5 to 2 hours length, for about 2-3 months.

The method for collecting data. The method used in this study was the qualitative method, with the phenomenological study. In-depth interview and observation are applied as its tool in collecting data. Data was gathered gradually in some sessions to get more and more data and to find the justification of their problems, as well as the progress of their mental health after practicing the gratitude-related activities. Observations were made along with the sessions, including physical gestures and also attitudes during the sessions.

Procedures. The participants were scheduled for data collecting sessions and counseling sessions with the researcher. During the data collecting sessions, the researcher focused on the observations, and after that, the researcher did the in-depth interviews with the help of the list of questions. They filled in some forms, consist of individual data and some questions about daily activities and other questions about their daily surroundings and some positive and negative experiences. Then they can choose one of the gratitude related activities that they feel like to do. The researcher gave them some examples, such as drawing, writing short stories about anything, writing journals, quotes on colorful memos, etc. When they were instructed to choose, they usually chose one of these and confused what to write on it or draw. But they kept trying, and they could make something better and better each session.

RESULTS

All the participants reported having problems in mental health in the first sessions. Six participants were analyzed, two males and four females, aged 24 to 30. They came for 4-6 sessions. Each session was about 1.5 to 2 hours length. They reported to have fear, anxiety, mood swings, and also attempted suicide. After some sessions, they feel better and better. First, they had to fill in some forms about their identity and other information about their daily activities. And then, they had to answer some questions about their psychological symptoms checklist. Based on their answers, the researcher did in-depth interviews and observations. Other family members who accompanied them were also interviewed to get more information.

Table 1. Background of participant

Reasons	Number of participants
Parents divorce	3 out of 6
Abusive parents/family	4 out of 6
Juvenile delinquency	2 out of 6
Failure in education/work	3 out of 6
Good achievement	1 out of 6
Bullying	4 out of 6
Social media related	6 out of 6

Problems were found related to their mental health. The problems that they faced most were low self-esteem. Almost all participants reported having low self-esteem. They felt that everything went wrong in their hands. They could not handle anything well. Mistakes were made again and again. They gave up easily because they were afraid that they would make more and more mistakes.

Other problems were they always feel restless. Many thoughts roared in their head. Routine activities, presentation they have to make, sales target, all the deadlines, and many other personal matters, e.g., family, love, friendship. The many thoughts caused mood swings too. Sometimes they became aggressive.

Some other problems that they had were psychosomatic complaints, such as headache, vomiting for no reason, stomach ache, or dizziness. Some of them also reported having intense perspiration, mouth dryness, and skin problems.

Table 2. Mental health problems

Mental health problems	Number of participants
Restless and aggressive	3 out of 6
Restless without being aggressive	3 out of 6
Mood swings	3 out of 6
Low self-esteem	5 out of 6
Body dissatisfaction	4 out of 6
Psychosomatic complaints	2 out of 6
Suicide attempt	3 out of 6

The participants were encouraged to do some gratitude-related activities. They did gratitude journal writing, finding meaning in quotes, listening to music, and drawing. The result was they feel that it helped them to see things more positively. When they feel the positive, many problems can be faced, although sometimes they still could not find the best solutions.

Table 3. Kinds of gratitude-related activities that participants like most

Participants	Gender	Gratitude-related activities
Participant 1	Female	Writing journals, quotes, listening to music
Participant 2	Male	Writing journals, quotes, drawing, listening to music
Participant 3	Male	Drawing, listening to music
Participant 4	Female	Writing journals, quotes, listening to music
Participant 5	Female	Writing journals, quotes, listening to music
Participant 6	Female	Writing journals, quotes, listening to music

Table 4. Improvement based on the results and comments from the participants

Participants	Results	Comments
Participant 1	Positive improvement	Enjoy the sessions, helps me a lot, really want to continue writing journals
Participant 2	Positive improvement	Feel better, but still confused about what to do next
Participant 3	Positive improvement	Good overall will try to catch up all the loss
Participant 4	Positive improvement	Really enjoy all the sessions, sometimes still feel sad and depressed, but now I know a little how to overcome it slowly, need patience
Participant 5	Positive improvement	This is good for me, but I don't know how to handle everything without you helping me in sessions like this
Participant 6	Positive improvement	Life is more beautiful. I think I will never attempt any suicide more

DISCUSSION

People tend to look at the negative side of life experiences. When things went wrong, they blamed others or situations, instead of looking inside whether they played the wrong parts too. Family problems play a role in building Millennials with problems. Thomas Curran, from the University of Bath and Andrew Hill, of York St John University, did research and found out that the Millennials feel overburdened with a perfectionist streak unknown to their parents or grandparents (Perry, 2018). Environment, such as school environment, work environment, friends, and society, also take part in Millennial's problem sources. Social media make this

even worse (Shout Out UK, 2018). They compared their appearance or lives with others, and become more stressed after finding out that more people seem to have better lives than them. The truth is, people can change our lives if people really want to.

Gratitude is just a simple thing to do, yet not many do it in daily lives. Some people do not think this is important to show gratitude for what they have or to someone that gives help to them. If this gratitude can be practiced every day and routinely, their lives will change. Research shows that grateful people are higher in positive emotions and life satisfaction and also lower in negative emotions such as depression, anxiety, and envy (Emmons, McCullough, and Tsang, 2002).

Millennials are those who reported having more mental health problems compared to generations before them. Research also found that these mental health problems can be lessened by expressing gratitude. Gratitude can be expressed in many ways. It can be expressed in words, drawings, songs, quotes, and many other things. The improvement and comments in this research showed how participants enjoyed the gratitude expressions and gained benefits from the activities. Taking a glance at Figure 1., The Benefits of Gratitude, there is a hope that every participant of this ongoing research can gain all those benefits, but this still has to take some time to observe and conclude (Happierhuman.com, 2019).

CONCLUSIONS

All participants showed positive improvement after some sessions. They also reported that they could enjoy the activities. Positive comments also came out from their own testimonies. So, the gratitude expression can be used to help Millennials with their mental health problems. Sometimes maybe the results can be seen in a short time, sometimes it takes a longer time to be seen.

Of course, there are some more ways to practice expressing gratitude besides all the ways that have been stated in the above text: always think in positive ways, focus on what we have instead of what we do not have, say thanks in everything we get, count our everyday blessings even if we feel that it is just a small blessing. This research starts from a small step also and hopefully The upcoming researches will end up in a giant step.

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