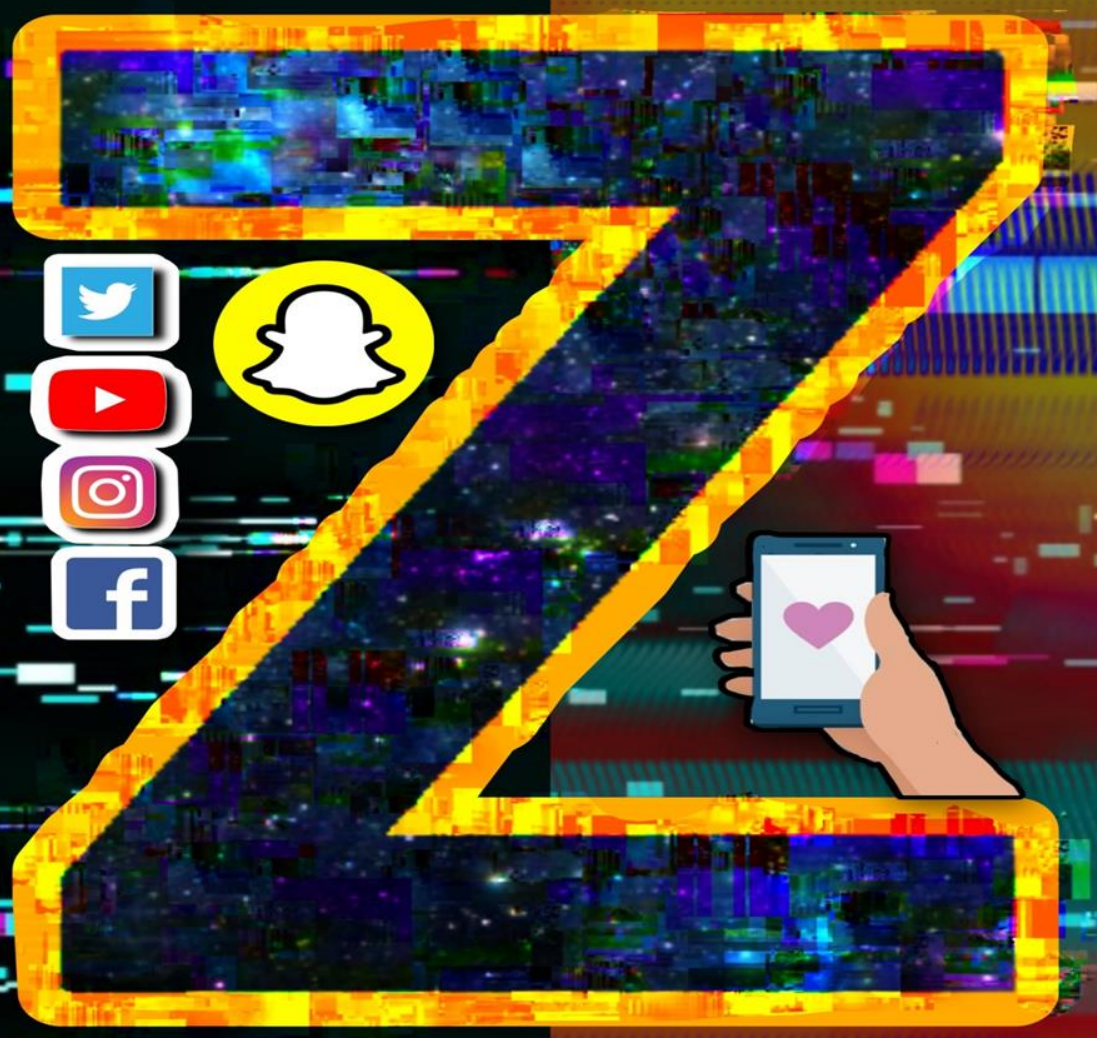
PROGRESSIVE EDUCATION SOCIETY'S

MODERN COLLEGE OF ARTS, SCIENCE AND COMMERCE
Ganeshkhind, Pune-411016, Maharashtra, India

DEPARTMENT OF PSYCHOLOGY



MINDSCAPE

VOLUME VI

2020-2021

Progressive Education Society's

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Ganeshkhind, Pune-16

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ACKNOWLEDGEMENTS

We wish to thank Dr. GAJANAN EKBOTE, Honorable Chairman, Business Council, Progressive Education Society, for his support, motivation and encouragement.

Sincere thanks to Prof. Suresh Todkar, Joint Secretary, Progressive Education Society and Chairman LMC, Prof Mrs Jyotsana Ekbote, Joint Secretary, Progressive Education Society and Dr. Prakash Dixit, Deputy Secretary Progressive Education Society and Visitor.

Our Principal Dr. Sanjay Kharat has constantly encouraged us to scale new heights and we are grateful for his strong support. Dr. Jyoti Gagangras, Vice Principal, Arts Faculty and all the other staff members of the Arts faculty have been appreciative of our efforts and we are thankful to them. I wish to thank MA Part II Student Shubham Jadhav for designing the Cover Page of this issue. Congratulations to all the students who have worked extremely hard, attended all the online workshops of Khoj, conducted the research, written up their papers and presented them in the Online Conference. We are very happy and proud to publish their papers in this compendium

Dr. SadhanaNatu,
Associate Professor and Head
Department of Psychology.

FROM THE PRINCIPAL'S DESK.

I extend my congratulations to the Head, Faculty and students of the Department of Psychology for putting together the Sixth Volume of their Research Compendium Mind Scape.

With all the challenges of the Pandemic the Department and the Students has managed to keep up with their Khoj activity and have excelled in their work

The theme of the Under Graduate Conference was identifiable to the students and it helped me get a wider understanding of Gen Z.

Once again I congratulate each and every student for the efforts and outcome of Mind Scape. I also appreciate the efforts of Dr. Sadhana Natu in encouraging and mentoring the students to take up research and giving them research skills.

Dr. Sanjay Kharat,
Principal.

ON THE OCCASION OF MINDSCAPE – VOLUME VI

When I started this dream project of UG research called KHOJ the idea was to CATCH THEM YOUNG, help the UG students to ideate, problematize, implement research ideas and also write up their research work. I am really happy to see these dreams being translated into reality. In the last academic year, despite COVID 19, we continued with COVID 19 undeterred. We conducted KHOJ training sessions online and mentored students. Since Offline conferences were not taking place, we planned a Virtual Conference where they would present their papers and the attendees would be fellow students.

The theme of the Conference was " Post Millennial/Gen Z: Their Inner and Outer Worlds:" Students focused on many sub themes such as media, their aspirations, intimate relationships, superstitions, music preferences among post millennial to name a few. Their power point presentations were colourful, animated, and restless, agitated and studied, in turn! Reflecting the inner and outer world of their generation!

My colleague Nashome and I chaired the sessions and asked them questions based on their work and also appreciated their efforts. All in all it was an extremely productive, engaging and rejuvenating experience.

This issue of MINDSCAPE is therefore special. It shows that if Educators are motivated and have a plan, then students can achieve their set targets. I hope that you all enjoy reading about the variety of topics covered, the modalities of research and its findings and take inspiration to participate in KHOJ in the coming academic year.

Dr Sadhana Natu,
Associate Professor and Head.
Department of Psychology.

A NOTE

The research workshop Khoj, as an activity has been particularly challenging this year. Conducting the workshops online resulted in some hurdles that had to be crossed and it meant giving more time and efforts to make sure students were able to hone their research aptitude.

The students on their part struggled to put together their ideas and eventually execute them. The whole process meant video calls in groups, personal phone calls, back and forth of emails and seemed to be a never ending process. Conducting Khoj workshops and organizing the Khoj Conference took an entire academic year and I congratulate all the students who persevered till the end to have their papers published.

This volume of Khoj is evidence of the sincere attempts of student in taking their first steps towards diving in the world of research and each of their efforts is commendable.

I also appreciate the efforts of the Head of the Department, Dr Sadhana Natu who motivated the students and staff to roger on and made sure there was no obstacle that could not be overcome.

Nashome Crasto,
Assistant Professor,
Department of Psychology.

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DISCLAIMER

I WISH TO PLACE ON RECORD THAT THOUGH, WE HAVE FOLLOWED ALL THE STEPS OF RESEARCH NAMELY: FORMULATION OF A RESEARCH PROBLEM, WORKING ON OBJECTIVES, REVIEW OF RELEVANT LITERATURE, DATA COLLECTION, ANALYSIS AND REPORTING RESULTS AND FINDINGS, THE FINAL PAPERS ARE NOT PEER REVIEWED AND HAVE NOT UNDERGONE A PLAGIARISM CHECK. HOWEVER, WE DO BELIEVE THAT STUDENTS HAVE BECOME EQUIPPED WITH BASIC MICRO SKILLS OF RESEARCH, WHICH IS DEFINITELY A LEAP FOR UG RESEARCH.

Dr Sadhana Natu,

Associate Professor and Head.

Department of Psychology.

THE STUDY OF PROS AND CONS OF THE TRENDING INTERNET CULTURE: THE MEMES.

Chandni Katela,
SYBA

INTRODUCTION

The term meme (from the Greek mimema, meaning "imitated") was introduced in 1976 by British evolutionary biologist Richard Dawkins.

A meme is an idea, behavior, or style that becomes a fad and spreads by means of imitation from person to person within a culture and often carries symbolic meaning representing a particular phenomenon or them. Internet memes is an idea or unit which is something in human mind Symbols that can be transmitted from one mind to another through writings, speech, gesture rituals or other imitable phenomena with a mimicked theme. Internet memes spread through the behaviour that they generate in their hosts. It is an element which is passed from one individual to another through the internet. The other forms of humour are mostly detrimental: Aggressive humour that targets others negatively. Self-defeating humour that involves putting yourself down to gain sympathy.

OBJECTIVE

Our main objective is to understand:

1. Do Internet memes lead to extremist behaviour on social media?
2. Can Internet memes be used as a therapeutic tool in coping with the daily hassles?

RATIONALE

Nowadays, the Gen Z growing up in the generation of smartphones and social media are coping with many more daily hassles than the previous generations. It was from my general observation that I have seen people posting memes in forms of motivational music videos and quotes, good humour and situation related memes that somewhere help them in coping up with their situation. I experienced how Gen Z is spending hours and hours on internet scrolling memes and sharing among their peer group to survive the whole pandemic (COVID-19) situation. Memes have become a way to express a feeling that is otherwise difficult to articulate. Memes become a sort of therapy, a way for strangers to realize they're not alone in their despair. There's always comfort in company.

But I also experienced that people are using internet memes as a propaganda tool for misleading facts and information which in return can lead to radical behaviour. Through internet memes, socio-cultural and political hatred is widely spread over. Without any solid proof people are targeting public figures, making memes and trolling in name of them and promoting negative vibes all over the internet. Just like parasites spread quickly and dangerously, so does the toxic information; we must be conscious of what the younger generation is failing through the memes.

METHODS OF DATA COLLECTION

To fulfil the objective, primary data was collected using online structured questionnaires of the people between the age of 15-23 were taken in an attempt to understand how the Gen Z perceive the pros and cons of the internet memes in different contexts. For each objective 10 questions were asked through Google form. The total number of responses were 30.

REVIEW OF LITERATURE

The study is referring to the previous material available on the internet. It is solely based on secondary data analysis.

Memes had been in the beginning defined via the means of Richard Dawkins in his book The Selfish Gene (1976) as a unit of cultural transmission, or a unit of imitation. Memes, in this setting, could be used as a tool to create an environment in which people feel open to express opinions, concerns, and complaints. Examples of memes are tunes, thoughts, catch-phrases, style trends, device making or architectural techniques.

When discussing internet memes, it's essential to recognize their humorous dimension. Not all memes are funny, however many are or try to be such. The studies that pertain to the kind of humor located in memes is sparse due to the fact humor is historically studied with inside the shape of standalone jokes, often due to the fact they're smooth to accumulate and study.

In our modern media environment characterized by participatory media culture, political and socio-economic-cultural internet memes have become a tool for citizens seeking to participate actively and discursively in a digital public sphere. Although memes have been examined as visual rhetoric and discursive participation, such memes' effects on viewers are unclear.

This study focuses on memes' influence on affect, as well as perceptions of internet memes. Research has demonstrated that people use memes to contribute to public conversations about political and socio-economic-cultural events going on in the world around them (Milner, 2012; Milner, 2013; Shifman, 2014).

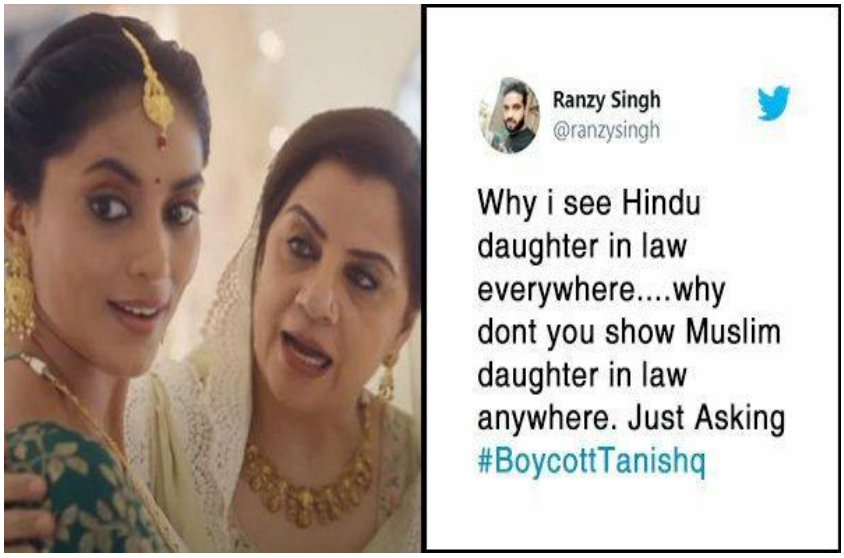
Political entertainment has also been shown to shape viewers' mental models about Politics. Mental models are representations of people's general ideas of how specific phenomena work, and are continually updated as the individual encounters additional information (Roskos-Ewoldsen, Davies, & Roskos-Ewoldsen, 2004). Mental models can function like schema, or heuristics in cognitive processing (Mastro, Behm-Morawitz, & Ortiz, 2007).

Some mental models research is interested in how media content shapes people's views of the world and how it operates. Because memes intersect pop culture and politics, they may be contributing to an individual's mental models about the political events, issues or figures depicted—or even what political participation entails. Thus, memes may have effects on political opinions or behaviors via these mental models.

DATA ANALYSIS

1. Internet memes lead to extremist behavior on social media.

*****"Internet memes are used as a tool for brainwashing Gen-Z on several social cultural political concepts and how through them social hatred is easily spread".



Around approximately 73% people believe that nowadays internet memes are being used as propaganda tools for misleading facts that differ from the reality. In the above meme Tanishq, is marketing contextualized an inter-caste marriage and confirmed how a concerned mother-in-law revoked her daughter-in-law's faith. This portrayal additionally drew complaints from a virulent phase of the society that threatened violence in opposition, forcing Tanishq to withdraw its marketing from the social media. Social media users are always keen to read and show information with an interesting outlook.

Social media hate is a well-examined tool to attain stardom, for the reason that social media structures have a notably democratized manner of functioning and a lack of well-described policies. Users legitimize themselves through prejudices, hate closer to a community, gender or even individuals. There are several pages on social media where socio-cultural-political hatred is easily spread and also a large number of people follow them.

*” People often vent out their personal aggression by triggering and mocking each other on social media through memes to express their thoughts and emotions.”

The famous youtubers like, Ajay Nagar, Bhavna Bam, Ashish Chanchlani, Lakshay Chaudhary and many more who have millions of followers, often post content that is disturbing, insensitive and homophobic. They call this content "a roast" — a form of humour. The incident speaks volumes of the way hate is now a well-mounted device to acquire supporters and obtain stardom on social media sites. Recently, retired military popular GD Bakshi abused a fellow panellist on countrywide television. Instead of backlash, he acquired quite a few aids on numerous social media platforms.

Through a survey it has been found that around 86.5 % believe that excessive trolling leads to mental health disturbances. Scrolling through memes and analyzing posts with none interplay with others are possibly to reason bad moods as human beings undergo cycles of frustration or helplessness from analyzing bad posts, or begin evaluating them lives to momentous events published via way of means of others and begin feeling alienated and much less privileged. People locate their self-esteem at the quantity of likes, comments, and retweets they get for his or her posts. Instances of cyberbullying, trolling, sexual harassment, imply memes, and late-night time timeline browsing have an effect on intellectual fitness and sleep.

The violence that we see through social media, internet memes, posts and others also suggest a strong exposure in affecting one's mental health in a negative way. This creates a subculture of worry wherein dying threats, rape threats, advert hominem, falsehoods, half-truths, offensive language, and mental abuse is the norm.

2. Internet memes can be used as a therapeutic tool in coping with the daily hassles.

Through the survey around 77% people would like to discuss internet memes in their session and about 60% people agreed that internet memes helped them to overcome the daily hassles they face in their day-to-day life.

Around 73% of users agreed to call memes as a good therapeutic tool. In response to this survey another survey was conducted by THE DAILY UNIVERSE where about 94% of readers agreed that internet memes are a healthy coping mechanism.

Gen Z increasingly uses internet memes as a coping mechanism and methods of expressing emotions. Internet memes allow individuals to connect and realize that they are not alone in what they are feeling. Internet memes can relieve pressure and even though many might not just like the concept of creating amusing all through difficult instances like international below the COVID-19 attack, hundreds of thousands of human beings have flooded social media structures with humorous memes, jokes, videos, GIFs and what now no longer to reduce the panic of the pandemic.

RESULTS AND CONCLUSIONS

Internet memes are the building blocks of online culture. Internet users regularly employ memes, whether consciously or inadvertently.

The study shows internet memes can be used in both positive and negative manners respectively. Internet memes helps to connect people with similar opinions but as the study also shows how challenging internet memes can be due its illuminating subjects that may be sensitive or controversial. Internet memes can bring some comedy but there could be other things to do like a hobby or exercise. It is important to strike a balance between coping through humour and making time and space to allow things that feel real and what not. It solely depends on the individual, how they want to perceive the information on the internet memes.

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QUARTER LIFE CRISIS: A STUDY OF GEN Z

MADHAVI MENON
SYBA

Abstract
This paper aims to increase awareness of the concept of the **Quarter-life crisis**: a concept that has birthed from the increasing problems faced by millennial and now, Gen Z. Just like the commonly recognized mid-life crisis, a quarter-life crisis is a period of uncertainty and questioning that typically occurs when people feel trapped, uninspired, and confused during their early-20s to mid-30s.

Keywords: Quarter-life crisis, emerging adulthood, social media, stressors, life, Gen Z

Introduction

A common misconception that prevails is that 'one's 20s are supposed to be the best part of their lives where one is supposed to take risks and not responsibilities.' On the contrary, 70% of young adults suffer from anxiety and distress due to the over-burdening responsibilities during which they question their goals, plans, and relationships. Common stressors during this period include:

- Career planning
- Taking up a new job or looking for a new job
- Living away from home/living alone
- Navigating relationships (professional as well as personal, sometimes trying to separate them both)
- Making long term commitments (professional and personal)
- Sexual association

Technology has augmented the generation interstice leading to massive differences between the various existing cohorts. Starting from 1994, there have been 6 generations:

1. The Greatest Generation (GI Generation): - Born in 1924 or earlier
2. The Silent Generation: - Born 1925-1945
3. Baby Boomers: - Born 1946-1964
4. Generation X: - Born 1965-1980
5. Generation Y (Millennial): - Born 1980-2000
6. Generation Z (Post-millennial cohort): - Born 2000 onwards

As one can see, these generations have been spread for more than 100 years and the gap has kept on increasing due to political, technological, economic, cultural & psychological changes. *This study will be focusing on individuals from the cohorts of Generation Y & Generation Z.*
As such, QLC typically is a scuffle with engulfing feelings of being either:

1. *locked out* of adult commitments (being unable to find work, love, or happiness), or
2. The feeling of being *locked into* particular life roles that are set by society.

During an early adult crisis, there is a general pattern of strong negative emotions along with an enhanced curiosity for opportunities for growth and change. The question of personal and social identity is focused upon strongly with people who are in crisis during this age group engaging in a process of questioning 'who am I?' in the milieu of roles and relationships and trying to making active attempts to answer such questions through exploration and trial-and-error (Robinson et al., 2013). Post-crisis growth is expected if practical lifestyle changes are made.

The theoretical frameworks used to analyze, explore, and construe quarter-life crises are the theory of emerging adulthood by Dr. Arnette and the model of early adult crisis by Robinson and Smith.

The theory of emerging adulthood gives us five defining developmental features of the age range of 18–28. These are:

(1) Feeling unequivocal in terms of adult status – individuals tend to identify themselves as somewhere between an adult and a teenager; generally, it is a confusing term to coin.
(2) A time of active exploration of self and the world.
(3) A time of instability in relationships & other commitments.
(4) A time of self-focus as young individuals attempt to invest in their future.
(5) A time of future focus.

According to the Harvard Business Review, a Quarter-life crisis occurs in 4 stages:
Stage 1: A sense of being trapped in some form of a commitment that may be either personal or professional. It may be the commitment to pursue a certain field, the commitment to stick to a job, the commitment to be with a person, etc., and end up feeling trapped in pretend adulthood.

Stage 2: At one point, all those factors that are leaving individuals feeling 'trapped' become too overwhelming and may result in them quitting their job, leaving their partner, moving away, etc., and isolating themselves from everything.

Stage 3: They spend this time alone by recalibrating and reflecting on their life decisions. The most painful stage is all about self-discovery. It may take days, months, or even years to figure out this stage

Stage 4: Eventually, when they're able to break free of the shackles of Stage 3, they go out and explore new hobbies and social groups. There can be an absolute 360-degree turn from their pre-crisis life and they finally emerge happier and clearer.
The change that occurs post-crisis results in the development of a set of skills: one learns to develop psychological mastery and regulate emotions, or to dismiss them instead of dwelling and allowing them to take over. As we age, we learn to put things in perspective, and look into the bigger picture and realize that emotions sometimes affect us a lot more than they should. Psychological aging is a positive process in which older equals wiser.
Along with that, numerous factors would affect the intensity of the crisis faced. The focus of this study would be on the following areas:

- Field of study
- Family background
- Relationship status
- Role of social media
- Usage of alcohol & drugs

Objectives

The significance of this study is to delve into the complex layers of a young adult's mind and try to comprehend the phenomenon of the Quarter-Life Crisis. It is to find out the key stressor points in a young adult's life and the mechanisms they use to control or tolerate the stress caused by it. Along with that, the study also takes into consideration the impact of technology & the ever-widening gender gap by focusing on the cohorts of Millennial & Generation Z. It aims to understand the intensity along with fine reasoning by citing examples of related movies, shows & articles to relate better.

Rationale

The significance of this study is to get a better understanding of myself as well as the people around me. It is an attempt to normalize being confused and not knowing what one wants in life and give others the confidence to break free from this never-ending rat race for success. This study also aims to increase the reach of this ever-growing complex phase. Furthermore, this paper may also be easily relatable to those going through a QLC.

Methodology

A qualitative approach was given for this study:

Primary Data Analysis: Includes a detailed survey of 28 young adults ranging from 18-28 years, hailing from different backgrounds via a Google form

Secondary Data Analysis: Includes analysis information available online in the form of research papers, articles, books, movies, etc.

PRIMARY DATA ANALYSIS

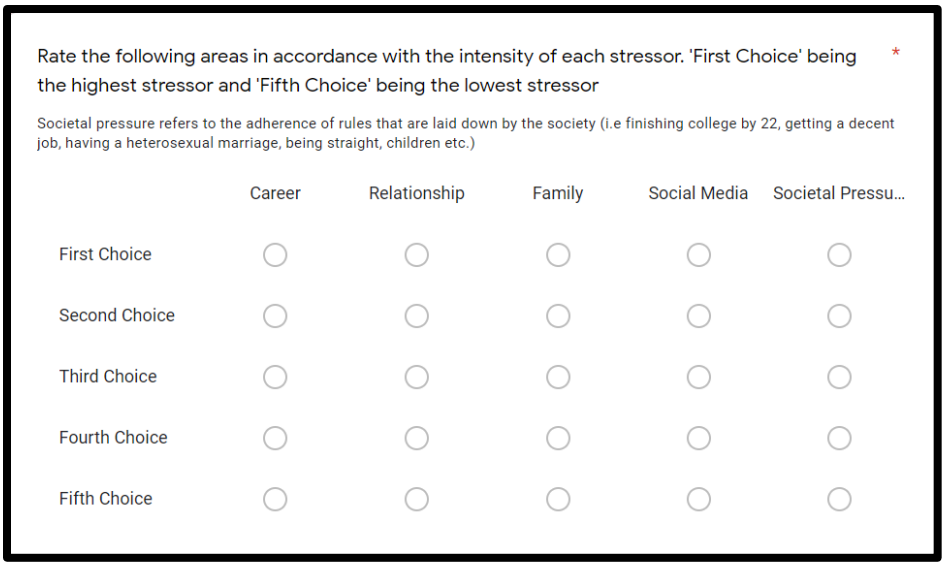
Objective: For the collection of primary data, a well-defined google form had been created to collect responses from 28 individuals. It is to be assumed that all interviewees are non-prejudiced and the answers are purely based on their opinions and expectations. The form is LGTBQIA+ friendly and was made sure to take into account the various existing genders.

Aim: The aim of this survey was to understand the various zones in an individual's life that have been causing a sense of distress & discomfort. For this, 5 common areas were given as options and the individuals had to rate each 'stressor' in accordance to the intensity with which it affects them (The stressors were pre-determined to simplify the data collection and comprehension) The areas were:

- Career

- Relationship
- Family
- Social Media
- Societal Pressure

A screenshot of the question posed on the Google form.



Rate the following areas in accordance with the intensity of each stressor. 'First Choice' being the highest stressor and 'Fifth Choice' being the lowest stressor *

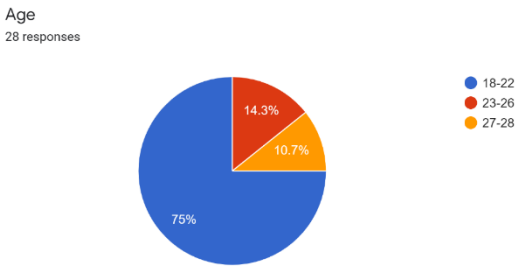
Societal pressure refers to the adherence of rules that are laid down by the society (i.e finishing college by 22, getting a decent job, having a heterosexual marriage, being straight, children etc.)

	Career	Relationship	Family	Social Media	Societal Pressu...
First Choice	○	○	○	○	○
Second Choice	○	○	○	○	○
Third Choice	○	○	○	○	○
Fourth Choice	○	○	○	○	○
Fifth Choice	○	○	○	○	○

The subjects are as follows:

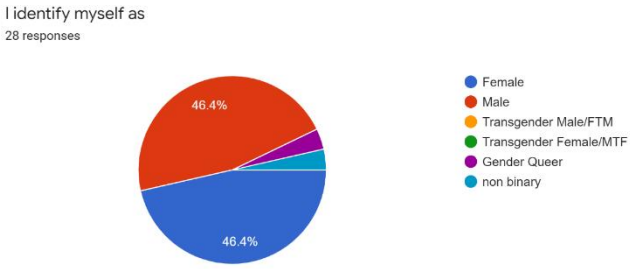
- 1 individual from California (origin: Indian)
- 1 individual from the United Kingdom (origin: Zimbabwe)
- 2 individuals from Kerala
- 6 individuals from New Delhi
- 7 individuals from Chennai
- 11 individuals from Maharashtra

Age:



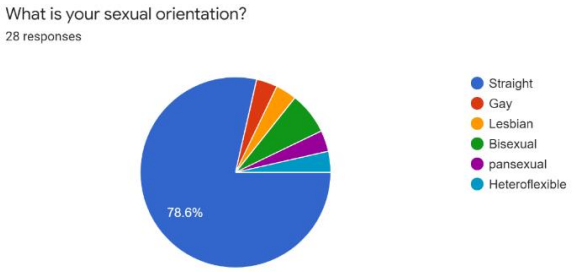
To get a broad view of both Millennial & Gen Z, people from the age group of 18-28 were chosen for this survey.

The above-mentioned individuals identify themselves as:



Majority of the respondents identified themselves as either male or female. 7.2% of the respondents identified themselves as gender queer & non-binary.

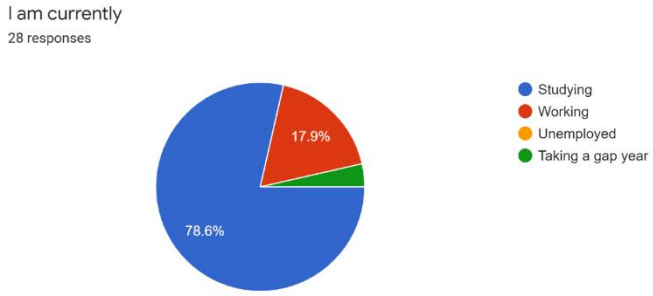
Sexual orientations:



78.6% of the respondents identified themselves as being straight.
3.6% of the respondents identified as being gay.
3.6% of the respondents identified as being lesbian.
7.1% of the respondents identified as being bisexual.
3.6% of the respondents identified as being heteroflexible.
3.6% of the respondents identified as being pansexual.

Here, one can observe the wide range of respondents in this survey.

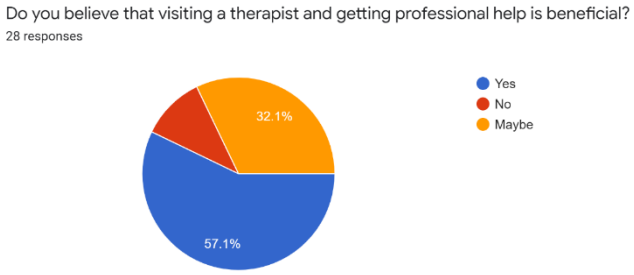
Current status:



78.6% of the respondents are students.
17.9% of the respondents are working
3.6% of the respondents are taking a gap year.

(For diverse opinions, individuals from different sectors have been included such as corporate, design, astrophysics, psychology, music, computer engineering etc. so as to get a maximum overview of the available spectrum.)

Belief in therapy:

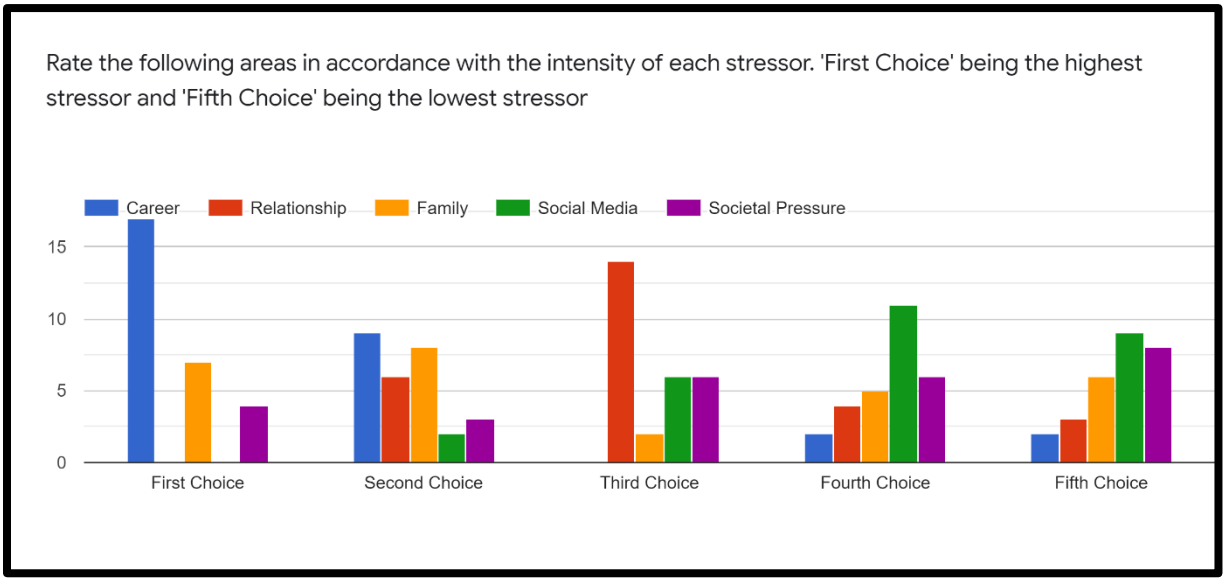


57.1% of the respondents believed that seeking professional help is beneficial.

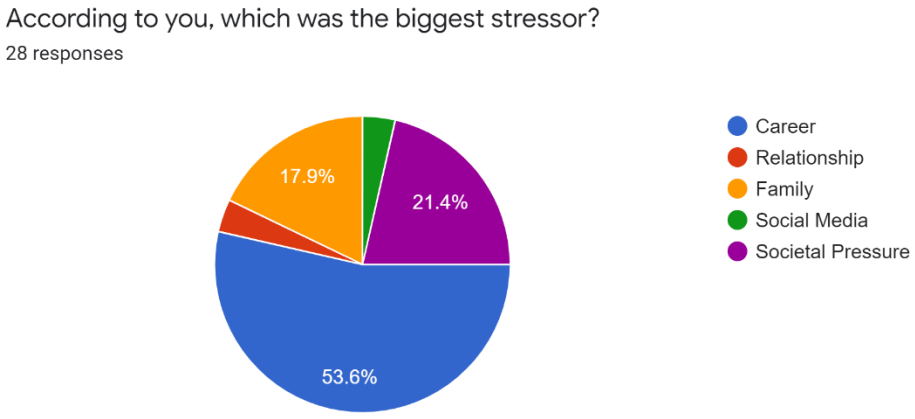
10.7% of the respondents believed that seeking professional help is not beneficial

32.1% of the respondents believed that seeking professional help may or may not be beneficial.

Outcome



Another question was posed to the respondents, the outcome being:



15 out of 28 people chose **Career** as their top option.

A question was put forth to the respondents, reasoning them for their choice. A few of the answers are as follows:

- Stress comes from worrying about whether I'll be successful enough to make this my career

- Coming from a middle-class family, it's literally the only thing I've been told measure success in life with // Career takes precedence over everything in a middle-class family background
- To make a big name and be successful. Not be part of the crowd and earn well is a big pressure
- Being a freelancer or working on contract is stressful as you never know when the next paycheck is going to come. Job uncertainty. Etc
- Career is the biggest stressor since in the next few years I'll need to build up my career to lead a successful and happy life. Without a proper career it's going to be very difficult to be financially independent // Choosing the best way out of many pipelines is really tough to decide and that decision reflects your total life you lived and you're going to live
- It's stressful because there's a lot of competition and we feel like we constantly feel like we aren't doing our best.
- The pressure to be successful and everything that rides on my test scores and results is enough to get anyone stressing

Inferences:

- Career has been a major point of stress for most respondents (53.6%) because success has been known to be directly proportional to success. To make a "big name" and stand out from the ever-growing crowd of youth (who are both qualified as well as overqualified), one must choose the right path that offers ample opportunities.

- Choosing the right career is a stressful job because it is a defining component. One's career becomes a huge PART of their identity. The ever-growing pool of youth has resulted in a sharp increase in tough competition and the job markets have become choosier. This high competition has led to 'toxic productivity'- which is a by-product of the unhealthy 'hustle culture': a fast-pacing environment that feeds off of long working hours and a restless sense of striving for some type of goal. Thereby, keeping up with assessments and performing better than others has become a priority for most students.

- An interesting observation was that out of the 15 individuals, 4 individuals claimed a career to be a high-pressure point because they were a part of a 'middle-class' family. Middle-class families have been subjected to various stereotypes, therefore, being in one comes with a certain set of expectations. Money is tied to work done, and work is directly related to a career. The pandemic lockdown has also intensified this stressor due to the lack of jobs and working options. Moreover, various markets & businesses have crashed, thus questioning the reliability of several fields.

- Lastly, millennial and gen z have seen a massive rise in the number of freelancers cropping up. According to Forbes, millennial and Gen Z are treating jobs as gigs and not career destinations. One has complete control over their career along with having a greater variety & more flexibility. However, there are no benefits and there is a lack of job security.

Out of 28 people chose **Societal Pressure** as their top option.

A question was put forth to the respondents, reasoning them for their choice. A few of the answers are as follows:

- Unnecessary pressure to settle down leads to strained relationships with extended family members
- There is societal pressure around everything we do. “Log kya kahege” is a question that has inhibited me in many ways. Although I’m still learning to let go of societal expectations, the truth is that society does not treat the people who deflect from the norm well.
- We have been conditioned to do the way that is supposedly the only "right" way. I believe one can have many ways of living. Of course, they have to be ethical.
- In today's world, money is the most important factor in having a comfortable life. This causes a lot of pressure on me to work harder
- Societal pressure because...u see every other student of some other house getting good marks or doing well so sometimes u feel u r not capable enough of doing that

Inferences:

- Society plays a larger role than what we imagine it to. With its three-word slogan, “*log kya kahenge”* it has been a constant threat to originality, individuality & self-confidence. One is conditioned to follow norms that are unanimously laid down by society. 'Right' and 'Wrong' are also defined by society in a very insensitive manner.

- Conformity is a type of social influence that involves the act of matching attitudes, beliefs, and behavior to group norms, politics, or being like-minded to fit with a group. Conformity is a product of societal pressure which results in ‘herd mentality. Rather than asking questions, or spending time learning about expectations, people mindlessly defer to the ‘social default’. The worst part being that LACK of adherence leads to social banishment.

- Being a part of society requires one to follow norms that are laid out and any form of deflection has resulted in exclusion. Individuals belonging to the LGBTQIA+ community, minorities, and single individuals (especially women) above the age of 25/26 are just a few categories of people who are subjected to prejudice by society.

5 out of 28 people chose **Family** as their top option.

A question was put forth to the respondents, reasoning them for their choice. A few of the answers are as follows:

- Maybe the lockdown? Maybe the environment I'm brought up in? I don't know exactly.
- never had a great experience with the same
- Trying to figure out where i stand in my relationship with my single mum

- My parents were initially separated and then got divorced when I was in college. Through that course there was a lot that happened to me emotionally and mentally

Inferences:

- The lockdown has changed the dynamics of various relationships by forcing us to live closer together with some people and apart from others. There has been a 20% spike in divorce rates during the lockdown according to edtimes.in (leading to the newly coined pandemic induced divorces) Not everyone has cordial relations with the people they reside with and their workplace, college, or school had been their getaway.

- Generation X (1965-1980) saw a massive number of divorces because even as the Baby Boomers continued to age, they divorced more than any other age group. Between the years 1990 and 2012, the divorce rate for 55 to 64-year-olds doubled and for the 65-and-older crowd, it tripled. Divorce no longer is a 'thing of the West'

- A separation or a divorce is a highly stressful experience for all the involved parties, but for children especially, it can be overwhelming. Children may end up feeling shocked, angry, and upset. Divorce is never a seamless experience, and it comes with a lot of grief and hardship. It may leave children wondering if getting married is worth all the trouble. In essence, it is a tumultuous procedure.

- Children with single parents also struggle due to the unnecessary excess attention that is showered onto them, with the parent sometimes not respecting the concept of private space. Single parenting has also given birth to 'helicopter parents' i.e., a parent who pays extremely close or too much attention to a child's or children's experiences and problems. They are so named because, like helicopters, they "hover" overhead, overseeing every aspect of their child's life. The feeling of suffocation might take over leaving them overwhelmed.

1 out of 28 people chose **Relationship** as their top option.

A question was put forth to the respondents, reasoning them for their choice. The answer is as follows:

- Developing close relationships is a huge stressor for me because of the uncertainty present.

Inferences:

- Astrolove, ghosting, rossing, kanye'd, orbiting & flea bagging might be a few dating terms that would only make sense to either millennials or Gen Z. Tinder was launched in 2012 but as of today, 57 million people use the application with over 4.1 million people availing the premium service (according to Match Group, Tinder's parenting company). Jean Twenge, a professor of psychology at San Diego and the author of iGen states that teenagers of today don't date like their parents used to. Only 56% of teenagers had been on

a date compared to the 85% of Gen X and Boomers. According to a blog in the Yale Daily News, although 69% of millennials say they want to get married, getting married in 2020 is not cheap.

- Relationships have taken a set-back in the era of Millennials and Gen Z. The aforementioned hustle culture has created a mindset that career should be given a precedence over relationships. Relationships are assumed to 'happen soon'. One fails to realize that relationships don't simply 'happen', they must be built and nurtured. Earlier, marriage used to be the fundamental brick of adulthood, a mark of commencement but now, it is the final brick that cements all of adulthood together and is one of the final stages of the course of adulting.

- With the increasing spectrum of sexuality, many individuals are simply curious and want to dabble into it on a trial basis. An example I'd like to provide on a first-hand basis: An acquaintance of mine identifies herself as a lesbian, and she says that lesbians disfavor bisexual females as a lot of them only identify themselves as bisexual for the sake of sexual interaction and not emotional. Hence, as the pool keeps widening, so do the opportunities as do the complications. People tend to keep it low-key and with no strings attached.

1 out of 28 people chose **Social Media** as their top option.

A question was put forth to the respondents, reasoning them for their choice. The answer is as follows:

- I have a lot of followers on dating apps and other media so there are too many people who just want to be with someone for their social life or just for show off!

Inferences:

- Strangely as the generation known to be highly influenced & dependent by social media & technology, this option was the least popular top choice with just 1 out of 28 people choosing it. Over the past many years, social media has become a yardstick for success and idealistic living measures. As of 2020, more than half of the people on the earth now use social media (almost a whopping 53% of the globe) which is around 4.14 billion people.

- More than a bench mark, it has become a platform for validation for most individuals. A lot of relationships are based only on Instagram and for validation from their followers. People put up a fascia that probably meets social standards to fit in with the pre-defined norms set anonymously & unanimously. Along with that, when one puts on a façade for the 'gram', the whole essence of that person is lost and everything that is done is for the promotion of themselves. Following the trend has now become the trend leaving no originality or uniqueness.

- Furthermore, social media ends up setting high expectations leaving individuals with a major inferiority complex. The silent competition that tends to be another form of validation makes things tougher than they need to. People forget that no one is posting about their failures! As Sally White remarks, what if social media hadn't existed and people showed their TRUE selves, would the competition still be the same?

Other than the given stressor points, individuals were asked to mention a few of their own:

1. my own expectations and goals for myself
2. I've always feared judgment, so any-thing or person in a position to judge or criticize me was a stressor.
3. internalized homophobia and transphobia
4. Terrible pollution & climate change
5. Maintaining relationships
6. The current situation: coronavirus
7. Pressure to maintain a specific physique//Body fat// Perfect skin// Weigh
8. The 'fascist' government
9. State of mental health
10. Lack of independence and lack of an emotional partnership
11. The feeling of being not good enough
12. Losing control
13. Savings & financial concerns
14. Competition and inferiority complex

Coping mechanisms

Coping is defined as the thoughts and behaviors mobilized to manage internal and external stressful situations. It is a term used characteristically for cognizant and voluntary mobilization of acts and these are different from 'defense mechanisms' that are subconscious or unconscious impulse responses, both of which aim to diminish or tolerate stress.
When individuals are subjected to stressors, they develop various adaptive measures to overcome, reduce or tolerate the stress. Typically, coping is divided into:

- Reactive coping: a reaction following the stressor
- Proactive coping: a reaction aiming to neutralize future stressors

But other than that, it is divided into 4 major categories:

- *Problem-focused*, which addresses the problem causing the distress: Examples of this style include active coping, planning, restraint coping, and suppression of competing activities.
- *Emotion-focused*, which aims to reduce the negative emotions associated with the problem: Examples of this style include positive reframing, acceptance, turning to religion, and humor.

- *Meaning-focused*, in which an individual uses cognitive strategies to derive and manage the meaning of the situation
- *Social coping*, in which an individual reduces stress by seeking emotional or instrumental support from their community.

Lastly, individuals from the survey were asked to give a few coping mechanisms of their own. Those are as follows:

· Detach from people for a considerable period.
· Workout, cycling, playing sports
· Meditation, yoga, spiritualism
· Talk with people who go through a similar process and get some validation.
· Strong belief in God, praying or talking to god
· Actively push away negative thoughts
· Changing one's attitude by learning from others and developing a competitive attitude rather than feeling 'worthless'
· Binge-eating junk food
· Long drives with calming music
· Visiting heritage sites
· Listening to motivational videos/speakers
· Substance use (alcohol, cigarette, or marijuana)
· Hanging out with friends
· Physics experiments and astronomy
· Watching Anime/movies/TV shows
· Writing & journaling
· Self-harm
· Crying, venting out to close friends, family, and/or chosen family
· Painting, art & craft and pursuing some hobbies.

It is observed that the above-mentioned coping mechanisms can be divided into:

- Healthy Coping
- Unhealthy Coping

Actions like meditation, pursuing a hobby, working out can be classified under *healthy means of coping*. These mechanisms may or may not feel good at the moment (pain from exercise) but they contribute to long-lasting positive outcomes. *Unhealthy coping mechanisms* provide instant gratification but have long-term negative consequences. (for example, self-harm, substance abuse, binge eating, etc.)

SECONDARY DATA ANALYSIS

Review of literature

To gain more insight on the phenomenon of the "Quarter-life crisis", TED Talks, movies, books, stand-up comedy videos, articles & research papers from Harvard, Yale, and other ivy league colleges were reviewed. Along with that, comments on these videos where viewers expressed their views have also been taken into consideration. To name the references,

- Quarter Life Crisis: Defining Millennial Success by Sally White (TED Talk)
- Refusing to Settle: The Quarter Life Crisis by Adam Poswolsky (TED Talk)
- Quarter Life Crisis by Taylor Tomlinson (Stand-up comedy on Netflix)
- Where's My Stuff: The Quarter-Life Crisis by Kenya Jackson Saulters (TED Talk)
- Eat, Pray, Love (Movie)
- The Graduate (Movie)
- The King of Staten Island (Movie)
- Quarter Life Crisis (Book)
- Dead Poets Society (Movie)
- Twenty (Movie)

Sally White was someone who achieved success by the mere age of 23 after dropping out of college at 18. Unfortunately, this so-called 'success' was overwhelming and she fell prey to anxiety & distress. She'd see all her acquaintances over social media doing well, and it made her wonder if social media did not exist and if people portrayed their TRUE self to the world, would the pressure still be the same? Along with that, she states very aptly, "One is forced to take up more than what they can realistically achieve in life (due to societal & social media pressure) and that sometimes it's more important to know what you DON'T want, than knowing what you do want.

Taylor Tomlinson lays down the very essence of Quarter Life Crisis in an extremely funny & satirical way without compromising on the sarcasm. Every joke lands and is marked as ‘very relatable’ by the audience.

Adam Poswolsky talks about how success is different for different people, and although he was doing well, he was unhappy. He stresses grabbing and finding opportunities and not waiting on them to knock on your doors.

Kenya Jackson-Saulters was someone who despite having 3 degrees and a perfect grade didn't have a job. She used to have breakdowns with the everlasting question pestering her "What am I doing in life?". The constant feeling of despair and low self-confidence mulled over her which resulted in her resorting to diametrically opposite money-making plans. She insisted on focusing on the question of "WHO you wanted to be vs WHAT you wanted to be". She also remarks that most of us spend time in making better a skill that we lack THAN mastering a skill that we already have.

Eat, Pray, Love is a movie starring Julia Roberts and Javier Bardem where Julia Roberts turns 30 and has a life-changing revelation and that results in her abandoning her marriage, her career, and leaving her with a quench for traveling. During this trip, she finds all that she'd been missing in her life and it changed her for good.

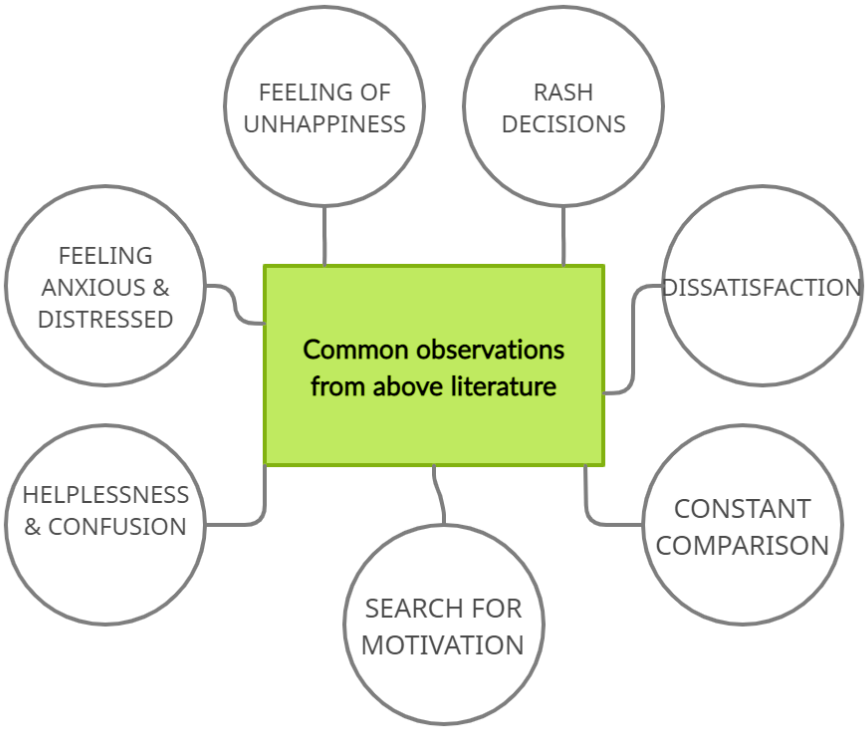
The Graduate is one of the first movies to address the concept of a 'quarter-life crisis. It's about a college graduate who returns home with no future plans. In an attempt to rebel as well as distract himself from his dysphoria, he gets into an affair with his parents' neighbor.

The King of Staten Island captures Pete Davidson's quarter-life crisis in this 2020 semi-autobiography, The King of Staten Island is an empathetic yet entertaining narrative of a 24-year-old idler who lives with his mother and smokes marijuana, attempting to slow downtime. The comedic timing and relatable expression of confusion and grief among Millennials hit home to deliver a perfect example of delayed adulthood.

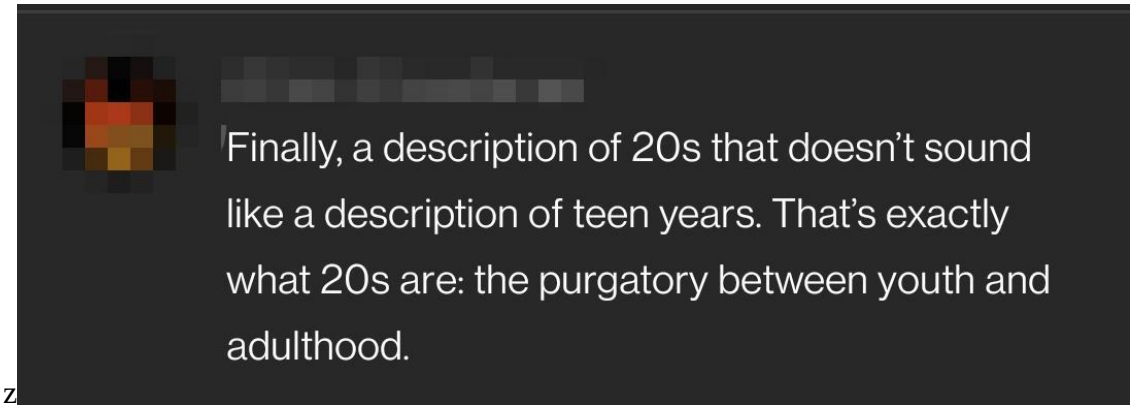
Quarter-life crisis is a book by Yolanda Mercy revolving around the character of Alice, a young girl trying to plough her way through her quarter-life crisis. Everyone around her seemed to have a Plan and here she was swiping left and right, trying to find a perfect match and attempting to hold onto her 16-25 pass. The book poses the question, "What does it mean to be an adult and when do you become one?"

Dead Poets Society is a classic from the late and great Robin Williams, who plays an English teacher that pushes the students with his unorthodox ways and forces them to think & act outside the box.

Twenty is a Korean movie where three young friends in their twenties think that the world is their oyster. They feel invincible and make rash decisions, in essence: a quarter-life crisis.



Few screenshots of comments from the YouTube videos mentioned above:



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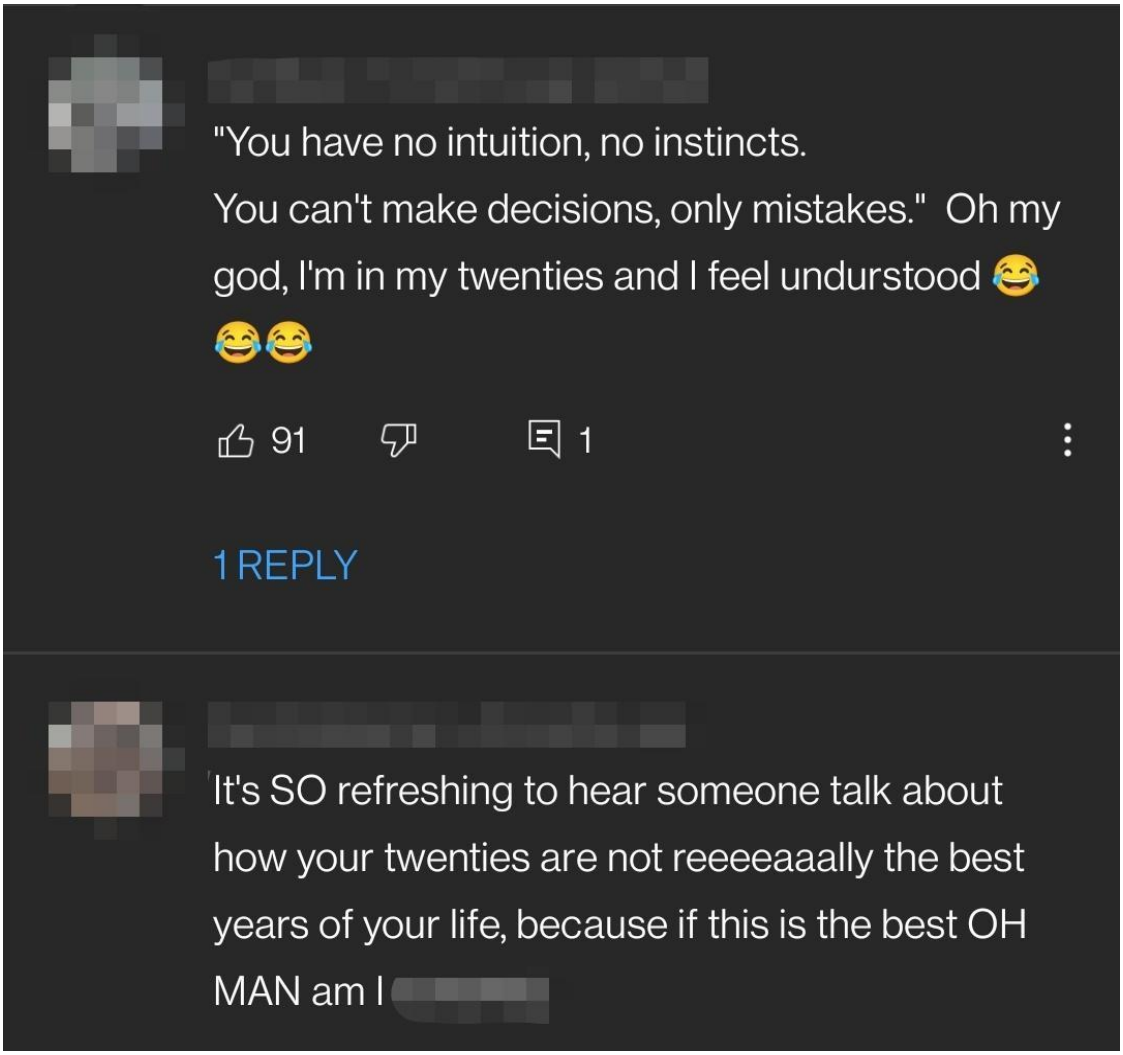
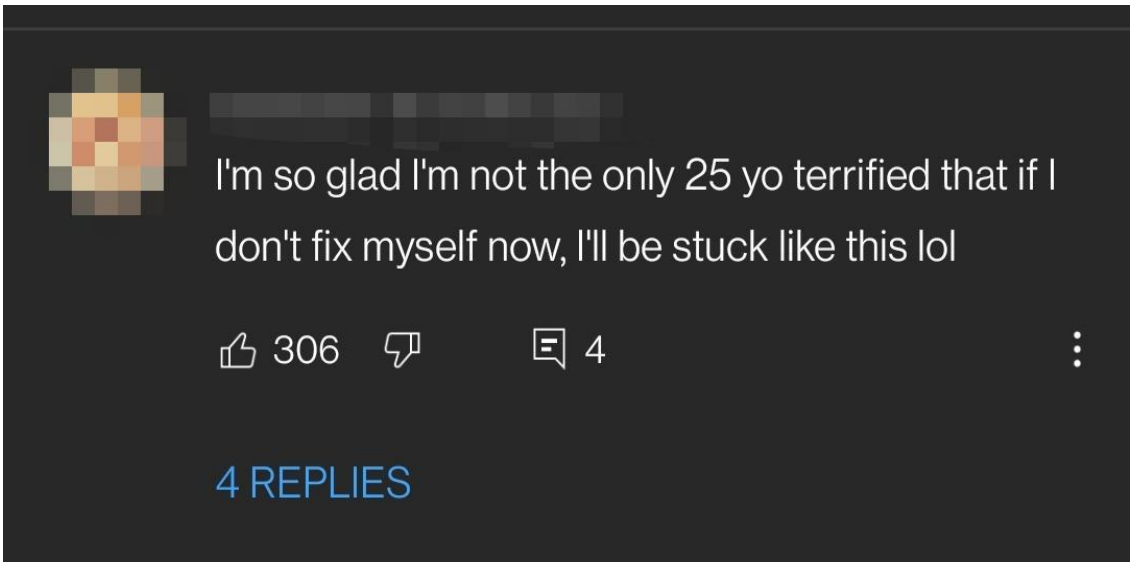
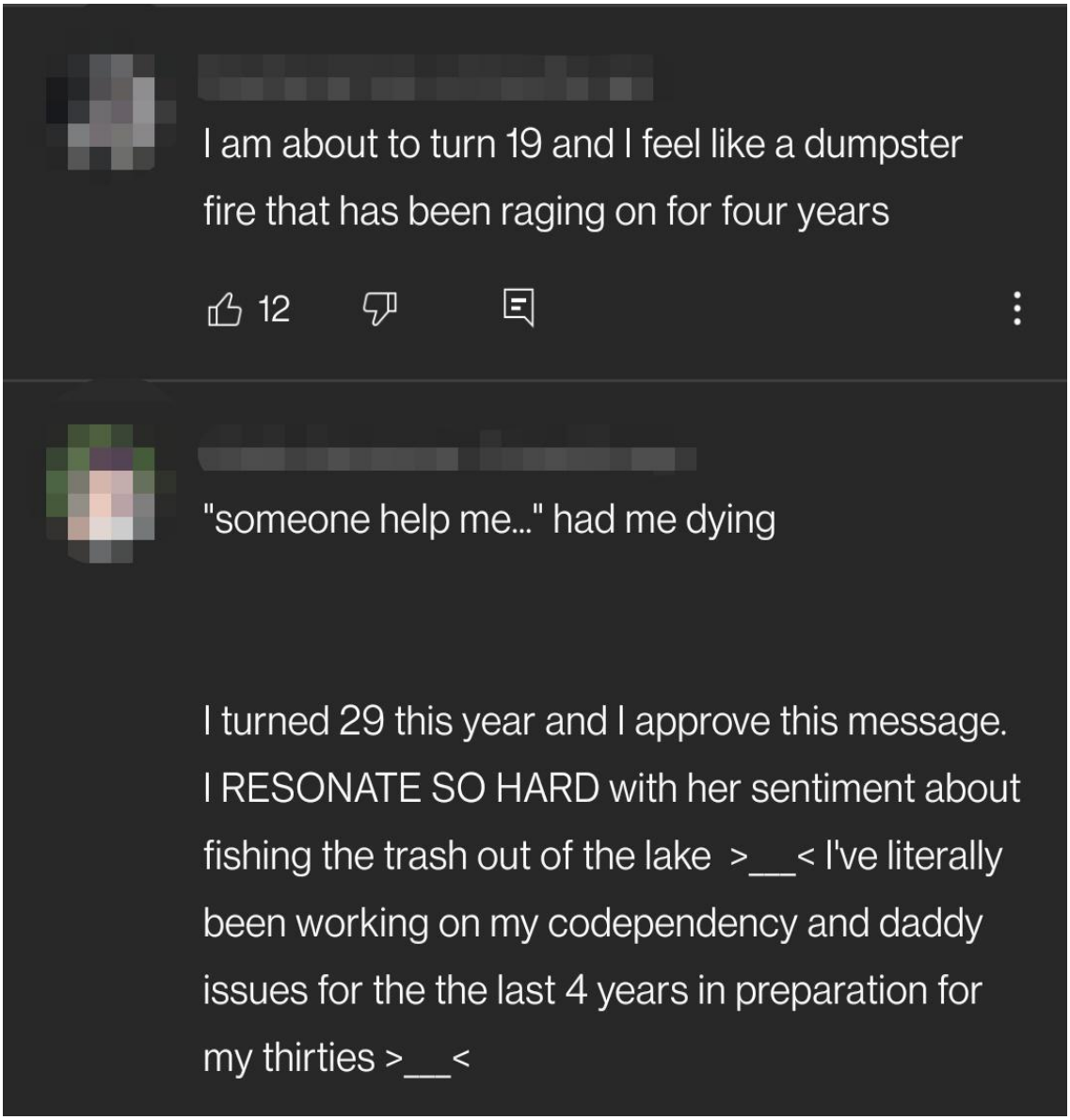
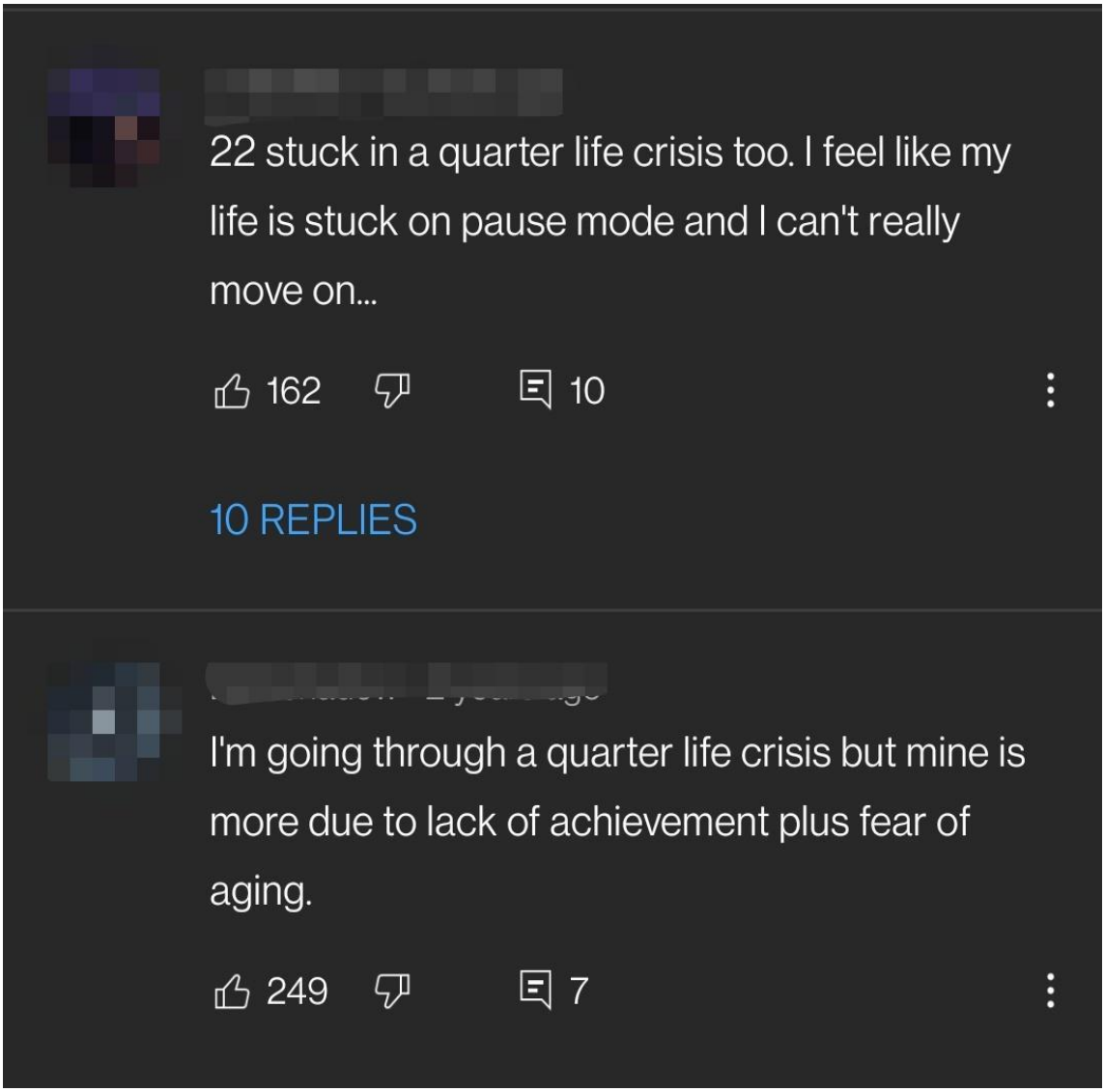
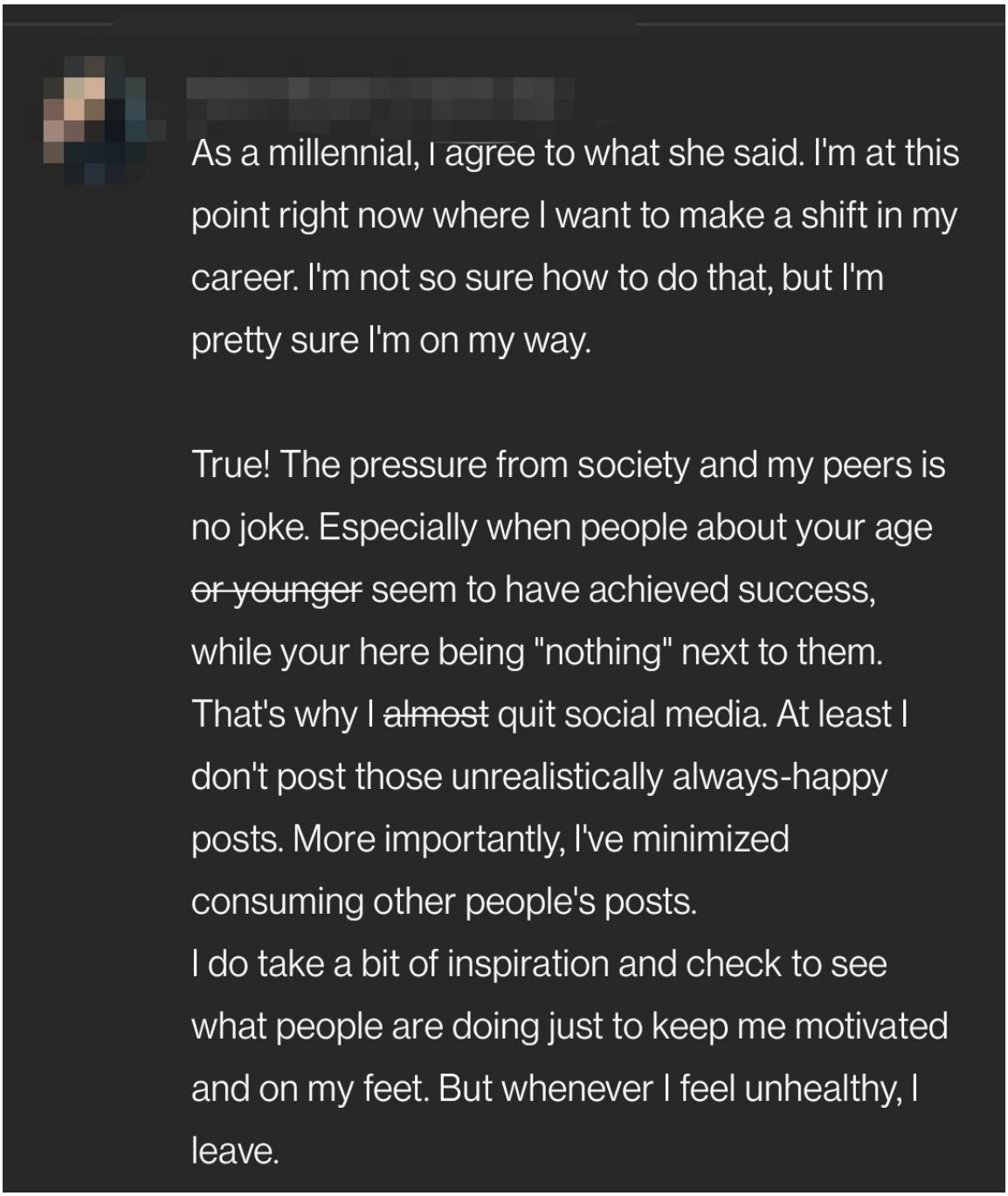
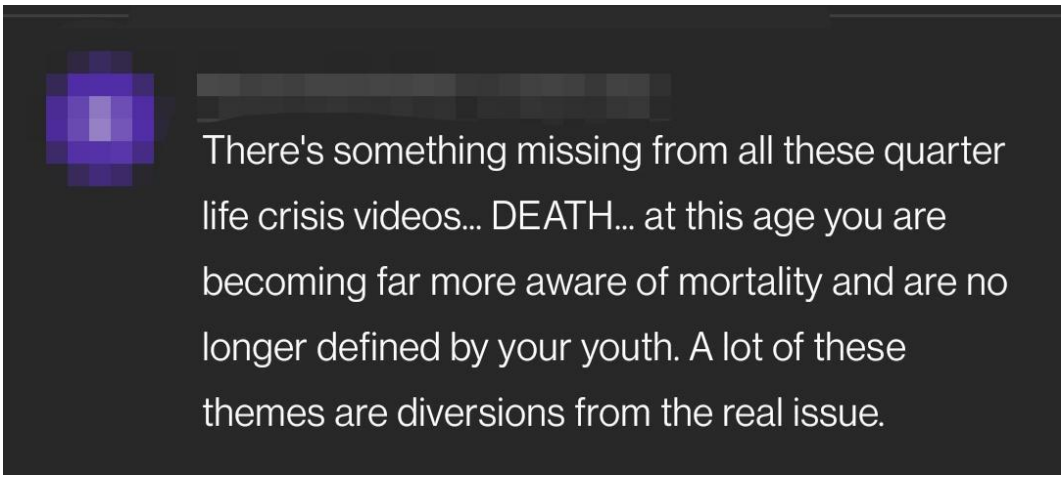



I'm so glad I'm not the only 25 yo terrified that if I don't fix myself now, I'll be stuck like this lol
306
4
4 REPLIES


I am about to turn 19 and I feel like a dumpster fire that has been raging on for four years
12
"someone help me..." had me dying
I turned 29 this year and I approve this message. I RESONATE SO HARD with her sentiment about fishing the trash out of the lake >__< I've literally been working on my codependency and daddy issues for the the last 4 years in preparation for my thirties >__<


22 stuck in a quarter life crisis too. I feel like my life is stuck on pause mode and I can't really move on...
162
10
10 REPLIES
I'm going through a quarter life crisis but mine is more due to lack of achievement plus fear of aging.
249
7
I'm 26 and lost, I quit my job for more than a year now, and I'm trying to get back in life, but I don't know how, I don't even know what I really want.. 😢😢
47
11


As a millennial, I agree to what she said. I'm at this point right now where I want to make a shift in my career. I'm not so sure how to do that, but I'm pretty sure I'm on my way.
True! The pressure from society and my peers is no joke. Especially when people about your age ~~or younger~~ seem to have achieved success, while your here being "nothing" next to them. That's why I ~~almost~~ quit social media. At least I don't post those unrealistically always-happy posts. More importantly, I've minimized consuming other people's posts.
I do take a bit of inspiration and check to see what people are doing just to keep me motivated and on my feet. But whenever I feel unhealthy, I leave.



CONCLUSION

This study leveraged data that came from individuals residing majorly in India with just 7.4% of the respondents present/residing out of India. Nevertheless, a quarter-life crisis is a phenomenon that is not biased by factors such as race, gender, caste, etc. Young adults are in a state of utter dilemma due to the confusing ways in which they are regarded; rules and curfews until high school and then paying back student loans and managing expenses a year or so down the line. The transition is quick, and one is supposed to KNOW what to do without much prior notice or tutorial. To back it up with data, the survey showed that one's career took precedence over every other aspect of their life (aforesaid hustle culture). All areas must be given EQUAL importance and to quote Kenya Jackson Saulter, "focus on the question of WHO you want to be rather than WHAT you want to be".

This paper directs us to the result that the youth of today is extremely burdened and concerned about various things happening around them. Most of them have come to the realization, or are attempting to realize that they're the world of tomorrow and if they don't make an effort for it, they will be swept off their feet and left in the dust caused by the stampede of masses rushing past. Moreover, conforming to the hustle culture means that an ENTIRE generation is being pressured to deliver distinction in all aspects of their lives and that their self-worth depends upon their productivity. A research paper may not be enough to comprehend the mind of such an intelligent yet confused cohort as each day, new information is being added and updated. No two minds are the same, all wired in their ways. Yet, it never stops people from going out there and fighting their battles and not stopping until emerging successful.

LIMITATIONS

It is a qualitative study which consists of individual opinion and biases. Individuals for the survey have been handpicked to make data collection more efficient and compact hence also causing a liability by being restrictive on the data collected. Furthermore, individuals were given predetermined stressor points which may also prove to be a limitation.

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https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00341/full
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GEN Z AND MODERN SUPERSTITIONS

SAKSHI JADHAV,
SYBA

Rationale

- There is this misconception that the modern generation may not be practicing the superstitions but I observed that even though this generation is questioning the traditional superstitions at the same time they are developing these new superstitions. For example, forwarding a message because it says that it will change their luck.
- Also, there is this general belief that as this generation is more educated it must be having a scientific approach towards life.

Objectives

- How do people from this generation perceive superstitions?
- How do they react to them?
- Do they practice those superstitions?
- What can we do to minimize those practices?

Description of data collection

- The method of data collection used for this study is primary data collection.
- I interviewed 10 people – 5 females and 5 males ranging from the age of 17-23.
- The interview involved 11 different questions based on luck, superstitions, social media, generational differences, education, spiritual gurus and changing mode of superstitious practices.

Data analysis

- According to most of the participants, they do not believe in luck, instead they rely on hard work and effort.
- Most of them think that superstitions are illogical but few people believe that we can explain superstitions by reason. For example, one should not sleep under a tree during night because trees exhale large amounts of Carbon dioxide which can have adverse effects on our health.
- According to the data collected, the parental generation that is Gen X is comparatively more superstitious than Gen Z and Gen X have inherited superstitious practices from Gen Z.
- When questioned about most common superstitions, my common findings were these-
  1. Menstruating women shouldn't enter a temple or even a kitchen.
  2. Tying nimbu-mirchi to vehicles to avoid accidents.
  3. Considering mental illness as black magic and trying to treat it with the help of tantrik.
  4. Path crossed by a black cat is bad luck.

5. Not cutting the nails after evening or on Monday.

- One of the participants particularly mentioned that most of the superstitions are women oriented and women are supposed to do those things otherwise they don't fit in societal norms.
- When asked about changing the mode of superstitious practices, almost all the participants had the common view that social media is the medium responsible for that change. Some of the examples for that are –
  1. Posts on social media that say, like this post immediately if you love your parents.
  2. Forward this message to 10 people to change your luck.
  3. Do not ignore this photo of God or you will have to face something bad.
- According to one of the participants, a few years ago people used to distribute pamphlets in their village and one should have to distribute 10 Xerox copies of that pamphlet to avoid bad luck or anger of God. Now the same thing is happening through social media on a larger scale.
- When questioned about the role of education, all the participants had this view that education plays a huge role in avoiding superstitious practices. As education spreads awareness it also gives us different perspectives to think about.

Results

- Gen Z thinks that it's their responsibility to break this ongoing cycle of superstitious practices.
- One of the drawbacks of Gen Z is that they do not take a stand against their families and indulge in superstitious practices against their own will.
- Education plays a very important role in avoiding superstitions but one should also have moral sense.
- Gen Z has a rational approach towards concepts like luck and superstitions.
- Social media is the main medium behind the change in mode of superstitious practices.

Conclusion

Even if we have evolved a lot in this area as a generation, we still have plenty of work to do.

Following are the few steps we can take to move towards better tomorrow-

1. Starting with yourself and not indulging in superstitious practices as well as getting yourself educated.
2. Having a conversation with people about things like this.
3. Asking questions to people who practice superstitions.
4. Explaining the logic behind things instead of just spreading rumors.
5. Using social media with conscience to spread awareness and promote education.

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GEN-ZZZ… : A STUDY ON GEN-Z SLEEPING PATTERNS

IFFAT SHAIKH ,
SYBA.

ABSTRACT

The purpose of this research is to find out about the sleeping patterns- sleep duration, what time an average Gen-z goes to sleep, screen time before bed and it's correlation with sleep latency (amount of time it takes for one to go from being fully awake to sleeping) - in Gen-Z as well as to observe what Gen-Z themselves think about their sleeping habits and ways to fix unhealthy sleeping habits. The research methodology used was primary as well as secondary data. For primary data an online questionnaire was sent out which got 44 responses and had no equal gender ratio for secondary data three research papers on similar topics were analyzed. The outcomes of the paper was that an average Gen-z slept 6-8 hours but went to bed late i.e. between 12-2 am, screen time before bed affect sleep onset latency and the most important discovery was that Gen-Z recognized their unhealthy sleeping habits.

RATIONALE

I often find myself scrolling through my phone before bed. This usually leads me to fall asleep late. Not only sleeping late but sleeping for lesser hours is a problem too. I have noticed this to be an actual issue for people my age. Through this research I want to examine the sleeping patterns of other Gen Z's, the effect of screen time on sleeping patterns and steps that can be taken to fix unhealthy sleeping habits.

INTRODUCTION

Sleep is a critical part of healthy development and overall health. Unhealthy sleep cycle and insufficient sleep can affect general health, mood, stamina, attention, memory and can lead to sleep disorders.

When we talk about health we don't just say it's an absence of diseases - WHO defines health as "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"- just like that sleep health is also not just an absence from sleep disorders.

Sleep health is a combination of multiple factors including sleep duration, appropriate timing, and alertness during wakefulness, quality of sleep and the efficiency / continuity of sleep.

In this paper I will explore sleeping patterns in Gen-Z as well as review some other research papers relating to this topic.

OBJECTIVES

1. Study about the sleeping patterns of Gen Z i.e.:
2. Finding out the average hours of sleep Gen Z are getting
3. Finding out at what time does the average Gen Z go to bed

4. Study pre bedtime behavior (whether screen time before bed affects sleeping patterns)
5. Examine how these sleeping habits affect daily life.
6. Find out if Gen Z think their sleeping habits are healthy or not
7. Study about healthy sleeping habits and how to improve sleep.

METHODOLOGY

Methods:

A. Primary data

Survey through an online questionnaire which included questions related to:

- the average hours of sleep Gen Z is getting,
- the average time a Gen Z go to bed,
- pre bedtime behavior,
- screen time before bed and its effect on sleep,
- how sleeping habits affect daily life and if they think their sleeping habits are healthy and if not,
- How do they think they can fix their sleeping habits?

❖ Study sample

The online questionnaire received a total of 44 responses. There were 26 females and 18 males among those who took part. The age range was 15 to 25 years old.

❖ Data Analysis

According to the survey, 81.8% of Gen-Z participants get around 6-8 hours of sleep each night, 15.9% get around 4-6 hours of sleep, and only 2.3% sleep for less than 4 hours, with 79.5% believing their sleeping habits are unhealthy.

When asked what time they usually go to bed, 52.3% said they go to bed between 12am and 2am, 25% of the participants said they go to bed between 10pm and 12am, and 22.7 % said they go to bed after 2am.

I was curious about gen-z's pre-bedtime behavior, particularly screen time before bed and its impact on sleep and daily life.

I discovered that 88.6% of the participants had some form of screen time before bed, while only 11.4 % did not. As a result, approximately 69% of those who agreed to have screen time before bed said they slept late and/or lost sleep as a result of it.

Moving onto the effects of these sleeping habits on daily life, around 45.5% of the participants sometimes have trouble getting up in the morning and 29.5% have trouble getting up every day and 43.2% sometimes get drowsy during the day while 36.4% are drowsy during the day every day.

OBSERVATIONS / RESULTS

To begin with, I found out the general sleeping habits of Gen-Z, and from their own introspection I observed that 79% of them thought that their sleeping habits were unhealthy.

After that the correlation between screen time before bed and how it affects sleeping habits was observed. As we saw, around 88% of the participants have agreed to have some sort of screen time before bed, and among these 88% around 69% said that they lost sleep or slept late as a result of having screen time before bed. The survey also contained questions related to sleeping habits' affect on daily life which revealed that most of the participants had trouble getting up in the morning and got drowsy during the day.

Finally, by analyzing the participants' responses to the changes they believe can be made in their routine to improve their sleeping habits, I discovered that the majority of the participants suggested: a. avoiding screen time,

b. particularly phone use before bed,
c. others suggested going to bed early,
d. some suggested exercising during the day,
e. not napping during the day,
f. reducing coffee consumption, and
g. Reading a book before bed.

B. Secondary Data/ Literature Review

The analysis of previous research papers conducted on the subject matter of sleeping patterns in Gen-z or adolescents at that time.

A research paper by Chaput, J. P., Dutil, C., & Sampasa-Kanyinga, H. (2018) from University of Ottawa, Canada discussed the optimal duration of sleep needed across the lifespan. Their research paper was a narrative review paper. They observed that the optimal amount of sleep should be individualized, as it depends on many factors. “Sleep needs are determined by a complex set of factors, including our genetic makeup, environmental and behavioral factors. Sleep needs in children and adolescents can also be driven by their maturation stage, independent of their chronological age. This means that changes in sleep patterns may happen earlier (at a younger age) for some or at an older age for others. Objectively, our current evidence of sleep need is based on circadian, homeostatic, and ultradian processes of sleep regulation and sleep need”.
The concept of "optimal sleep" is complex and poorly understood. In the literature, definitions of optimal sleep vary as well. It is frequently defined as the amount advised by public health authorities. It has also been defined as the amount of sleep required per day for an individual to be fully awake (i.e., not sleepy) and capable of maintaining normal levels of performance during the day. Others have defined it as the amount of sleep required to wake up feeling refreshed.
It is fair to say that the optimal amount of sleep, for most people, should be within the age-appropriate sleep duration recommended ranges. For teenagers and young adults 8- 10 hours and 7-9 hours are recommended respectively in the US and Canada.[National sleep foundation (US) ,AASM/SRS (US) ,24-hour movement guidelines (Canada)] Important sleep hygiene tips include removing screens from the bedroom, exercising regularly during the day, and having a consistent and relaxing bedtime routine.

Another research paper done by Santiago Perez-Lloret, M.D., Ph.D., Alejandro J. Videla, M.D.,

Alba Richaudeau, M.D., Daniel Vigo, M.D., Malco Rossi, M.D., Daniel P. Cardinali, M.D., Ph.D., and Daniel Perez-Chada, M.D.On behalf of the Buenos Aires Sleep Disorders Study Group explored the consecutive correlations between sleep duration, daytime somnolence (feeling of drowsiness), attention levels, and academic performance in a sample of school-aged teenagers.

They used the Pediatric Daytime Sleepiness Scale (PDSS). Attention was assessed by d2 test and by the coding subtest from the WISC-IV scale. They even analyzed academic performance by obtaining grades of maths and literature. Structural equation modeling was used to assess the independent relationships between these variables.

Their results suggest that increased somnolence and reduced attention may be in the middle of a multi-step pathway connecting short sleep duration to poor academic outcomes. These results may have important implications for public health. Short sleep duration resulting from unhealthy sleep habits should be discouraged, as it may significantly impact cognitive performance. They found no significant direct correlation between sleep duration and academic achievements, suggesting that other factors besides somnolence and attention may be relatively less important in conveying the effect of the former on the latter. This tells us that Poor academic achievements correlated with reduced attention, which in turn was related to daytime somnolence and that somnolence is correlated with short sleep duration.

Lastly, a study done by Hysing, M., Pallesen, S., Stormark, K.M., Lundervold, A.J. and Sivertsen, B. (2013) on Sleep patterns and insomnia among adolescents: a population based study examined sleep patterns and rates of insomnia in a population-based study of adolescents aged 16–19 years, Gender differences in sleep patterns and insomnia, as well as a comparison of insomnia rates according to DSM-IV, DSM-V and quantitative criteria for insomnia (Behav. Res. Ther., 41, 2003, 427), were explored. They used a large population-based study in Hordaland County in Norway, conducted in 2012. The questionnaire was web-based, and covered a broad range of mental health issues, daily life functioning, use of health care and social services, demographic background variables and a request for permission to obtain school data, and to link the information with national health registries and parental questionnaires. Adolescents in upper secondary education were given information via email, and one school hour was allocated for them to complete the questionnaire at school. Those not at school received information by postal mail to their home addresses. Sleep patterns of adolescents between 16 and 19 years were characterized by late bedtimes, long SOL and short sleep duration, contributing to a daily sleep deficiency of about 2 h on weekdays. A majority of the adolescents (65%) reported sleep onset latency exceeding 30 min. The criteria for daytime functional impairment in the present study were tiredness and sleepiness assessed by a joint variable. A high rate of insomnia was evident across the diagnostic definitions, with total prevalence ranging from 23.8% using the DSM-IV criteria to 18.5% according to the proposed DSM-V criteria and to 13.6% using the quantitative criteria for insomnia. Girls had a significantly higher prevalence of insomnia than boys across all three insomnia definitions. “We conclude that short sleep duration, long sleep onset latency and insomnia were prevalent in adolescents. This warrants attention as a public health concern in this age group.”

CONCLUSION

In summary, the Gen-z participants from the study sleeps an average of 6-8 hours, have a late bedtime i.e. between 12-2 am, and a shocking 88% of the participants had some sort of screen

time before bed, 69% of those lost or slept late because of it showing the correlation between screen time before bed and sleep onset latency.

The sleep duration in Gen-Z according to my research seems pretty healthy yet 79% of the participants believe their sleeping habits are unhealthy. This might be because of the late sleep onset caused by screen time before bedtime.
Gen-Z recognizes their unhealthy sleeping habits and they even know what to do to improve it to some extent. The question here for further research on this topic can be: why can't they then implement their own tips for better sleep in their routines. I would conclude by stating that sleep health should be promoted among youth and should be taken seriously.

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UNDERSTANDING OF PSYCHOLOGY AMONG GEN Z

SEJAL SANGHAI,
SY Psychology

OBJECTIVE :

- What is psychology for Gen Z?
- Psychology as a career option among Gen Z.

RATIONALE :

Psychology is an emerging field in today's world. People are becoming more aware of psychology as science. Understanding of psychology can be different according to people. It would be interesting to understand what psychology means to GenZ and what is their view of psychology as a career option?

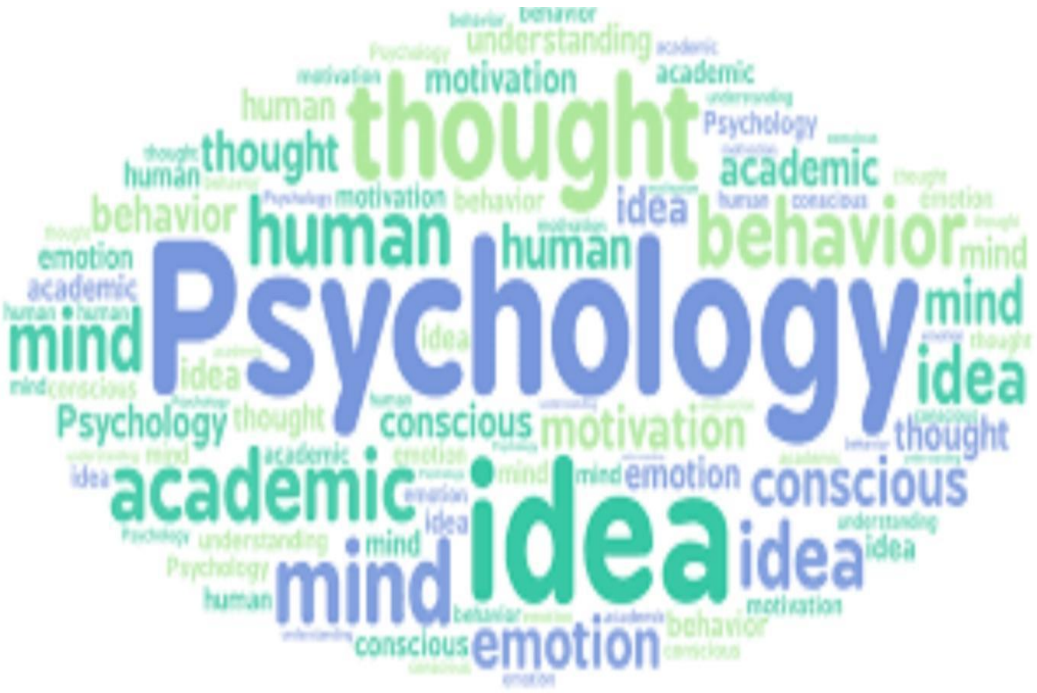
METHODOLOGY :

- Make a questionnaire which will include questions related to the topic.
- Take a personal interview.
- Students between ages 18 – 22 . Gender representation was equal. 10 people were interviewed.

DATA ANALYSIS AND INTERPRETATION :

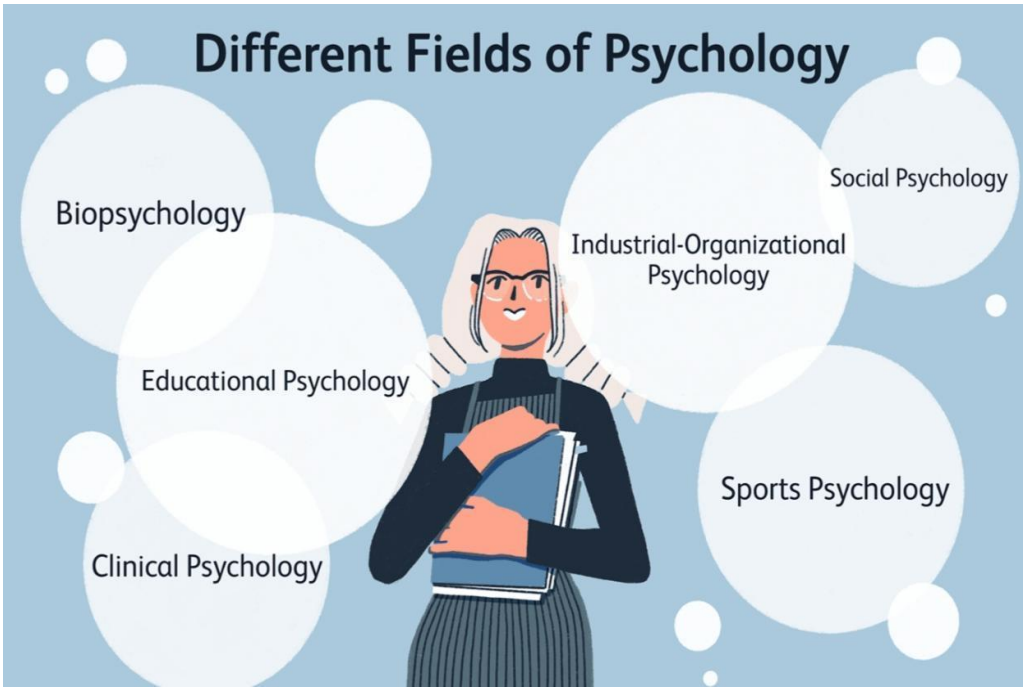
- The respondents who are currently pursuing psychology have studied the subject in previous classes.
- The respondents are aware of psychology as a discipline.
- The respondents who have studied psychology at some point of time have a clear view of what the discipline aims to study.
- Half respondents have taken psychology as their career and the other half have not.
- The respondents believe that it is an important field.
- The respondent's know about the fields of psychology.

WHAT IS PSYCHOLOGY?



CAREER OPTIONS

RESULTS :



- Those who have never been in touch with the subject have an ill-defined idea that it deals with the mind and brain.
- Those respondents who are not pursuing psychology some have studied but most of them have not.
- Respondents believe it can be a good career option.
- And those who have studied psychology know better about the fields than the other respondents who are not pursuing it.

CONCLUSION:

- Respondents are well aware of the discipline and have a clear understanding of it compared to those respondents who have never studied science.
- Respondents consider it as an emerging career option among Gen Z.

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GEN Z and ANIME

VARAD S VAIDYA,
TYBA.

INTRODUCTION

From Last few years, Anime has been one of the fastest growing mediums of entertainment all over the world. Compared to the other countries, in India there's so much less awareness and fan base of Anime due to some prejudices.

One of the most common misunderstandings about Anime in India is that Anime and Cartoons are the same and those are only for children. There is a lot of difference between a Cartoon and an Anime. Cartoons are targeted especially for kids, and the content deals with topics revolving around friendship, fun, exploration, etc. On the other hand, Anime/Manga and related media is a Japanese form of art and is produced keeping in mind the audience consisting of all ages except for Hentai and Ecchi series, which cater to an adult audience.

While anime might deal with content for kids, there are innumerable other serious series which talk about love, death, conflicts, sci-fi, modern technology, wars and many more.

In India at one time (before 2018) Anime series were telecasted by some channels, but a majority of anime series were targeted for children which explains why the Indians always considered an anime as a cartoon for children. We were all surrounded by anime such as Beyblade, Doraemon, Pokemon, Dragon Ball, Naruto, Detective Conan, Kochikame, etc. but we never understood that some of our beloved cartoons were anime series.

And as we look at a bright future for anime in India it is vital that any form of content must be viewed as content only without judging it with prejudice.

Nowadays, even if Anime is not being telecasted on television in India unlike other countries, still there's a growth rate in a fan base of Anime due to the internet. Indian teens and young adults are getting exposure to anime like any other country. The growth rate of Anime fans in India is very slow but it's happening and that's good news. And the Main Age group of this fan base consists of the majority of Gen Z of India.

The research study has been taken into work to see how Anime is influencing Gen Z of India and the thoughts of Gen Z on Anime as well as about the Indian Animation Industry.

RATIONALE

'Cartoons' are an important part of one's childhood. But from the last few years definitions and viewer's age group of cartoons has changed, because of the new world of cartoons. This change took place in the era of the post millennial or Gen Z especially. With great improvement in the themes as well as effects, the adult cartoon which is called 'The Anime' has taken over the animation world. From the last few years all of the age groups of Gen Z are getting more and more attracted towards the world of anime. Country Japan rules the world of anime. Gen Z find relatable, more serious themes in anime series more than movies or TV dramas.

I'm drawn to this topic because I've grown up watching various Japanese anime series and I still watch it. The scope of the Japanese anime series is vast, but my interest lies around some specific genres of Japanese anime series which are related to war, action, violence and peace.

METHODOLOGY

The present study uses a method of research in the form of data collection through on-call interviews with the same and fixed questionnaire for the whole sample.

INTERVIEW ANALYSIS:

Data analysis of interviews of 8 Gen Z individuals including 4 male and 4 female who are 'Otakus'. 'Otaku' is a Japanese term for anime enthusiasts. The age group of the sample was between 12 to 24 years.

A total of 10 questions were asked which are stated as follows:

1) Since when are you watching the anime series & how did you come across it?

2) Have you followed any Anime? Which is better Manga or an Anime and why?

3) Which anime series you've watched till date and which is your favorite anime and why? And which is your favorite character amongst them all and why?

4) Do you feel that watching the anime series has somehow influenced your thought process?

5) Do you think that it is possible to relate the ethics, morals, ideas, and philosophies of an anime series to the real World? Please give an example if possible.

6) As an Anime Enthusiast/Anime watcher, what are your thoughts towards Life and Humanity?

7) After watching the anime series based on war, action, violence and peace, what are your opinions about the War and Peace?

8) Do you think that anime as a medium can bring change in the World? If yes/no, how/why?

9) Do you think that anime is better than movies or OTT platforms?

10) What do you think about the Indian animation industry?

11) What are your expectations from the Indian animation (or cartoon industry)?

All of the interviewees were from different educational backgrounds. 7 of the respondents were pursuing their undergraduate education from different streams and 1 was a school student.

Their responses to the above listed questions have been recorded as under:

Most of the respondents came across anime series between the age of 10 to 15 years. The most common factor behind it was the television. And few reasons were that they were referred by their friends or their family members to watch it. Indian cartoon channels showed many anime series on the television in that period as cartoons (e.g. Dragon ball Z, Pokémon, Beyblade, Naruto etc.). Almost all of the respondents didn't know that these cartoons were called anime series till a particular age.

When asked about the Manga (Graphic novel or comic book of an Anime) or an Anime, some respondents chose manga for their detailed and descriptive content whereas some respondents chose anime because it's fun to watch moving characters and it also has great background music

as well as sound effects and it is also time saving. And few of the respondents said that manga and anime both are good at their place.

When asked about the reason for liking the particular anime and character, the most basic response for both anime & characters was that they relate themselves to it.

Reasons for liking the particular anime series were that it teaches the different values like sacrifice, perseverance, consistency, never giving up attitude, importance of loved ones and friendship. On the other hand it shows the reality of life, like how competitive the world can become, harsh realities, bitter truths of life and many more. Anime creates emotional attachment to the characters. Many times respondents felt that the story running on the screen is their own.

While talking about their favourite anime character, respondents said that they like that particular anime character because either there are so many similarities between the character and them or that character is who they are willing to be. That character has the guts to do what is right, it breaks all the stereotypes, its coping ability is good, it has control over things. One respondent said that in his low phase of life his favourite character taught him self-acceptance. Respondents said that they can relate to the character's philosophy and thoughts, they can see through its vision.

When asked about the influence of anime over them, almost every respondent said that Yes, there is an influence of anime on my thought process. They gave different responses, like 'anime helps me a lot in my real life. It gave me a clarification and different perspectives to look towards life, even what I should do and what I shouldn't.' A 14 year respondent said that initially he was self-centered, but after watching anime he started helping people a lot, he became more social. Another individual said that she understood that everyone has his or her side of the story and to never judge anyone without considering it.

Some respondents said No, they said they see anime as a mere entertainment, while doing some work as entertainment they watch anime. One respondent said that maybe it has influenced her thought process, but sometimes she found some anime very depressing so she gives herself a break.

Most of the respondents agreed that they can relate the moral, ethics, ideas and philosophies of the anime to the real world. Without a doubt they can relate the philosophy, morals of the anime in the real world. And they also know that it'll take guts, patience to apply them, but they are ready

for it and already doing it. Values like perseverance, consistency, never giving up attitude, and sacrifice for others, they use it in their own life. They think that it doesn't matter how bad the situation is, you can always get up. Some of them think that self-acceptance is important. And self-acceptance doesn't mean accepting yourself only but it means accepting your fears, embarrassments, choices and everything.

One of the respondents said No, according to him anime is something we want the real world to be and in reality sometimes you've to step back. Another respondent who is pursuing her Bachelor's degree in animation designing. As an animation student she told some things like how Japanese anime creators target common people. According to her knowledge, in Japan people prefer to be single, then the idea of the anime would be of a single, lonely protagonist. She said that sometimes anime can motivate you, but at the same time it can give you false hopes too.

Respondents responded with different opinions on how anime taught them about life and Humanity. One individual said she learnt about different people, different personalities of people and how to cope up with them through anime series. It taught her how important it is to have social skills in life. Another individual replied what she learnt through an anime is that Humans are good and bad both, we humans see everything only from our point of view, instead of only competing we should learn to live in a fun, chill way too.

Summary of other respondents' responses is that life is as we perceive it, thoughts of people can change over time. How evil a person is he should have the right to live, in the lowest moments we should try to make it up to ourselves. In real life we forget to enjoy the littlest moments like watching the sky, chirping of birds, sound of flowing water, but again anime shows and teaches us to live and experience those moments. Humanity & Life both are trivial as well as complex things at the same time.

When the respondents were asked about their thoughts on war and peace after watching anime based on it, they said very different and fascinating things. They stated that war and peace are two sides of the same coin. Until and unless we are totally united, peace can never be achieved. Many anime showed us that the motive of the antagonist can be right but his/her ways were wrong, so we can learn from that, how important our reasons or motives are, we should choose the right path to achieve it. Peace can be a mirage sometimes. Feeling Pain will make you crave for peace.

One respondent said that if it does not affect her then it doesn't concern her. Don't try to achieve ultimate peace, it can be achieved by helping your surrounding people one on one. Theories like only my opinion matters or is important because it will result in conflicts.

A 14 years old respondent said that, like many anime shows at the end, you always have a choice in your hand. Whether to kill an enemy or spare his life and initiate the hand of friendship and to stop the cycle of hatred and vengeance. In World War II America had the choice, it could've followed the other way instead of nukes. Peace is always better. Killing anyone is always the worst choice.

One respondent said that 'I think peace is something that needs healing. Almost every one of us is getting hurt and ending up projecting our pain at others. Instead of world peace I would like to focus on inner peace. If we try to heal ourselves internally, we'll be at peace and we'll never try to hurt anyone and it'll be a step forward towards global/universal peace.'

Respondents said that YES, An Anime can bring change in the world, but not an anime alone. There must be a proper thought process behind it. If properly executed and interpreted, one single anime can guide you through your whole life. We younger generations have so much more exposure than the previous generations. We grow up with what we see and read. As an anime shows we should and are walking with a broader scenario of equality, we are trying to understand the both sides' perspectives and are also considering the opposition's point of view, this single thing can also make a big difference.

Depth of an anime is subjective, it depends on the person's input, but still if you show anime which gives messages about peace to younger generations or children, it'll definitely influence their thought process like it did to mine/ours. It'll take time but an anime can bring change.

On the other hand, an anime based on war, violence gets misinterpreted many times. Watchers get fascinated by the action, fights, violence in the anime and try to apply it in their own life too. Misinterpretation could be the biggest flaw.

When asked about which is a better platform between Anime movies and OTT, most of the respondents went with an anime because they think that it shows something beyond the human

world many times, there are no creative and human limitations in anime. Some said both are good at their own place. And one respondent said anything too much isn't good.

When asked about the current state and expectations from the Indian animation industry, most of the respondents said that current Indian cartoons are the worst we could ever have. Each of the cartoons is only for children and it doesn't give any kind of message. One respondent said that the era when anime used to telecast on Indian television was the best. One respondent gave an example where in an anime a character gets powered up by a lot of hard work, physical training and in an Indian cartoon a character gets powered up by eating 'laddoos', which is not even a healthy food.

Two of the respondents who are pursuing their Bachelor's degree in animation designing said from their professional point of view that there are many high potential animation studios which are underrated and ignored in India. They are already getting hired or getting a lot of work and high payback from the foreign countries. Due to politics, lack of recognition as well as resources and less exposure from our own country, naturally they are inclined towards the foreign countries and it's our biggest tragedy.

RESULTS

The future of the world is in the hands of new and younger generations. These generations believe in what they see and read and form up their mind. Exposure of mediums is so vast in the era of these generations. Mediums like Anime can play an important role in influencing these generations and designing the future.

Themes of anime sometimes dictate the life of an individual, the problems of the character in anime are similar to the real life problems of the watcher that's why watcher feels that the story running on the screen is his own. Watcher feels that the facts, values, morals told in an anime are lacking and much needed in today's world, so he follows and applies them. Same is with the character's philosophies.

Interpretation is one of the major factors about anime. If the anime is interpreted positively it can do a lot of good things, and if it is interpreted negatively the opposite can happen.

We can say that almost all of the conflicts going on in today's world are initiated or started by the people who are from the previous generations rather than the Gen Z. Gen Z is getting wind up in these conflicts, disputes directly, indirectly or influentially without having their own set of mind or thoughts. But mediums like anime are giving messages like you should have your own perspective, you should also consider the opposition's point of view, war is never an option, even a bad person has a right to live, always initiate friendship instead of hatred. Messages like these are influencing the watchers consciously or subconsciously so, we can say that, when the right time will come these watchers can or will take the right stand for the right thing for making the world a better place.

CONCLUSIONS

To conclude, it can be said that anime is influencing the GEN Z mostly in a positive manner; but ultimately it'll depend on the watcher how he/she is perceiving or interpreting it. But for sure anime can become one of the major mediums of Positive influence!

REFERENCE

1) https://animeindia.in

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ANALYSIS AND COMPARISON OF TWO HOMOROMANTIC MOVIES OF SEPARATE GENERATIONS FROM GEN-Z'S PERSPECTIVE.

BHAGYASHREE KASHIKAR
FY BA

Objective:

To study the portrayal of queer relationships in movies of two different eras and determining the similarities and dissimilarities between them.

Rationale:

To compare and analyze Two Queer relationship-centric movies of two different generations from Gen-Z's perspective.

Description of data collection:

- Primary data was collected by viewing the two movies that are set in different timelines, by self (as the research reflects researcher's point of view).
- Secondary data was collected reading a near similar research paper on another homosexual-romance centric movie and then watching the movies' (chosen topic) respective reviews.
- And lastly, read and compared blogs and e-paper articles on the said movies to gauge media reaction received by them.

Methodology:

- Topic of choice for the research are the two movies called "Maurice" which was released in 1987, and the movie "Love, Simon" which was released in 2018.
- Methods of analysis were, Google Scholar, existing blogs, YouTube videos of the movies' respective reviews and stories, viewing the said movies.
- For analysis, referred to Google scholar research paper on homosexual movie and its review, read and compared blogs and people's Point of view of both movies.

Introduction

Maurice

The movie "*Maurice"* is a British romantic drama set in 1987, directed by James Ivory, based on the novel "Maurice" by E.M Foster.

The film stars James Wilby as Maurice, Hugh Grant as Clive and Rupert Graves as Alec.

In (Edwardian era)1909, Maurice Hall (James Wilby) joins Cambridge, where he befriends a wealthy Clive Durham (Hugh Grant). Clive confesses he is sexually attracted to Maurice, who realizes he is a homosexual when he begins to return Clive's feelings. The two embark on an intense but chaste affair to avoid tarnishing Clive's reputation, but eventually the relationship ends, and Clive marries Anne (Phoebe Nicholls). While visiting Clive, Maurice is drawn toward his friend's servant, Alec Scudder (Rupert Graves).

Love, Simon

The movie *"Love, Simon " is* an American modern age movie, set in 2018, Directed by Greg Berlanti, is based on the novel "Simon v/s the Homo sapiens agenda" by Becky Albertalli.

The film stars Nick Robinson as Simon, Josh Duhamel and Jennifer Garner as Simon's parents.

It is a Coming-of-age movie that centres around Simon Spier, a closeted gay high school boy who is forced to balance his friends, his family, and the blackmailer threatening to out him to the entire school, while simultaneously attempting to discover the identity of the anonymous classmate with whom he has fallen in love with, online.

The Analysis

MAURICE

"Maurice" tells a tale of homosexual man, who dares to fall in love twice in his life, with men completely different from each other.

Directed by James Ivory, the story is based on a Novel written by E.M Foster, starring James Wilby as Maurice, Hugh Grant as Clive and Rupert Grint as Alec.

The movie flawlessly showcases A Britain in Edwardian Era, where homosexuality is outlawed and treated as disease. It is in this period that our main characters Maurice and Clive join Cambridge, befriend each other and steadily fall in love.

For Maurice, a young man from a well to do family, his love for Clive is intense and passionate, on the other hand Clive, another young Englishman who has family fortune and

perhaps a personal office to look forward to, turns to a more naïve and platonic side of love. Due to fear of reputation and being outed as a criminal because of their sexuality, Clive breaks it off with Maurice and marries a young innocent woman.

Heartbroken Maurice tries to suppress his own desires, submits to the ministrations of an American hypnotherapist – in a bizarrely gripping scene featuring Ben Kingsley – who tells him: "England has always been disinclined to accept human nature." But soon Maurice finds his emotional and sensual liberation in the form of a gamekeeper, Alec Scudder and both eventually risk their reputation and careers for the sake of their love. After which, due to happenstance, the two men run into Mr Ducie played by Simon Callow, the strange overbearing schoolteacher whom we see at the very beginning of the film, whose cringe-worthy misjudged lecture on the birds and the bees had traumatised Maurice as a boy. This scene could be a symbolism which means that Maurice's struggle with love and his constant fight with his sexuality comes to an end. His circle of finding himself comes to an endearing halt.

Overall, the movie successfully delivers the Lack of knowledge and misjudgment that is passed on from generations to generations about a completely natural phenomenon (homosexuality) turning it into a taboo, that we often come across instilled within the minds of people, to this very day.

Love, Simon

"Love, Simon" is an American romantic comedy teenage drama, directed by Greg Berlanti and is based on a novel "Simon v/s Homo sapiens agenda" by Becky Albertalli. The movie stars Nick Robinson as Simon and Josh Duhamel and Jennifer garner as his parents.

The movie revolves around Simon who is a closeted gay teenager and his melancholic yet witty outlook towards life as he struggles to keep the biggest secret of his life (being gay) from people closest to him. As the movie begins, we see that Simon resents the concept of having to "come out" to people, he asks questions like, why heterosexuality is the default. Which follows with a hilarious scene that hypothetically presents straight people coming out to their sobbing parents. But to the question asked, I personally couldn't help but agree, is coming out as a ritual necessary? At the expense of instilling anxiety and trust issues in your child from a young age? What made heterosexuality the "normal" and other sexualities underdogs? The story makes wheels in your brain turn with justifiable questions like these and more. Moving on- Simon meets a stranger on a popular chatting platform, with the alias "Blue" who expresses his anxiety on coming out as gay, Simon then reaches out to blue with the alias "Jacques" and both spark an adorable connection thereon. The identity of "blue" is a mystery to the viewers, as much as it is to Simon himself, throughout the movie his identity is kept in the dark and that's what keeps us on the edge of our seats. But nothing is that straight in a teenage rom-com, and it's especially not straight in this one (pun intended). Things fall into a conundrum when a drama club-mate Martin (Logan Miller) finds out Simon's secret and blackmails him to set him up on a date with Abby, who doesn't like him. Simon becomes a vulnerable puppeteer who ends up pulling strings

from the lives of his best friends. His manipulations cost him his friendships, and with him still on a mission to discover Blue's identity, his life becomes as chaotic as it goes. He is also afraid that if Martin reveals his conversations with blue, he would lose the only person who understood him, and will be scared off. The questions that remain for the viewers are, who is blue? How will Simon bounce back from the chaotic mess that his life has become? What could have stopped his problems before starting them? And most important one, why can his sexuality be held as a gun over his head? Where did we as society fail, in order to let this happen? For most of the questions, the answers are in the movie itself, but the rest would be found with our own introspection. Lastly, the movie ends with putting a smile on your faces, giving in to our curiosity. When Simon's life finally untangles, we breathe a sigh of relief and can't help but believe what they rightly stated in the poster- Nothing about his Story is straight!

CONCLUSION

It is rightly said that, Movies are the mirror of society. And when it comes to Love stories, every couple has to fight a battle, whether it be with themselves or with the whole world.

"Maurice" and "Love, Simon" show us the reflections of society in a way that cannot be categorized as an ordinary struggle for love. It shows us young men, who risk everything to find love, understanding and acceptance from their potential partners; despite of the clear difference in the timelines of the movies, it is evident that queer couples face an immense amount of anxiety, fear and insecurity, even at the thought of living as who they are in the society. And in the end, they risk more than just their reputation to just experience something as fleeting as affection, which a heterosexual couple would have little to no problem in achieving.

As for the differences, In the Edwardian era where homosexuality was outlawed; we see a wave of acceptance in Simon's case, which is to say (at least Simon could come out in public and no legal institution would decide to murder him, thank God for small mercies) that queer people were not criminalized in the modern times.

According to me that was the only difference between the two movies. Everything else such as, coming out, holding sexuality as a threat and the melancholic tone of their lives were just as similar in both the cases.

To sum up, not much has changed for the queer population around the world, they were struggling for acceptance in every era, in every past, in every present and will probably would, in future too, if their allies remain scarce. To prevent that from happening I suggest more queer stories to be portrayed on screen, in books, in schools, in cartoons, on every platform; they must have a representation, they deserve to be represented; their presence deserves to be acknowledged, their stories deserve to be heard.

And lastly, Sexuality doesn't make us unequal, every human craves acceptance in one way or another and that is what, I believe, creates the concept of humanity and connects us to each other.

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EVOLUTION OF YOUTH IN SPIRITUALISM

ANISHA NANKANI,
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ABSTRACT

Spiritual beliefs and practices among youth are important because they want to be independent and take charge of their own life.

With this background, the study is intended to analyze the spiritual path Gen-Z is inclined towards and how taking those towards the same path can help them heal their mental health. The paths we are focusing on in this research paper are: Bhatki Marg (path of devotion) , Karma Yog (path of action) and Jnana Yoga (path of knowledge).

Primary data analysis has been done in the form of a survey through an online questionnaire which had a total of 94 responses. The questions were asked on the basis of their inclination towards spiritualism, which spiritual activities they follow, how much time they invest in it and how it has helped them to deal with emotions. Secondary data analysis has been done through the articles, research papers based on the similar theme.

The study will provide with fundamentals of how spiritualism among Gen-Z has benefitted them with developing qualities of spiritual health and how it brings a positive approach towards life.

INTRODUCTION

Spiritualism involves the recognition of a feeling or sense or belief that there is something greater than your own self, something more to being human than sensory experience.

Spirituality can be experienced and expressed in diverse ways, including being or becoming aware of the sacredness of one's soul, a connection to a unity of life that transcends oneself, and to a divine Creator and/or beings in a spiritual realm such as angels, ancestral spirits or guides.

My research is based on how much post millennial are inclined towards spirituality and about their spiritual understanding i.e what is spirituality according to them.

It is a mere representation of "What percentage of post millennial believe in Spirituality and it's outcomes".

OBJECTIVES:

1. To study about the spiritual level of understanding among the post millennial.
2. To study about their inclination towards spirituality.
3. To understand their level of psychological and spiritual acceptance.
4. Guiding students with different techniques based on their spiritual evolutions.

RATIONALE:

This topic appealed to me because I could notice the various effects of pandemic on youth as per their pre-pandemic involvement in spiritualism.

I observed the effects of pandemic on mental health among my peers and noticed that those who were not indulged in spiritual activities had anxiety, suicidal thoughts and those who were somewhat indulged had moderate mental health issues.

My inclination in counselling in future was to guide an individual as per their spiritual evolution and since I saw this project I felt as if my journey begins now.

I also took this topic to not only study what others think spirituality is but also to understand what I think about spirituality and how much is my spiritual understanding.

LITERATURE REVIEW

Spiritual beliefs and practices among youth are important to monitor, since research from developmental science, sociology, and character education has found they are positively related to identity and moral development; purpose and goal attainment.

Positive and highly significant correlation is found between spirituality and motivation of college students.

Having found the positive correlation between spirituality and motivation, it may be inferred that students who are spiritual may be more motivated than non-spiritual. And on the other hand students who are motivated could be more spiritual than students with low motivation International Journal of Indian Psychology · March 2016

METHODOLOGY

Methods used:

A. Primary Data - Survey through an online questionnaire which included questions related to:

- Inclination of youth towards spirituality
- What spiritual activities do they follow
- Immediate feeling after spiritual activities
- Does spiritual activities help them in dealing with emotions
- Time invested in spiritual activities

B. Secondary Data – Information collected through articles, journals and research papers. References have been mentioned.

❖ **Study sample**

The online questionnaire received a total of 94 responses. There were 53 females and 41 males among those who took part. The age range was 15 to 25 years old.

DATA ANALYSIS

According to the survey, 86% of youth said they believe in spirituality and 14% of them said they are rarely inclined towards it.

When they were asked about what spiritual activities you follow: Non Practitioners responded with a forceful and rare visit to the temples (only for a purpose) so this means they are actually not interested but they visit or connect for a cause.

On the other hand, responses from regular practitioners stated that:

54% youngsters follow Bhakti Marg (Chanting, Singing Bhajan) with devotion of love to God.

35% youngsters are more active following the Karma Yog Path (doing seva/social work).
24% of youngsters are more inclined towards Introspection and Meditating.

As per the survey, Participants who indulge in spiritual practices sink into the practices twice or more in a day.

SURVEY OBSERVATIONS

➢ The concept of spiritualism is diversified among youngsters. Most of the participants were not very clear about what spiritualism is. Even if they are aware, they lack proper guidance.

- When asked about whether they were happy with the luxurious life they were living, very few were content with it.
- Most of them faced inner conflicts, lack of a peaceful mind, looking for the way to free themselves from dreadful desires, lack of permanent happiness, instability, restless mind, suicidal thoughts, helplessness, etc.
- But they were aware of the fact that through spiritualism they can attain mental peace, positivity, contentment, gratitude, compassion, meaningful life.

OUTCOMES/RESULTS

1. Dealing with emotions

86% of youth (Practitioners) confessed that spiritual activities has benefitted them in dealing with Anxiety, Depression,

Anger/Frustration, Jealousy. It has helped them to stay balanced emotionally and mentally**.**

Sharing some of the experiences of the participants:

- One of the participants confessed that by serving others or the needy, helping in NGOs, engaging in social work helps them with stability of mind, inner contentment. Thus following the Karma Yog path.
- XYZ participant says “As a Muslim I try my best to pray 5 times a day and I've noticed the days when I actually manage to pray 5 times are the calmest for me and immediately after namaz also I feel at peace. There's a part of namaz called the sajda where you put your head to the ground basically bowing down. That process is supposed to deplete your negative energy and I've felt that. When I'm really anxious or stressed doing sajda (during namaz) calms me down”. Thus following the Bhakti Marg.

2. Immediate feeling after spiritual activities

Practitioners have said that they feel Recharged, Enthusiastic, Energised after their spiritual activities. They feel more confident and have a better perspective towards life. They are able to connect to the universe and have self-realization. Participants also mentioned having a sense of connection, letting go of attachments, finding inner peace, finding themselves more intuitive, etc.

3. Quality developed through spiritualism

By performing these spiritual activities, it seems the mind starts molding. Right from reduction of the anxiety, Surrendering to lord, Practice of Ahimsa/Non- violence, being disciplined, developed compassion for others and inheriting the quality of forgiveness. That means the qualities of spiritual health are developed. That brings the positive approach towards life and brings harmony in **the** society.

CONCLUSION

The survey was conducted to analyze the inclination of an individual towards spiritualism. We analyzed the path they were inclined towards and taking them towards the same path will help them heal their mental health. The paths we are focusing on in this research paper are: Bhakti Marg (path of devotion) , Karma Yoga (path of action) and Jnana Yoga (path of knowledge).

1. Rare cases: Those who don't believe in spirituality or being forced to do any spiritual activities. This shows these kinds of youth are not mindful.

   My personal story: If I look back a few years back, I was in this category (rare). Never liked to go to temples or meditate/chant. My mom pushed me towards dance classes. After enhancing my dancing qualities she gradually took me towards Yoga saying that I'll improve in my dance. Now I'm practicing Yoga. I feel I am more mindful and getting inclined towards the Jnana Yoga path and that's how the shift in my journey happened during this pandemic which happened to be the most transforming phase.

   The whole objective is to make them mindful, beginning with the physical practices like dancing, moving therapy, music therapy or yoga practice.

2. Spiritual Believers on Bhakti Marg (path of devotion) can be dealt with by enhancing their quality of devotion to Lord by engaging them in music or mantra chants.

3. Youth those who are inclined more towards Karma Yog (path of action), helping them to develop qualities or attitude towards Karma Yog as mentioned in Bhagwat Gita: "Performing the actions without expecting the fruits of action". This helps to purify the human heart.
4. Introspection/Meditation (path of knowledge): Youth those who are more inclined towards introspection or meditation needs to be directed towards Jnana Yoga Marg (Knowledge) through satsang either listening or attending, reading self-help books. This can enhance their true knowledge.

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ENVIRONMENTAL AWARENESS IN GEN Z

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INTRODUCTION

As Gen Z are born into a world of peak technological innovation – where information was immediately accessible and social media rapidly growing , it is a lot more accessible to learn and explore information. Since then our planet is constantly innovating and developing in various fields sustainability becomes an important aspect to implement and spread awareness around. Human beings are one of the 8.7 million species on earth and it is our moral duty to protect the environment and promote the sustainable development of the planet for future generations, not just for human species but also for other 8.7 million innocent species. Our life survival totally depends on protection of the environment and planet. We as a generation are creative heads and in combination with the resources available there can be an effective impact. I believe major part of learning new things is first unlearning what we have been brought up thinking, our habits, practices and actually getting facts and knowledge checked as to whether is it ethically correct or not, it sounds quite easy but implementing is equally hard and one of the reasons why a lot of us don't want to believe that we are wrong or our family habits. All traditions and ancient practices might not always be ethically and morally right, it's our duty to rectify and carry it forward accordingly. Sustainability focuses on meeting the needs of the present without compromising the ability of future generations to meet their needs.

RATIONALE

Environmental awareness has a significant role in my life. I have been raised with majority of believes that most of our families inculcate, one of the example about dairy industry while growing up I had calcium deficiency and thus drinking milk everyday was daily habit until later when my menstrual cycle began, several changes were seen like cystic acne and major painful cramps and it was hard to identify as to what caused this. After tolerating it for a few years I was suggested a few lifestyle changes by our family doctor and one of them was cutting down on dairy completely. My parents could not really understand how dairy was harmful as we are all conditioned to believe that dairy and milk in general makes our body strong and keeps you healthy, after reducing dairy intake I had seen major improvement in acne , skin got clearer and physically felt much more active. Lifestyle changes like cutting down on dairy and meat taking the vegan part helps benefit ourselves but as well as sustain the planet. Vegans are less likely to have a stroke or suffer from other diseases like cholesterol, diabetes etc and you are also saving the planet one life at a time by putting an end to animal cruelty. Researchers have found that maintaining a vegan lifestyle can reduce an individual's carbon footprint by 73%.An average diet produces around 21.2kg CO_2 every week in animal products alone, excluding fish. Raising animals for food uses 77% of the land which is deforested .Veganism isn't seen as just a passing fad but as a social movement that started as "the doctrine that man should live without exploiting animals".

Just like veganism is so much more than a "Plant based diet" Thrifting is just another sustainable way of living in this world saturated with Fast Fashion and toxic chemicals. While the fashion industry is one of the largest pollutants of the world ranking higher than aviation and transportation, thrift stores and sustainable fashion lines aim at making a circular economy through fashion and reducing the amount of waste produced annually. A circular economy is a system of production and consumption which employs the principle of taking a raw product from nature once and making whole products and reusing, repairing, upcycling and finally recycling it to make a new product only to follow the same cycle of consumption again. As the economy develops and grows further, socio-economic trends are shifting. Our country is losing touch with its roots as urbanization tends to grow more. But it is upon us to change the trends, because supply leeches off of demands. The more of what we demand, is more of what will be produced and given to us.

Our generation is definitely understanding the problem with losing touch with our own culture while also getting sucked into modernization. We also need to realize that economic, and sustainable development is a collective responsibility. When we are talking about fast fashion, these stats are more important to understand why we need to let go of it.

- Cotton requires 30000 of water to produce 1kg.
- 100 million tons of clothing goes to waste every year because companies tend to create 52 seasons a year to keep up with trends.
- Globally, there are over 40 million garment workers are paid less than a dollar per outfit produced

Young India shifts to thrift, Gen Z entrepreneurs of Instagram thrift stores are meeting youngsters who need to be mindful shoppers. Thrift shopping has always been popular in places like Delhi's Sarojininagar market and Mumbai markets, but it's becoming a trend now owing to the growing awareness among Gen Y and Z about how harmful fast fashion can be. It is a major step towards slow fashion and greatly helps the environment.

REVIEW OF LITERATURE

In one study investigators have tried to find environmental awareness among higher secondary students and some educational factors affecting it. For the sake of our planet , environmental awareness and environmental sensitivity should be cultivated among the masses particularly among youths.

If we want to generate the environmental values in our children we have to know the responsibility towards the environment and also we have to show our behavior as eco-friendly. Environmental awareness should be the integral part of any environmental curriculum encouraging children to take an active role in the protection of their environment in one way by which they are curious to learn more.

Main findings of this study are that the students of 11th and 12th standard were identical as far as their environmental awareness was concerned.. Science stream students had more environmental awareness in comparison to arts stream students. The CBSE students had more environmental awareness in comparison to UP board students. Parent's group of students belonging to literate, undergraduate, post graduate and research had more environmental awareness in comparison to the parent's group of students belonging to high school and intermediate. Finally the male students had also more environmental awareness in comparison to female students. (Prashant Kumar Astalin)

METHODOLOGY

Primary Data collection

-Online Survey through google forms has been used, which included various questions regarding factors harming the environment about dairy industry , fast fashion etc to understand individuals' awareness about the same and what changes are they taking towards improvement.

Secondary Data collection

-Data collected through UFCI foundation which is non-profit organization's website www.ufci.in and social media page - @ufci_foundation

The main motive behind conducting this survey was to understand overall awareness in Gen Z on various factors harming the environment i.e. fast fashion, dairy industry and meat consumption, non –biodegradable products etc. and if gen z is open to bring in change for the same. Gen Z is about to be our next leading generation in the workforce etc. and it's significant to firstly understand there's an issue and then being open to bringing in change on an individual level. The purpose of this survey was to make Gen z aware and bring alternatives to their focus. In order to gather information online survey method was utilized along with purposive sampling in order to narrow down respondents who are born after 1996, total 24 gen z respondents were included. The questionnaire was a mix of identifying effects of various human actions while also providing its alternatives respectively. Other secondary data was collected from a non-profit organization that is ufci foundation to collect further information.

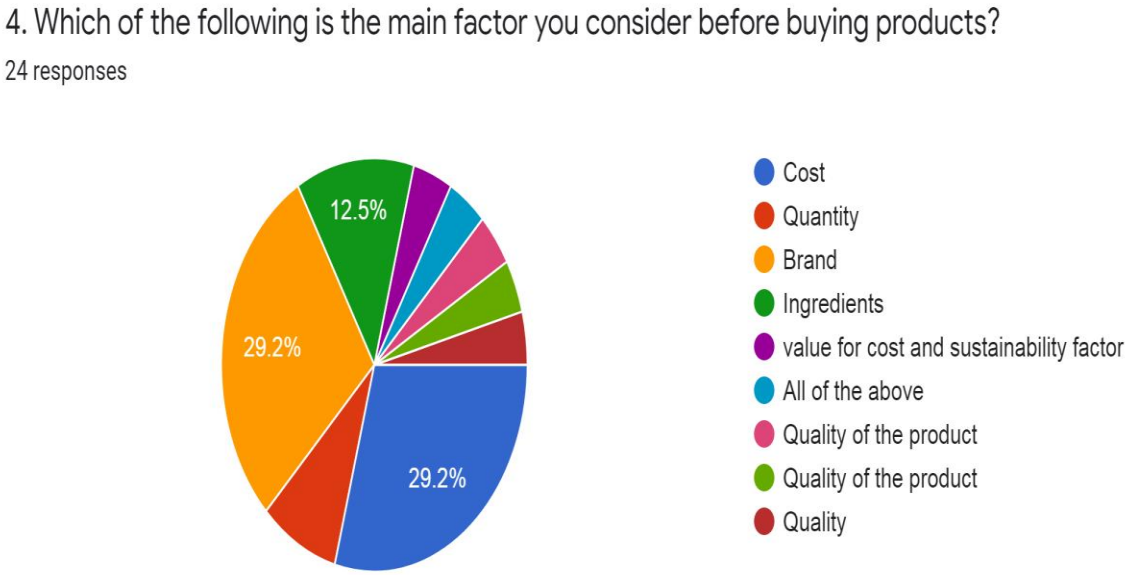
RESULTS AND DISCUSSION

95% of participants were aware about general information which included questions on when is environment day celebrated and what is the current human population.

When asked about what main factor that they consider while buying products. Two main factors were considered the most that is

-Brand

-Cost



29% selected the brand as the main factor and the other 29% chose cost . Not many opted for sustainability of a product as one of the main factors , which only shows sustainability isn't Gen z priority. When asked if you're most likely to buy eco-friendly & sustainable items 62% said yes but cost and brand were top factors and later sustainability ranked.

When it comes to sustainability of items menstrual pads play a vital role , as one pad takes about 500-800 years to decompose and the frequency of usage is quite high and unavoidable .Since decomposing is becoming a huge issue females switching towards more sustainable alternative than menstrual pad can be a great positive change. This survey also included a few questions around menstrual waste as an harmful effect on environment participants were asked

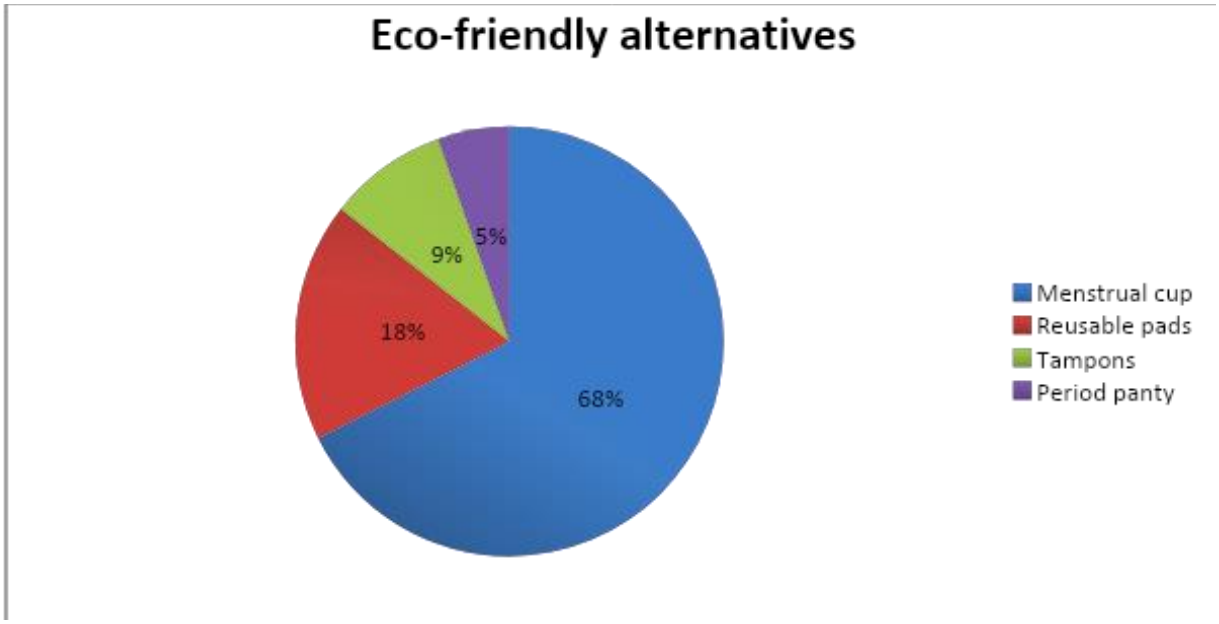
-whether if they were aware about the time taken by a single pad to decompose

500-800yrs	50-100yrs	100-200yrs	Not aware
50%	33.3%	8.3%	8.3%

-if they knew what is meant by going green on your period

85% were aware about what is meant by going green. Going green for them was not using sanitary pads and switching towards more biodegradable alternatives yet not many have yet shifted as it can be a bit drastic initially but eventually most of them were planning towards the shift like menstrual cups etc

-and what eco-friendly alternatives to pads will they prefer switching towards



When we talk about thrift, culture in India is establishing an extensive speed from 2019 . Online thrifting through instagram is gaining more and more attention from Gen z as it's lighter on the pocket as well as some trendy and vintage pieces. This is also contributing to the increase of slow fashion by making sure that each item is either well used, passed on or recycled into new variations.

	yes	No	Maybe/sometimes
Fast fashion harms the environment	58.3%	12.5%	29.2%
Initiate buying from thirft stores	29.2%	8.3%	62.5%

The main difference in vegan and vegetarian food lifestyle seems quite clear in Gen z. The basic idea was vegan lifestyle: don't consume or use anything that derives from animals while vegetarians do include dairy products etc.

-37.5% were not sure if 'reducing dairy and meat consumption' can reduce harmful effects on the environment. 33.3% were in favor while the remaining 29.2% disagreed.

LIMITATIONS

Environmental awareness is vast umbrella, there isn't one single factor affecting environment solely .Since this survey and data collection was mainly focused on threats of –

- Fast fashion
- Dairy and meat industry/consumption

- Issue in decomposition of sanitary napkins
  And alternatives to above mentioned areas of concerns.
  Environmental awareness should also consider areas such as Global warming, Overpopulation, Waste disposal, Deforestation and more for a deeper understanding of overall awareness in Gen z.

CONCLUSION

Gen Z as a generation has definitely progressed in terms of environmentally awareness and is more open towards adapting the alternatives in order to bring change. Yet some are aware about various effects and still hesitate to adapt changes as it takes some time to get used to new habits and lifestyles. It's definitely getting there slowly one step at a time.

When it comes to changing lifestyle and shift towards a more sustainable way of living females are seen to be taking more efforts than males. Gen Z is trying to improve their living with a balance with the environment at the same time also initiating more changes while not compromising on either of two. Since we are currently in a pandemic, it makes it way more crucial to understand the sensitivity and importance of this topic than ever before.

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OUR ROMANTICIZED LIVES- PORTRAYAL OF GEN Z IN FILMS & TV SHOWS

SHREEY PANDA (SYBA),
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INTRODUCTION

Before we dive straight away into our topic, first let us get acquainted with our main characters.

So basically who are the **Generation Z** or **Gen Z** ?

Gen Z is the newest generation, born between 1995/97 and 2010/12 . Age range would be from 6/8- 24 yrs old.

It is a placeholder for the youngest people on the planet. "The future" as they call it. What do, not only the Gen Z's but almost every generation's lives, revolve around? Technology and the Internet. Our generation has never known a world without these two. We have lived our lives through more than one screen, and are being termed as 'screenagers'. Not to mention the content that is accessible through these facilities - is limitless.

Hence, combining these two, we present to you - **"Our Romanticized Lives: Portrayal of Gen Z in Films and TV-Shows."**

OBJECTIVE & RATIONALE

Teen-movies are the highlight of every sleepover, a mundane boring day and of every teenage or adolescent's life. One can't help but to, supposedly, relate to them, but to what extent? That they are based in a high school setting, friendship or unrequited, puppy, first, you name it love? Have a second guess, no lives are that simple. It's far from reality, but then why are we so drawn by the same storyline, with the same base but with different interpretations? And hence this is the main reason for choosing the topic. We wanted to know by the main characters themselves - their attitude towards Gen Z's representation in the said media. Then curiosity kicks in and everybody loves a comparison, so we put side by side teen representation in Movies and TV-shows, then vs now.

METHODOLOGY

So in order to put forth data into a collective method, we used 2 methods.

- ***Primary Data: Interview***

Before taking the responses of the interviewees, we explained the purpose of the study of our topic to them and the structure. So the interview was taken in the month of Dec, from home via phone calls, lasting about 15-20 minutes per interview.
There were **8-10 questions** based on the topic itself and were further built according to their responses (ideas, opinions, etc.), which helped in our further research. The questions were asked to each interviewee as well as their parents. In total, **9 participants** (4 males & 5 females) from the age group **(16-22 yrs)** participated in the interview living in Pune.

- ***Secondary Data: Observations***

For the help in comparative analysis, we have taken reference of **3 Movies** & **3 TV-Shows**. In this, based on our observations, we have included some instances that depict misinterpretation of Gen Z through these movies and TV shows.

DATA ANALYSIS

- ***Primary Data:***

As mentioned, our Primary Data pertains to the interviewees' responses.

To start off with the common point, what does Gen Z feel about their representation in films and tv-show?
"**Padhai chodke sabh kuch hota hai '' was** the common quotation among our interviewees. The hunger for new content always leads to films and TV shows being over exaggerated & unrealistic. Media often projects the youth to be self-centered, carefree and irresponsible. Family values are pretty much
Non-existent, which ends up showing youths, constantly, having a rebellious nature. They are portrayed as the rule-breakers and menaces to society. Them being party-obsessed, addicted to alcohol and other intoxicating substances are the common characteristics in movies and tv-shows, trying to justify that "**being drunk/high is cool**". They rarely show the youth studying or working. The teenagers on screen are more worried about trivial drama and gossip, but all of this is nothing but far from the truth.

Movies, TV shows and other popular media influences how people construct their "common

sense" (Gramsci, 1971), perspective, and reality based upon their sense making and level of adaptation to fictional, dramatized stories/scenes and other favourable stuff on screens. According to **Trifecta Research**, 59% of Gen Z video consumption is done via OTT services and 70% of Gen Z's watch more than two hours of YouTube each day (Forbes, 2017). Of course, these numbers have increased since the Pandemic, reaching up to the 80%-90% mark. Through our research we found out that these pop-culture media tend to create this "**Strawberry/Fantasy World**" which is obviously far from the one we exist in right now. It tends to become an escape medium for today's adolescents. Not to mention the characters have "this is how you should be", a perfect & polished type of persona paired with a perfect life, where in the end everything works out for them. One can't help but envy them. One also finds these characters to be the perfect replica of their ideal-selves, which often leads one to present themselves and act like the characters which further leads to increase in hopes and expectations and when these aren't met it takes a negative turn.

So does it need to be stopped? Change doesn't happen overnight. Instead of bringing it to a complete halt, rather it should be guided properly. People should be fully aware of whose lives they're screening and not just chasing the "shock value" which fills their pockets. Children's media should be **age-appropriate** and preferably reinforce family values, because when was the last time you saw a movie or TV-show which inculcated the classic, "**the moral of the story is…"**

Nowadays, people are too busy showing the perfect adolescent lives, but as well all know that's really not the case. They don't show the awkward and stressful process of self-exploration and self-awareness one goes through in their teenage years and not to mention how they are able to manage their academics alongside because our reality is far from going to fancy colleges and frolicking around.

- ***Comparison Between Millennial' & Post-Millennial' Films & series :***

When we interviewed the Millennial these were the common points they came up with :

Earlier watching movies was termed as '**Family Time**'. Teens were usually the side characters or even if they played the main roles, you could still sit together with your family and watch these movies. Now, we have a clear distinction between which movies to watch with family and which not to.

'**New is attractive**'. In earlier times we saw that a mixture of simple topics like family values, morals, friendship, love paired with different genres would synthesize something new and different, but now movies have come a long way and mostly include controversial subjects.

- ***Secondary Data:***

After reviewing a few of the teen movies and tv-shows, following are common but unsettling points in these media representing Gen Z :

Over Sexualisation of teenagers: As the public is inching towards having a positive attitude about sex, the more it's been taken advantage of, which is very much evident in today's teen movies and TV-shows. Explicit scenes and teens involved in sexual intercourse are screened, in movies and series like Mean Girls, After, Riverdale & Elite. Think about it, the creators and producers of this type of content are mature, grown-up, adults. It's very disturbing that this type of content is targeted to the Gen Z audience, in a quite subliminal way.

Casting of older actors and actresses for teenage roles : Most of the actors playing the roles of teenagers in the concerned movies are either in their
Mid-late 20s or early 30s, because no one will notice, according to Hollywood. The characters are more like cardboard cutouts of people.

Considering the above two points and along with it makes it harder to relate to a character when they are all basically walking **stereotypes**. In movies, teenagers are split into distinct groups:

1. **The popular** - Enjoy partying, fashion, gossiping and tend to be bitchy
2. **The jocks** - Sporty guys who are arrogant and great at objectifying women.
3. **The emo/punk kids** - Dress only in black, don't speak to anyone and give glares to everyone.
4. **The nerdy** - Geeky awkward people who tend to wear glasses and have no fashion sense or social skills.

A quote from Gossip Girl reads:

"We're not just destined to become brittle materialistic adults; we already *are* brittle materialistic adults by the time we hit puberty. We have no choice. We're wired for misery. If we have money, we're destined to be miserable with it. If we don't have it, we're destined to be miserable without it, and spend our lives with our noses pressed up against the glass."

And this demoralizing little message shows the *real* meanness of these types of series.

CONCLUSION

This misrepresentation of Gen Z leads to - them being misconstrued. This unrealistic portrayal leaves the Gen Z population feeling betrayed and hence, it's crucial that the producers and filmmaker should fully be aware of whose lives and in what manner is screened. The films and tv-shows should be made based on our reality and not their assumptions. There's so much more to us than French-tips and cigarettes, all it needs is an initiative because we're done being misjudged and misunderstood. We are beautiful in our own way.

~~*

ANANYA SARASWAT,
SAKSHI PRERITA NOWRANGI ,
FYBA

"I no longer believed in the idea of soul mates, or love at first sight. But I was beginning to believe that a very few times in your life, if you were lucky, you might meet someone who was exactly right for you. Not because he was perfect, or because you were, but because your combined flaws were arranged in a way that allowed two separate beings to hinge together."

- **Lisa Kleypas, Blue-Eyed Devil**

Objectives

1. Why is the prospect of a relationship attractive to Gen-Z?
2. What causes relationship anxiety in Gen-Z?
3. How does Gen-Z perceive the concept of an "ideal relationship"?

Rationale

Welcome to Gen Z dating. Every ideal of romantic success growing up told us that love is either a checkbox on a 10-year plan or unachievable like the elusive Mr. Big. We grew up in the shadow of millennial pink romance. Lean In feminism glamorized to mean that the cool girl doesn't have time to stay the night. She will pick her socks up off the floor of a gentleman suitor's room, fasten the buttons on her Levi's denims and brave the bitter winds of winter all the way back to her own suite. What a girl really wants in 2021 is to make it in time for her 9 a.m. lecture with a fresh coat of mascara and a large cup of Starbucks Coffee.

The relationships of Gen Z have complicated aspects that are extremely intriguing to analyze.

Methodology

Research Problem: To describe the characteristics and delve deeper into the world of late Millennial and Gen Z relationships.

Type of Data: Primary and Secondary

Method of Data Collection:
Criteria for selecting interviewed individuals:

- Must be within the age range of Post Millennial and Gen Z
- Must be in a relationship
-

Tools, Procedure and Material:

- Google forms, articles on the internet,
- The data collection was collected through surveys conducted with the help of Google forms and articles that dealt with the same or similar topics.

- The individuals through whom the data was collected were all couples ranging in the age group defined by the Post Millennial and Gen Z i.e., 1996- 2006.
- Individuals participated anonymously so as to protect their views about their personal life and their intimate relationships.
- The questions of the survey were presented in a multiple-choice pattern so that the individuals would feel comfortable answering personal questions.
- The total number of surveys collected were 37.
- Variables measured were longevity of the relationship, emotional affinity, and consideration of respective partners towards each other, confidence in each other, communication, and self-esteem of the individuals, possessiveness, and areas of improvement in both partners amongst other things.

How has dating in this generation changed as compared to the previous generations?

- Post Millennial and Gen Z are a generation far removed from their earlier counterparts. They are the ones who have experienced drastic changes in technology, society, lifestyles, and beliefs etc., over a short period of time as compared to the previous generations. These changes have also affected the way they perceive dating and relationships.
- For example, while Post Millennial and Gen Z utilize their phones for many areas in their lives, more and more are choosing not to do so in their dating lives.
- They also tend to prioritize a stable career and income and providing for themselves before providing for another.

How will dating in this generation affect the generations to come?

- As we've seen, as much as Post Millennial and Gen Z have experienced extreme changes, the future is still going to receive other changes that we may not know as of yet, however, the generations younger than Gen Z are already showing signs of a different take on lifestyle and dating which may become much more apparent as they grow up.

Does the concept of an "ideal relationship" falter the course of the dating scene in this generation?

- As far as study shows, no.
- The concept of an "ideal relationship" may have existed since the beginning of time and more and more people are steering clear of adhering to just one concept of an "ideal relationship".
- Everyone's ideal is unique and what works for one couple may not work for another and hence as much as an "ideal relationship" does exist, it is also ever evolving to suit the unique needs of every couple.

Is relationship anxiety a deal breaker for most relationships?

- Most of the individuals interviewed were dealing with low self-esteem, and sometimes, their relationship or their partner had to take a hit due to it; however relationship anxiety has not been the deal breaker for most of the couples interviewed.
- This generation tends to be wary of their mental health and recognizes their areas of problems and wants to improve in it and their partners also help them do so.
-

Description of Data Collection

1. **Primary Data Analysis**

-The primary data analysis was collected with the help of Google form interview questions. (As in-person interviews were not possible.)
-People from different age groups in the late Millennial to Gen Z period responded to a series of questions ranging from questions on compatibility with their partners to questions on possessiveness and jealousy. This data analysis was done to examine and observe Gen Z and millennial relationships.

2. **Secondary Data Analysis**

-Secondary Data was collected by means of different articles published on the internet by various social media news websites.

Primary Data

- Survey showed that people in the early adulthood age range tended to show a stronger relationship than their younger peers.
- Out of the 35 individuals who participated, only 14 of them reported feeling close to their significant other on an emotional level and were able to talk about their feelings more openly.
- 17 out of 18 couples said that they have low self-esteem which played a role in how they treated their relationship or their partner.
- Communication is a huge part of a relationship and good communication is key to having a better relationship and most of the individuals responded in a manner that was in favor of healthy communication.
- When it came to recognizing their own flaws and imperfections, people tended to respond in a manner that showed that they were willing to improve and work on themselves as well.

According to the results of the respondents, jealousy and possessiveness also still play a role in spite of them saying that they share a healthy communication.

Secondary Data

- Most of our Gen Z and Millennial couples meet in school and/or colleges where they tend to connect and start a relationship.
- According to a study conducted on theknot.com. Most couples nowadays prioritize stability in different areas of life before committing to a relationship with financial and career stability coming in at the top.
- The trend of online dating is slowly dying out in Gen Z as most people want to meet a person face to face to connect in a deeper manner and be in a committed relationship as most online dating apps were disregarded for the “hookup culture”.

Data Analysis

- Comfortable opening up to their partner

14 people out of the 35 individuals, are able to talk to their significant other about their feelings.

- Not so comfortable opening up to their partner

21 individuals still find it skeptical to confide in their significant other without second thoughts.

Online Dating:

"There are currently three main generations who use social media apps and websites frequently and as a main source of communication. These three generations are Generation X, born 1965-1976, Generation Y, born 1977-1994, and Generation Z, born 1995-2010. Over the past decade, social media has become a major vehicle of communication and a platform for self-expression for people of all ages.
"Some 88% of 18- to 29-year-olds indicate
that they use any form of social media. That share falls to 78% among those ages 30 to 49, to 64% among those ages 50 to 64 and to 37% among Americans 65 and older"
(Smith, Anderson, 2018)"

Searching for Love at the Bottom of a Tinder deck

- For generations, Indians have been primed to only seek their "settled, happily-ever-after's." But that seems to be becoming a thing of the past now.
- The dating app's recent research found that one in two people are ready to go on a date in real life.
- However, 64 percent of its users say that their dating life has drastically changed since the pandemic began in March. Whereas, 70 percent of single Indians say that they are not comfortable navigating dating in 2020.
- Below are some of the insights gathered from the study that predict what dating will look like in 2021: \

- Millennial truly believe in the serendipity of finding love online: When asked, 'Could you fall in love with someone you have only talked to online?', a large number of dating millennial gave a resounding yay with 61 per cent men and 57 per cent women saying yes.
- 'ILY' is not a forbidden word, even if they have never met or only met online: When asked, 'Would you say "I love you" to someone you've never met in person?', 68 per cent men and 66 per cent women said yes.

- Millennial vote love > sex, especially women: When it comes to choosing between love or sex, majority of men (66 per cent) and a staggering number of women (86 per cent) said yes to love.
- Love is for them, by them: When asked, 'Would you take your parent's advice on matters of love?', 75 per cent men and 62 per cent women emphatically chose no. When it comes to matters of love, a parent's advice is not important.
- Loneliness no bar: When asked 'Are you willing to get into a relationship just out of loneliness?', 79 per cent men and 62 per cent women revealed that they would rather be lonely than date just anybody to fill a gap
- Men are romantics at heart: When asked 'Is Love at first sight, sweet or cringe worthy?', 68 per cent men said that they find it extremely sweet, and secretly hope for their date to reveal that they're falling in love on the first date
- Bye-bye traditional and stereotyped gender roles: When it comes to the kind of relationship they want, 72 per cent believe that traditional gender roles, such as men being heads of households and not househusbands, or women taking care of chores and children or changing their names, have no place in their lives now.
- A big YAY to equal parenting: An overwhelming majority (93 per cent) of women in the community believe that the responsibility of running a home and raising children should be split equally between partners. A majority of male users felt the same way too, with 88 per cent affirming this view.
- Live-in relationships taboo no more: When asked 'Would you consider moving in with your partner before marriage?', 79 per cent of men and 53 per cent of women said that they would consider moving in with a significant other, even if they haven't discussed marriage.
- When asked 'If marriage is a necessity for love', a large number (68 per cent) said that they don't even believe marriage is mandatory for two people to be live happily together.

<u>We've got attraction all WRONG</u>

A belly or a bulge doesn't make it disappear like a magic trick.
A zit before a first date isn't the siren that speaks louder than you, glaringly.
In fact, it probably doesn't matter that you haven't that obscure song by an artist they adore
The hair on your upper lip (or the one dangling from your chin) won't turn your object of affection into a sprinter!

The things that we inflate in our conscious awareness:
-the right choice of cologne or the appropriate amount of nonchalance or shared interests or resourcefulness or the ability to entertain the expectation of [perfection]-

<u>Perfection screams insecurities.</u>

But attraction is not ruled by how perfect you are, instead it is the throaty laughter (seasoned with snorts) after a bad joke, it's the excited rant you go on when you endlessly talk about your passions,

and the way you honestly list out your biggest insecurities (which suddenly seem so absurd) and how you tell the story of how you named your grumpy old cat.

It's how you absentmindedly tap your fingers to the rhythm of the faint music at the cafe where you see each other every now and then, and the kindness in your eyes, when you tell them you're sorry that awful thing happened to them so many years ago.

It's the way you look when you're not looking that matters because really, it's the unmistakable intimate connections you foster and the unadulterated authenticity of your being that defines your attractiveness.

''I wish we had a meet-cute.''

More often than not, we wish for things to be a certain way, a person to act the way we had thought they would. The same things apply to a relationship. Be it Gen-Z or millennial, we have all at some point if not all our life, believed in the concept of an "ideal relationship".
We've wanted to have a song, a place that reminds us solely of our significant other and we have expected that they feel the same way. We want those things that we see on social media. A lavish lifestyle, a big house and the perfect partner. The term perfect here suggests that we already have something, someone envisioned the way we want and that is quite honestly not possible.
You can't get a relationship straight out of a Pinterest board because like all couples, even those have their own struggles.
'Ideal' is a very relative term, it changes from person-to-person and with every couple. An ideal relationship doesn't exist. The couple, their relationship and its nuances are what made their relationship ideal.

The Balding Head of my Online Dating App

Online dating has seen a steady rise through the pandemic but other than that, people prefer going out and interacting with the person face-to-face.
Given the option, Gen-Z prefers face time as compared to texts even though we're the most tech-savvy generation.
The cause of wanting the interaction in the flesh is to be able to warm up to the person realistically and develop that trust, the warmth you need to understand how far you're willing to go with the person you've just met.
Another factor that crops up is the understanding of what a virtual relationship can lead to and how far it can be taken without meeting in person.

Results

- Micromanaged by parents, teachers and coaches since they started school, we're more sheltered and less independent than the previous generations. And we're coming of age in a uniquely fast paced and intense cultural movement, where the pressure to succeed is high and social media can make any failure seem shameful and public.
- This has also led to many other shortcomings such as feeling lonely and wanting constant validation. Depression and anxiety have peaked in Gen-Z due to the sheer control of our day-to-day activities.

- This has made a major impact on the relationships in Gen-Z. While we may be very open to many concepts such as live-ins, hookup culture and extending support to the queer and trans spectrum, we have relationship-anxiety and problems that depreciate the confidence of a person as an individual at the slightest of errors.
- Post Millennial and Gen Z are a generation far removed from their earlier counterparts. They are the ones who have experienced drastic changes in technology, society, lifestyles, and beliefs etc., over a short period of time as compared to the previous generations. These changes have also affected the way they perceive dating and relationships.
- The trend of online dating is slowly dying out as most people want to meet a person face to face to connect in a deeper manner and be in a committed relationship as most online dating apps were disregarded for the "hookup culture".
- Gen Z-ers, while native creatures to digital communication tools, and actually prefer face to face communication.
- Gen Z are more likely to worry about many aspects before committing to a relationship than their millennial counterparts.
- Gen Z responds well to a blended approach that includes more collaboration and less of an isolated approach especially when it comes to relationships.
- Most of our Gen Z and Millennial couples meet in school and/or colleges where they tend to connect and start a relationship.
- According to a study conducted on theknot.com. Most couples nowadays prioritize stability in different areas of life before committing to a relationship with financial and career stability coming in at the top.
- Indian Gen-Z has redefined the world of dating during the pandemic. Through their latest campaigns, they have managed to celebrate the youth who have managed to continue the essence of dating and not let the pandemic get to them.

Conclusions

Gen Z prefers looking for love in the old- school way and forming relationships based on mutual opinions.
Perfection is all but an illusion and Gen Z is more than happy to ditch conventional boundaries of the past and redefine them.

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VIRTUAL FRIENDSHIP BECOMING REAL

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MARIYAM MITHAIWALA S.Y.B.A.

ABSTRACT:

Friendship is a mutual connection between people who make time to offer each other honest advice and support. Frankly, it's absurd to think that friends made online aren't able to fulfill that duty!

Gen Z thrives online and digital communication is the norm. Despite seeing some friends in person during school/college, we get most of our updates on their lives the same way we do with friends who live three states away-by viewing what they post on social media.

The reality is, friends can't physically be with you all the time, which eradicates the possibility of receiving their reassurance and guidance at the exact moment you need it most. But these features of friendship don't have to be offered in the flesh. Texts and even likes and shares give us the ability to bring our support system with us wherever we go, offering convenient ways for friends to bond and cheer each other on through all of life's successes and setbacks. In this paper we explore "What do Gen Z prefer- virtual friendship or IRL ones".

INTRODUCTION:

In this day and age where the internet isn't something we occupy in our spare time, it's a constant presence and this digital age has evolved ways of friendships too as online friends, internet friends or E-friend. This research is done to find "What do Gen Z prefer- virtual friendship or traditional ones?"

Today Gen Z form and maintain what they consider friendships through the net. Internet social media have emerged as important contexts for friendship and social development for Gen Z. Online social networking sites have become a popular mode of communication among Gen Z.

Previous generations complaining about the 'decline' of friendship in Gen Z have become a staple conversation in our digital times and the very language of friendship is evolving right before our eyes.

OBJECTIVES:

Following are some objectives this study tries and explores.

1. Do Gen Z have conversations online compared to Millennial who prefer having friends in close proximity?
2. What do Gen Z prefer – in real life friendship or virtual friendship?
3. How do Gen Z stay connected with already existing friends by meeting them or online?

RATIONALE:

The concept of friend is seen by Aristotle as a 'second self'. The evolution of "lifestyle" and constant progress in technology has impacted our friendship. Most of the Gen Z have been moving to virtual friendship than the traditional one, as it is more convenient for more of them.
Virtual friendships offer a level of authenticity that in-
person friendships cannot. Because people can't see the reaction to their words, they tend to have n o filter online, so we get to know
them for who they really are. Plus, the internet allows us to talk to people us want to associate wit h, without a social structure forcing us to fit into groups.
But the study also suggests that though social media allow us to 'break through the glass ceiling' of maintaining offline relationships and have larger social networks, it doesn't overcome our natural capacity for friendships. It can be seen that 'meet ups' are converting into 'textosphere'. The research's findings will be how real is the virtual and what do the post Millennial prefer.

METHODOLOGY:

To fulfill the objectives, the study employs a qualitative approach of data collection and analysis. Research Methodology is done by primary data collection by preparing a google questionnaire. This questionnaire consisted of 15 questions and was answered by the age group of 18 to 22.
The questions that were asked were yes or no questions and a 5 point Likert scale and also few open ended questions where the respondent could express their choices about what they prefer and why. These responses were converted into pie charts and block graphs. About 32 responses were studied for analyzing the data.

DATA ANALYSIS:

The respondent's gender as received is 57.6% of females and 42.4% of male. The age group of respondents that we received was from 18 to 22.
The very first question that was asked if they prefer making friends on virtual platforms or by meeting people, the answer received was mostly preferred making friends on Instagram and Facebook. About 72.5% of people prefer making friends on virtual platforms.
50.8% of people say that real life friends can be replaced by virtual friends as it is more convenient and less time-consuming as everything is according to their comfort space. Even before the pandemic had started post-Millennial used to and even now stay connected with already existing friends by texting or video calling them except for a very few respondents who said that they used to meet their friends at least twice a month before the pandemic. Around 54.5% of people interact and stay connected to their friends through, virtual platforms.
Post Millennial also feel that face-to-face conversations are sometimes important as technology is only to a certain limit and virtual platforms can also sometime create misunderstandings and emotions can't be passed on through the screen.

Most of them strongly agree that making friends on a virtual platform is more comfortable than meeting people face to face. Also while having a conversation they feel no pressure for looking and speaking a certain way as the person can't see them.
One of the respondent said,
"If online friends bring any sort of burden into your life, you know that you can easily detach by bl ocking or unfollowing them. You don't feel a responsibility to stick with them through tough tim es in the same way you would feel committed to supporting the friends you see in person every day ." Also the survey says they are more comfortable around people whom they haven't met in person, but again the virtual platform comes with some cons too, as the lack of body language can lead to misunderstanding because emoticons don't always help.
About 57.6% of post-Millennial believe that having virtual friends can have a strong impact on their lives and about 75.8% of them believe that virtual friendship is becoming an evolving way to communicate. Also at the same time, they feel online friendships aren't as fulfilling as real life ones.

Q. What is it that makes Gen Z feel more comfortable using social media compared to Millennial?
A. Most frequently used apps like Instagram were launched in 2010 and Snapchat in 2011 making it a preferred way of making friends and keeping in touch with them, seamlessly being a part of Gen Z everyday life.

Similar Research:
"The value of online friendships and how they compare to 'real' friends".

Psychologist Leanne Hall says an element of anonymity online can make it easier to share parts of yourself you might otherwise find difficult. "It means people can often open up a bit more," she says. And there are many more connection options to find when using the internet. Lucy says making friends online has taught her how to "connect differently and with different people". She says her internet friends are nearly always reachable. You have them there at your fingertips all the time. But it's also OK to leave the conversation and pick it up again when you're ready. In the virtual world you are connecting to people you would perhaps not usually meet in real life and that can be quite life-changing.

RESULTS:

The findings of the research was that social networking sites are the easiest way to keep in touch with countless people which otherwise won't be possible as such due to our busy lives. Gen Z see virtual friendship as being more successful and an evolving way because what's bringing them together are common interests and similar views and not just close proximity.
There were contrasting opinions but also very similar answers that were pointing at the same thing. As stated by one of the respondents "It's not about where you meet people, it's about who stays with you when you need them and you can rely on virtual friends too".
Gen Z generally have more contact with people and are more open with their lives to virtual friends that they may not be as close with, while Millennial tend to be private on social media and only use it as a way to stay connected with old friends.
A U.S.A. based research few research centers had a similar research done about Gen Z and their ways of social media, they concluded that 83% of Gen Z social media users feel more connected to

information about their friends' lives. 68% of them have had people on the platforms supporting them through tough or challenging times.

CONCLUSION:

This concludes that Gen Z shows a split in their preference of how they like to engage with their friends. A little more than half prefers to maintain social relationships with friends online through video games, social media and via text whereas few showed a preference for in person interaction.

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WHY K-POP IS GETTING POPULAR WITH GEN-Z?

YUGANDHARA JOSHI,
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INTRODUCTION: Music plays a really important role in our day to day life. Just like other music industries, the Korean pop music or Kpop music industry is recently getting very popular.
Even though there is a language barrier, Kpop is making new records. GenZ is listening to more Kpop songs than English or their native language songs. Though there's no confirmed number of Kpop fans across the globe, in 2019 the Korea Foundation's data showed that there were more than **99 million fans** worldwide participating in fan clubs dedicated to South Korean culture, including Kpop and K-dramas.
K-pop songs are especially known for their music videos and difficult choreographies. There is a huge number of people who make Kpop dance covers and song covers. Beautiful melody, amazing beat, meaningful lyrics, catchy choreography and attractive MV (music video) makes Kpop so special and popular.

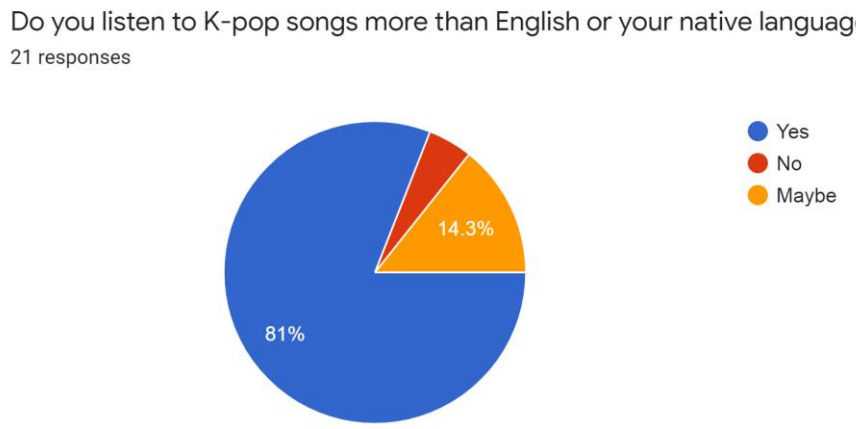
RATIONALE: I love listening to music!! I love dancing. I love watching movies and listening to songs from different languages. Marathi is my mother tongue so I listen to some Marathi and Hindi songs. But I like English songs more. I have learnt the Spanish language so I also listen to Spanish songs. I love watching anime so I also listen to Japanese songs.
I first listened to Kpop in 2019. It was BTS's "Boy with Love". I loved that song when I listened to it for the first time. It was different from any other songs I have listened to. I couldn't understand the lyrics but the amazing music and attractive MV and dance made me want to listen to their songs again and again. And now I have one playlist for English songs and almost 10 playlists for Kpop songs. Because I listen to more than 80 Kpop songs! I have a lot of friends who are Kpop fans. So basically I am a huge K-pop fan and I am genuinely interested in knowing more about them. Hence I wanted to know why Kpop is getting popular and Kpop artists are becoming universal stars.

REVIEW OF LITERATURE: I gathered information from Billboard charts, YouTube, Twitter and Spotify, and recently Kpop has made new records. In Billboard charts BTS's Dynamite was number 1 in 'Global 200', 'Global' and 'Hot 100' for 3 weeks. According to the new updates of Billboard from 21st June BTS' new song "Butter" is the top longest leading No.1 on the 'Top 100' holding the spot for 5 weeks. TXT also ranked 5th on Billboard.
As kpop songs are famous for their MVs, these MVs have more than 100 million views on YouTube and they are increasing rapidly every time. EXO's song "Love Shot" reached 400 million views in April 2020. TXT's "0X1=LOVESONG" was released on 31st May 2021 and reached 10 million views on YouTube in 2 weeks. NCT Dream's latest album "Hot Sauce" was released on 10th May 2021 and it reached 100 million views in 6 weeks. BTS's Dynamite reached 1.1 billion views on YouTube.

METHODOLOGY: I collected data from Billboard charts, YouTube, Twitter and Spotify. I used Survey method and created a google form containing 15 questions and got around 20 responses. I also watched videos about theories behind a MV and wrote an analysis on one music video.

RESULTS AND FINDINGS: To find more about why Kpop is getting popular, I created a google form and did a K-pop survey. I got around 20 responses. Girls from the age group of 12 to 23 answered these questions. I asked them why they think Kpop is getting popular and got these responses.

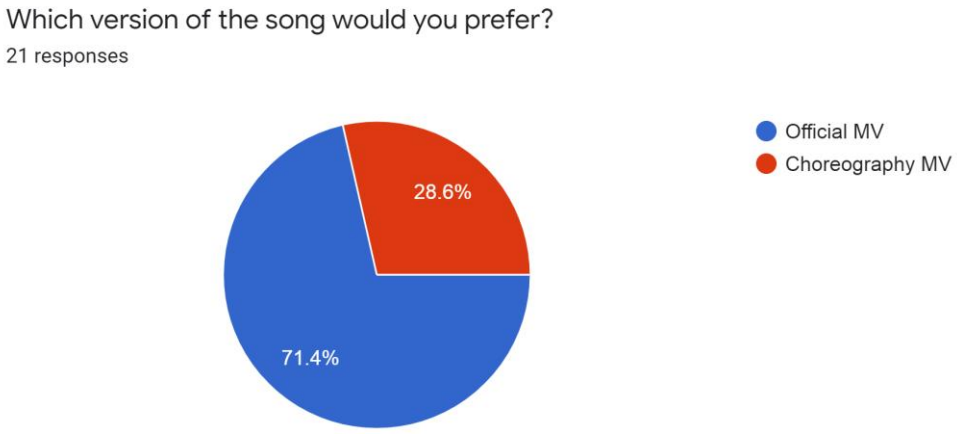
1. It is a whole culture of songs, choreography and fashion. The content these bands provide is much more than just songs. Therefore you can get much more entertainment watching and listening to Kpop.
2. Even though you don't know the language, you can easily connect and vibe with the songs. Kopo has proved that music is a language itself.
3. They touch sensitive topics in a very subtle manner.
4. The singing along with costumes, stage and dancing create a mesmerizing performance, which catches the eyes of people even beyond South Korea.



What do you think makes Kpop special?

1) I can't put that in words but it's different from what we've been listening to for a long time before we knew about this genre. It's a good difference! If we look at Bollywood, most of the songs are about girls, alcohol and money. In addition to that, most of them are remakes. But in Kpop there are songs about self-love, kindness etc. Most of the songs are dedicated to the fans. Even if there are some sexual lyrics, they are not direct like WAP! And that makes it a decent but hot song. I don't listen to a lot of Kpop but every single song is unique. In the Music Video, the dance is always different and better and we can see the efforts taken for it. That's why I like Kpop better than English songs or Bollywood but it’s not like I don't listen to English songs, I like some artists.

2) The idols have a certain appealing image. They love and respect their fans. Their hard work and efforts. The meaning behind their songs and the messages they give us. The themes and stories behind their MVs, etc
3) K-pop in itself is a living, breathing organism with a world of its own. When I listen to k-pop I feel like I can be a part of that wonderful world.



Kpop songs are famous for their creative and attractive MVs (Music Videos). Aside from music and lyrics, the music video creates a huge impact on fans and viewers. If the visuals from the video are catchy and different, the chances of the song getting popular are more. Most Kpop fans find these songs and their MVs very meaningful.

ON song by BTS (MV analysis)

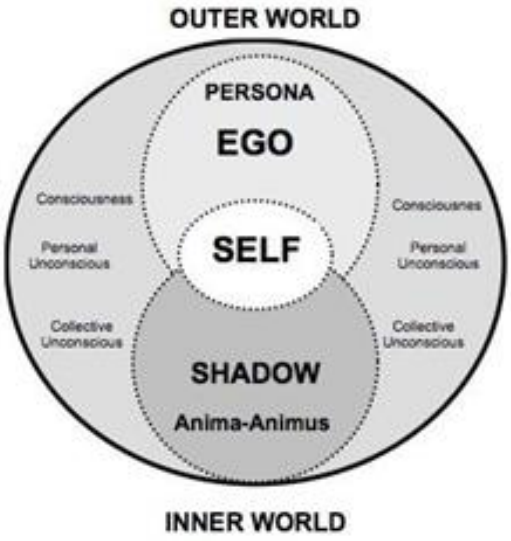
The song takes place in the aftermath of the battlefield where we can see each member struggling to find peace, freedom, escaping, reaching out to something, finding hope and breaking through the hardships of life. The first half of the song shows struggles through different symbols. A dead dove with an arrow pierced which represents no signs of peace and love then Jin takes the bird into a cage and covers it with a cloth. Jungkook's tied hands represent capture or imprisonment. A girl with a blindfold represents ignorance and prevention from accepting the truth. The scene with a broken ship with animals is pretty similar to Noah's ark, it kind of shows that "The flood as the collective society falling into the unconscious. Being swallowed by divine/archetypical modes of thoughts, by through a modern lens" – Carl Jung. The dead tree field shows no hope. The raven represents the shadow self or the dark side of the psyche. The sanctuary of youth with only one source of natural sunlight with candles shows struggle and hardship.

Then in the second half, they remove the blindfold from the girl's eyes. It shows the reawakening and tries to face the truth. Then a young kid starts playing the drums which represent a gathering of strength. In old times drums were used on the battlefield as a communication system. After that, all the people gather around a tall wall. The gates are slowly opening. In the next scene, Jungkook walks into a pond, takes his hands into the water and when he takes out his hands they are no longer tied. He takes a conch shell out of the pond and plays it which represents awakening and the start of the

self-battle for freedom. Then Jin uncovers the cage and sets the dove free, it shows a new beginning towards love and peace. In the end, they walk through the other side of the wall.

The storyline goes through a process of Individuation.
Individuation refers to the process through which a person achieves a sense of individuality separate from the identities of others and begins to consciously exist as a human in the world.

CONCLUSION: According to the data I have collected, I have found various reasons why K-pop is getting popular with Gen Z. Fans find K-pop songs meaningful and videos attractive. And artists do make a huge impact on fans. Their hard work, their efforts make their fans fall in love with them. Their attempt to provide various genres of music is appreciable. Last year in a covid-19 situation many K-pop bands released songs related to the pandemic and the struggle people were going through, which made their fans feel strong and confident. Some bands and artists even held online concerts for their beloved fans.
And the reasons like these are making them popular all over the globe.



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CAREER PREFERENCE AND FUTURE CHOICES

ADITYA SANGMULE,
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(TYBA)

ABSTRACT

People often look down on how choosing a career is the most important decision of their life and not only does it affect a person financially but also emotionally, the stereotypes around choosing a stable career is considered holy in our country, many parents already have a plan ready for their children for what they should become since their childhood and the kids that aren't rebellious or exposed towards different careers just go following it but deep inside don't have any interest in it, some of those who have had exposure to various courses and fruitful hobbies make their way to their passion but aren't backed up by their parents. Even after all this digital progression India still rather is an engineer's factory which is supported by the other half majority that opts for being a doctor this is because of the lack of diversification in career choice and its ongoing stigma in our country, negatively affecting the generation. Emotionally let's take an example, most of the engineers don't reach the a-tier where there is a handsome pay and lots of amenities because they have never had the will and passion to perceive the profession so they start belittling themselves and suffer from anxiety and stress which is not talked about and considered taboo.

The aim of the research is to point out all the negative impacts that a person can have if he/she doesn't perceive a career following their passion emotionally as well as physically. For this we will conduct interviews and surveys for a group of people about how happy and satisfied they are regarding the job they are doing and if they've consciously chosen their field and also, if they did, what was the motivation behind choosing it.

Rationale

We're living in a money minded generation, and yes it goes without saying that money is a necessity, but it can't be a goal. Your income shouldn't define your success. Our generation has changed the meaning of scope/goal/success/dreams. Young people with distinctive talents are becoming puppets of societal dilemmas and diverging from their interests which further leads to an uncanny future.

Generally, people aren't happy about the job they do because while choosing a career they don't consider the Work Life that they have to go through after getting the job that's why a lot of people

either quit or force themselves into doing it, Societal pressure about choosing a career that is sort after completely diminishes lots of talented folks.

Objectives

1. Why do people choose a certain career path?
2. Do they think they will have a linear career life if they do something that is in trend or socially favored?
3. What is stopping people from choosing a career in what they like?
4. Why and how should people choose a career in what they like
5. Is our generation open to discuss career choice with their parents?

Methodology

Primary data collection: It included some semi-structured interviews along with online surveys with people that were currently working on a job or pursuing higher studies.

Secondary data collection: Different articles and overall statistics of different career choices made by people over the years was used.

Description of Primary Data:

We took a sample size of 51 students/working individuals and then asked them to fill a google form with 12 questions that were framed around why they choose a certain career path in life and how do they feel after choosing it and if are they happy with it or not

Some of the questions were descriptive, some of them were based on a 1 to 10 scale to check the career satisfaction of the person.

It is assumed that all the people who did the survey are non-prejudiced. Their answers are purely based on their opinions and experiences. After getting different entries from 51 people some of the observations that we made according to the questions framed are as follows:

Around 53% percent of the people considered few career option while 30% of the people were very clear about their goal and were focused on one thing since their childhood, whereas the remaining 17% weren't so sure about what they want to do growing up so they considered a lot of options.

When asked about the involvement about their parents in choosing their career 41 % of the people answered that their parents were fully involved in taking the decision whereas 43 % said that they were partially involved also the 16% of the people said that their parents weren't involved in taking the decision that they took it independently.

While choosing a career 82 % of the people said that they their opinion about choosing a certain career was respected whereas the 18 % percent were skeptical and weren't sure it did.

We asked a question about what or who influenced their career choice only 31 people answered this question their were mixed responses most of the people said they themselves choose the path as it was their passion whereas some of the people said that financial aspect played a major role in choosing there were few that said people in their family influenced them as they saw them having a stable life they also wanted to follow in their footsteps.

We also wanted to see if the people were morally obligated to choose a certain career 53% People said they weren't whereas 35% said yes and the remaining 12% said yes they were.

We did put a question around to see if money was the main priority while choosing a career to which 53% said No and remaining 47% said Yes it was.

We asked a question about If they feel they could have done better if you had chosen a different field 57% people said No whereas the remaining 47% people said maybe or yes they could have done better than they are doing now.

We Framed a question asking people to rate how satisfied were they about their job 49 people responded on a scale of 1 to 10, 7 people rated their experience from 1 to 5 the remaining 42 where moderately to fully satisfied with their job.

We asked a question about how satisfied they feel after coming back from work or college 53% people said that they felt partially satisfied 37% people said they felt fully satisfied and the remaining 10% said they didn’t feel satisfied.

We asked a question about how much will they rate their work environment on a scale of 1 to 10 , 51 people responded 14 people gave it a rating of 1-5 whereas 37 people gave rating from 7 to 10.

We asked a descriptive question about what is their favorite part about their study / job there were varying Answers ranging from they feel liberated from going to their job/college or that it keeps them involved throughout the day.

We asked a question about how stressful they felt about their job/college 51 people responded 31 people said it's rather stressful and rather their experience from 7 to 10 , 14 people said that they aren't that stressed about it while 6 people said that they are moderately stressed about their work / college.

Results

Our society focuses more on security than independence, Post millennial were caught between the economic crises. Which probably resulted in our parents wanting us to be on the safer side. Hence, the push to get secure jobs like engineering etc rather than taking risks. The society created a generation that was so scared of failure that their main goal was 'not to fail' rather than 'to succeed' but nowadays after seeing how different sectors are able to gross money some parents and their children are being brave and choosing different careers that are around there passion and liking But still the majority of proportion tend to choose a safer side.

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EFFECTS OF SOCIAL MEDIA ON YOUTH

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Abstract

One of the great successes of technology is social media. In our society almost everybody uses social media but there is little awareness about it. One must understand the right ways to operate social media

With this background, this study is intended to spread awareness in youth about the impact of social media. The objectives are also promoting limited usage of media and tell the youth about its pros and cons of media.

Primary data analysis has been done in the form of an online survey with. The questions asked were based on the time and effort they spend on social media and how much positive or negative interactions they have. They were asked about their daily routine and the problems that they faced. This study will prompt future studies which will explore the topic in more depth. This is a qualitative study with a small sample.

There are numerous ways to handle basic situations while using social media to make it healthy and productive. The awareness about the psychology involved in limited use of media will lead to a better and more satisfactory life for them.

Introduction

Social media contribute an online statement that attaches cluster of community, who network and share the information. There are well known social media like Facebook, Wikipedia, and twitter, Google+, Pinterest, LinkedIn, Instagram, Tumblr and Reddita. They are all social networking websites where users can share their information to the public. Business people also can promote their products through social media and get crowd funding. Social media analytics collects and analyses the data from blogs and social media website that helps business people to frame a wise decision. Social media also influence students positively to understand human behaviours and negatively become selfish and fanatic. Thus social media is used both for construction and destruction purpose for people from different walks of life.

Objective

1. To check out the behaviour of youth towards social media and find out the total hours' of time spend by youth on social media
2. To study the impact of social media on the education youth
3. To understand the link between seeking Validation and Conforming behavior among youth as a consequence of social media
4. To analyze how chronic anxiety is correlated with social media
5. To identify the effects of social networking on personal life of youth.

Rationale:

This particular topic interests me because the youth is especially one of the most dominant users of social media. All this makes me wonder that something so powerful and with such a massive reach cannot be all good. Like how there are always two sides to a coin, the same goes for social media. When I saw this project I looked at it as an opportunity to analyze how much life is dependent on social media.

Methodology

Primary data analysis was done in the form of a survey. Where there were a set of 17 questions regarding their daily involvement with social media

Review of literature

Social media, derived from the social software movement, are a collection of Internet websites, services, and practices that support collaboration, community building, participation, and sharing.

95 percent of the college students admitted the internet was as important in their lives as food, water, shelter and air. Approximately, 64 percent of the students accepted to choose an internet connection over a car. The study also concluded that four out of five college students interviewed assumed that the internet was significant and essential part of their lives. The report also found that the use of paper had been gone down in the youth, as 40 percent students had not bought a book from a market in the last two-year. The use of Face book was highest among Indian students in the survey. With 92 percent of respondents were checking their accounts daily while one third checked their account five times a day.

Social media plays a very important role in the life of teenagers and young adults. It is also an easy way to connect with people throughout the area that they live in. Social media has both positive and negative impact on the youth.

Youth can be defined as a time of life when one is young, it is a period between childhood and Social media plays a very important role in the life of teenagers and young adults. It is also an easy way to connect with people throughout the area that they live in. Social media has both positive and negative impact on the youth. Youth can be defined as a time of life when one is young, it is a period between childhood and adulthood

Data analysis

1. Subjects were asked; how much time do they spend on social media (in a day)

Out of all the participants 48% of people spend 1-3 hours on social media .42% of people spend 4-7 hours on social media .6% of people spend 10-12 hours on social media .3% of people spend more on social media

2. Subjects were asked; does social media impacts there live and if yes is the impact positive or negative

Out of all the participants 78% of people think that social media impacts their personal life and relations. Whereas 21% of people think that social media doesn't affect their personal life and relations.
66% of people claim that social media impacts their life positively only if they spend a limited amount of time and choose to watch content which helps them make their day productive. 34% of people claim otherwise, according to them social media has a negative impact on their lives as they receive hate on the content they choose to post , believe it to be very distracting and addictive, they sense a lack of concentration. Think that social media expects them to be a certain way to be acceptable

3. Subjects were asked about their emotions while using social media
   33% of people experience jealousy. 42%of people have felt anxious after posting on the media. 39% of people go through stress

Outcome

People who spend 10-12 hours or more on social media claim to have lack of emotional connect with family and friends. They have mentioned a decrease in face to face communication. They firmly believe social media to be very addictive
People fear of missing out, or not being updated, which makes them obligated to be updated on trends and to wear clothes that are considered fashionable and our out of there comfort zone.
Outcome of Emotional impact of social media
People experience jealousy or the desire to be like somebody.
People have felt anxious after posting on the media. They feel anxious about their appearance**.**
People face stress over the number of likes on their post.
Some people have also claimed to feel lonely when they see posts where people are enjoying with their friends or family.
People claim to post on social media just because of the fear of missing out
People claim that they keep coming back to social media, even though it doesn't make them feel very good.

Conclusion

We can conclude by saying that Social media is one of the fastest modes of communication and it has huge impact in shaping the personal lifestyles of youth. Though it has huge access among youth, it also has certain negative impacts where there is always a question of privacy issues. Relying fully on social networks would minimize the face to face communication and instead leads to cyber communication. Those who are in a tender age are not aware on whether the information shared in the social networks is authentic. They always seek for public attention and share their personal information which would affect their personal life styles. The students always involve in social networks and they lack concentration in studies, physical activities, etc. Getting too involved in social media can also lead to addiction which would result in social

isolation. It is better to use social media as a positive way of doing well to the society in creating a new platform of bringing out youth talents and opportunities.

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GEN Z AND THEIR TASTE OF MUSIC

CHARU BHADALE,
PRATIKSHA JORE,
SYBA

The millennial generation lives in the era where their tastes in music are subject to various social influences. Various factors such as culture, education, social network, and technology and industry structure play a significant role in influencing the millennia's music taste in society.

The various means of music consumption also includes technology choices, since we have been in the digital revolution of cultural products over a century. From the first Vinyl LP in 1917 to the first cassette in 1978, digitalization of music has been rapidly growing into the golden period when we entered into the millennial age. The internet accelerated the spread of compressed digital music MP3, which then stimulated a trend of P2P music sharing online. Nowadays most of us use online streaming music platforms such as Spotify, Gaana, etc; visual audio platforms such as YouTube; and digital listening and selling platforms like iTunes. These days, streaming music uses the subscription model which allows certain premium rights such as unlimited music streams or no ads interruption.

Streaming has overtaken radio which was one of the top most ways of listening to music every day. . Radio in the car, once their top way of listening to music every day, has fallen from 43% in 2016 to 29% in 2019 among young listeners. While streaming on their smartphones has increased from 33% in 2016 to 41% today. YouTube is the top service that 13-36 years olds are listening to music on and through which they discover new artists- second only to their friends. The Internet and apps are the dominant forces for accessing and discovering music among this generation. Music artists like Billie Eilish and Lil Nas X are tapping into the online trends to connect with their fans.

Music exploration largely affects millennial music taste by exposing them to other music styles in the process of finding a new music. Sharing music has always been popular among the younger generation within their "circles" which also enhances social networks.

The kind of artists and songs that Gen Z are interested in is shifting accordingly. Following are the noticeable changes in the taste of the next generation of music fans:

1. The end of the Genre

60% of young consumers say they don't listen to one genre.78%. Of 13-17year olds agree that their music taste doesn't fall into just one category, whereas young consumers of previous generations might have felt most passionate about the single genre. Today's playlists are arranged with multiple genres and Gen Z is happy to live in the post-genre world.

2. Niche Pop:

Less than five years ago, pop dominated the charts, but now, dark and slow tracks that defy genre (like Billie Eilish's hits) have taken the place of "Call Me Maybe"-style singles. As traditional pop music has lost its popularity among young listeners, pop artists are gaining small, devoted followings, and becoming niche favorites. These young artists connect to their avid following via

social media, while their traditional pop hits can't seem to climb the charts. In this environment, increasingly rather than aiming for headliner status, new artists are being groomed to be smaller-scale hits.

Now that streaming has become more popular and grassroots Vine memes have started breaking actual hits, it's an increasingly common strategy. A label provides studio time and marketing budgets to an artist who has already found some success independently, taking care not to disturb the existing (and profitable) direct relationship the artist has with their fans.

3. They listen to music from all over the world:

When it comes to their music choices, Gen Z listeners do not only listen to music from their home countries. They believe that music allows people to connect with one another and with different cultures. They listen to more international music than any other demographic. Based on data collected over two months, Spotify India has revealed that the country's Gen Z population (users aged 18-24) is slowly moving away from Bollywood songs and are listening to artistes from the west as well as K-Pop bands. It seems Gen Z also prefer modern ambient bands and collaborative dance numbers. Artistes who sing covers of popular songs are also a huge hit among this particular crowd.

For e.g.: K-Pop quickly became one of the 10 most-streamed genres worldwide, forging international bonds among listeners.

4. They listen to music through online communities:

An interesting characteristic of Gen Z listeners is that they usually discover their music through word of mouth, social media, or algorithm recommendations. For instance, when you look at comments under certain videos, you will notice comments such as "came here from X". This X can be a social media channel, a TV show, or an influencer. This social media driven form of discovery is very common for Gen Z listeners. They prefer this form of music rather than having music being pushed out to them rather than a single source. Additionally, Gen Z listeners also regularly use their friend's recommendations or streaming platforms' algorithm recommendations to discover their music.

5. Gen Z listeners prefer playlists over albums:

An inevitable result of streaming is the rise of playlists over albums, Gen Z is not immune to it .Their listening habits are curated by various playlists featuring different moods and experiences, such as "chill" "gym", "sleep", "study", "moody", etc. Most of the time listeners will play two or three songs from the playlists, rather than the full release.

Music Bands (rock and pop):

A rock band or pop band is a small musical ensemble that performs rock music, pop music, or a related genre. A four-piece band is the most common configuration in rock and pop music. In the early years, the configuration was typically two guitarists (a lead guitarist and a rhythm guitarist, with one of them singing lead vocals), a bassist, and a drummer (e.g. the Beatles, KISS, and Metallica). Another common formation is a vocalist who does not play an instrument, electric guitarist, bass guitarist, and a drummer (e.g. the Who, the Monkees, Led Zeppelin, Queen, and U2). Music bands have always been very popular among listeners. There have been many great

bands who have enthralled audiences for a long time. Bands like The Beatles and Rolling Stones are very popular among listeners even today. Music bands are very abundant nowadays. When bands like Coldplay and U2 started slowing down, new bands like Maroon 5 and One Republic stepped up their game. There has never been any shortage of popular bands. Nowadays, Fun, One Direction and The Wanted are really popular among the masses. I decided to compile a list of the most popular bands in 2013. The bands in the list are arranged according to the fan base, the type of audiences, the music etc.

Psychological impact:

Music streaming service Spotify in their annual trends report "culture next" said that Indians use sound as a therapeutic medium, 76% of respondent millennial and Gen Z's revealed that they use audio to cope with stress and anxiety. Mellow sound tracks had helped youngsters maintain their mental balance and ignore unnecessary conflicts.

The Gen Z are in touch with their feelings and they understand the importance of expressing and addressing them. Every young generation has claimed some measure of melancholy. There is a large increase in the amount of 'sadness' and 'loneliness' themed songs and playlists being listened to by millennial across various platforms. Through music, and through sad songs 49% of members in the study find camaraderie in sharing their feelings of sadness and loneliness.

Gen Z craves discovery, finding new things, ideas, music, podcasts, hobbies, and experiences make them feel good. They believe that anyone, anywhere has the power to break through the social media clutter and become an influencer. The more relatable a person, the more trust and influence he or she brings about- driving discovery and therefore happiness. Discovery boosts happiness so artists give them something new and authentic.

Gen Z may appear to be obsessed with their screens, but they value audio as an escape from visual stimulation overload. Audio isn't just a background noise, it plays a huge role in their everyday lives.

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GEN-Z AND SPORTS

PREETI PARAB,
TYBA

RATIONALE OF THE STUDY:

'Sports' is one of the important part of student's school and college life. But from the last few years this has changed because there is shift of attitude towards sports from school to college. This change took place in the era of the post millennial. Since there are less employment opportunities there is competition to come in merit and parents want their children to focus more on academics in college rather than giving them freedom to choose sports as a career option. Students are pushed to be active in sports in school days. Sports has significant benefits of physical health and mental health, and helps in concepts of self and emotional well-being. I am drawn to this topic as I have been playing sports since my 5^{th} grade and it helps me to cope with the stress, help me in developing relationships and boosting self-esteem.

OBJECTIVES:

1) The objective of this research paper is to understand why sports is given less importance than compared in school.

2) The student researcher wants to find that why there is lack of infrastructure in India for sports and effect of education system on students.

3) The student researcher wants to find why there is shift of attitude towards sports by the time an individual enters college.

METHODOLOGY:

1) This paper will be using mix methodology.
2) It uses both qualitative and quantitative methods.

DATA ANALYSIS:

Questionnaire was formed consisting of 15 questions with the help of google form. 300 and above responses have been collected with the age group of 13 to 24. Interviewed "Indian basketball Women team captain" and major basketball community of India labelled as "Overtime India".

1. The survey shows that there were 93.3% respondents from urban area and 6.7% respondents from rural area. It was noticed that the count of female was low comparatively to male. Respondents were asked whether they have played sports at school level out of which 85% opted yes, 7.1% opted for no and 7.4% for sometimes.
2. Respondents were asked by playing sports which of the following factors helped them,

These included:

- Emotional well-being: 13.3% Respondents.

- Physically (Weight, Height, etc.): 21.7% Respondents.
- Psychologically (manage anger, manage thoughts): 16.3% Respondents.
- Self Confidence, Self Esteem, etc.: 20.3% Respondents.
- All of the above factors were chosen by majority of the 83% Respondents.

3. The three major factors which have been holding respondents back to pursue sports as a career were as follows:

- Finances:32.3%
- Academic pressure: 43.3%
- Lack of Employment opportunities: 44.3%
  Followed by the factors including
- Family decisions: 28.3%
- Lack of Infrastructure: 32%
- Lack of Funds from Government: 24%
- Injuries: 19%
- Women taking sports as a career: 7.3%
- Gender roles:7%
- Men should play masculine sports:5%

4. Respondents were asked whether they would like to play sports at college level. 77% answers were yes and 5.3% as no. 17% opted for maybe.

5. Respondents were asked about the major injuries in the past which might have caused them from playing sports.
   Majority of them opt for no (72.3%) and (27.7%) opt as yes.

6. The respondents were asked if they currently represent region/country in any sports.

- 2.7% District Level
- 5% State Level
- 3% National Level
- 2% International Level

RESULTS:

Sports has been rarely considered as an option in our country to make a career.

Academic focus has been forced to maintain.

Lack of infrastructure and less employment opportunities has caused many participants to drop sports as a career.

CONCLUSION:

Initially at the school level most of the respondents were familiar with the participation into sports as it was a compulsory subject.

Parents were supportive at the school level compared to the college level due to the increased academic competition.
Our society considers the Women playing sports as manly and male playing sports of less stress were questioned on their masculinity.
Families showed concern about the career in sports due to the lack of funds and lack of infrastructure.
Concern of the employment opportunities was constant and lacked confidence of the placements with sports as a career.

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Progressive Education Society's

Modern College of Arts Science and Commerce,

Ganeshkhind, Pune 16

Department of Psychology

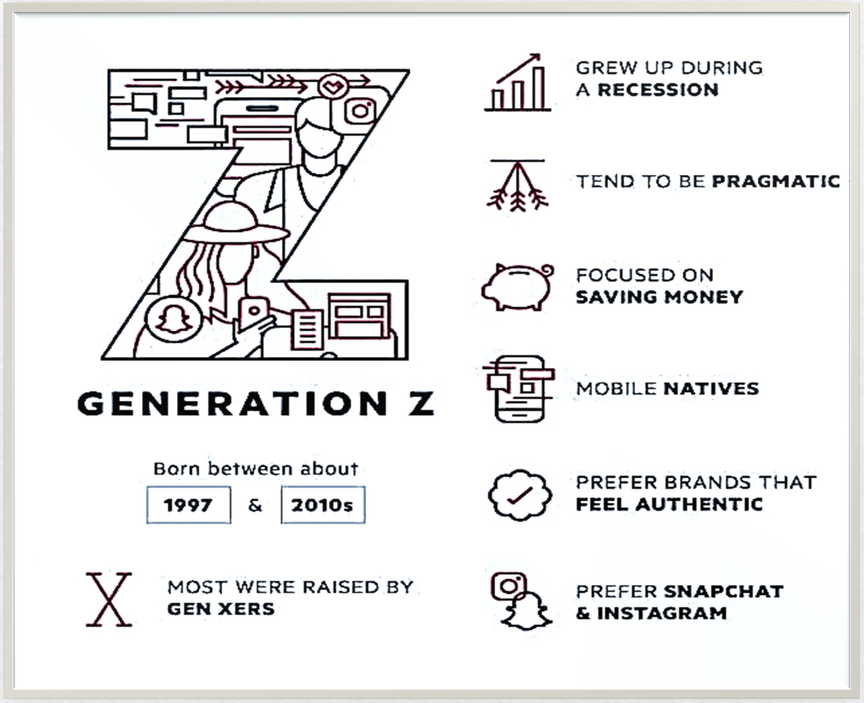
Undergraduate Student Conference

Theme: Post Millennial Gen Z: Inner and Outer Worlds

Date: Tuesday, July 6th 2021

Schedule:

Time		
2:30 pm	Inaugural Session	Dr. Sadhana Natu
2:45pm	Session 1	Gen Z's Outer Worlds- Movies, Music, Social Media
2:45pm	Session 2	Gen Z's Inner Worlds- Sleep, Sports, Friendship, Spirituality
4:30pm	Concluding Session	Principal Dr. Sanjay Kharat



Venue: Inaugural, Session 1 and Concluding session link - meet.google.com/ntz-shxq-jcn

Session 2 link - meet.google.com/voj-eyrm-hic

The topics are varied, interesting and insightful.
All participants will receive a certificate of participation.
Join us for the new taste of Knowledge.

Dr. Sadhana Natu
(Head Of the Department)

Dr. Sanjay Kharat
(Principal)