

Project Report on

“Generation gap a delusion or not”

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LETTER OF TRANSMITTAL

Date: May 16, 2024

Respected Ma'am,

I am delighted to present our report titled "Generation Gap: A Delusion or Not," which delves into the dynamics of intergenerational relationships and their perceived discrepancies.

Drawing from extensive research, including the analysis of over 120 responses and a recent presentation, our findings challenge the notion of a significant generation gap. Instead, we assert that differences in perspectives, values, and behaviors often stem from the diverse phases of life individuals navigate, rather than from inherent disparities between generations.

This report offers valuable insights into the complexities of intergenerational interactions, highlighting the importance of understanding and empathy in bridging perceived divides. Our conclusions emphasize the significance of recognizing individual experiences and life stages as key factors influencing societal perceptions of generational discrepancies.

We believe that by acknowledging the diverse journeys individuals undertake throughout life, we can foster greater harmony and collaboration across age cohorts. This understanding is crucial for promoting inclusivity, innovation, and progress in our increasingly interconnected world.

Thank you for the opportunity to contribute to this discourse, and we look forward to your feedback and insights.

Warm regards,

Priyanshi(102115099)

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CERTIFICATE

This is to certify that the project report on '**Generation gap a delusion or not?**' is a bonafide project work done originally by Priyanshi Aggarwal(102115099), Pratham Sharma(102115110) & Mahi Verma(102115115) in fulfillment of the project work given by the School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology during the year 2024.

Ms Rishita Goyal

Date: May 16, 2024

Place: Patiala

ACKNOWLEDGEMENT

Let's start by sharing our project titled "Generation Gap: Myth or Reality" as a journey filled with valuable lessons. Completing this project successfully wouldn't have been possible without the incredible support and guidance from our esteemed teachers at Thapar Institute of Engineering and Technology. Of course, our family and friends played a crucial role in supporting us throughout this journey as well.

We want to express our sincere gratitude to our professor, Ms. Rishita Goyal, whose presence was felt during every critical moment of this project. Her deep insights into the subject matter served as the driving force behind the qualitative and timely completion of our project. With her guidance, we gained valuable knowledge about the various aspects explored in this project. Ms. Goyal's direction in encouraging us to consider the unique concept of generational differences prompted us to question the existence of the generation gap itself. Additionally, we want to extend a special thank you to all the individuals who took the time to fill out our Google form. Their responses played a crucial role in our analysis.

EXECUTIVE SUMMARY

The report titled "Generation Gap: A Delusion or Not" endeavors to explore the complexities of intergenerational relationships with the primary aim of creating a bridge and fostering connectivity between two generations. Drawing from a diverse array of sources, including analysis of over 120 responses and a recent presentation, the findings suggest that differences in perspectives, values, and behaviors among different age cohorts are often attributed more to the varying phases of life individuals traverse rather than inherent disparities between generations.

Key insights reveal that understanding and empathy play pivotal roles in bridging perceived divides between generations. The report emphasizes the importance of recognizing individual experiences and life stages as primary influencers of societal perceptions regarding generational discrepancies. Our investigation goes beyond mere observation; we strive to understand whether the disparities observed between generations stem primarily from age-related differences or if other life experiences play a significant role. Through rigorous analysis and thoughtful reflection, we aim to pinpoint the root causes of these discrepancies, laying the groundwork for effective interventions and solutions.

The significance of this study extends far beyond mere academic curiosity. It holds profound implications for fostering greater cohesion, empathy, and collaboration across generations. By unraveling the complexities of intergenerational dynamics, we aim to pave the way for a more inclusive society where individuals of all ages feel valued and empowered to contribute meaningfully.

Building upon our findings, we propose actionable strategies to bridge the perceived divide between generations. These strategies range from fostering intergenerational dialogue and understanding to implementing policies that promote inclusivity and equal opportunity for all age groups. By embracing diversity and harnessing the unique strengths of each generation, we envision a future where mutual respect and cooperation transcend generational boundaries.

By acknowledging the diverse journeys individuals undertake throughout life, the report advocates for fostering greater harmony and collaboration across age cohorts. This understanding is deemed critical for promoting inclusivity, innovation, and progress in an increasingly interconnected world.

The findings presented in this report offer valuable insights into the complexities of intergenerational interactions, providing a foundation for fostering dialogue, understanding, and cooperation among individuals of different age groups.

INTRODUCTION

The generation gap refers to the differences in opinions, values, attitudes, and behaviors between people of different age groups. This gap often leads to misunderstandings and conflicts. Key factors include:

- **Technology:** Younger people are more familiar with digital devices and social media, while older generations may prefer traditional communication.
- **Culture:** Shifting social norms and values can cause disagreements between age groups.
- **Historical Context:** Different life experiences, such as living through wars or economic changes, shape distinct perspectives.
- **Workplace Attitudes:** Varied expectations about work-life balance and career progression can lead to conflicts.
- **Communication Styles:** Preferences for different forms of communication, like texting versus face-to-face interaction, can create misunderstandings.

But is it All Doom and Gloom?

The good news is that the generation gap isn't an unbridgeable canyon. Here's why:

- **Shared Humanity:** Fundamental human needs for love and connection are constant across generations.
- **Mutual Learning:** Parents can learn about technology from their children, while youngsters can gain life lessons from older generations.
- **Adaptability:** With effort, active listening, and empathy, we can bridge the communication gap.

The Road Ahead:

The generation gap is likely to persist, but it doesn't have to define our relationships. Through the survey conducted , we want to find whether the “Gap” that we talk about really exists or is it just a phase of life we are living that influences our attitude towards it. While conducting this study we kept the following variables in mind:

Independent variable: Phases of ageing

- Age influences life experiences, perspectives and priorities.
 - Age is associated with developmental changes in cognitive , emotional and social domains.
- Understanding these factors provides insights into human development and ageing processes.

Dependent variable: Attitude towards life

- Reflects individuals' overall satisfaction with life. Indicates resilience and ability to bounce back from challenges.
- Provides insights into individuals' openness to change and adaptability.
- Can be used to assess well-being, mental health and quality of life.

LITERATURE REVIEW

Choong Yong Heng, Rashad Yazdanifard (2013)[1]

The paper highlights key findings from various sources regarding the impact of generational differences on workplace dynamics. It references a survey by the Society for Human Resource Management, which identified that 40% of conflicts in organizations stem from generational disparities. Specifically, in larger organizations, 58% of human resources professionals reported conflicts between younger and older workers, primarily due to differences in work ethic and work-life balance perspectives. This creates an "us vs. them" mentality between generations, leading to further conflicts and hindering efficiency. Additionally, employees tend to feel more comfortable reporting to older managers. However, the paper also acknowledges the positive aspects of generational diversity, noting that each generation brings a unique perspective to the workplace. For instance, Generation Y challenges older generations to think differently, while older generations mentor and provide guidance to younger ones. Overall, these findings underscore the importance of understanding and managing generational differences in the workplace to foster collaboration and productivity.

Rod Harradine , Jill Ross (2007)[5]

The study's findings shed light on a significant aspect of the generation gap, particularly in the realm of consumer behavior and brand awareness. It reveals a notable disparity between parents' perceptions and the actual level of brand awareness demonstrated by their children, underscoring the evolving dynamics between different generations. While parents may hold traditional beliefs about the timing and sources of brand influence on their children, the study suggests that younger generations are becoming increasingly brand-aware at an earlier age, challenging conventional notions of parental influence. This discrepancy highlights a generational shift in attitudes towards branding and consumerism, with younger individuals exhibiting greater autonomy and agency in their purchasing decisions. As children navigate the increasingly complex landscape of branding and marketing, the study suggests a growing sophistication among younger generations, further widening the gap between parental expectations and the reality of their children's consumer behavior. Ultimately, these findings emphasize the need for intergenerational understanding and communication to bridge the divide between different perspectives on brand influence and consumer choices.

Clark, L.S.(2009)[2]

The main findings of this topic highlight disparities in Internet usage among young people from lower income families compared to their peers from higher income families, echoing similar findings from studies conducted in the UK. Young individuals from lower income families are found to make comparatively little use of the Internet, often due to factors such as sharing computers and cell phones, outdated devices or slow Internet connections, and limited access to knowledgeable mentors who can guide them in utilizing digital technologies effectively. Additionally, all parents in the study aimed to adopt an authoritative parenting style, yet the interpretation of this style differed between parents and their teenage children. Teenagers' interpretations of their parents' authoritative style influenced their own strategies in response, particularly in the context of digital media use. Parents, particularly those from lower income families, faced challenges in maintaining authority over digital media use, given that their teenagers often possessed greater knowledge and expertise in this domain. This highlights a significant generational gap in the understanding and use of digital technologies within families, with implications for parental authority and communication between parents and their teenage children.

Park, S. (2018)[3]

The findings of this paper underscore the presence of significant generational differences in South Korea, particularly in the realms of marketing, politics, and sociology. Studies conducted by Park and Kim (2001) and Huh and Kim (2003) have identified distinct consumer behaviors among different generations in Korea, indicating varied preferences and attitudes towards consumption. Similarly, research by Han (2014) and Park and Yang (2011) has highlighted differences in motivation levels and job attitudes across generations in the workplace. Despite the recognition of the importance of understanding generational issues in the Korean workplace, as argued by Cho (1996), there remains a lack of comprehensive studies focusing on generations within organizations and their implications for the workplace. These findings suggest a need for further research and attention to generational dynamics in Korean society, with potential implications for organizational management, intergenerational collaboration, and workplace culture. Overall, they underscore the relevance of the generation gap in shaping various aspects of Korean society and emphasize the importance of understanding and addressing generational differences in organizational contexts.

SCOPE AND SIGNIFICANCE OF STUDY

Even if the generation gap fades over time, studying it helps us understand the complexities of relationships between different age groups.

Understanding the generation gap, even if temporary, offers significant benefits:

- * **Improved Communication:** By recognizing the communication challenges each generation faces , we can bridge the gap by actively listening, explaining concepts, and showing empathy.
- * **Stronger Relationships:** When we appreciate the values and experiences of different age groups, we can build more meaningful connections with parents, children, colleagues, and friends across generations.
- * **Innovation and Progress:** By fostering collaboration and mutual learning, we can leverage the strengths of each generation to drive innovation and progress in various fields.

OBJECTIVES OF THE STUDY

- Exploring the existence of the generation gap through contemporary lenses.
- To quote the main differences among generations according to their experiences.

RESEARCH METHODOLOGY

Research Design and Approach

The research design adopted a quantitative survey questionnaire approach.

Sampling Process and Data Collection Instrument

The research group consisted of individuals aged fifteen to above forty-five years, representing various age groups. The sample distribution was as follows: 56 participants from Generation Z (15-28 years old), 13 millennials (29-45 years old), and 51 Generation X (above 45 years old). Sample distribution is shown in Fig 1.

Participants completed a questionnaire focusing on the generation gap, comprising 22 questions. They were given options to choose from: YES, NO, or MAYBE.

The questions were based on Life Satisfaction and Contentment, Growth Mindset and Attitude, Openness to Experience, Interpersonal Relationships, Emotional Resilience and Coping Strategies, Intellectual Engagement, Sense of Belonging and Community and values and beliefs etc.

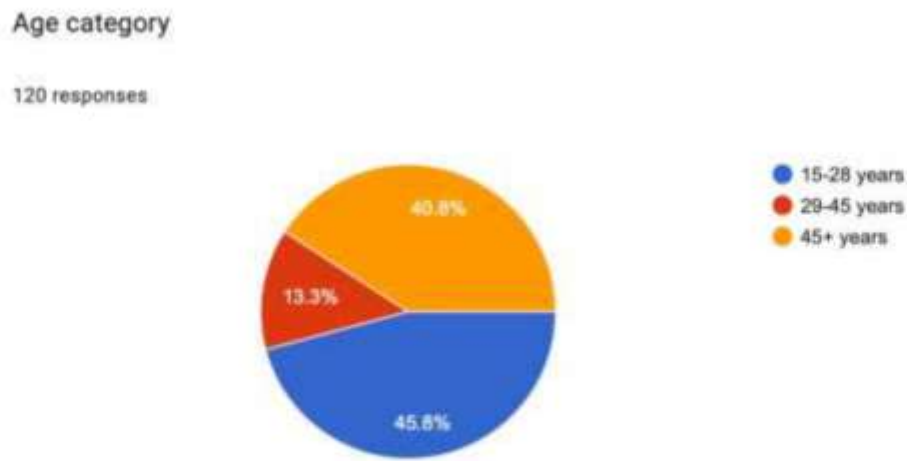


Fig. 1 Sampling Distribution according to age

DATA SOURCES

- **Primary Data**

A questionnaire was filled out by the people. The data collected and the interpretations of the same are presented ahead in this report.

- **Secondary Data**

Research papers, journals, and magazines were studied. Information from Podcasts was also taken into consideration.

- **Data Collection Method**

The primary data collection method used in this research is the questionnaire method. Here the data are systematically recorded from the respondents.

The secondary data used here is from published research papers, journals and podcasts.

RESEARCH TOOL

A comprehensive survey has been crafted to gather pertinent insights from participants. It comprises an array of inquiries aimed at eliciting thoughtful responses from respondents.

SAMPLING

For this Mini Research Project, we carefully selected our sample groups to gather insights from different generations. To understand Generation Z perspectives, we reached out to students at Thapar University. Their experiences in a contemporary academic setting were expected to offer valuable insights into current trends and preferences. For insights into the Millennial generation, we consulted our older cousins, who belong to this demographic cohort. We believed their firsthand experiences would provide authentic and relatable insights into Millennial attitudes and behaviors. To explore Generation X preferences, we turned to our family members and their friends, particularly those with technical backgrounds. Given their expertise and familiarity with technological advancements over the years, we anticipated detailed and specific insights into Gen X repair preferences.

Sample Size- With a sample size of 120 participants, our study aimed to capture a diverse range of perspectives while ensuring manageable data collection and analysis for this Mini Research Project.

DATA ANALYSIS AND INTERPRETATION

1. *“I believe that opportunities for personal growth and development are abundant.”*

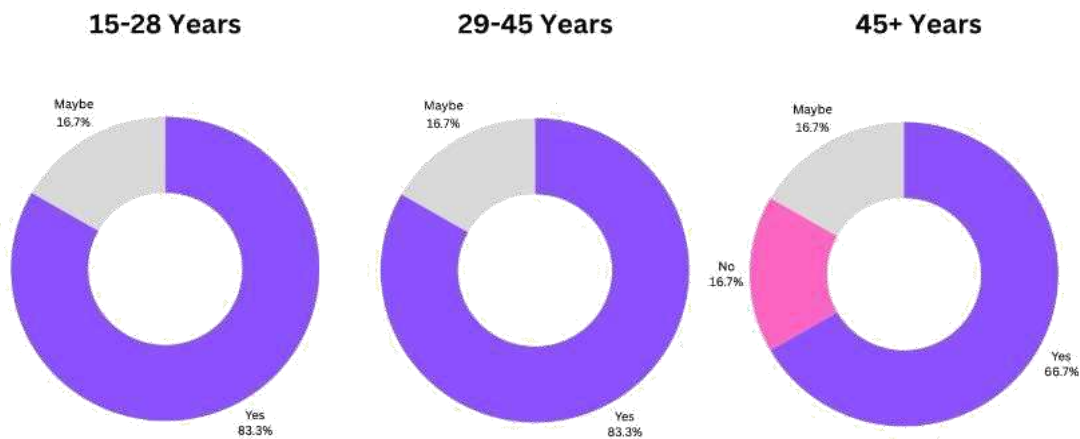


Fig. 1 Opportunities felt by each generation

Interpretation

- 15-28 years old: Among this age group, 83.3% of the respondents believe opportunities for personal growth are abundant, while 16.7% are unsure. None of the respondents said no.
- 29-45 years old: Similar to the younger age group, 83.3% of the respondents in this age group said yes. There are also 16.7% who are unsure, and another 16.7% who said no.
- 45+ years old: The distribution of responses is more balanced in this age group. 66.7% said yes, 16.7% are unsure, and 16.7% said no.

2. *“I generally approach challenges with a positive attitude.”*

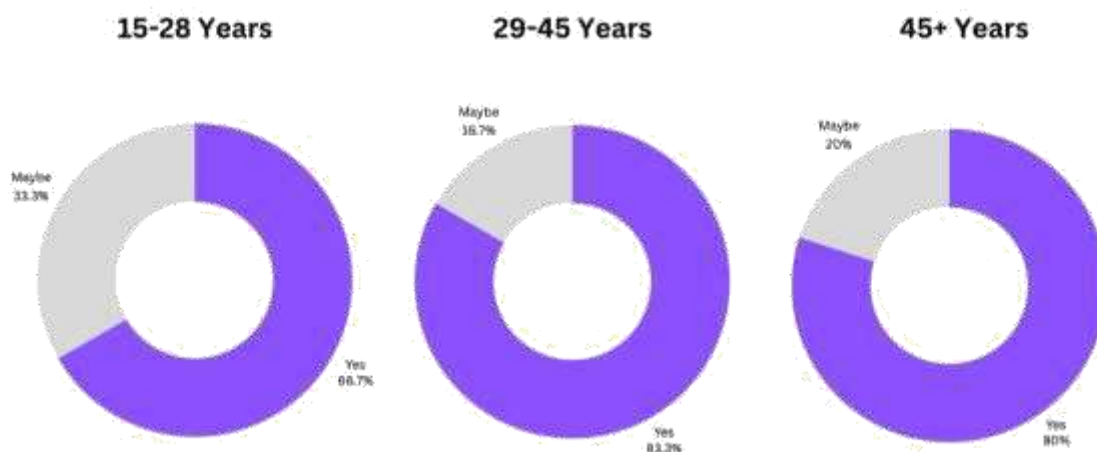


Fig. 2 Attitude of different generations while approaching challenges

- 15-28 years old: The most common response (66.7%) from this age group is that they tend to approach challenges with a positive attitude. Only 16.7% said maybe and another 16.7% said no.
- 29-45 years old: The majority (83.3%) in this age group said they tend to approach challenges with a positive attitude. There are fewer unsure (20%) and negative (16.7%) responses compared to the younger age group.
- 45+ years old: Similar to the 29-45 age group, a big majority (80%) said they tend to approach challenges with a positive attitude. There are slightly more unsure (20%) responses in this age group compared to the 29-45 age group. There are very few (0%) negative responses.

3. *“I value healthy maintaining a healthy work-life balance.”*

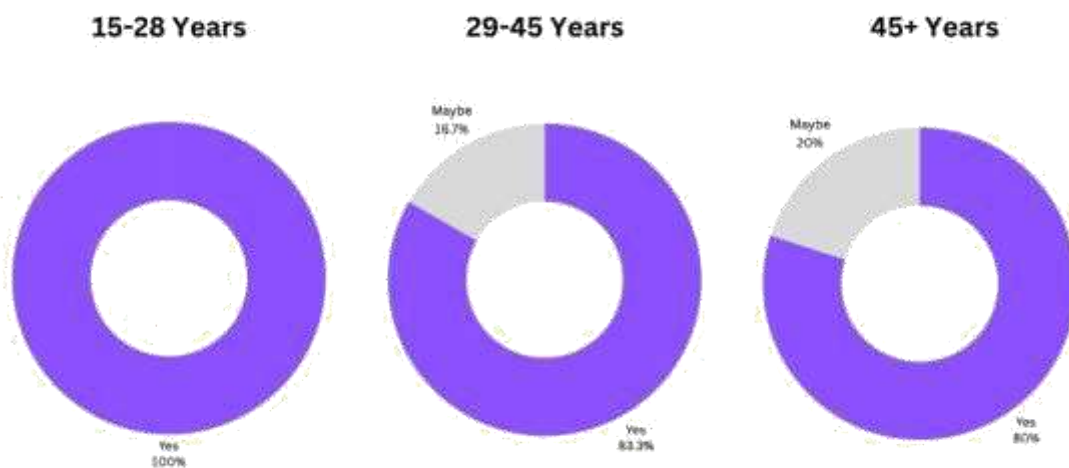


Fig. 3 Importance of Work life balance

Interpretation

- 15-28 years old: All respondents (100%) in this age group said yes to maintaining a healthy work-life balance. There were no unsure or negative responses.
- 29-45 years old: The majority (83.3%) of respondents in this age group said yes to maintaining a healthy work-life balance. There were some unsure (16.7%) responses, but no negative responses.
- 45+ years old: A similar majority (80%) of respondents in this age group said yes to maintaining a healthy work-life balance. There were also some unsure (20%) responses, but again, no negative responses.

4. *“I am confident in my ability to handle the responsibilities and challenges of my current phase of life.”*

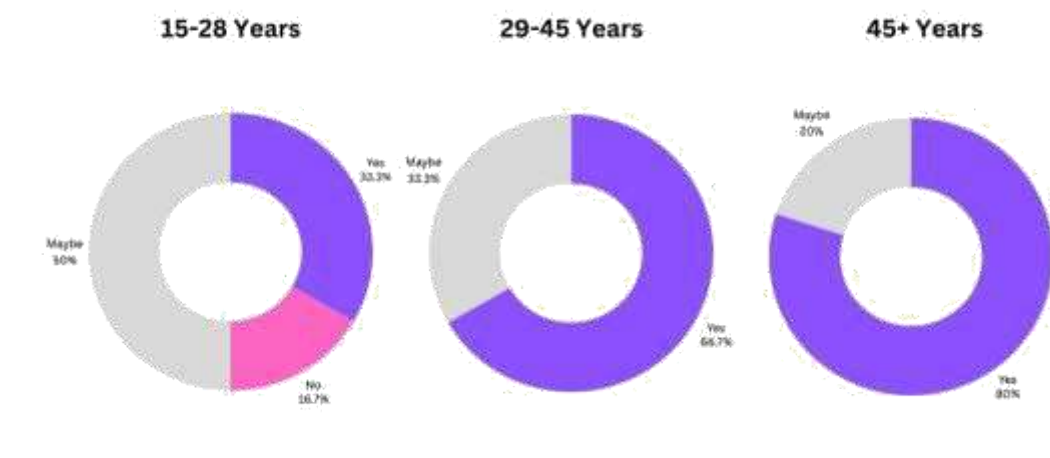


Fig. 4 Confidence in handling responsibilities

Interpretation

- 15-28 years old: The most common response (66.7%) from this age group is that they feel confident in handling challenges. There are also some unsure (33.3%) responses.
- 29-45 years old: Similar to the younger age group, the most common response (66.7%) in this age group is that they feel confident. There are also respondents who are unsure (33.3%) and a small percentage (0%) who said no.
- 45+ years old: A very large majority (80%) in this age group said they feel confident in handling challenges. There are very few unsure (20%) responses and no negative responses.

5. *“I enjoy engaging in intellectual discussions and debates.”*

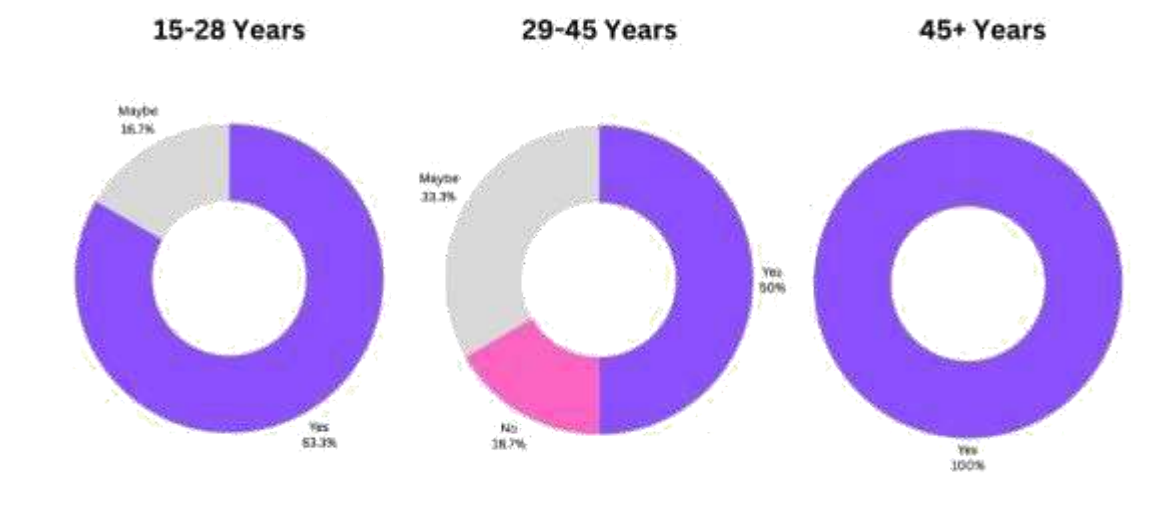


Fig.5 Fondness for intellectual discussion

Interpretation

- 15-28 years old: Only 16.7% of people in this age group said they definitely enjoy engaging in intellectual discussions and debates. The remaining 83.3% said maybe.
- 29-45 years old: A third (33.3%) of people in this age group said they definitely enjoy these discussions, with another third (33.3%) unsure. The remaining third (33.3%) said maybe.
- 45+ years old: The majority (50%) of people in this age group said they definitely enjoy engaging in intellectual discussions and debates. The remaining half (50%) is split between those who are unsure (16.7%) and those who said maybe (33.3%).

6. *“I feel a sense of belonging in my community.”*

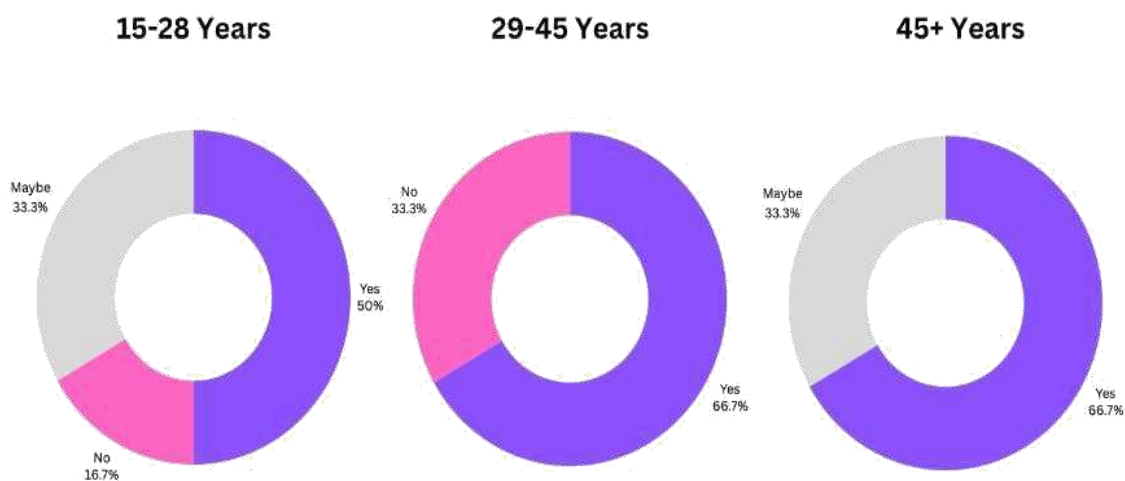


Fig. 6 Belongingness to community

Interpretation

- 15-28 years old: This age group has the lowest percentage of people who feel a strong sense of belonging (33.3%). An equal percentage (33.3%) said maybe, and the remaining third (33.3%) said no.
- 29-45 years old: Similar to the younger age group, a third (33.3%) of people in this age group feel a strong sense of belonging. There are more people who are unsure (33.3%) in this age group compared to the younger age group. The remaining third (33.3%) said no.

- 45+ years old: Over half (66.7%) of people in this age group said they feel a strong sense of belonging to their community. The remaining third (33.3%) is split between those who are unsure (16.7%) and those who said no (16.7%).

7. *“I feel comfortable reaching out for help when needed.”*

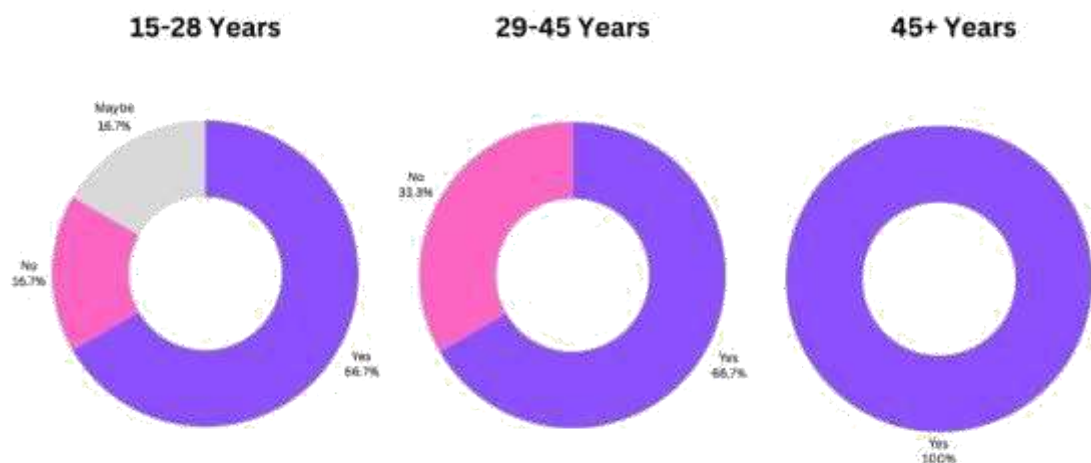


Fig. 8 Willingness to ask for help

Interpretation

- 15-28 years old: An equal percentage (33.3%) of people in this age group said yes, maybe, or no to feeling comfortable reaching out for help when needed.
- 29-45 years old: Similar to the younger age group, a third (33.3%) of people in this age group said no to feeling comfortable reaching out for help. A slightly larger percentage (66.7%) said yes.
- 45+ years old: Over half (66.7%) of people in this age group said they feel comfortable reaching out for help when needed. The remaining third (33.3%) is split between those who are unsure (16.7%) and those who said no (16.7%).

8. *“I am interested in learning about new technologies and innovations.”*

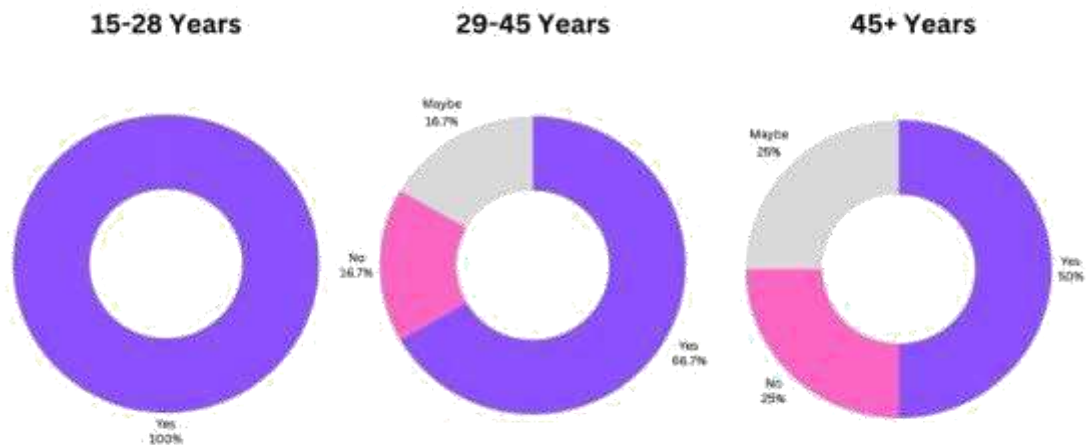


Fig. 9 Interest in new technologies

Interpretation

- 15-28 years old: All respondents (100%) in this age group said they are interested in learning about new technologies and innovations.
- 29-45 years old: A very large majority (83.3%) of respondents in this age group said they are interested. There are some unsure (16.7%) responses.
- 45+ years old: A majority (66.7%) of respondents in this age group said they are interested. There are more unsure (25%) responses in this age group compared to the younger age groups, with a small percentage (8.3%) saying they are not interested.

9. *“I feel content with the life I have lived so far.”*

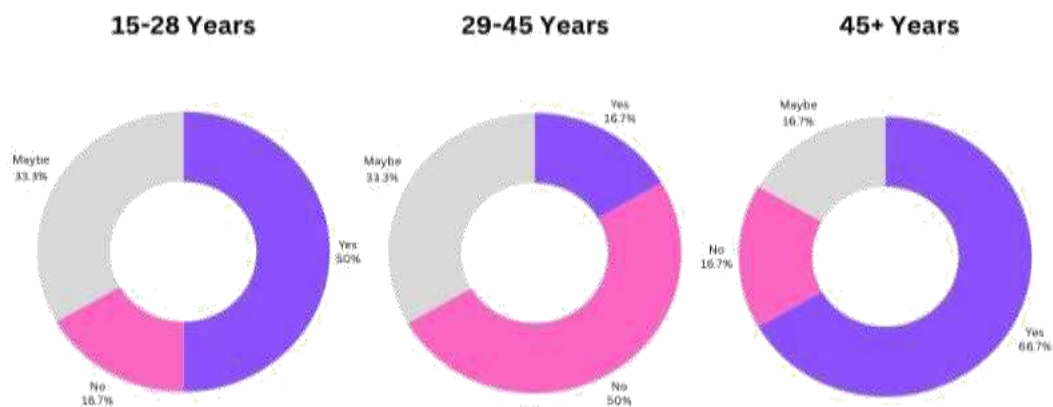


Fig. 10 Satisfaction with life lived so far

Interpretation:

- 15-28 years old: Only 16.7% of people in this age group said they are very satisfied with their life. A larger percentage (50%) said somewhat satisfied, and 33.3% said either not very satisfied or not satisfied at all.
- 29-45 years old: A slightly larger percentage (33.3%) of people in this age group said they are very satisfied with their life compared to the younger age group. There's a similar percentage (50%) who said they were somewhat satisfied. The remaining 16.7% said either not very satisfied or not satisfied at all.
- 45+ years old: Over half (66.7%) of people in this age group said they are very satisfied with their life. The remaining third (33.3%) is split between those who are somewhat satisfied (16.7%) and those who are not very satisfied or not satisfied at all (16.7%).

10. *"I prioritize nurturing relationships and connections with others."*

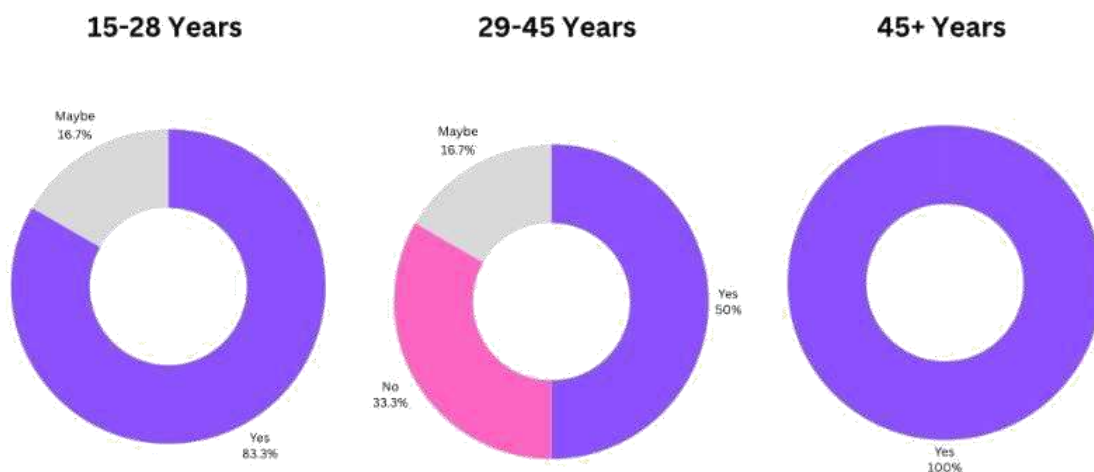


Fig. 11 Willingness to prioritize relationships

Interpretation

- 15-28 years old: The most common response (66.7%) from this age group is that they prioritize nurturing relationships. There are also some who are unsure (16.7%) and a small percentage (16.7%) who said no.
- 29-45 years old: Similar to the younger age group, the majority (83.3%) said they prioritize nurturing relationships. There are very few who are unsure (16.7%) and none who said no.
- 45+ years old: All respondents (100%) in this age group said they prioritize nurturing relationships.

11. “I believe in the importance of staying active and engaged in life, regardless of age.”

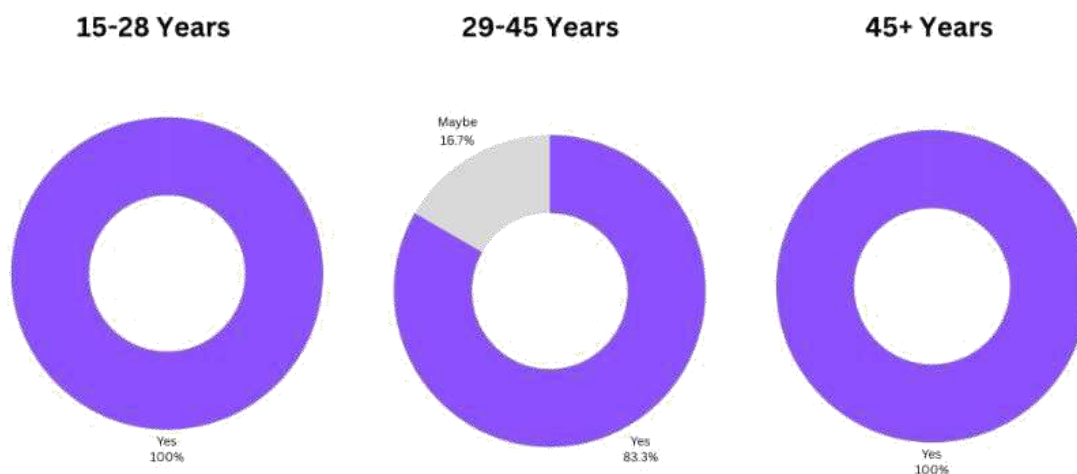
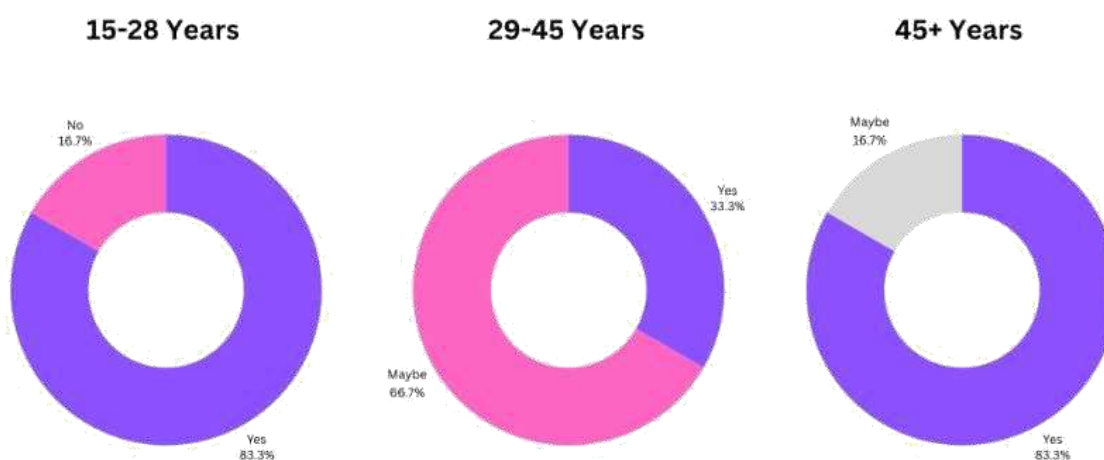


Fig. 12 Importance of fitness for different age groups

Interpretation

- 15-28 years old: All respondents (100%) in this age group said staying active and engaged in life is important.
- 29-45 years old: Similar to the younger age group, all respondents (100%) said staying active and engaged in life is important.
- 45+ years old: All respondents (100%) in this age group said staying active and engaged in life is important.

12. “I am open to challenging my beliefs and viewpoints.”



Openness to challenge one's viewpoints

Fig. 13

Interpretation

- 15-28 years old: The most common response (66.7%) from this age group is that they are open to having their beliefs challenged. There are also some who are unsure (16.7%) and a small percentage (16.7%) who said no.
- 29-45 years old: Similar to the younger age group, the majority (83.3%) said they are open to having their beliefs challenged. There are fewer who are unsure (16.7%) and none who said no.
- 45+ years old: A slightly smaller majority (66.7%) of people in this age group said they are open to having their beliefs challenged. There are more who are unsure (20%) in this age group compared to the younger age groups, with a small percentage (16.7%) saying they are not open to having their beliefs challenged.

KEY FINDINGS

- **Openness to Challenging Beliefs and Viewpoints:** A significant percentage of respondents indicated a willingness to challenge their beliefs and viewpoints. This suggests a dynamic and evolving mindset among participants, which can foster personal growth and intellectual exploration.
- **Prioritization of Relationships and Connections:** A strong consensus emerged around the prioritization of nurturing relationships and connections with others. This underscores the significance of social connections in contributing to overall well-being and happiness, indicating a collective recognition of the value of interpersonal bonds in enriching life experiences.
- **Excitement for New Experiences and Opportunities:** A notable proportion of respondents expressed excitement about exploring new experiences and opportunities in life. This suggests a spirit of curiosity and adventure among participants, indicating a readiness to embrace change and seek out novel challenges to enrich their lives.
- **Contentment with Life's Journey:** A significant number of respondents reported feeling content with the life they have lived so far. This sentiment reflects a sense of satisfaction and fulfillment with past experiences and achievements, suggesting a positive outlook on life and a general acceptance of one's personal journey.
- **Age-Inclusivity in Priorities:** Across age groups, there was a consistent emphasis on the importance of staying active, nurturing relationships, and seeking out new experiences. This highlights a universal perspective that transcends age boundaries, indicating a shared understanding of what contributes to a fulfilling and meaningful life regardless of chronological age.

CONCLUSION

Our survey findings suggest that what is often perceived as a "generation gap" is more accurately understood as a natural progression of life. We observed that life unfolds in various phases, each presenting its own set of challenges, experiences, and perspectives. As individuals transition through these phases, they undergo personal growth and development, leading to evolving priorities and outlooks.

These shifts in priorities and perspectives may create the impression of differences between generations. However, rather than viewing these differences as sources of conflict or division, it is more constructive to recognize them as natural manifestations of life's journey. By embracing this perspective, we can foster greater understanding, empathy, and cohesion across generations.

In essence, our conclusion underscores the idea that there is no inherent "gap" between generations. Instead, it emphasizes the continuous evolution of life and the shared experiences that unite us all. This understanding can promote harmony and unity within society, fostering a sense of interconnectedness and mutual respect among individuals of all ages.

LIMITATIONS OF THE STUDY

In spite of the precautions, vigilance and scrupulousness taken by the investigator to make the study objective, it cannot be denied that there are certain limitations.

- **Sampling Bias:** We were unable to obtain a sufficient number of responses from the 29-45 age group. This may limit the generalizability of our findings to this population segment.
- **Limitation of duration:** As the study was done within a limited time, the investigator could not select a sufficiently large sample for the study.
- **Vastness of topic and limited research :** We tried to cover all the important questions in our survey, but the topic was so vast that we couldn't read all the research papers. Also, many of the papers we found weren't really about the generation gap like we needed. So, we realized that not much research has been done on this side of the generation gap topic.

APPENDIX

SURVEY FORM AND QUESTIONNAIRE:

“Generation gap a delusion or not”

Greetings!!

It would be a pleasure if you can just spare not more than 3 minutes to fill out the following survey related to whether the Generation Gap is a myth or not. We want to analyze whether there really exists a gap or is it just a phase of life we are living in.

NOTE: Your participation in this survey is completely voluntary. Your responses will be kept confidential and the data from this research will be reported ONLY in the aggregate.

Age

- 15-28
- 29-45
- 45+

“I feel content with the life I have lived so far.”

- Yes
- No
- Maybe

"I believe that opportunities for personal growth and development are abundant."

- Yes
- No
- Maybe

"I generally approach challenges with a positive attitude."

- Yes
- No
- Maybe

"I am excited about exploring new experiences and opportunities in life."

- Yes
- No
- Maybe

"I feel satisfied with my achievements and progress in life so far."

- Yes
- No
- Maybe

"I value maintaining a healthy work-life balance."

- Yes
- No
- Maybe

"I am confident in my ability to handle the responsibilities and challenges of my current phase of life."

- Yes
- No
- Maybe

"I prioritize nurturing relationships and connections with others."

- Yes
- No
- Maybe

"I embrace change and adapt to new circumstances with grace."

- Yes
- No
- Maybe

"I find joy in simple pleasures and experiences, appreciating life's beauty and richness."

- Yes
- No
- Maybe

"I am interested in learning and exploring new ideas, regardless of my age."

- Yes
- No
- Maybe

"I believe in the importance of staying active and engaged in life, regardless of age."

- Yes
- No
- Maybe

"I feel grateful for the experiences and memories I have accumulated over the years."

- Yes
- No
- Maybe

"I enjoy engaging in intellectual discussions and debates."

- Yes
- No
- Maybe

"I remain curious and interested in the world around me."

- Yes
- No
- Maybe

"I value the wisdom and insights that come with life experience."

- Yes
- No
- Maybe

“I feel a sense of belonging in my community.”

- Yes
- No
- Maybe

“I feel comfortable reaching out for help when needed.”

- Yes
- No
- Maybe

“I find healthy ways to cope with challenges.”

- Yes
- No
- Maybe

“I am open to challenging my beliefs and viewpoints.”

- Yes
- No
- Maybe

“I am interested in learning about new technologies and innovations”

- Yes
- No
- Maybe

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