

# The Gen-Z Challenge

## FOMO

### PROBLEM



TIME SPENT  
ON SOCIAL MEDIA

### IMPACT



- INCREASED ANXIETY & STRESS
- DECREASED PRODUCTIVITY
- IMPAIRED FOCUS

### CHALLENGE



CONTROL TIME SPENT  
ON SOCIAL MEDIA

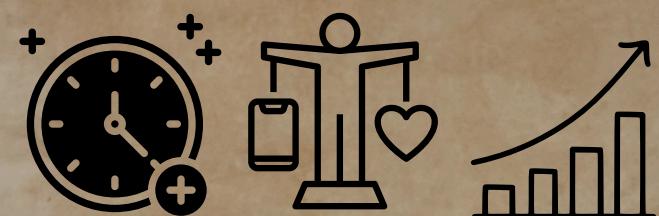
### SOLUTION



- IMPLEMENT TIME MANAGEMENT
- PRIORITISING OFFLINE ACTIVITIES
- LIMITING SOCIAL MEDIA USAGE TIME



### RESULTS



- REDUCED SOCIAL MEDIA TIME
- INCREASED FOCUS
- ONLINE-OFFLINE BALANCE



# Tantangan Generasi Gen-Z

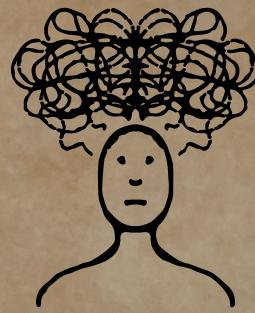
## Krisis Identitas

### PROBLEM



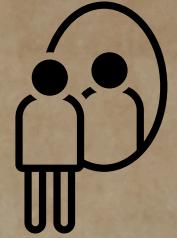
TIDAK MEMPUNYAI  
JATI DIRI

### IMPACT



KEBINGUNGAN & STRES

### CHALLENGE



MENEMUKAN JATI DIRI

### SOLUTION



- EKSPLORASI DIRI SENDIRI
- KONSELING DENGAN KELUARGA

### RESULTS



- PENINGKATAN PEMAHAMAN DIRI
- PENINGKATAN KUALITAS HIDUP



By MICHAIL