

THE PHENOMENON OF OVERTHINKING AMONG GENERATION Z IN FACING FUTURE UNCERTAINTY: A SIMPLE REVIEW FROM A MENTAL HEALTH PERSPECTIVE

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Abstract

Keywords:

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Mental Health,
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Rapid technological developments and social change have made Generation Z a group living in a dynamic and uncertain world. This situation has led to the emergence of various mental health issues, one of which is the phenomenon of overthinking or excessive thinking about a problem. This article aims to examine the phenomenon of overthinking in Generation Z in facing future uncertainty from a mental health perspective. The method used is a literature review by examining various national and international scientific articles published in the last five years. The results of the study indicate that overthinking in Generation Z is influenced by several factors, such as academic pressure, social demands, excessive use of social media, and anxiety about the future. These conditions result in increased stress, sleep disorders, anxiety, decreased productivity, and depression. Therefore, increased mental health literacy, social support, as well as emotional regulation and mindfulness skills are needed to help Generation Z face future uncertainty more adaptively.

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INTRODUCTION

Generation Z is a generation born and raised amidst the development of digital technology, globalization, and rapid social change. Easy access to information and high digital connectivity provide numerous opportunities for this generation to thrive. However, on the other hand, rapid change also presents various challenges and uncertainties regarding the future, such as competition in education, careers, economic conditions, and social relationships.

According to Safitri et al. (2026), the younger generation needs to possess adaptability and intelligence in dealing with dynamic environmental changes to build a sustainable lifestyle. A constantly changing environment demands that individuals be psychologically prepared and able to manage the various stresses that arise from life's

uncertainties. When individuals are unable to adapt to these changes, they are more likely to experience psychological stress, anxiety, and various mental health issues.

One phenomenon commonly found among Generation Z is overthinking. Overthinking is a condition where someone thinks about a problem excessively, repeatedly, and finds it difficult to stop the flow of negative thoughts. Individuals who experience overthinking often worry about things that haven't happened yet and predict various negative possibilities for the future. This condition is increasing with the high use of social media and the culture of social comparison among Generation Z.

Various studies have shown that mental health issues among Generation Z have increased in recent years. High academic demands, social pressures, and concerns about the future make this generation vulnerable to stress, anxiety, and even depression. Therefore, the phenomenon of overthinking requires further study, as it can significantly impact an individual's psychological well-being.

This article aims to provide a simple overview of the phenomenon of overthinking in Generation Z in facing future uncertainty from a mental health perspective so that it can be a useful reading source and increase public knowledge, especially the younger generation.

RESEARCH METHODS

This article uses a literature review method by examining various national and international journals published between 2021 and 2026. The literature was obtained through scientific databases such as Scopus, Google Scholar, and SINTA using the keywords "overthinking," "Generation Z," "mental health," "future anxiety," and "psychological well-being." The analysis was conducted by identifying the causes, impacts, and management efforts for overthinking in Generation Z.

RESULTS AND DISCUSSION

Overthinking is a pattern of excessive and repetitive thinking about a problem, causing individuals to have difficulty making decisions and tend to dwell on negative possibilities. This phenomenon is common among Generation Z, as they live amidst rapid social, economic, and technological changes.

The main factor contributing to overthinking is uncertainty about the future. Worries about jobs, the economy, and life achievements make many young people feel anxious. Furthermore, extensive social media use encourages a culture of comparing oneself to others, leading to feelings of being left behind and inadequate. Academic pressure is also a contributing factor. Many students feel burdened by the demands of achievement and family expectations. This situation causes individuals to constantly think about the possibility of failure and an uncertain future.

Persistent overthinking can impact mental health, leading to increased stress, anxiety, sleep disturbances, decreased concentration, and emotional exhaustion. Over the long term, this condition can develop into anxiety disorders and depression. Besides impacting psychological well-being, overthinking also impacts an individual's social relationships and productivity. People who overthink tend to have difficulty enjoying daily activities and withdraw from their social environment.

Efforts to reduce overthinking include improving mental health literacy, managing social media use, strengthening social support, and developing emotional regulation skills. Mindfulness, self-compassion, and stress management practices have also been

shown to help individuals control negative thoughts and face future uncertainty more adaptively.

CONCLUSION

The phenomenon of overthinking among Generation Z is one of the mental health challenges that arises from the uncertainties and pressures of modern life. Factors such as academic demands, social media, and anxiety about the future contribute to overthinking. This condition can have various negative impacts, ranging from stress to depression. Therefore, *it is necessary to increase awareness about mental health and strengthen coping strategies so that Generation Z can face the future more healthily and adaptively.*

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