Generation Z’s Perception & Vision of “HAPPINESS” - An Innovative Practice of Mental Health Wellbeing
Introduction

• Definition of “Happiness”
• Characteristics of Generation Z
• iGeneration (iGen)
• Discuss the findings
Purpose of the study

• To identify the meaning of happiness and its perception by Generation Z.
  – Explore the perceptions and visions of “happiness”
  – Identify the reasons/factors of being “happy” among Generalization Z
Method

- Qualitative, exploratory study
- Sample: N=204)
Inclusion criteria

• Enrolled into a psychiatric nursing/mental health course
• Age was 18 or greater
• Capable to process and upload image files into word files.
Data Analysis

• Nvivo 12®
Findings

• Demographic
• Themes
  – Relationships
  – Independence
  – Appreciation
  – Simplicity
  – Sense of security
Discussion & Conclusion

Keys

• Human connection and interaction
• Optimistic future
Nursing Implication

• Understanding Generation Z’s feelings and attitudes can help the educator create innovative teaching contents to improve students’ mental health wellbeing.
Gallery of Images of Happiness

• Will display during the presentation to protect the participant’s privacy
Acknowledgements

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