GENERATION Z CATHARSIS OF THE QUARTER LIFE CRISIS IN SOCIAL MEDIA

Feberi Jenty[1] , Ahmad Mulyana[2]

Mercu Buana University[1] , Mercu Buana University[2]
fjenty@gmail.com, ahmad.mulyana@mercubuana.ac.id

ABSTRACT

Currently, many hashtags are discussing #age25 on social media. Most people set their standard of achievement at 25 to own possessions. A survey from Linkedin in 2017 showed that 75% of the population aged 25-33 admitted to having experienced a Quarter Life Crisis. Many people vent their frustration on social media as a form of catharsis. Photos, articles, videos, or actions can be uploaded on social media. The crisis experienced at this age usually arises because of social media. It is a form of relational dialectics in interactive relationships that occurs during life crises. The methodology used is qualitative-based research with a netnographic approach, which combines the internet with ethnography and data obtained by literature study. The result of this research is that social media has changed its function; which initially became a communication medium to meet in cyberspace, build relationships and present uploaded photos and videos, but has now turned into a medium or forum that can channel the expressions or aspirations of Generation Z who experienced it during the quarter life crisis. The conclusion that can be drawn from this research is that Generation Z sharing quarter-life situations and doing catharsis on social media is a good thing to channel their emotions. However, the distribution of these emotions must be structured so as not to become spam for other social media users.

Keywords: *Communication Behavior, Social Media, Life Crisis, Relational Dialectics, Catharsis*

INTRODUCTION

Looking at the previous research done by Nurudin (2015) entitled Social Media as a Student Catharsis accessed from https://journal.umy.ac.id/index.php/jkm/article/view/686/1812 on October 24, 2022, at 11.49 WIB, it discusses social media as a student catharsis so that social media functions as a community channel. Social media is placed as an alternative tool when LAN channels are deadlocked. Students are free to channel what they feel, to whom, the purpose, and how the problem is. Unlike mainstream media, catharsis through social media is relatively easy to do. They have enough internet channels through a computer or android to be able to do catharsis; Social media has become a tool to fight for students' freedom of expression. This is in line with the law that guarantees freedom of speech and opinion (including writing).

This is understandable because freedom through other media is very limited, and existence feels restless if ensnared by law. Social media is more freely used to express everything. Social media has given birth to a new social movement. In the past, they used to move before being mobilized through demonstrations and physically taking to the streets. Now, it doesn't have to be like that. The popular movement refers to the spread of catharsis, which is mobilized through social media. There's even more to it than just mobilization on the streets. The impact is even more pronounced because it is immediately known to the wider community. If it is a demo, the physical effect will only be felt if broadcast through the mass media. This study uses a qualitative method. Instead, the analysis uses interactive analysis.

This study focuses more on students who use social media to express their aspirations. Meanwhile, in this research, it focuses on Generation Z who do catharsis on social media. Thus, the research object is broader and related to the interpersonal behavior of generation z.

In addition, Amanda's (2022), The Impact of Social Media in the Quarter Life of The Gen Z Crisis in Indonesia, is accessed at https://www.jurnal.syntaxliterate.co.id/index.php/syntax-literate/article/view/7416/4676 on October 24 at 12:10 pm said that social media has an impact on individuals, such as changing one's feelings or attitudes. The Quarter Life Crisis is one of the impacts that appear on social media users in Generation Z. This impact makes Generation Z who get some content containing economic and material elements, afraid of failure in their career and education in the future. The research method used in this study is descriptive qualitative. In this study, it is stated that the impact of social media during the quarter-life crisis of generation Z is physical and psychological, which in the context of social media is more frightening for generation Z.

The result of research conducted by Sirajul (2021) *Changes in Communication Behavior of Millennials and Generation Z in the Digital Era* accessed via https://ejournal.umm.ac.id/index.php/JICC/article/view/15550/9057 on October 24, 2022, at 12.19 AM shows that four millennial and generation Z behaviors are formed in Kuranji District, namely communication behavior from active to passive caused by gadgets, reduced face-to-face communication caused by devices, lack of focus in communicating caused by gadgets, and online. Gadgets cause communication behavior. In this study, it can be concluded that the behavior of the millennial generation and generation Z was initially interactive before using the device; after using the

device, the communication process becomes passive, so there is no effective communication. This study uses a qualitative research method with a phenomenological approach.

Devadas (2022) *Updating 'Stories' on social media and their relationship to contextual age and narcissism: Stories of three platforms – WhatsApp, Instagram, and Facebook* accessed via https://www.sciencedirect.com/science/article/pii/S2405844022007009 on 24 October 2022 at 12:23. Finally, analysis of social and psychological predictors revealed that interpersonal interaction and social activity positively predicted the intensity of story updates across the three platforms. Narcissists also show a high power of updating stories on WhatsApp, Instagram, and Facebook. Using survey data from adults (N = 338), this study identified seven motivations (i.e., socially rewarding self-promotion, social sharing, social influence, disclosure, escapism, entertainment, and trendy fashion) for updating stories on WhatsApp, Instagram, and Facebook. Age and gender differences were identified in the motivation to update stories across the three platforms. Cross-platform analysis revealed significant differences in motivation to update stories across all three platforms.

Many hashtags discuss #age25 on social media. Most people set their standard of achievement at 25 years to have possessions. A survey from Linkedin in 2017 showed that 75% of the population aged 25-33 years admitted to having experienced a Quarter Life Crisis. Many people release their frustration on social media as a form of catharsis.

A quarter-life crisis is a period when humans enter the adult phase. This life crisis is considered a difficult period for the 25-30-year-old generation. Emotional feelings come from within and cause anxiety, discomfort, confusion about life's direction, loss, and hopelessness. So, at 25, many people often release their frustration on social media as a form of catharsis. Photos, articles, videos, or actions can be uploaded on social media. The crisis experienced at this age usually arises because of social media. Because of comparing himself with others who have "more" physical achievements, a career, romance, etc., compared with close friends, someone will feel unsatisfied or not satisfied with his achievement, then social demands. There are environmental demands to achieve achievements that are by public standards. Questions like "when do you graduate?" "Where do you work?", "When did you get married?", "Do you have children yet?" and some similar questions that can be even more depressing. Happy, sad, angry, and disappointed are basic emotions humans have to deal with daily. Feelings can come and go without being predicted. We will smile and live the day positively when we feel so glad. However, we may feel disappointed and stressed if things do not match expectations. In this condition, a cathartic process in a person will occur.

Everyone releases their emotions differently; some release their feelings in a good and purposeful way, and others can vent their emotions without being taken into account by overflowing, whatever the situation. Of course, it is better to release the feelings, so they do not accumulate in the mind. However, everyone should be able to choose the right and appropriate way to express feelings. One way to release emotions well is catharsis. However, if not appropriately channeled, emotions can exacerbate the problem at hand or create new problems. Unexpressed feelings can cause people to become stressed and depressed.

In the era of constantly evolving technology, it has changed every aspect of our lives, one of which we feel is the existence of the Internet. The Internet makes everything more accessible and practical. Now, we can do anything with just one click. Everything that was previously considered impossible can now be done via the Internet. The aspect that we feel with the development of technology is the way of communicating. With the Internet and social media, it is now easier to communicate. At the beginning of the development of technology, social media was a communication medium. However, social media is increasingly a place for people to release their expressions, everyday emotions, or things they experience.

Interactions influence generation Z's communication behavior in doing catharsis on social media. Intentionally or unintentionally and not limited to the form of communication, namely verbal, but in non-verbal communication such as facial expressions, painting, and technology. The media has a vital role in people's lives, encouraging people to carry out more everyday activities, especially on social media. Everyday activities include uploading stories and photos and building virtual relationships. This phenomenon is interesting to study because, throughout human life, they will find personal relationships or continuous interactions between opposite things or events. So, how is Generation Z's relational dialectic during a life crisis in doing catharsis on social media? In this article, we will explain the dialectical relational behavior of Generation Z in times of life crisis by doing catharsis on social media in what form and form.

SOCIOLOGY OF COMMUNICATION

The sociology of communication is a study of science that discusses the influence of interactions between individuals and lifestyle changes and their impact. Furthermore, the sociology of communication pays attention to several important issues that can include communication interactions in society, both individually and in groups, direct contact, or using communication technology. The realm of this theory is the interaction of individuals, groups, society and world systems, telematics technology, and culture. Likewise, the object of this theory is society. Viewed from the point of view of human relations and the processes that arise from human relations in society. The various ideas of the sociology of communication that will be in this research are:

1. Symbolic interaction theory, which George Hebert Mead put forward by explaining that individuals interact with one another by creating symbols and can shape individual behavior. This symbolic interaction emphasizes the idea of action. Based on behaviorism, Darwinism, pragmatism, and Max Weber, the theory of action or actions can shape social interaction as a perspective in the study of communication.

2. Action theory, also known as action theory, was coined by Talcott Parsons. This theory emphasizes the individual as a subject by viewing social action or action as something intentional because the individual forms it in the context of giving meaning.

There are several factors behind the interaction process. Imitation is crucial in social interaction, encouraging someone to obey the rules and values. Suggestion

occurs when other people give their views or attitudes that their listeners accept. This factor is similar to the imitation factor. Rarely can requests be received by emotional people. Because when people are passionate, they cannot think by logic. An identification factor is a tendency or desire in a person to be the same as other parties. This identification is more profound than imitation because a person's personality can be formed based on this process. Finally, sympathy is how a person feels attracted to another person. The emotional impetus for this factor is crucial.

COMMUNICATION PSYCHOLOGY

George A. Miller is one of the figures who put forward this theory of communication psychology, and he tried to describe, predict and control mental and behavioral incidents in communication. Communication psychology is a science that examines the communication process between humans by using psychology as a point of view/perspective to achieve effective communication. This theory can help understand the personality that is crucial in it or how one's evaluations (judgments) are biased due to religious (belief) and feeling factors and how people have an impact on others.

Communication psychology is concerned with how we can achieve effective communication in human interactions. So, it is essential to know about humans themselves. To that end, there are four theories about the human, namely;

1. **Psychoanalytic** Theory proposed by Sigmund Freud focuses on the totality of the human personality, not its separate parts. According to him, human behavior results from the interaction of three subsystems in human nature: the id, ego, and superego. Id is the part of the personality that stores human biological impulses – the instinct center (lust), namely Libido. Libido is the reproductive instinct that provides the leading energy for constructive human activity (Latin eros, which is not only the sexual drive but also anything) that brings pleasure. Such as mother's love, worship of God, and self-love). Thanatos is a destructive and aggressive instinct. The ego is the bridge between the Id's demands and the reality of the external world, as a mediator between animal desires and rational and realistic needs. The superego is a conscience that internalizes society's social and cultural norms. It can force the ego to suppress undifferentiated desires to the subconscious.

2. **Behaviourism**, this theory is a reaction to introspection (which analyzes the human psyche based on subjective reports) and also psychoanalysis. Behaviourism only wants to analyze visible behavior, which can be measured, explained, and predicted. Therefore, it is often referred to as learning theory. Learning means changing the behavior of organisms as environmental influences. He does not want to question whether humans are good or bad, rational or emotional, but wants to know how environmental factors control their behavior. It is what is meant by the term homo mechanics.

The behavior or activity has a broad meaning—behavior that is visible (overt behavior) or behavior that is not visible (inert behavior). Meanwhile, communication behavior in the form of verbal and non-verbal exists in a person's behavior.

A person's behavior meets the needs or responses most favored by an object. When someone takes action, of course, there is encouragement. This drive is called motivation, a factor in a person's behavior. A person's behavior is divided by two motivations, namely positive motivation and negative motivation; This motivation encourages people to move closer to the desired object or state or their wants and needs. Example for positive motivation: a man who has a crush on a woman, the man will look for ways to approach that woman. While negative ones drive people away from the object or condition they are worried about, these negative motivations take the form of fear and aversion. Example for negative motivation: someone who feels threatened by himself will try to avoid the source of the threat.

There are two forms of communication behavior: closed behavior and a person's response to a stimulus in a hidden or locked state. First, the response or action to this stimulus is still limited to attention, perception, knowledge/awareness, and attitudes that others have not observed. Second, open behavior is a person's response to a stimulus as a natural or available action. Response to the trigger is clearly in action or practice.

In cognitivism in this theory, a new paradigm emerges that humans are no longer seen as creatures who react passively to the environment but as creatures who always understand their environment, creatures who always think (homo sapiens). For example, whether our senses, through direct experience, can give the truth. Our sensory abilities often fail to provide accurate information. This rationalism is in the Gestalt school, and humans do not respond to stimuli automatically. Humans are active organisms that interpret and even distort the environment but more interesting than phenomenology and existentialism.

Another thing that sets him apart is his attention to the meaning of life. Humans are not only actors on the stage of society, not only seekers of identity but also seekers of meaning. Biological, sociobiological, emotional, and attitudes are personal factors that influence human behavior. In addition, situational factors influence human behavior, namely behavioral atmosphere, technology, and environmental/situational factors.

RELATIONAL DIALECTICS

This theory describes life as a relationship as progress and constant movement. People involved in relationships continue to feel the push and pull of conflicting desires in a part of their relationship life. People want both/and not just/or when discussing two opposing goals. When people communicate in their relationships, they try to reconcile these conflicting desires but never eliminate their need for these two opposite sides.

The founder of this theory was Mikhail Mikhailovich Bakhtin (1895), a Russian philosopher, literary critic, semiotician, and scholar who worked on literary theory, ethics, and the philosophy of language. His writings cover a wide range of subjects, inspired by scholars working in several different traditions (Marxism, semiotics, structuralism, religious criticism) and various disciplines such as literary criticism, history, philosophy, anthropology, and psychology. However, the roots of this theory by Mikhail Bakhtin's theory of personal dialogue.

Then this theory was developed by Leslie Baxter and Barbara Montgomery. Bax-

ter & Montgomery is a leading figure in the association of communications scholars. Baxter saw that no law could predict interpersonal attraction, and no coefficient of disagreement or disagreement can explain the conflict between people. Baxter and Montgomery each analyzed the tensions inherent in romantic relationships and explored the couple's contradictions. The two clerics said this romantic relationship also occurs between close friends and family members.

Baxter & Braithwaite (2010), in the book *Introducing Communication Theory: Analysis and Application* consider dialectical theory as an ongoing tension between opposing impulses that characterizes a connected life and the conflict between individuals. Conflict occurs when a person tries to impose his will on another person. As the saying goes, "Absence makes the heart closer, " meaning absence makes the heart flutter. There is also the opposite expression, "Out of sight. Out of mind", which means far in the eyes, deep in the heart. Departing from the thoughts of Bakhtin, Baxter and Montgomery formed the idea of dialectical vision. We can explain this vision of human behavior by comparing it with two approaches that can be used monologic, dualistic and dialectical. The monologic approach is to describe the contradiction as the only/or relationship. In other words, the two parts of the rejection are mutually exclusive Examples: (1) Dina is only close to Siska (2) Dina doesn't know Siska.

The dualistic approach sees the two parts of a contradiction as two separate and unrelated parts. Relationships can be evaluated differently on these scales at different times. Example: John is sad, and his best friend Anna is happy. At the same time, the dialectical approach is to describe the contradiction as either/or. Thus many points of view rival each other in every rejection. Example: Tom likes Dina and vice versa

Assumptions in relational dialectical theory four beliefs reflect the argument about related life:

1) The relationship is not linear. Example: One-sided love.
2) Relationship life. Example: John married Elsa, then life before marriage and after marriage will change the priorities of John and Elsa. From not knowing friends, best friends, dating, committed, and married.
3) Contradiction is a fundamental fact in relationship life
      Example: In a dating relationship, a woman is always considered right even though she is wrong.
4) Communication is crucial in managing and negotiating contradictions in a relationship. Example: In a dating relationship, if the woman is angry, the man will apologize and arrange it, like asking the woman to eat so as not to be angry anymore.

The first element in the dialectic is totality, which shows that people in a relationship are interdependent. For example, when the husband gets a promotion that requires him to travel more often than before, the wife also has to deal with times when the husband is rarely at home. He may compensate by making friends with many people outside of their relationship, and this will also more or less affect the husband when one day at home because he has to meet his wife's new friends. Second, contradiction, which refers to the opposition of two contradictory elements, is

also the main characteristic of the dialectical approach. Example: A woman wants to express that she likes a man but prefers to keep the information to herself to protect herself from embarrassment (prestige). Movement refers to the nature of the process of a relationship and the changes that occur in that relationship over time. For example, compare the quality of your relationship when you are still dating and after you get married.

There must have been a significant shift. In the past, when they were dating, they still kept their image. Now, when they are married, they are more open, and the praxis is that humans are decision-makers. Although a person does not have free choice in every opportunity and is limited by previous decisions, the options of others, and the existing socio-cultural conditions, each person remains a fully conscious and active decision-maker. For example, when Krisdayanti decided to choose a life partner for Raul Lemos, she inevitably had to adjust to Raul Lemos' life in Timor Leste, which was far from the glamorous atmosphere of artistry in the capital city of Jakarta. Not only that, the choice will limit the other decisions that may be made. For example, he had to hang out with Raul Lemos' parents and siblings while on vacation. Although he may not like choosing to hang out with them, he must spend time with them because he loves Raul Lemos.

The relational dialectical theory explains the relationship in communication studies, which was born from a Western perspective. This theory tries to explain the dynamics and obstacles in a connection, which in this case is a romantic relationship and a married couple.

Autonomy and attachment are the constant desire to be independent of our partners and to find intimacy with them. Example: The existence of nicknames in a relationship that is individual because nicknames indicate the closeness of the relationship. Like I called Mba Dian, not Dian Aristia but Dian Boyol. With a nickname, we see specificity and closeness.

Openness focuses on our conflicting desires, being open and vulnerable to revealing personal information to our relationship partners, and being strategic and protective in our communications. Example: When we gossip (talking about people), the things that refer to the object we are talking about are open (nature, behavior, or problems). However, one side of us is silent within us, not talking about ourselves. Angela (2002), in the book *Introducing communication theory: Analysis and Application*, finds six ways married couples manage the tension between openness and closeness: The choice of topics makes topics taboo or forbidden to discuss, thereby maintaining privacy while ensuring transparency and all other issues. Alternating time precludes specific times from discussing sensitive topics. Withdrawal is leaving the conversation. The investigation asked for more information on the couple. Antisocial strategies, namely shouting, crying, and frowning, are examples of antisocial communication. Finally, self-deception involves minor distortions of truth or omission to keep things private and to avoid conflict in relationships.

Novelty and predictability refer to an important relationship tension and indicate our conflicting desires for stability and change. Example: At the end of the year, which usually only has dinner together at home, Elsa and her partner plan to take a vacation, but their financial situation is unstable. So, they plan to create a different atmosphere for dinner together at the end of the year.

Contextual dialectics emerges from the place of relationship within a culture. In contextual debates, there are public and private dialectics, namely contextual dialectics, that arise from personal relations and public life. In addition, public and private dialectics interact with real and ideal debates, namely contextual arguments that arise from the difference between the relationship considered superior and the lived relationship.

1. Public and private dialectic. Rawlins discusses the fact that in the public sphere, friendship occupies a marginal position. Lilian Rubin also observed the same thing and found that public expectations favor sibling relationships more than friendships, even when people value their companies more than their families. Rubin argues that people tend to place commitments to friends as a lower priority than commitments to family members. However, private relationship life is closely related to public life. For example, a politician lives in the public sphere and has a personal life.

2. Real and ideal dialectic. This dialectic shows the contradiction of a person's expectations regarding his relationship with the reality being lived. In general, expectations regarding relationships are usually of high standards and ideals. Friendship is seen as a place where affection, loyalty, and trust arise. Friendship is seen as a refuge in a world of trouble. Loved ones are believed to provide unconditional and unconditional love and support. However, we know that interpersonal relationships are not always pleasant and have dark sides that contradict this ideal. The dialectical theory seeks to explain how people live and how to manage these contradictions. Example: We hope we do not get difficult questions in today's sharing session, but this is not possible.

Practice patterns in RDT (relational dialectic theory):

1.) Denial is an attempt to subvert, block and deny a pole of the contradiction
2.) Disorientation, namely considering contradictions as inevitable, adverse and unchangeable
3.) Inverse spiral, i.e., there are ups and downs to choosing different poles for different contexts.
4.) Segmentation that depends on the nature of the topic or domain of existing activities
5.) Equilibrium, i.e., all poles are passed at one time as a compromise
6.) Integration, namely responding in its entirety to all conflicting provisions at one time without compromise
7.) Re-calibration, namely the dialectical poles change in certain situations so as not to appear opposite to each other
8.) Reaffirmation involves giving exceptions to specific issues from the general pattern.

Here are some other techniques for dealing with tension:

1.) According to Baxter and Montgomery, improvisation is what people do to deal with inevitable life-related tensions that will not change the nature of the ongoing uncertainty. Example: Jeff and Elanor have reached a relation-

ship open enough to neutralize the dialectical tension. However, that doesn't change the fact that openness and closedness remain issues in their relationship.

2.) Time-influenced refers to the idea that when faced with dialectics, communication decisions made by partners are influenced by the past, implemented in the present, and filled with anticipation for the future.

3.) Unintended consequences can complicate it. For example, as discussed earlier, a husband and wife who work together and use segmentation may feel that they face a tension between the novelty and the predictable. However, they may feel dissatisfied because they spend so much time at work that they do not get something new in their relationship.

Carol Werner and Baxter write about five qualities that change as a relationship develops: Amplitude – the strength of feelings, behavior, or both. For example, at specific points in a relationship, you may be very active and have strong feelings about what is happening. At other times, you may be more relaxed and calm. Interests focus on the past, present, and future. Sometimes in a relationship, you may concentrate on what happened between you and your partner in the past; at other times, you may be focused on the present or future. Scale – you and your partner find yourself having long-lasting rituals and doing things in specific ways for short periods, often changing your habits. The sequence of events in a relationship when the relationship changes, many things are done but not all of them are arranged in the same way for the entire length of the relationship; it is interesting to look back at the history of your relationship. Some circuits are slightly stable and enduring, while others are short-lived and quickly replaced by new patterns of behavior in the relationship. See how you manage your time and actions around and with others. You may find that this sequence differs from time to time. Step/rhythm – speed of connection and distance between events. Many things may happen quickly during any given period in a relationship, and they all seem to happen very soon. At other times the rhythm may be slower. Tracking the development of a relationship means noting how the profile is constantly changing.

QUARTER-LIFE CRISIS

At over 20, some individuals feel these times are fun because they can try all the possibilities they have to get meaning in their lives. However, it differs from others who may experience a quarter-life period with anxiety, full of pressure, and even feeling that life is meaningless.

Robinson and Wright, in the Journal of Loneliness Relationships and Quarter-Life Crisis in Early Adulthood (2021), explain that someone who experiences a quarter-life crisis will usually experience several phases. Initially, they will feel stuck with the various choices faced in a relationship and career. The age of 18-25 years is a period of transition from adolescence to adulthood or what is often known as emerging adulthood.

In this transition period, there is a distinct effect that each individual feels. Not a few individuals are enthusiastic about entering a new life stage. However, some feel confused because they are faced with various new choices in their lives so that

they can experience stress, anxiety, emptiness, and worry. At that time, a person will explore himself more deeply, such as covering the fields of education, career, and relationships with the opposite sex.

During the quarter-life crisis, a person will face many psychological problems regarding career matters, relationships, and social life. However, a quarter-life situation can also occur due to pressure from family and peers, feelings of insecurity about the future, disappointment in something, or anxiety about a relationship, job, or career. In addition, sociocultural norms, family, and friendship factors can influence how individuals perceive the problem.

The more pressure, the individual will begin and quickly build negative emotions and views of himself. On the other hand, there are still many positive aspects that the individual may have but are not aware of, so as a result, his productivity and social functions are disrupted. Feelings of worry arise over uncertainty about future life, such as relationship, career, and social life problems that occur in individuals aged around 20 years when someone experiences a quarter-life crisis.

CATHARSIS

Catharsis is a person's way of venting every emotion in him with the aim that the burden he bears is lighter so that positive things will become a new source of energy for the body. Cleaning, or how a person expresses emotions, is known as catharsis, where catharsis is an effort to "cleanse" or "purify" oneself, spiritual renewal, and release oneself from tension. Different people, of course, have different ways of expressing it. Of course, the expression of the emotions you are feeling is not only limited to spoken or written words. There are many ways to express feelings, and you can choose a way that suits your needs. Maybe you have a friend who, if you are studying for an exam, there is always a jar of food beside him. Perhaps you have friends who always take you out after exams. Well, it's all a form of catharsis that a person owns. Eating a light meal or visiting a place is a good catharsis. Catharsis can be done in various forms of activity, namely painting, writing poetry, sports, coloring, traveling, shouting, and other ways that are pretty dangerous.

Psychologist Sigmund Freud explained that emotions constantly buried in a person are hazardous. The suppressed emotions can explode and prevent their need to be channeled. Emotional release and aggression are sometimes based on past tragedies. This constructive sharing of feelings is called "catharsis." Talking therapy is used to control emotions by releasing these restrained emotions that can create a beneficial therapeutic effect. However, this psychotherapeutic technique from Freud is considered less relevant now. The theory of catharsis in psychology by Baron and Byrne (2004) concludes that catharsis is an effective method of reducing aggression. However, there is still significant debate about the benefits of catharsis and its effectiveness in reducing aggression.

On the other hand, people have absorbed the term catharsis as a figure of channeling emotions through the media of art or action, in short, a kind of outlet. It is like opening a dam full of our emotions so it can be empty again. If the barrier is never opened, there is a risk of emotional breakdown/explosion. Moreover, everyone does not want their emotions to explode, of course. This concept can also explain one of the benefits of catharsis, which is why we sometimes feel relieved after venting about

all our problems. Several standard methods are used to achieve cathartic moments, such as listening to music, watching movies, chatting with friends, or exercising.

1. Chat and Discussion. Discussions with your close friends about issues that plague your mind can lead to eye-opening moments. You can get a solution to a problem, a new point of view, or an analysis of how you behave. In addition, discussing and venting with close friends can be a step to vent emotions. In today's era, someone sometimes prefers to pour out his heart through his social media as a form of catharsis, especially for those experiencing a quarter-life crisis.

2. Listening to Songs.. Sometimes when we are sad, we immediately open the cell phone and turn on a sad song at the highest volume. Why? Because we feel things that are mellowly coupled with sad songs that support our emotions and become one of the same things when we experience things that are in the lyrics of the song.

3. Exercising. Sports are often used as a medium to vent anger among my friends. They use their emotions as an additional energy source and constructively release them. They often feel more relieved with this method. Michael Sachs' journal (2019) found that sports, exercise, and other physical activities are more desirable for reducing stress/catharsis. Everyone will have different experiences and solutions in finding solutions to achieve catharsis. All are influenced by individual factors such as personality, past, mindset, and many others.

Anger venting is not a long-term solution. One of them uses the concept of rumination; a group is asked to punch pillows while thinking about the person they hate. At the end of the study, the rumination group became the most aggressive and angrier group. Catharsis is the feeling of relief you get after constructively expressing your emotions. Types of emotions, according to psychological theory, can be anger, disappointment, sadness, or grief.

Constructive methods such as sports, listening to music, venting, or discussing can be used. However, expressing anger by breaking things or yelling has proven to be an ineffective cathartic medium. Catharsis is a concept that has been integrated into our daily lives. Unfortunately, there is minimal research on the methods due to various personal factors that can undermine the results.

5. Social Media

According to Chris Brogan 2010 in his book *Social Media 101: Tactics and Tips to Develop Your Business, social media is a communication tool that contains various possibilities for creating new forms of interaction.*

The beginning of the emergence of social media in the 70s with the discovery of a bulletin board system to connect one person to another via electronic mail (upload and download) on software. At that time, this activity was still using a telephone line connected to a modem. Then, in 1995, the GeoCities site appeared, which provided website data storage rental services so that it could be accessed safely. GeoCities is an early pioneer of the website. In 1997-1999 the first social media sites were sixdegree.com and classmate.com, and blogger. A site that offers its users to create their site. Then in 2002, a popular social media emerged, namely Friendster. One year later, Yahoo Messenger, MySpace, Facebook, Twitter, Wiser, Google+, and others came. The development of social media is growing rapidly and massively. Human

social activities are also increasingly diverse in social media, namely communication, selling, and product/service reviews. Social media's scope of information is getting wider nationally and internationally in seconds. The following is data regarding the increase in social media users every year.
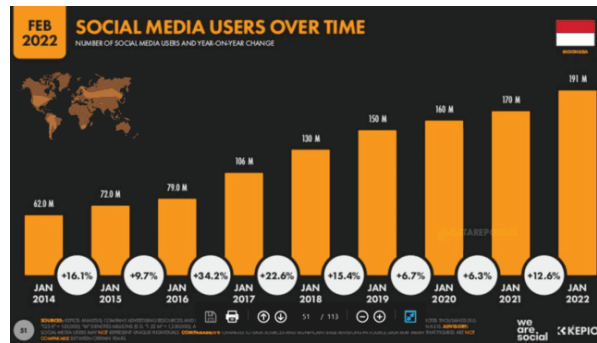

Figure 1 – Social media user data from 2014-2022
Source: katadata.com

On the other hand, according to the data, generation Z is more likely to use social media like Instagram and Tiktok. Thus, it is easier for them to express catharsis on social media.

Figure 2 – Demografi Tiktok User in Indonesia
Source: ginee.com

It is noted that the majority of Instagram users in Indonesia are from the 18-24 year age group, which is 33.90 million. In detail, 19.8% of application users are women, while 17.5% are men. The age group of 25-34 years is the second Instagram user in the country. It is noted that 16.9% of the users of this application are female, while 15.3% are male. Then, the age group of 13-17 years ranks the next most users. As many as 7% of users are female, and 5.2% are male. In the 35-44 year age group, 6% of women and 5.5% of men use Instagram.
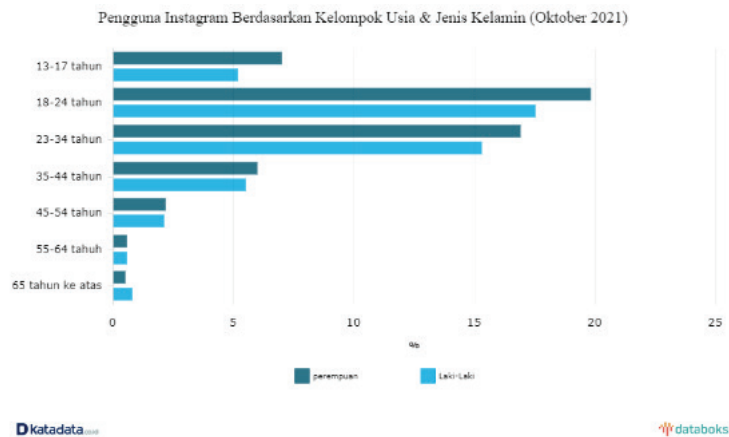
Figure 3 – Instagram Users by Age & Gender Group (October 2021)
Source: katadata.com

This picture shows Instagram users by age group and gender, mostly aged 18-24. This is a period of a person's quarter-life crisis in finding the identity experienced by individuals when they reach their mid-20s to early 30s. This age belongs to the millennial generation group.

METHODOLOGY

The study in this article is descriptive using library research methodology. According to Syaibani (2012), literature studies are all efforts made by researchers to collect information relevant to the topic or problem that will be or is being studied. This information can be obtained from scientific books, research reports, scientific essays, theses and dissertations, regulations, statutes, yearbooks, encyclopedias, and other written and electronic sources.

Referring to this understanding, the literature study methodology is research conducted by collecting information and data from reference books, previous research results, notes, and scientific journal articles related to the research object. These activities are carried out systematically to collect, process, and conclude data to answer and explain research problems.

This research was conducted in Jakarta in July-September 2022 using a qualitative method with a netnographic approach. Researchers took data through secondary data, namely by studying literature by applying Baxter's theory of relational dialectics in the daily life of generation Z, who was in a quarter-life crisis with various emotional upheavals that were overflowed with catharsis on social media. The object of this research is catharsis in social media. The subjects of this study were Generation Z, aged 18-25 years. The data collection technique used with the literature study is the first step of searching for research sources that were previously in verified journals. Then, look for data from books, the internet, and journals. Also, observations on several generation Z influencer accounts who currently often do catharsis on Instagram social media, such as @sanialeonardo and @tutorialhidub.

Then, the researcher uses data analysis techniques by collecting the results of various studies that will correlate with this research. Literature studies are included in the category of secondary data sources whose data can be justified for validity.

Sources of data from literature studies come from scientific journals, books, seminar papers, and scientific works. The key to using data from literature studies is to look for titles or reading themes that follow the research topic, after which the researcher begins to read and create a resume or summary that can be used as research data. Then, the researcher also reduced data from several outlines that had been done and drew conclusions and verification.

RESULTS AND DISCUSSION

This article refers more to the process of intrapersonal communication, namely communication within a person in the form of thinking, reasoning, analyzing, and contemplating. When a person in his quarter-life crisis experiences the first stage, namely sensation, it's like someone from Generation Z sees a friend's post on Instagram who is flexing his luxury items. Of course, someone in a quarter-life crisis will also feel like having these luxury items. That sensation will affect the perception. A person's perception after seeing luxury goods is a sense of belonging and wondering how his friend can have luxury goods while not having a job; of course, he will think his friend is winning the lottery. Because these perceptions affect attention. The attention shown to something is influenced by many external factors, namely movement, the intensity of stimuli, novelty, and repetition. At the same time, the most influential internal factors are biological and socio psychological. Like biological factors, when someone sees that they want to have luxury items, their attention will focus on how to have these luxury items. Someone will work harder on the socio-psychological factor in his desire to have luxury goods.

After attention, there is memory. Memory plays a vital role in influencing both perception and thinking. Because he remembers his friend once posted on Instagram about his luxury goods. Generation Z will do similar posts but with more luxurious items or equivalent to their friends. And the last in the process of intrapersonal communication is thinking. Someone in a quarter-life crisis will think, "Oh.. if you have luxury or wealth, it feels like you have different strata", or have a new luxury item and post it on Instagram to get someone recognized by their friends. This is proof that someone needs validation.

In the past, someone often expressed anxiety, disappointment, sadness, and happiness, usually written in a diary that was very personal and far from the reach of others. However, with the development of technology and information, people are very close to social media, so stories of anxiety, disappointment, sadness, and happiness are no longer written in diaries or told to their closest friends and family but are poured into social media.

Several impulses make someone choose to vent on social media, one of which is anger and hurt, which makes someone need external validation in the form of expressions of support or words of sympathy. By venting on social media, you can feel relief and happiness if the feedback or replies from netizens match their expectations. In addition, some people do not easily convey their feelings or complaints directly to the person concerned. Through social media, a person can write his complaint without mentioning the name of the person concerned so that it becomes an option for someone to convey their feelings to feel relieved, even though the relief is only temporary.

Citing the journal Sirajul (2021) regarding *Changes in the Communication Behavior of Millennials and Generation Z in the digital era.* In his diary, Budiati (2018) said that this generational shift occurred when global technology developed rapidly, which gave birth to Generation Z, which has a mindset that tends to want instant things. Of course, it is; why? Generation Z has been more dependent on technology from birth and growing up. So, they will be more comfortable interacting virtually. The presence of technology certainly reduces the quality of human interaction, so they rarely communicate face to face and are busy with PCs, laptops, and gadgets. The reality today, even though millennials and gen Z are seen sitting together in one place (cafe, public space, etc.), they are busy with their own devices and playing social media and gaming. They stay busy with activities in cyberspace, stalking (finding out) various content of interest according to personal needs, and viewing information about others through status.

Since they have an instant mindset and are more comfortable communicating virtually, it is easier to do catharsis on social media because with catharsis on social media, they think it will be easier for their friends, who are also their neighbors, to find out the story quickly than having to meet and tell stories. Because friends his age also do the same thing.

According to the NYTimes, 81% of people share their personal stories on social media due to a desire to interact and a need to be heard. When someone feels his voice is heard and gets a positive response, it will cause feelings of pleasure in person. However, social media, with a variety of people's thoughts in it, has the potential to give a response that is not as expected, which will become a boomerang for someone. One example is when someone needs support by venting on social media, but someone responds by saying "caper" or "play,"which means that the response is not in line with expectations. This can make a person's situation worse.

In addition, someone who writes his story on social media can cause guilt and shame in the future, raising the question, "why do I write personal things on social media?" when the problem has subsided. Social media in this era has become an essential means of interacting; it often shifts into a place to vent personal issues. Therefore, we need to be wise and aware of the things that can and cannot be shared, and we know there will be risks if personal problems are shared on social media.

Keeping negative emotions such as anxiety, anger, disappointment, and sadness is not suitable for mental health because these pent-up emotions will accumulate and explode in the future. Therefore, we should be able to channel it by using our catharsis in positive ways and with minimal risk. Besides being channeled, acceptance of negative emotions is also needed. This form of approval can be in the form of us being open to realizing and feeling uncomfortable feelings without any resistance and self-refuting on the emotions felt.

Referring to the journal Quarterlife crisis phenomenon in welcoming the Industrial Revolution 5.0 (2021), the quarter-life crisis phenomenon is characterized by anxiety related to relationships and the world of work, identity confusion, and insecurity about what to do now and what will happen in the future. Then, because of the rapid development of technology, someone prefers to share their stories

through their social media, namely Instagram. Without informing their friends one by one about the situation they are experiencing, they will feel by uploading a story. His friends can already read and understand it.

In addition, the significant influence of social media on people's attitudes and behavior will be used for self-expression. This self-expression is one of the use patterns as a place of catharsis (channels of dissatisfaction, concerns, criticism, comments on events or what humans feel). *Citing the journal Social media as a student catharsis* (2015), catharsis social media may present two worlds (real and virtual), and the impact of cyberspace can affect the real world. Bring up two different sides. It could be someone who speaks loudly in cyberspace, while in the real world, it is normal. Catharsis on social media is also practical because it is not necessarily conveyed using mainstream media (print and electronic). However, if it is done online, it will be scattered. Mainstream media will undoubtedly be subject to censorship if they are too "hard." However, social media is also not effective if the way it is used is not correct. For example, using social media such as the "trash basket," which all can enter. That's why you need to be wise in social media.

The results of Amanda's research journal (2022) on the impact of social media in the gen Z quarter-life crisis in Indonesia. The survey said that in the lives of Generation Z at 18-37 years, 2,010 people interviewed more easily understood stress levels. This certainly affects their lives and the way they reduce stress. The results also show that most Z generation easily experience stress because they think about work, health, politics, and technology.

Instead, from the results of his interview with a 23-year-old resource person, when he opened his social media, namely Instagram, he saw that his school and college friends were married or engaged. On the other hand, another resource person who was 19 years old when he opened Instagram saw his peers who already had dreams and plans for the future. Therefore, this struggle is not only happening in reality. But virtually, it also happens with intrapersonal communication, thus changing the behavior of generation z to express their catharsis on their stress levels through social media.

CONCLUSION

Based on the explanation above and the discussion, that generation Z experienced a lot of relational dialectics during the quarter-life crisis in their work, family, future, and love relationships. So, this will lead to psychological pressure to do catharsis on social media. There are various forms of catharsis carried out by Generation Z, either by uploading videos, photos, or stories that allow them to release their emotions.

Generation Z interacts in the communication process during the quarter-life crisis, carrying out catharsis. The scope includes internal factors in the context of intrapersonal communication, namely psychological (biological and socio-psychological), which is driven by the communication process starting from the stages of sensation, perception, memory, and thinking. So, finally, someone can decide to do catharsis on social media.

By venting and expressing the emotions of generation Z on social media, ca-

thartic behavior can make them feel that their voice is heard and get a positive response. It will cause feelings of pleasure in a person. However, this can be an unpleasant behavior in the future, so someone will realize when the problem is solved. Generation Z itself should be able to control its emotions, for example, by focusing on the goal and enjoying the process, recognizing oneself, choosing a supportive environment, and using social media so as not to compare oneself with the lives of others, and also choose a trusted storyteller.

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