

Gawa Gawa Lang 'Yan: A Qualitative Study of the Perception of Mental Health between Generations X and Z in Metro Manila, Philippines

Authors : Pierre Angelo Alino, Rafael Alejandro Ang, Maria Carmela Espanol, Dominic Gerard Ferreol, Jendrietch Adrian Lopez

Abstract : This study aims to explore the differences in perception between Generation X and Generation Z towards mental health and mental health illnesses. Through this study, the researchers seek to identify and explore the differences that exist in the generational perception and determine the possible factors that influence the difference in perception. In order to achieve this, we conducted two focus group discussions (FGD), one composed of Generation X and the other composed of Generation Z. Participants for both focus group discussions were recruited through purposive sampling and online recruitment methods. In these discussions, they were asked questions relating to their personal history, experiences with mental health, and related illnesses, as well as their opinions regarding the subject matter. After which, we analyzed our data through a thematic analysis. Our study's findings indicate notable differences in the perception of mental health as well as mental illness between the members of Generations X and Z. Additionally, factors such as culture, personal history, and intimate relationships influence the perceptions of mental health between generation groups.

Keywords : generational difference, mental health, mental health illness, perception

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