

ABSTRAKSI

Charles Freinademetz Ata, 22.75.7276, *Pengaruh Media Sosial Terhadap Anxious Generation: Tinjauan Teoretis Kecerdasan Emosional Daniel Goleman*, Skripsi Program Serjana, Program Studi Filsafat, Institut Filsafat dan Teknologi Kreatif Ledalero, 2026

Fenomena Anxious Generation pada generasi muda akibat penggunaan smartphone dan media sosial dengan menggunakan kerangka teoretis kecerdasan emosional menurut Daniel Goleman serta perspektif Jonathan Haidt. Perkembangan teknologi digital yang pesat telah mengubah pola interaksi sosial remaja dan memunculkan berbagai dampak psikologis, khususnya meningkatnya kecemasan. Penelitian ini menggunakan pendekatan kualitatif dengan metode studi pustaka, di mana data diperoleh dari buku, jurnal ilmiah, dan laporan resmi yang relevan.

Hasil penelitian menunjukkan bahwa penggunaan media sosial secara berlebihan berkontribusi terhadap meningkatnya kecemasan melalui mekanisme perbandingan sosial, ketergantungan digital, serta menurunnya kemampuan regulasi emosi. Selain itu, karakteristik Anxious Generation ditandai dengan kekhawatiran berlebihan, sensitivitas tinggi terhadap penilaian sosial, ketergantungan pada dunia digital, serta rendahnya kemampuan menghadapi stres. Dalam perspektif kecerdasan emosional, lemahnya kemampuan kesadaran diri, pengendalian diri, motivasi intrinsik, empati, dan keterampilan sosial menjadi faktor yang memperkuat kerentanan tersebut.

Penelitian ini menyimpulkan bahwa fenomena Anxious Generation bukan semata-mata disebabkan oleh teknologi, melainkan oleh ketidakseimbangan antara perkembangan teknologi digital dan kesiapan emosional generasi muda. Oleh karena itu, penguatan kecerdasan emosional melalui pendidikan, keluarga, dan lingkungan sosial menjadi strategi penting untuk meningkatkan ketahanan mental remaja di era digital.

Kata kunci: anxious generation, media sosial, kecerdasan emosional, remaja.

ABSTRACTION

Charles Freinademetz Ata, 22.75.7276, *The influence of Social Media on the Anxious Generation: A Theoretical Review of Emotional Intelligence Daniel Goleman*, Undergraduate Thesis, Philosophy Study Program, Ledalero Institute of Philosophy and Creative Technology, 2026

This study aims to analyze the phenomenon of the Anxious Generation among young people caused by the use of smartphones and social media, using the theoretical framework of emotional intelligence proposed by Daniel Goleman and the perspective of Jonathan Haidt. The rapid development of digital technology has significantly transformed adolescents' social interactions and contributed to various psychological impacts, particularly increased anxiety. This research employs a qualitative approach using a literature review method, with data collected from books, scientific journals, and relevant official reports.

The findings indicate that excessive use of social media contributes to rising anxiety through mechanisms such as social comparison, digital dependency, and decreased emotional regulation abilities. Furthermore, the characteristics of the Anxious Generation include excessive worry, high sensitivity to social evaluation, dependence on digital environments, and low stress tolerance. From the perspective of emotional intelligence, self-awareness, self-regulation, intrinsic motivation, empathy, and social skills intensifies this vulnerability.

This study concludes that the phenomenon of the Anxious Generation is not solely caused by technology itself, but rather by the imbalance between rapid technological development and the emotional readiness of young people. Therefore, strengthening emotional intelligence through education, family, and social environments is an essential strategy to enhance adolescents' mental resilience in the digital era.

Keywords: anxious generation, social media, emotional intelligence, adolescents.