

Symposium | AI&amp;IT : [Symposium 82] Youth Mental Health in the Digital Era: Perspectives from Young Psychiatrists

📅 2025年9月28日(日) 9:00 ~ 10:30 🏢 Session Room 5 (Conference Room A)

**[Symposium 82] Youth Mental Health in the Digital Era: Perspectives from Young Psychiatrists**

Moderator: Hiroyuki Yamaguchi (National Center of Neurology and Psychiatry), Akane Hayakawa (Tokyo Metropolitan Matsuzawa Hospital)

Discussant: Tokuya Inaguma (Tokyo Metropolitan Matsuzawa Hospital)

**[SY-82-01] Problematic Internet Use in Gen Z: How to Overcome It with a Technology Approach Based on Local Wisdom (Indonesian Perspective)**\*Isa Multazam Noor<sup>1</sup> (1. Soeharto Heerdjan Hospital (Indonesia))

キーワード : Problematic Internet Use、 Gen Z、 Technology Approach、 Local Wisdom、 Indonesia

Indonesia will begin to experience the peak of its demographic bonus in 2030 with 68.3% of Indonesia's total population being of productive age. Gen Z's current problematic internet use can certainly affect their mental health, which in turn impacts their productivity during this period. Efforts to improve the mental health of young people in the digital era are a challenge to achieve the mission of becoming Golden Indonesia 2045.

In clinical practice, there are several problematic internet use in youth that are encountered, including: addicted to online games, pornography addiction, online gambling, online loans, body shaming, doxing, sexting, cyberbullying, and flexing behaviour. This issue involves elements of being a victim, a perpetrator, or both that lead to school refusal and prolonged room-locking behaviour.

Mental health problems that arise are usually in the form of acute stress reactions, anxiety, depression, psychosomatic complaints, oppositional behaviour, conduct disorder, self-harm behaviour, even to the point of suicidal ideation. An interesting thing found in Indonesia related to Problematic Internet Use is the phenomenon of self-diagnosis in adolescents which increases the number of seeking professional mental health help.

Psychosocial issues that need attention related to problematic internet use include: becoming a source of income as a content creator or celebrity, becoming a reels content enthusiast on social media, FOMO (Fear of Missing Out) by looking for the latest gossip and information. These problems often arise as a result of the lack of parental or family control and burnout due to the burden of lessons from teachers related to school targets.

The approach taken in Indonesia related to the above problems still prioritizes the form of socialization of anti-bullying programs in schools, prevention of self-harm and suicide, awareness of depression, and increasing social skills of students to increase motivation and self-esteem, development of peer counselors, and strengthening the role of parents in parenting patterns at home.

The introduction of digital applications that are oriented towards prevention, early detection, mental health monitoring and access to get help right in crisis situations has begun in Indonesia. For example, the emergency psychiatric pick-up application, online consultation and telemedicine which have begun to be introduced in the scope of general practitioners in primary health care and health cadres who are at the forefront of mitigating health and psychological problems.

The important point related to the intervention above is now more focused on the development of programs that are integrated between primary health care, hospitals and

communities. Services that combine external programs and technology in the form of simple digital applications with strengthening of local wisdom content and the availability of human resources in the local area.