

DESIGN OF MOTION VIDEO VISUALIZATION IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH OF GENERATION Z DURING THE COVID-19 PANDEMIC

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ABSTRACT

The term mental health is increasingly being recognized even though its existence has existed since prehistoric times. The use of social media can have a negative impact on the mental health sector if used inappropriately. Riskesdas 2018 data shows that symptoms of depression and anxiety aged 15 reach around 6.1% or equivalent to 11 million people. Depression in adolescents is caused by several things such as academic activities, bullying, family and economic problems. Generation Z's closeness to mental health issues that are increasingly widespread and the use of social media during the Covid 19 pandemic which reduces the time to interact directly with each other are interrelated so that education is needed to recognize and overcome so that the impact of social media on mental health of Generation Z is directed and has a positive attitude.

This design was given the title "Design of Motion Video Visualization of the Impact of Social Media on Mental Health of Generation Z in the Covid 19 Pandemic", because as is well known that things like this need to be known by the public how the role of social media, especially for Generation Z, can have a good impact at any time. and bad for their mental health, especially during the pandemic until the Covid 19 pandemic is over, they are still educated. by doing a main media that can attract the attention of the audience during a certain period of time.

Keywords: *Social Media, Mental Health, Z Generation, Covid 19, Motion.*

**PERANCANGAN VISUALISASI VIDEO MOTION DAMPAK MEDIA SOSIAL
TERHADAP KESEHATAN MENTAL GENERASI Z
PADA MASA PANDEMI COVID 19**

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ABSTRAK

Istilah mental health semakin dikenal walaupun keberadaannya sudah ada dari zaman pra sejarah. Penggunaan sosial media dapat memberikan dampak negatif pada bidang kesehatan mental bila digunakan tidak seperti semestinya. Data **Riskesdas 2018** menunjukkan bahwa gejala-gejala depresi dan kecemasan usia 15 mencapai sekitar 6,1% atau setara dengan 11 juta orang. Depresi pada remaja diakibatkan dari beberapa hal seperti aktivitas akademik, *bullying*, keluarga dan masalah ekonomi. Kedekatan generasi Z dengan isu mental health yang semakin marak dan penggunaan media sosial dikala pandemi Covid 19 yang mengurangi waktu untuk berinteraksi langsung satu sama lain saling berkaitan sehingga perlunya edukasi untuk mengenal dan mengatasi agar dampak media sosial terhadap kesehatan mental generasi Z terarah dan bersikap positif.

Perancangan ini diberikan judul “Perancangan Visualisasi Video Motion Dampak Media Sosial Terhadap Kesehatan Mental Generasi Z Pada Pandemi Covid 19”, karena seperti yang diketahui bahwa hal seperti ini perlu diketahui oleh masyarakat bagaimana peranan media sosial terutama pada generasi Z yang sewaktu-waktu bisa berdampak baik dan buruk terhadap kesehatan mental mereka apalagi pada saat pandemic hingga pandemi Covid 19 selesai tetap tereduksi. dengan melakukan suatu media utama yang dapat menarik perhatian audiens selama dalam periode waktu tertentu.

Kata Kunci: *Media Sosial, Mental Health, Generasi Z, Covid 19, Motion.*