

## CHAPTER IV

### CONCLUSION

#### 4.1 Results and Findings

This section presents the key findings derived from the analysis of 16 YouTube Shorts discussing Gen Z's mental health. Each short was examined using Huang's theory (2014), included types of deixis person, time, space, discourse, social, and emotional—within the framework of Haidt's (2024) theory in *The Anxious Generation*. The analysis revealed significant patterns in the use of deixis across the data, highlighting how language constructs, positions, and emotionally frames Gen Z in the context of mental health discourse.

Person deixis and emotional deixis emerged as the most dominant types, indicating a strong tendency for speakers to both personalize and emotionally intensify the conversation around mental health. These findings strongly correlate with Haidt's claims that Gen Z is navigating an emotional crisis intensified by digital overexposure, reduced real-world stress tolerance, and an overprotective cultural environment. The frequent references to emotion (e.g., **anxiety**, **trauma**, **depression**) and direct address (e.g., “**you**,” “**I**”) reflect both the vulnerability and centrality of Gen Z within the current discourse. These patterns not only illustrate the linguistic framing of mental health but also support the broader psychological and cultural critique raised by Haidt.

For more specific details, they are :

- Person Deixis 13 deitic expressions reflects how speakers directly engage with or refer to individuals or groups, most notably Gen Z, mental health professionals, and themselves. It often indexes personal responsibility, agency, or concern — for example, pronouns like **"you"** (**Gen Z**), **"they"** (**clinicians**), and **"I"** (**experts or survivors**) are used to construct personal relevance and credibility in mental health discussions.
- Emotional Deixis 13 deitic expressions indicates a strong affective component, with references to **depression, anxiety, trauma, pressure, and stress**. These emotionally loaded terms signal Gen Z's psychological landscape and reinforce their position as a vulnerable group. This aligns with Jonathan Haidt's theory in *The Anxious Generation* (2024), where he argues that emotional dysregulation, low resilience, and cognitive overload are hallmarks of Gen Z due to excessive screen time, lack of real-world stress exposure, and digital overidentification.
- Time Deixis 6 deitic expressions such as **"now"**, **"soon"**, or **"on average"**, help contextualize the mental health crisis as urgent and current, often aligning with Haidt's claim that these issues spiked around 2010–2012, coinciding with the rise of smartphones and social media.
- Discourse Deixis 5 deitic expressions like **"that"**, **"this"**, or **"it"** link mental health narratives to previous claims or framed arguments, often used when discussing **therapy, trauma labeling, or media influence** tying into Haidt's critique that modern discourse has pathologized normal discomfort.
- Social Deixis 5 deitic expressions emerges when speakers label generational identities (e.g., **"Gen Z"**, **"millennials"**) and authority roles (**"experts"**,

"therapists") to underscore socially constructed narratives. This echoes Haidt's argument that societal messaging, parenting norms (e.g., safetyism), and educational shifts have inadvertently fostered fragility and emotional dependence.

- Space Deixis 3 deitic expressions is rare but meaningful, often tied to digital vs. real spaces, or symbolic locations ("**here**", "**nationally**") — mirroring Haidt's concern over the displacement from grounded, physical experiences to virtual ones.

Jonathan Haidt's theoretical framework is clearly echoed in the observed data:

- The consistent appearance of emotional deixis supports Haidt's central claim: Gen Z is experiencing a widespread emotional struggle, characterized by rising levels of anxiety, depression, fragile resilience, and self-destructive behavior.
- Person deixis highlights how mental health is framed through a highly individual lens—each Gen Z speaker is positioned as both a sufferer and a self-navigator. This mirrors Haidt's concerns about increasing identity confusion and intense self-focus within this generation.
- Topics such as the over-reliance on therapy, soft parenting styles, and the psychological toll of digital experiences directly reflect Haidt's critique of modern safety culture. He argues that excessive emotional shielding, over-diagnosis, and avoidance of discomfort are weakening young people's ability to face challenges.

- The international dimension of these discussions—especially in Podcast 16—reinforces Haidt’s point that this is not just an American issue, but a global mental health crisis driven by digital exposure.

The deixis usage pattern in these podcasts reveals that conversations about Gen Z's mental health are not only emotionally charged but also deeply personalized and socially contextualized. This combination frequent person and emotional deixis illustrates how language itself reflects and reinforces the crisis that Haidt describes: a generation caught between hyper-awareness and emotional overwhelm, digital saturation and identity loss, with too much safety and too little stress exposure to build resilience.

#### **4.2 Suggestion**

Due to the limitation in the data only focus on Youtube shorts of Podcast the writer realizes that this research is limited to the analysis of deixis in short podcast segments discussing mental health, particularly among Generation Z. While it provides insight into the types and functions of deixis within that context, the research does not yet explore the full range of deixis usage in deeper or longer forms of communication. From this study, the writer recognizes that deixis serves not only as a referential linguistic tool, but also as a reflection of the speaker’s emotions, social identity, and psychological stance—especially in conversations around mental health. Therefore, the writer suggests that future researchers examine deixis in a wider variety of genres, such as interviews, therapy sessions, films, or social media interactions. Comparing deixis usage across different formats or cultural settings may offer a broader understanding of how language constructs emotional and social realities, particularly in relation to mental health.

