

Pendahuluan dan Pikiran akhir dalam bahasa Indonesia

# GEN Z WELLBEING INDEX 2025

year 

IN COLLABORATION WITH

scape







**FOUNDED IN 2011, YEAR13 IS A GEN Z PUBLISHER AND ED-TECH WHOSE PURPOSE IS TO SUPPORT YOUNG PEOPLE TO LIVE HAPPIER, HEALTHIER AND MORE FULFILLED LIVES, AND WHOSE MISSION IS TO UPGRADE THE SCHOOL-TO-WORK TRANSITION.**

Year13 connects with 3.5 million young people each month and all Year13 content is created by an in-house team of Gen Z creators. Year13 also owns Career Tools, Australia's largest school to work transition platform, with over 1200+ subscribing schools.



**SCAPE AUSTRALIA HAS A VISION TO BE THE EARTH'S BEST LIVING COMPANY WITH A PURPOSE TO CREATE BETTER LIVING EXPERIENCES FOR PEOPLE AND THE PLANET.**

Their ambition is to be the world leader in residential community design where people feel proud to live.

As Australia's largest owner and operator of purpose-built student accommodation (PBSA), Scape currently serves over 19,000 residents across 39 locations nationwide.



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Reference as: Walker, I, (2025). 'Gen Z Wellbeing Index 2025', Year13, Australia.  
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# Methodology

One national survey of Australian youth & Scape residents conducted by Year13 and Scape in May 2025.

Total responses = 3197

Australian youth = 2021

Scape residents = 1176

This survey formed the basis of this research paper and was designed to gather comprehensive information about the wellbeing of youth in Australia. One national sample of youth was surveyed as well as a national sample of Scape residents to compare their state of wellbeing. All respondents for this survey were aged 18-24 and have finished high school. This survey was conducted online and respondents were sourced via email and social media. Youth quotes featured throughout this report were sourced from extended response questions included in the survey, some of which have been edited for clarity and brevity.

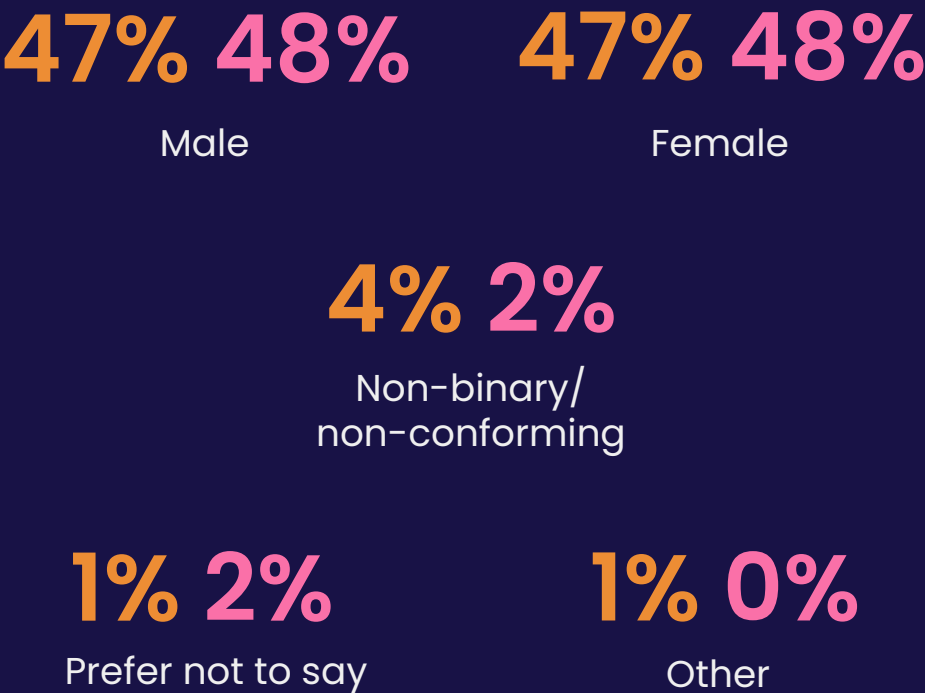
A total of 2000 survey responses provides a large enough sample size to draw valid conclusions that represent Australia's youth population. With a sample size of at least  $n=2021$  we can be 95% confident that the metrics are within  $\pm 3\%$  of the result had we surveyed all 2,900,000 Australian youth aged 18 to 24.

In addition to descriptive statistics for each survey question the analysis includes statistically significant differences across the following variables/groups: year on year differences between 2024 and 2025. Any relevant and significant differences amongst these variables and groups compared to the average have been highlighted.

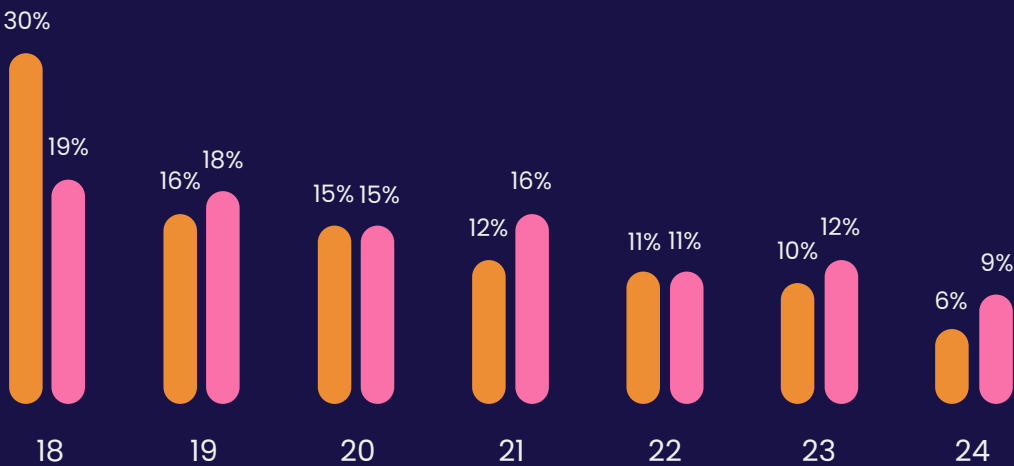
See the next page for combined demographics of these surveys



GENDER BREAKDOWN



AGE BREAKDOWN







# Penduluan

Kaum muda Australia sedang mendapat tekanan yang semakin meningkat. Tekanan itu bukan dari biaya hidup, seperti yang mungkin Anda duga, tetapi dari masalah-masalah, mulai dari yang bersifat lokal sampai global, yang dalam berbagai cara tidak dapat mereka kendalikan.

Perubahan iklim, ketegangan geopolitis, maraknya Kecerdasan Buatan. Keprihatinan yang meningkat tajam ini seiring dengan masalah yang terus mendera kaum muda. Menyiapkan masa depan, kelelahan dan kehilangan semangat.

Tetapi harapan baru sedang muncul. Tingkat kesehatan mental tetap cukup stabil dan lebih banyak pemuda mempunyai hobi, dan kreatif di waktu senggang mereka, dan mempunyai gairah dan tujuan yang lebih kuat hidup mereka. Dan walaupun para pemuda kurang melakukan gerak badan dan berolahraga dibanding tahun lalu, mereka juga mengurangi rokok dan minuman keras dalam jumlah yang cukup besar.

Memasuki tahun yang ketiga, Indeks Kesejahteraan Gen Z 2025 memperoleh wawasan yang menyeluruh mengenai keadaan kesejahteraan pemuda Australia yang berumur 18 hingga 24 tahun, dengan mensurvei lebih dari 2000 responden dari seluruh negara tentang kesehatan mental, gerak badan, pola tidur dan pola makan mereka.

Laporan yang dibuat oleh Kelas13 bekerja sama dengan penyedia akomodasi mahasiswa Scape, juga melacak faktor yang sama pada pemuda yang berumur sama yang tinggal di akomodasi mahasiswa Scape, termasuk properti di Sydney, Melbourne, Brisbane dan Adelaide – di mana lebih dari 1000 responden telah disurvei. Secara positif, penghuni Scape telah melaporkan kesejahteraan yang lebih tinggi dibandingkan rata-rata pemuda nasional. Kesehatan mental mereka cukup lebih baik, seperti juga pola tidur dan kehidupan sosial mereka.

Indikator kesejahteraan mereka hari ke hari mengisyaratkan bahwa lingkungan hidup yang terstruktur dan difokuskan pada komunitas seperti Scape dapat menawarkan dampak perlindungan dengan menyediakan stabilitas, hubungan sosial, dan rasa kemandirian yang lebih besar selama tahap hidup formatif demikian.

Sejak peluncuran awal Indeks Kesejahteraan Gen Z di 2023, Scape telah memulai serangkaian inisiatif dan program yang didasarkan berfokus pada kesejahteraan fisik dan emosional, yang bermanfaat baik bagi stafnya maupun penghuninya. Ini termasuk memulai pelatihan yang dirancang khusus seperti kemitraan 'Percakapan Pendukung' dengan Headspace, yang diluncurkan November 2024, dan Pertolongan Pertama Kesehatan Mental, yang bertujuan meningkatkan kemelekan kesehatan mental dan dukungan bagi penghuni yang membutuhkan.

Membangun pada komitmen ini, Scape juga sudah meluncurkan Scape Safe Hub, sebuah solusi komprehensif yang melampaui ukuran keamanan tradisional. Selain itu, Scape sudah memperdalam kemitraan dengan Headspace untuk menyediakan informasi digital eksklusif yang dirancang untuk menghadapi tantangan tidur unik Gen Z, mendukung kebiasaan tidur yang lebih sehat dan kesejahteraan emosional menyeluruh bagi penghuni. Ini diperluas dalam daftar putar lagu tidur yang disponsori Spotify, yang menjangkau Gen Z di mana mereka menghabiskan waktu. Penghuni Scape juga mendapat manfaat dari program berfokus pada gizi dan pendidikan lanjutan mengenai kesehatan fisik dan emosional.

Baca lebih lanjut untuk mendapat wawasan lebih mendalam tentang keadaan kesejahteraan pemuda Australia dan penghuni Scape di 2025, termasuk perubahan besar kebiasaan dan keprihatinan mereka sejak 2024 yang menolong menyingkapkan keadaan dunia terus berubah yang harus dihadapi oleh para pemuda dalam kehidupan













# Mental health

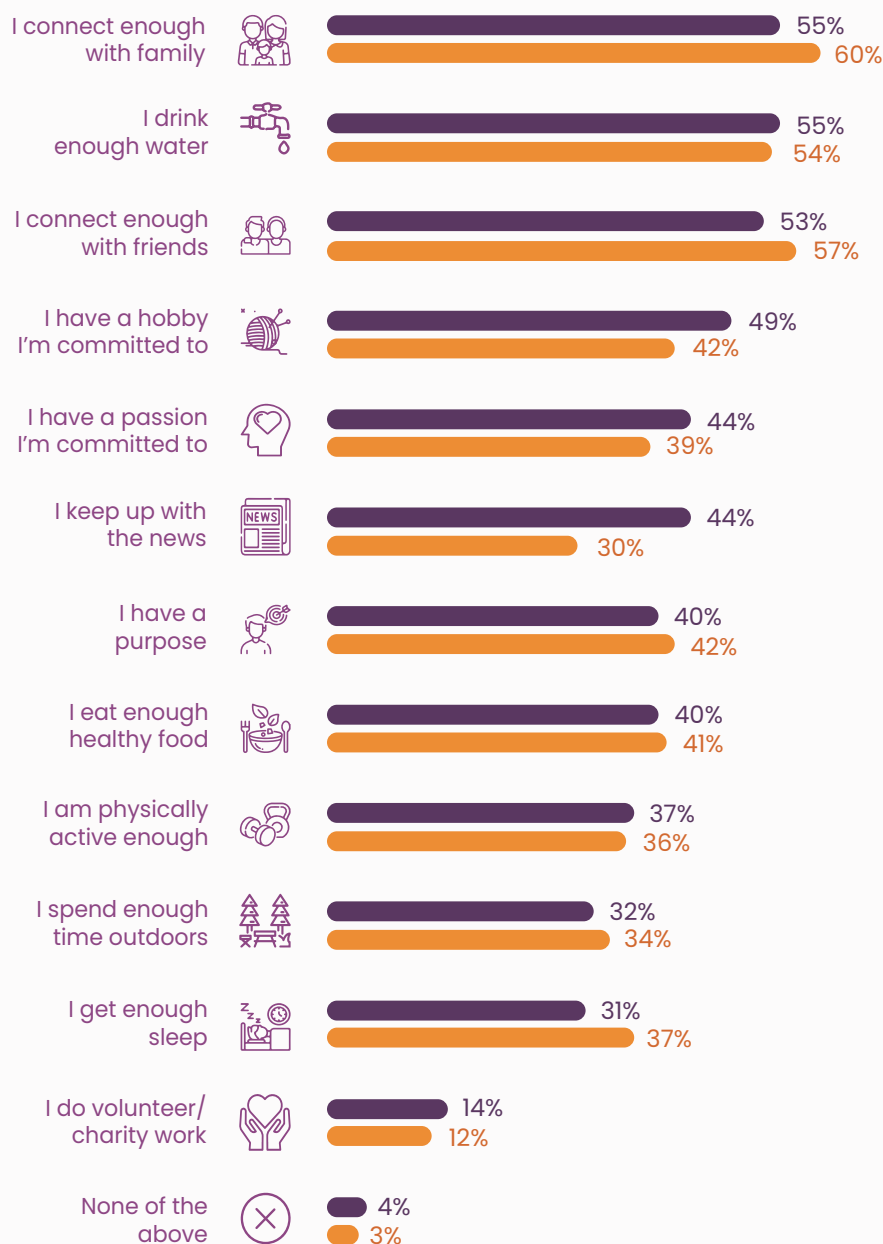
Between 2024 and 2025 young people in Australia showed a marked shift in both internal resilience and external concern. More are reporting a strong sense of purpose, passion, and engagement in hobbies, as well as higher levels of interest in current affairs, suggesting a growing drive for direction, meaning, and awareness. Alongside this, there has been a significant increase in concern for societal and global issues such as Artificial Intelligence, climate change, political division, and inequality, with young people appearing more socially conscious yet emotionally impacted. Mental health conditions such as OCD have risen, and more youth now report education, unemployment, and politics as major wellbeing stressors. To cope with the stressors of life more are turning to activities which involve screens as well as others which don't, showing that technology's continued advance into their lives is occurring simultaneously with young people seeking respite in more traditional ways. While cost of living stress has slightly eased and figuring out their future remains the most widespread problem for young people, the overall picture reveals youth are responding to rising external pressures with a mix of concern, self-reflection and new strategies.



## Key wellbeing indicators

Which of the following applies to you?  
(Tick all that apply)

● National ● Scape



## Significant changes between 2024 and 2025

### Which of the following applies to you?

A lot more young people report having a hobby, passion and sense of purpose compared to last year, helping to give them direction in life and enjoyment when not working or studying. The rise in young people keeping up with the news could reflect increasing concerns about what is in the news, with young people feeling compelled to stay up to date.

#### National

I have a hobby I'm committed to



I have a passion



I have a purpose

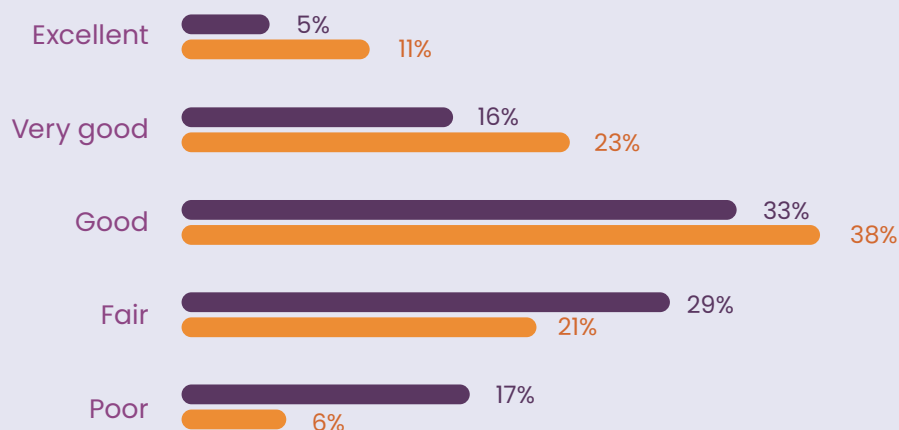


I keep up with the news



## How is your mental health currently?

● National ● Scape



### Insight:

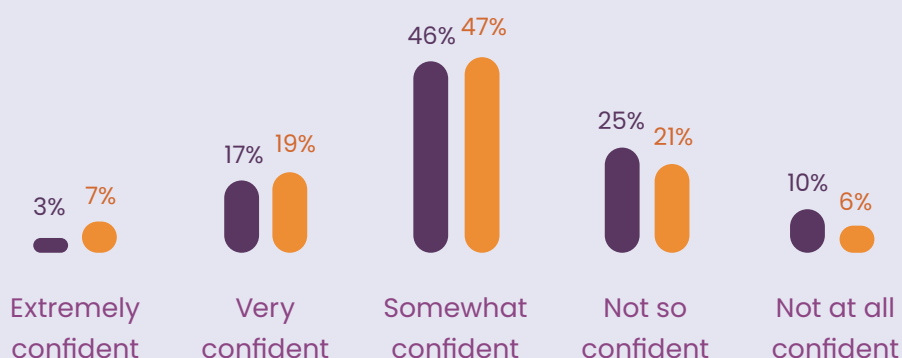
Scape residents are significantly more likely to report excellent mental health (11% vs 5%) and less likely to report poor mental health (6% vs 17%) compared to the national average.





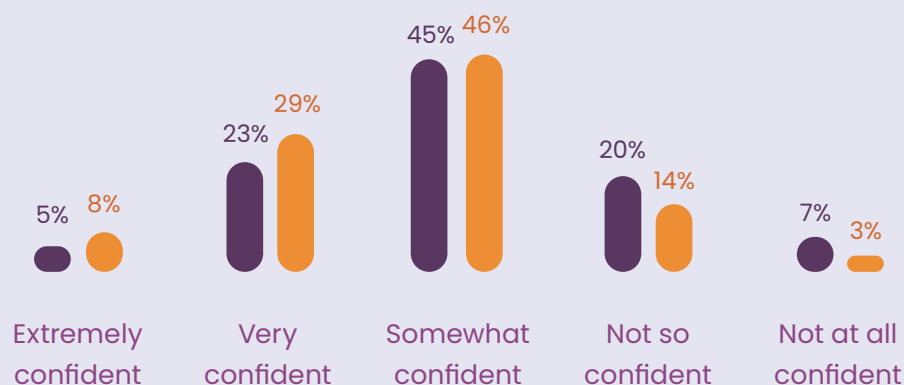
## How confident are you in your physical appearance currently?

● National ● Scape



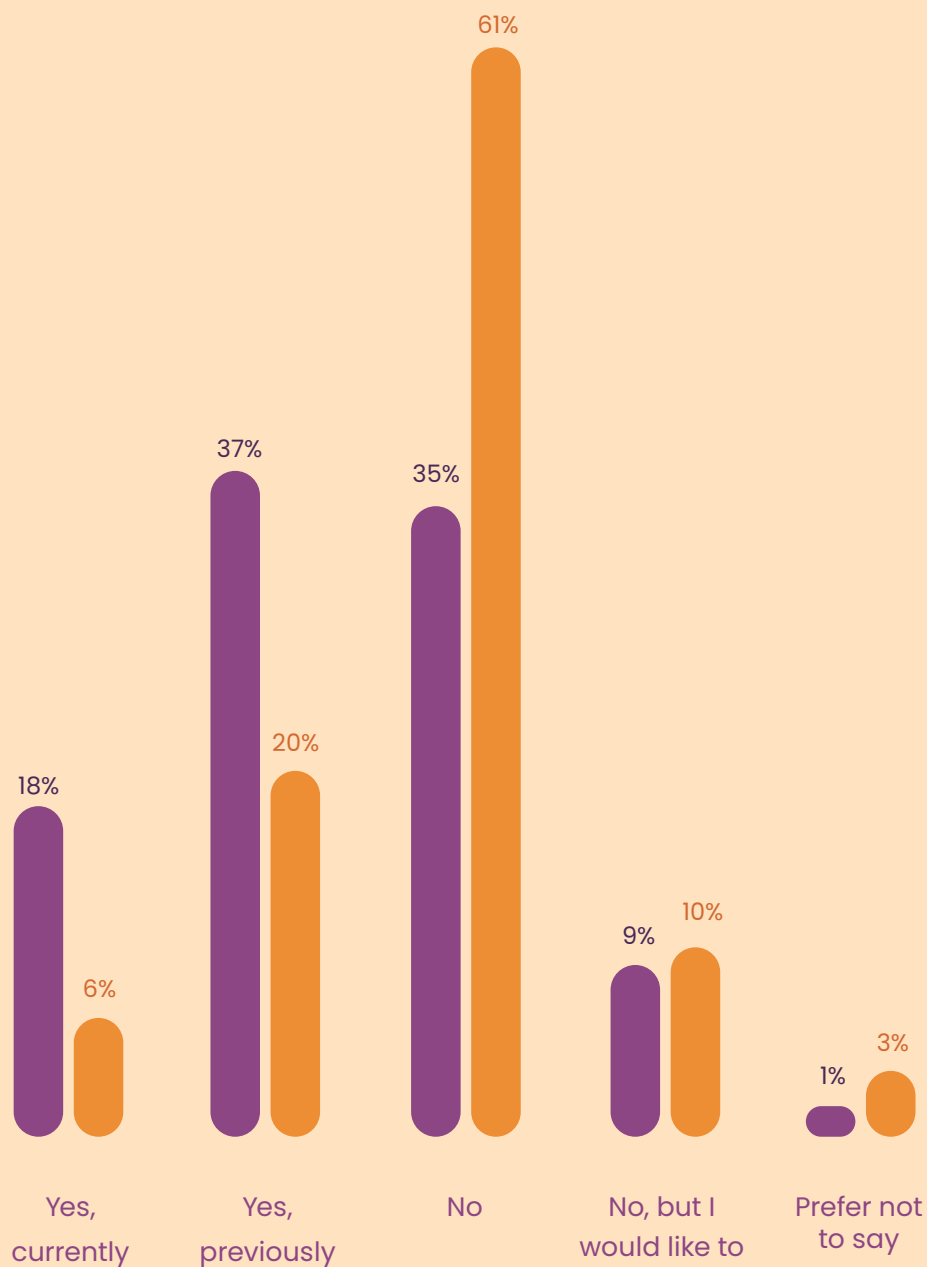
## Besides physical appearance, how confident are you in yourself generally?

● National ● Scape



## Have you had mental health therapy?

● National ● Scape

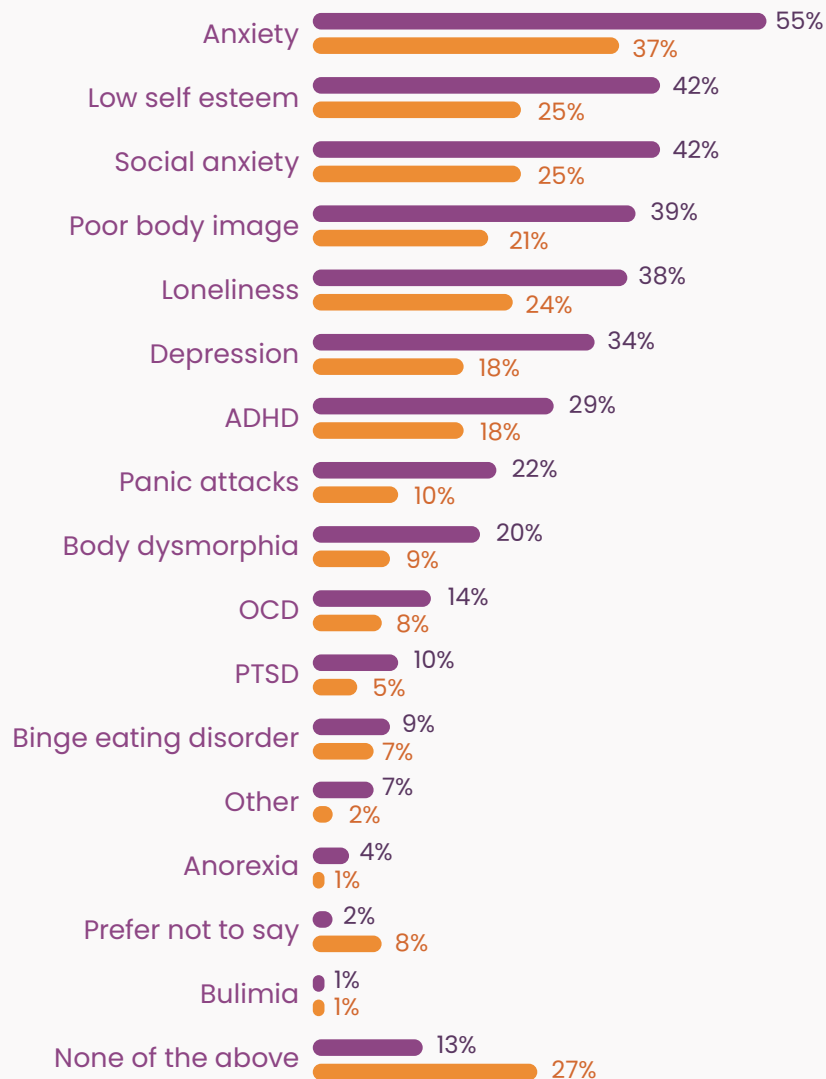






## Which of the following do you experience in your life currently? (Tick all that apply)

● National ● Scape



### Insight:

Scape residents have significantly lower rates of self-reported mental health struggles compared to the national average, including anxiety (37% vs 55%), depression (18% vs 34%), social anxiety (25% vs 42%), low self-esteem (25% vs 42%), poor body image (21% vs 39%) and loneliness (24% vs 38%).



## Significant changes between 2024 and 2025

### Which of the following do you experience in your life currently?

In 2025 general mental health indicators among Australian youth have remained stable compared to last year. Reports of Obsessive Compulsive Disorder (OCD) however have risen significantly, potentially due to increasing stress, digital over-engagement or heightened awareness of it as an issue. Often connected to anxiety and perfectionism, the rise in OCD could reflect growing internalised pressure among young people to maintain control in uncertain times.

#### National

OCD

2024

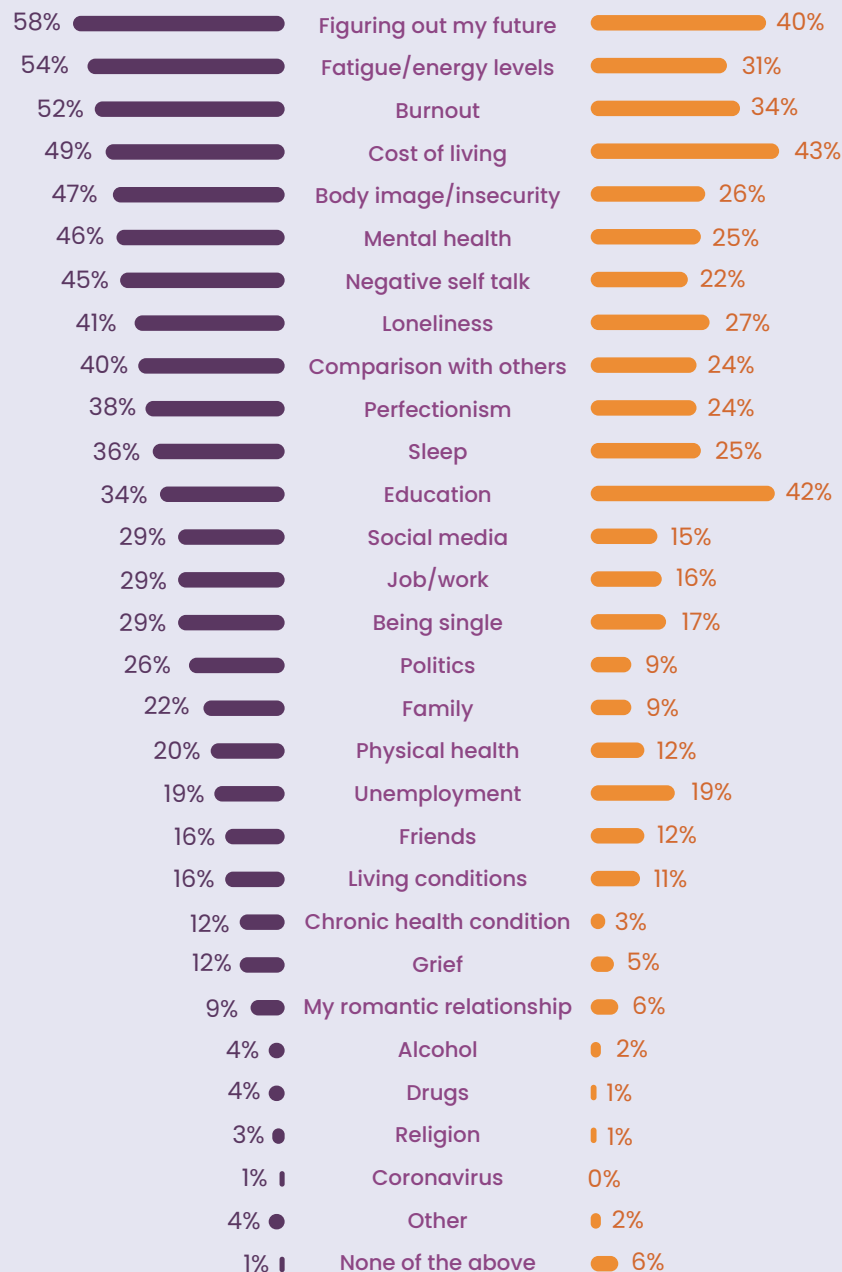
10%

2025

14%

## What is negatively impacting your wellbeing currently? (Tick all that apply)

● National ● Scape





## Significant changes between 2024 and 2025

### What is negatively impacting your wellbeing currently?

The wellbeing impacts of education, politics, family and unemployment have risen significantly between 2024 and 2025 while cost of living concerns have started easing. In particular, politics doubled in prevalence as a wellbeing stressor while the rise in education-related stress may stem from concerns about job prospects after graduation. More young people are also reporting being negatively impacted by being unemployed, reflecting changes in the job market over the previous 12 months.

#### National

##### Education



##### Politics



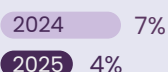
##### Family



##### Unemployment



##### Alcohol

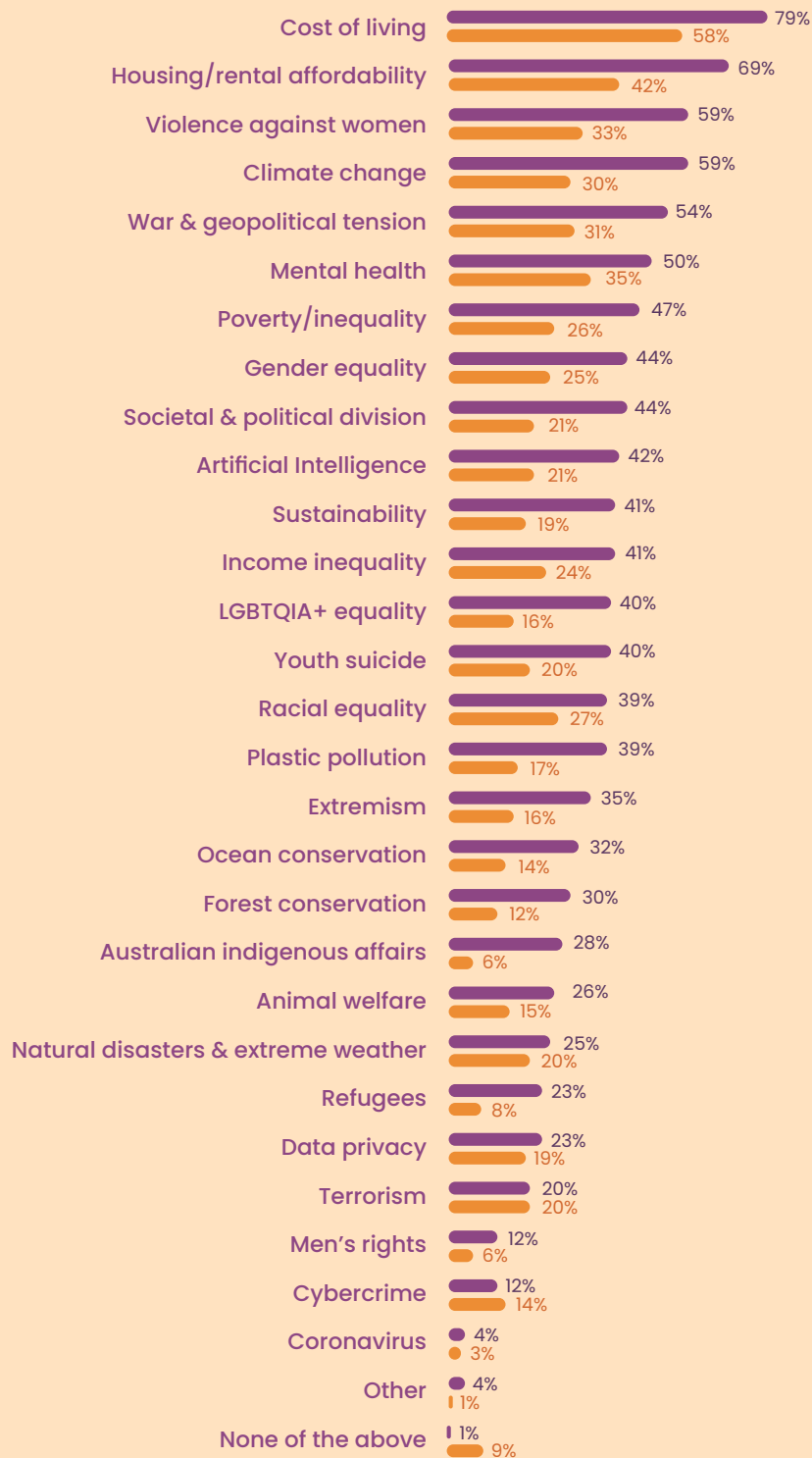


##### Cost of living



## Which global or societal issues concern you most even if they don't affect you personally? (Tick all that apply)

● National ● Scape







## Significant changes between 2024 and 2025

One of the most profound shifts in the 2025 results is the dramatic rise in concern for local and global issues. Concern about societal and political division has doubled (22% to 44%) among young people while it nearly doubled for Artificial intelligence (24% to 42%) as well. Large rises have also been seen for climate change, war & geopolitical tension, violence against women and equality. Overall, housing and rental affordability continues to be the top issue on young people's minds. These increases suggest that Australian youth are becoming increasingly socially conscious but also emotionally burdened by large-scale problems. The political climate, changing technology and economic stress may also be amplifying this awareness along with feelings of helplessness or urgency.



## Which global or societal issues concern you most? (Tick all that apply)

### National

#### Housing/rental affordability



#### Violence against women



#### Climate change



#### War & geopolitical tension



#### Poverty/inequality



#### Gender equality



#### Societal & political division



#### Artificial Intelligence



#### Sustainability



#### Income inequality



#### LGBTQIA+ equality



#### Plastic pollution



#### Racial equality



#### Extremism



#### Ocean conservation



#### Forest conservation



#### Australian Indigenous affairs



#### Natural disasters & extreme weather



#### Refugees



#### Data privacy



#### Terrorism



## What helps you destress and relax? (Tick all that apply)

● National ● Scape

Listening to music	70%	62%	Writing	18%	11%
Movies/shows/videos (Netflix, YouTube etc.)	68%	59%	Handicraft (Pottery, embroidery, sewing, quilting etc.)	17%	9%
Bath/shower	50%	39%	Healthy food	16%	19%
Gaming	47%	37%	Dancing	16%	11%
Exercise	40%	37%	Playing an instrument	16%	11%
Outdoors/nature/ beach	39%	32%	Watching sport	16%	16%
Books	34%	22%	Journaling	16%	10%
Memes	32%	23%	Therapy	13%	7%
Social media	31%	32%	Beauty regime	11%	10%
Art (Painting, sculpture, photography, drawing etc.)	29%	20%	Mindfulness	11%	9%
Junk food	24%	22%	Medication	10%	4%
Shopping	23%	32%	Drugs	9%	2%
Cooking	22%	28%	Religion	8%	8%
Cleaning	22%	22%	Meditation	7%	8%
Playing sport	22%	24%	Yoga	6%	6%
Alcohol	19%	10%	Other	7%	3%
			None of the above	0%	1%

## Significant changes between 2024 and 2025

### What helps you destress and relax?

More young people are turning to both screen-based and non-screen based coping mechanisms as the use of gaming, books, memes, journalling, handicraft and social media as ways to relax all increased year over year. These trends show that while technology continues to become more ingrained in young people's lives many are also finding ways to switch off outside of it.

#### National

##### Gaming



##### Books



##### Memes



##### Social media



##### Handicraft



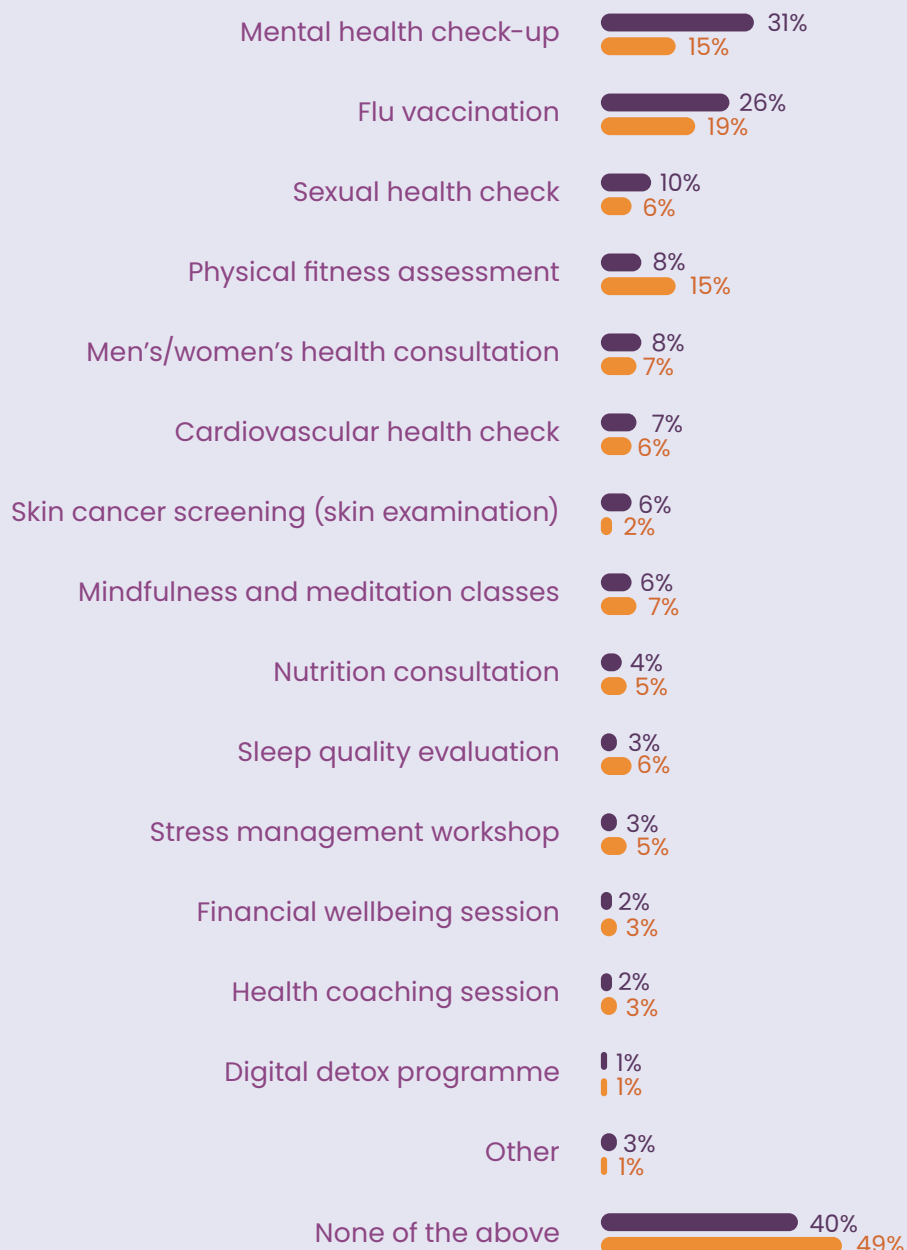
##### Journalling





## Which of the following have you had in the past 12 months? (Tick all that apply)

● National ● Scape



## How is your social health currently? (Social health is the state of someone's friendships and social connections)

● National ● Scape



## Are you currently struggling to make friends?

National

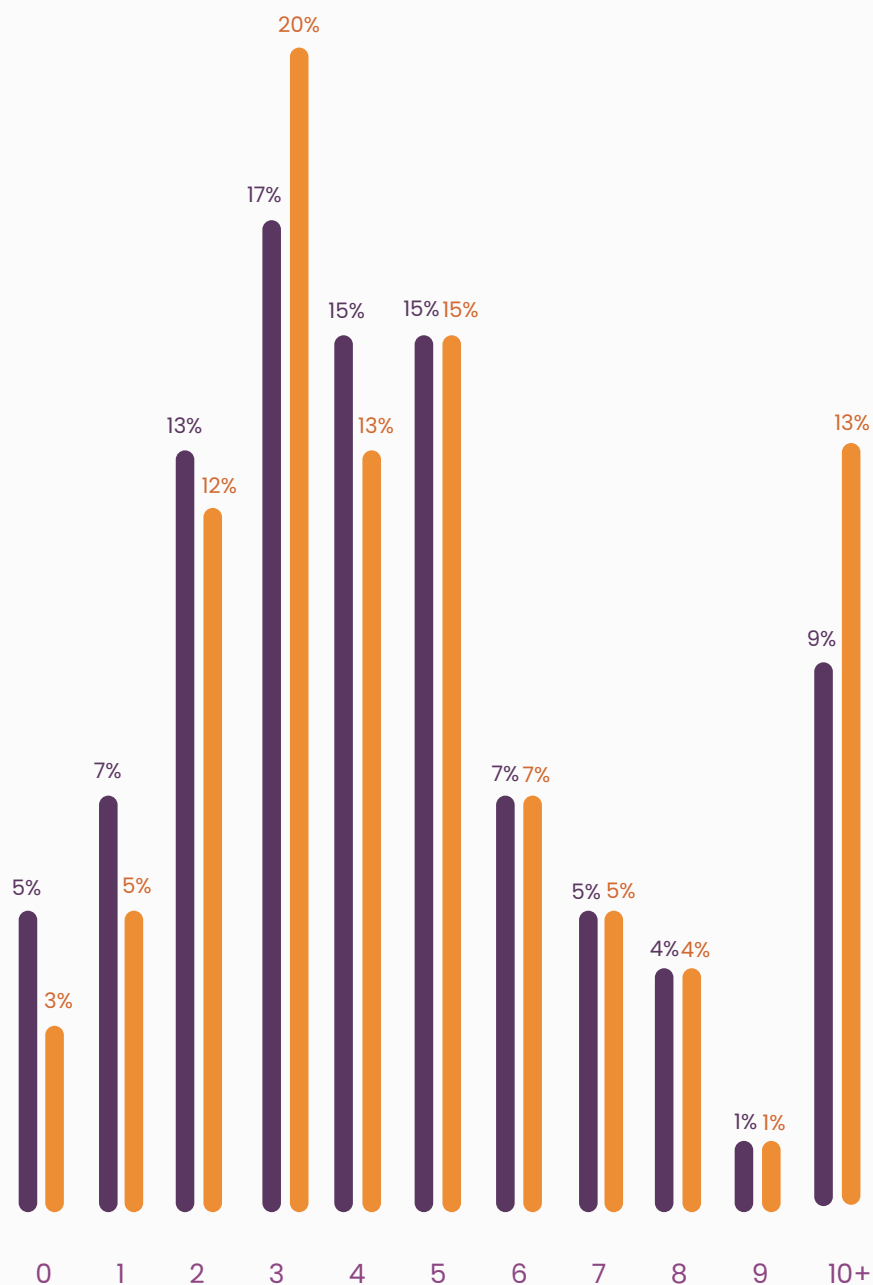


Scape



## How many close friends do you have roughly at the moment?

● National ● Scape



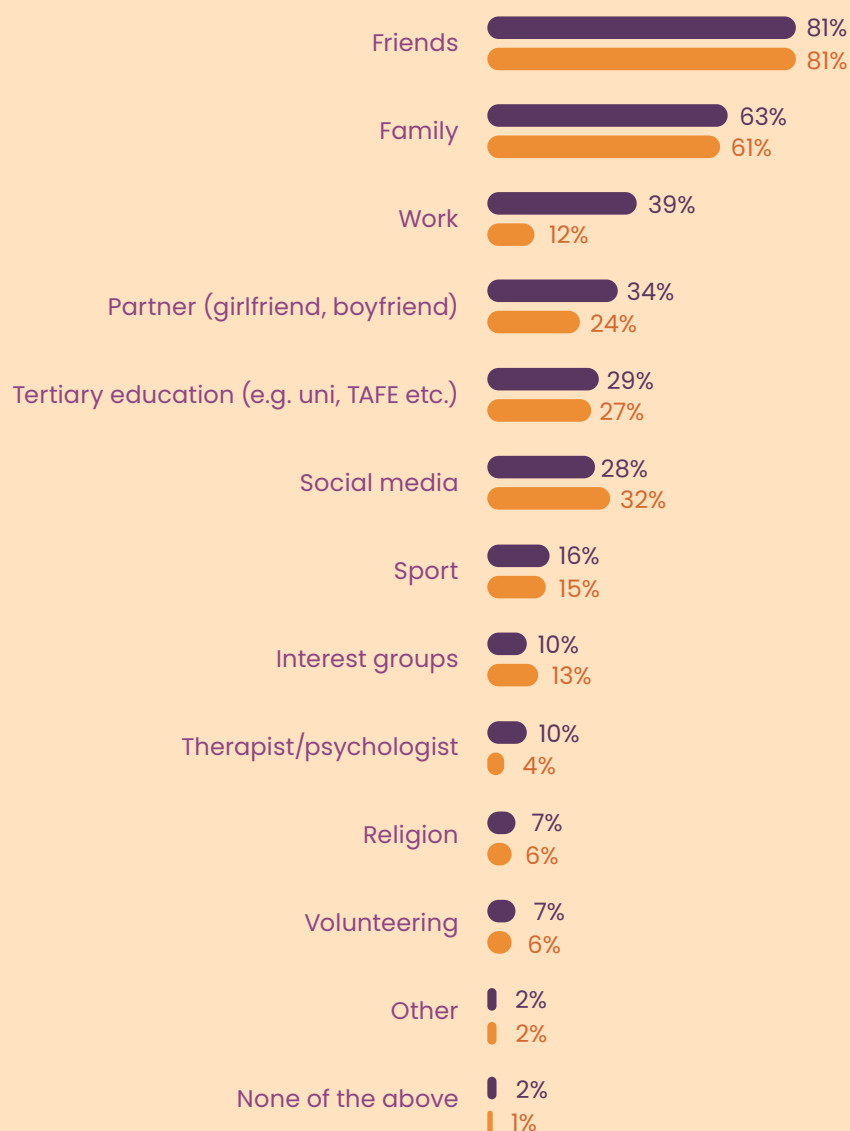
Average number of close friends – 4





## Where do you have strong social connections and support networks? (Tick all that apply)

● National ● Scape



## Significant changes between 2024 and 2025

### Where do you have strong social connections and support networks?

There have been subtle but meaningful shifts in young people's social fabric over the past year. Support from social media networks has risen while support from sporting circles has declined, perhaps reflecting a more digital and less physical social landscape for young people today.

#### National

##### Social media

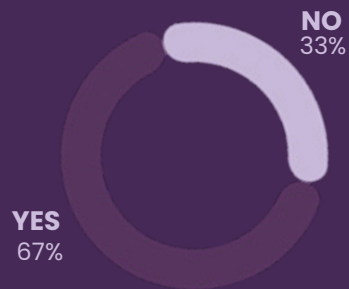


##### Sport



**In your everyday life do you feel a general sense of inclusion and belonging?**

**National**



**Scape**



**In your everyday life do you feel like diversity is embraced and respected?**

**National**



**Scape**



**Insight:**

Scape residents are more likely to feel a sense of inclusion and belonging and that diversity is embraced and respected in their lives compared to the national average.







# Exercise

Young Australians are exercising less frequently than last year while also moving away from gym and technology-based fitness habits. There has been a drop in young people who exercise daily as well as a fall in those who say they are in excellent physical health, indicating a potential decline of young people in peak physical shape. This coincides with the gym losing favour to exercising in the home and young people using fitness trackers less, revealing a potential shift towards less formal and less visible forms of physical activity. While fitness, mental health and appearance continue to be the main motivators for young people to get active, the declining preference for gyms and trackers could be due to growing fatigue with performance-driven fitness culture, financial barriers, or a preference for more flexibility and privacy.

## How is your physical health currently?

● National ● Scape

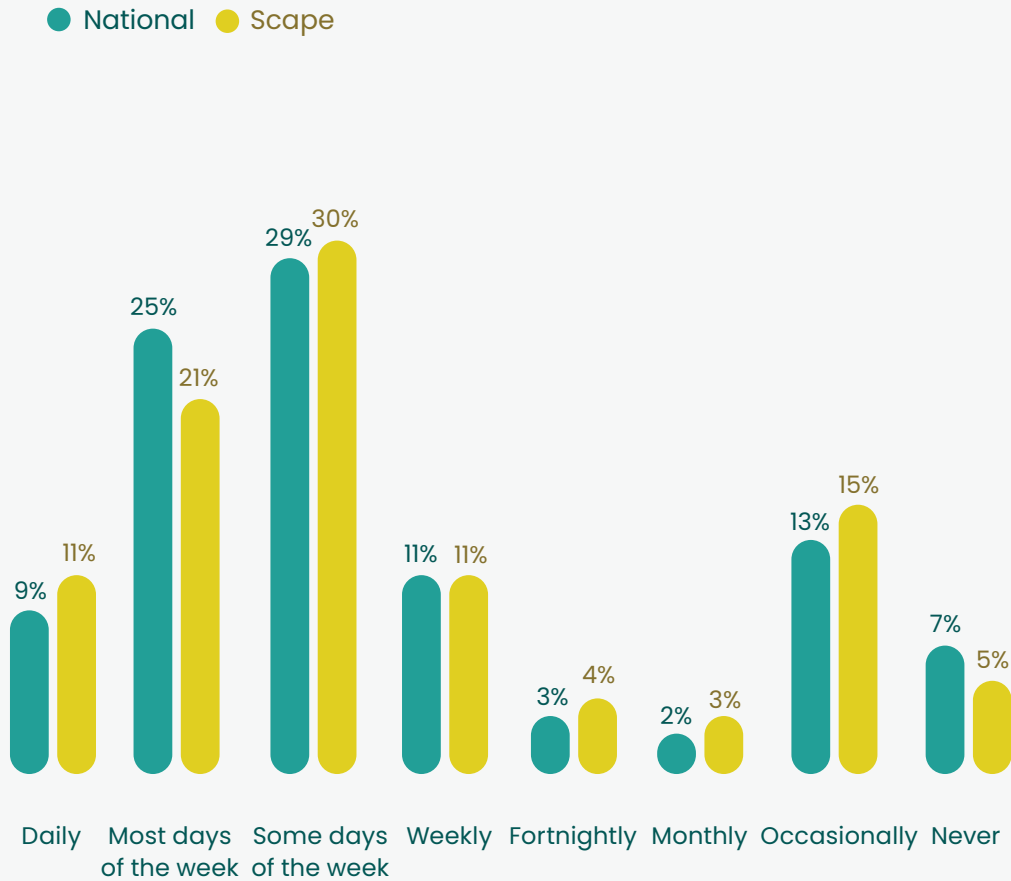


## Significant changes between 2024 and 2025

### National

Less young people report being in excellent physical health this year (7%) compared to last year (10%), indicating a significant decline in numbers of those in peak shape.

## On average how often do you exercise/play sport?



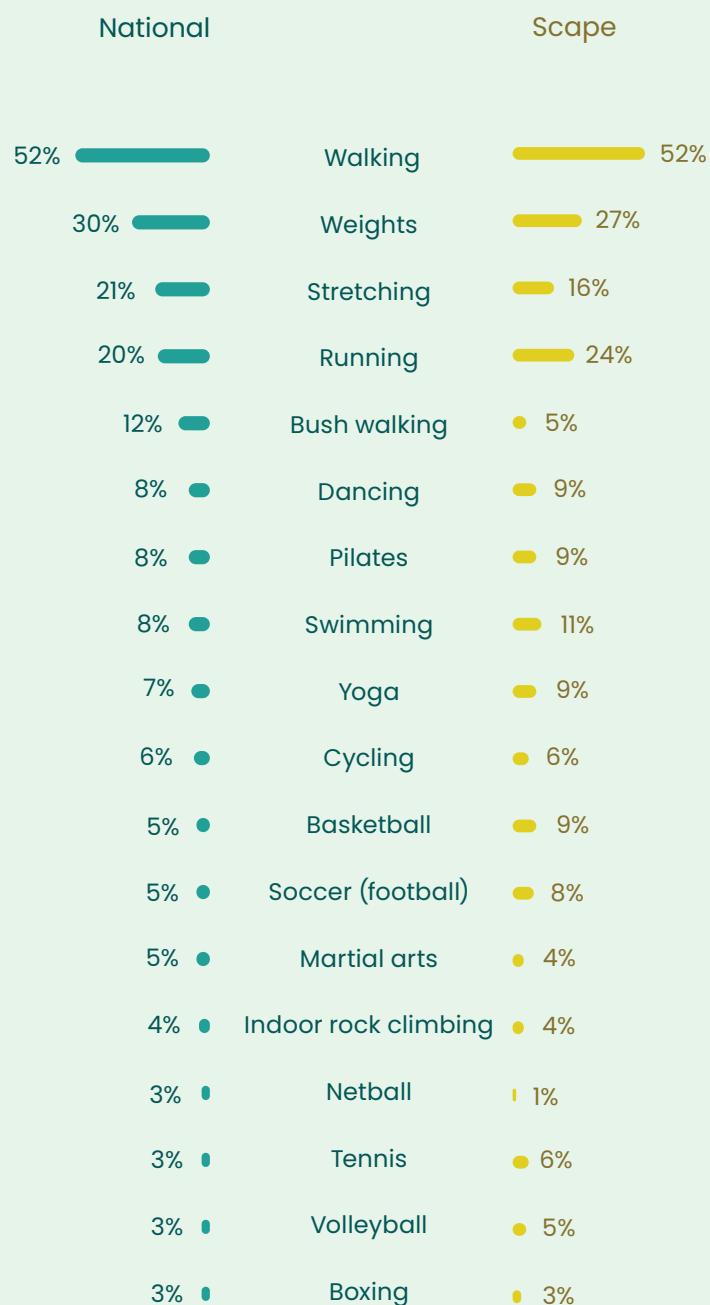
## Significant changes between 2024 and 2025

### National

Last year 81% of young people in total said they exercised at least weekly, but this has dropped to 74% in 2025. At the high end of the athletic spectrum there was a notable drop in the amount of Australian youth who say they exercise daily (13% to 9%).



## Which of the following exercises/sports do you do? (Tick all that apply)

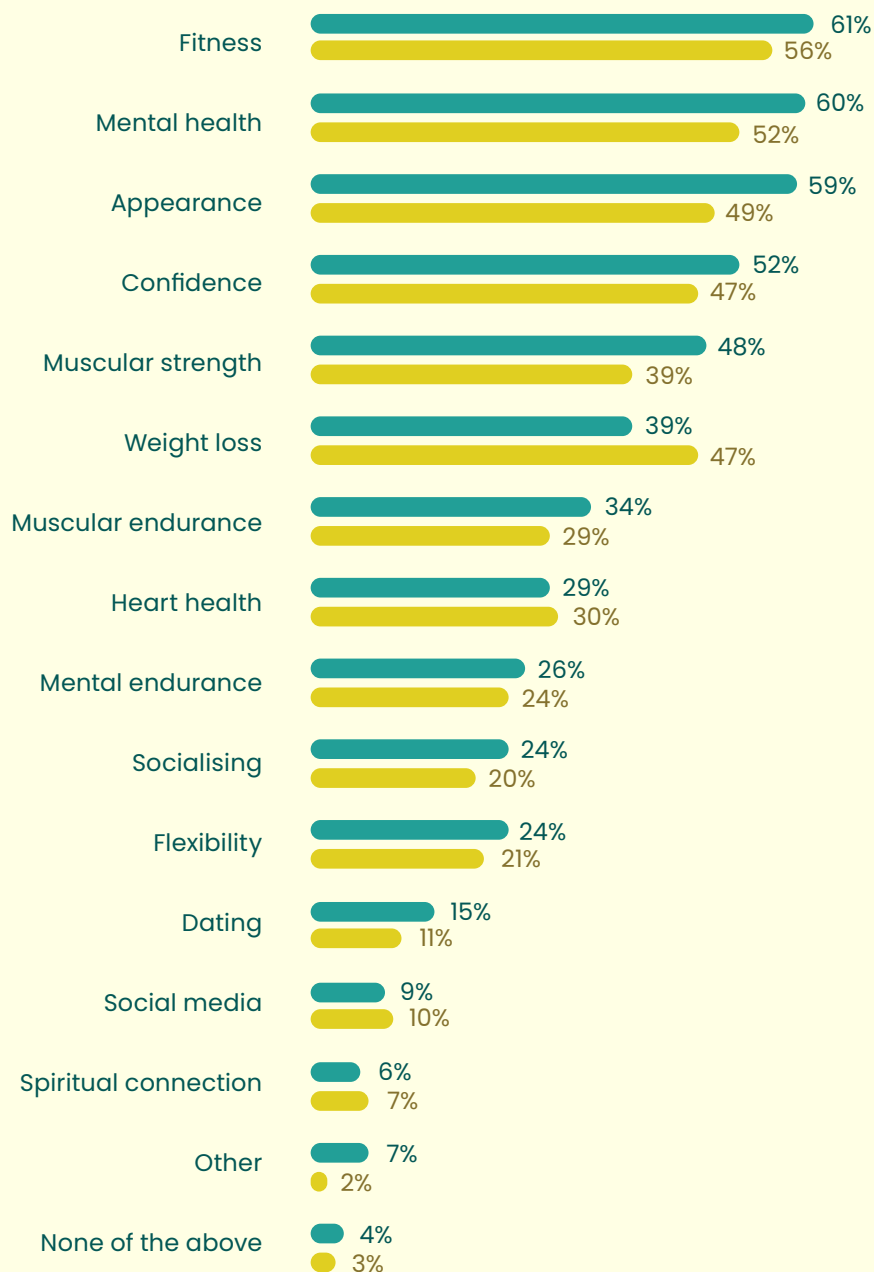


## Which of the following exercises/sports do you do? (Tick all that apply)



## What motivates you most to exercise/play sport? (Tick all that apply)

● National ● Scape



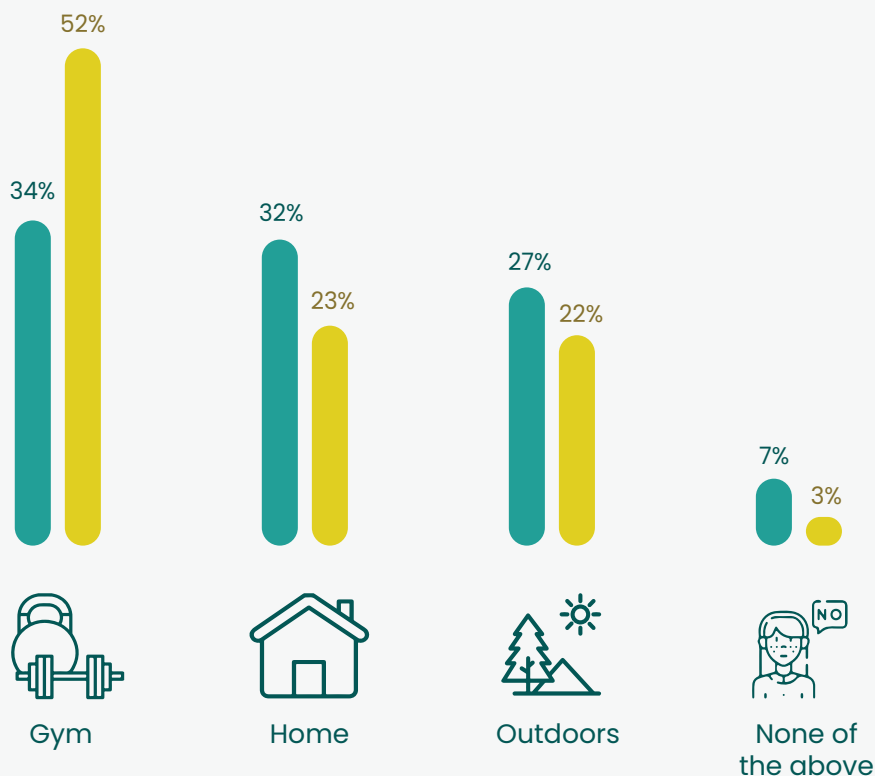






## Where do you prefer to exercise?

● National ● Scape



## Significant changes between 2024 and 2025

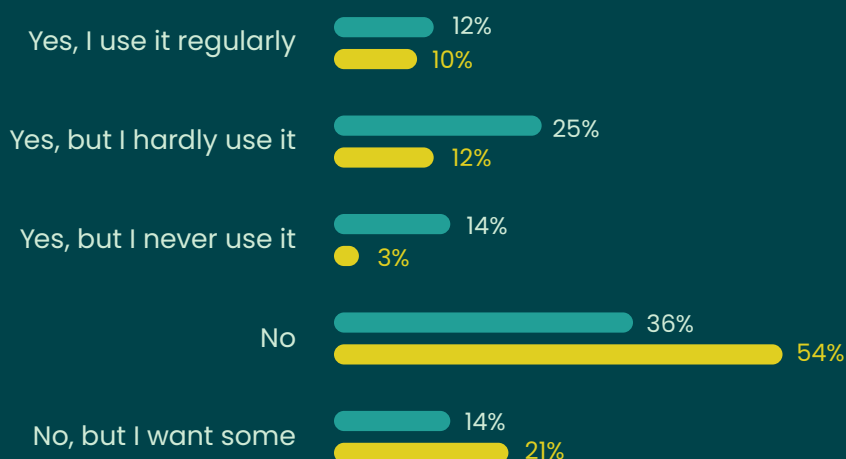
### National

Gyms have seen a decline in popularity as the preferred place to exercise compared to last year (41% to 34%), with the increasing preference for exercising at home (27% to 32%) meaning it's now nearly equally favoured with the gym.



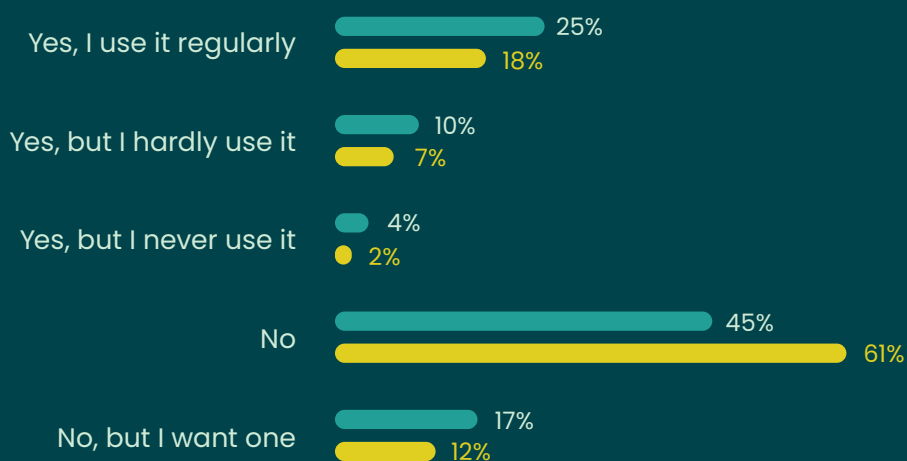
## Do you have home exercise equipment?

● National ● Scape



## Do you have a gym membership?

● National ● Scape





## Significant changes between 2024 and 2025

### National

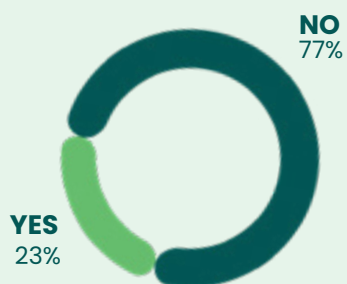
Last year 56% of young people said they did not have a gym membership, including those without one who would like one, compared to 62% this year. This could reflect young people's increasing preference to exercise at home rather than at a gym or financial pressures.



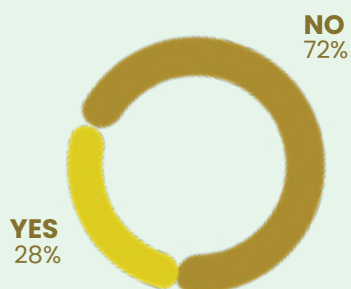


## Do you use a fitness tracker?

### National



### Scape



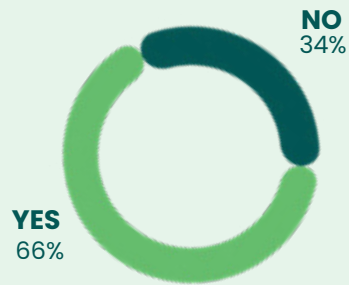
## Significant changes between 2024 and 2025

### National

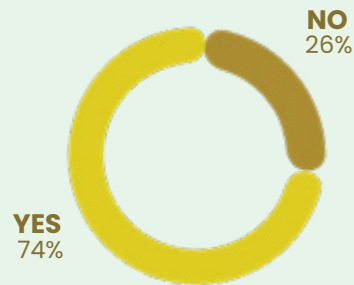
Fitness tracker usage has declined from 27% to 23% over the past year, indicating a growing disengagement from health self-monitoring tools.

**Does using a fitness tracker motivate you to exercise more than you would without one?**

**National**



**Scape**



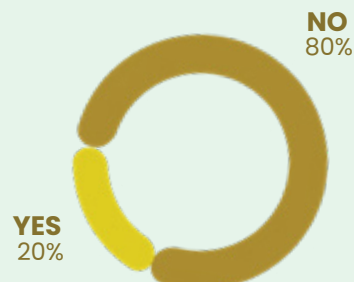
\*Only answered by fitness tracker users.

**Do you compete with others over your fitness tracker results? (e.g. who takes the most steps, rides the furthest etc.)**

**National**



**Scape**



\*Only answered by fitness tracker users.



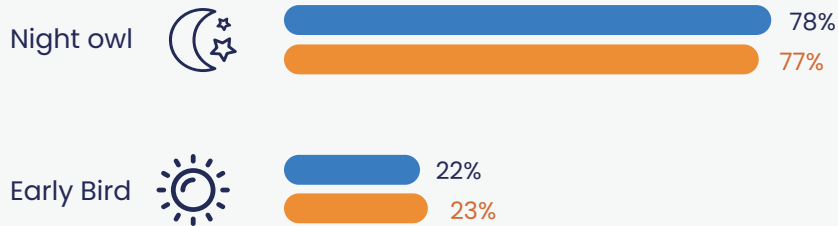
# Sleep

Sleep remains a critical wellbeing factor for young Australians with little year-on-year change in how long they sleep, when they prefer to get it and what's keeping them from having enough of it. Most young people still identify as night owls while sleep disruptors like phone use, stress and anxiety remain widespread. Despite phone usage being the most common factor stopping young people from getting a good night's sleep, rates of phone usage before bed haven't dropped showing it's a problem young people are aware of but are not in a hurry to change. Even though phones are often with young people in the bedroom at night the vast majority do not use a sleep tracker, which often come in the form of a phone app, meaning the self-monitoring of sleep is not widely seen as a way to improve it.



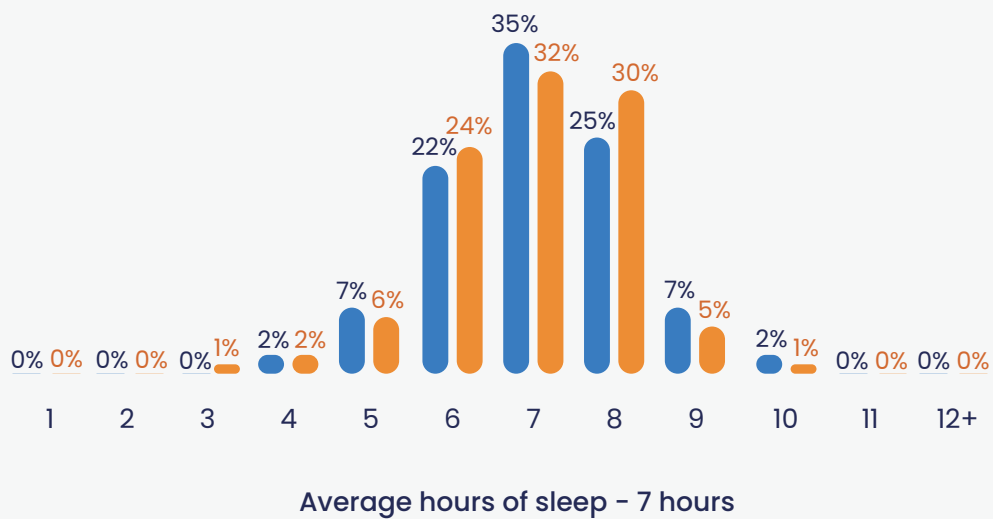
## Are you an early bird or a night owl?

● National ● Scape

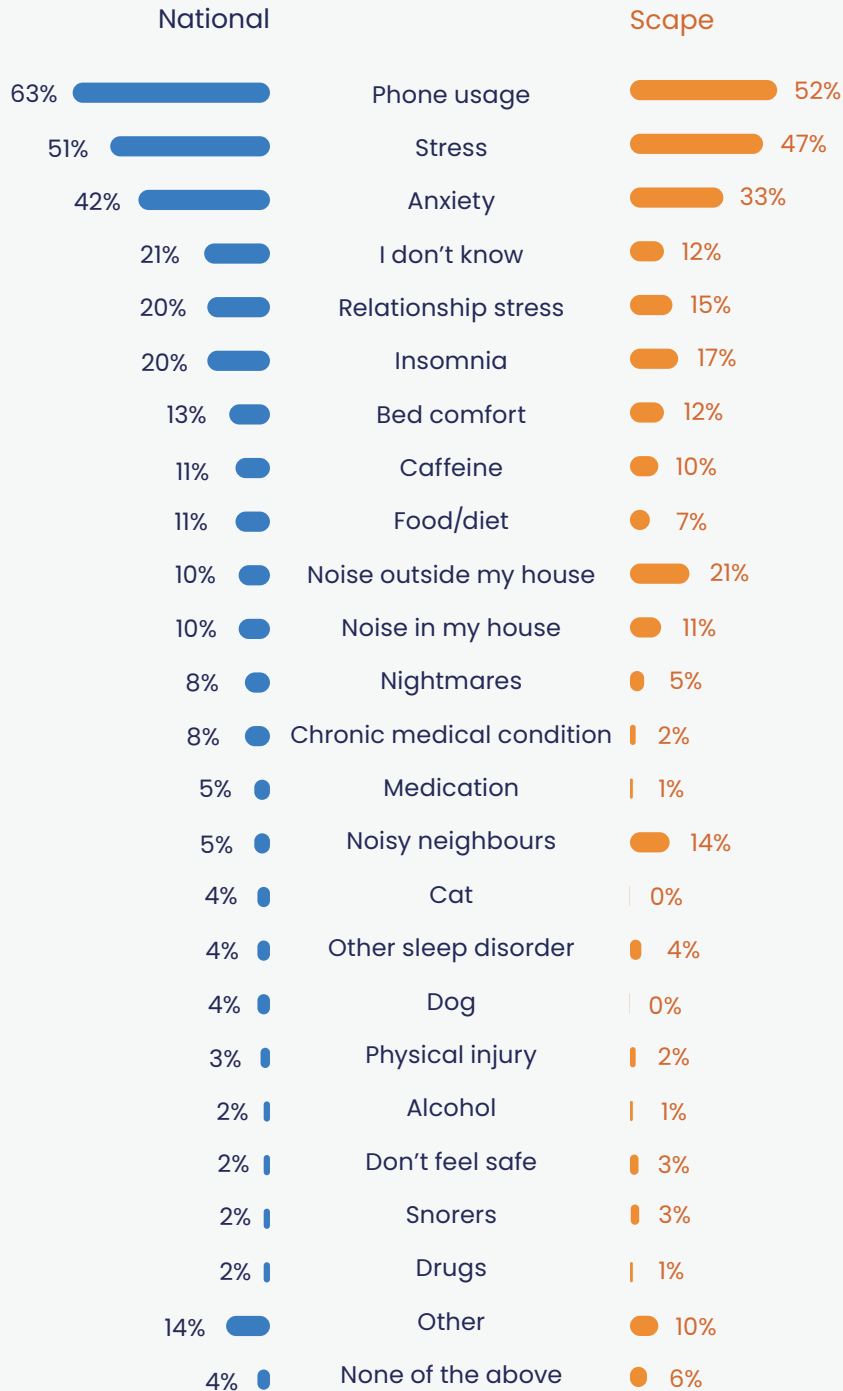


## How many hours of sleep do you get per night on average?

● National ● Scape

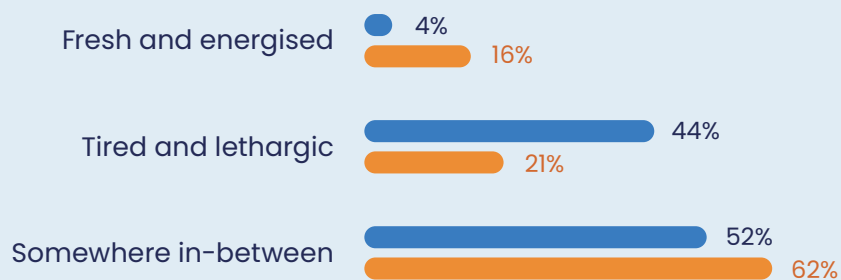


## What is preventing you from getting a good night's sleep currently? (Tick all that apply)



## How do you usually feel when you wake up?

● National ● Scape



### Insight:

Scape residents are significantly more likely to wake up feeling fresh and energised (16% vs 4%) and less likely to feel tired & lethargic (21% vs 44%) compared to the national average.

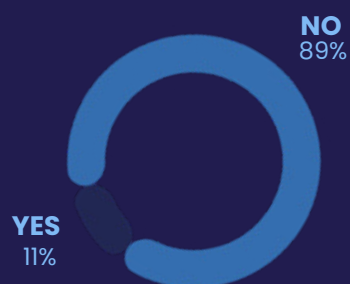




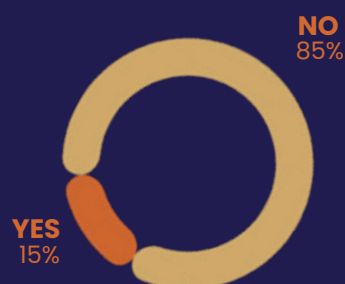


Do you use a sleep tracker? (i.e. a device or phone app which records your sleep patterns to monitor the quality of your sleep.)

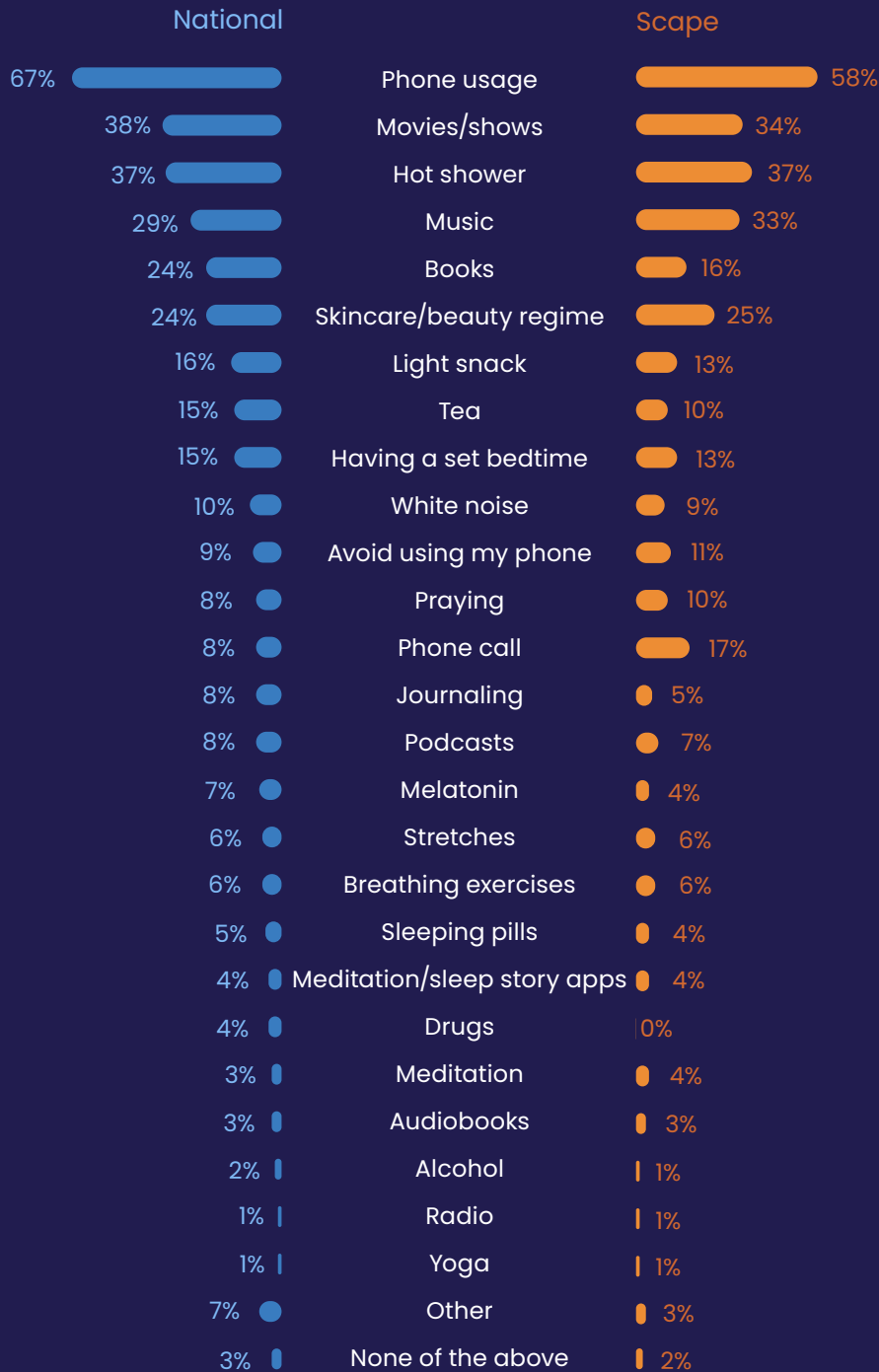
National



Scape



## What is part of your nightly bedtime routine? (i.e. the activities you perform in the lead up to bed to help you sleep) (Tick all that apply)





SUP





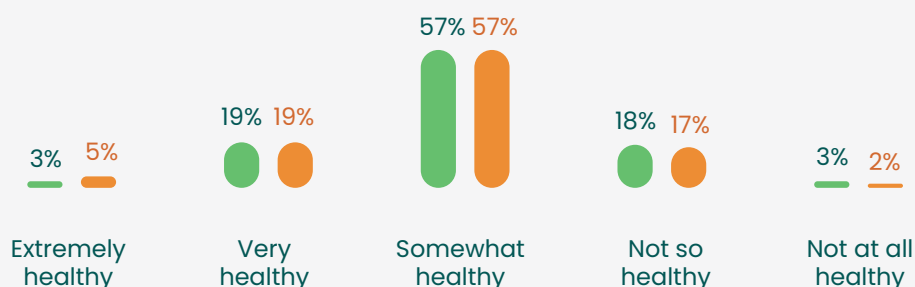
# Diet

Most young Australians continue to describe their diet as being only somewhat healthy with no major changes occurring in their eating habits since last year. Most still fall short of fruit and vegetable intake guidelines while motivation, mood, time constraints and affordability remain major obstacles to healthier eating. Major change has occurred however in their drinking habits with a large upswing in the amount of young people who report they never consume alcohol, increasing from 13% last year to now numbering nearly one in four (22%) young people. Australian youth are also giving up vapes with daily vaping rates nearly halving from last year (10% to 6%) alongside a rise in those who never vape (74% to 80%). While healthy eating continues to be an area young people can improve on, it appears they have heeded the message of reducing their intake of toxic substances like vapes and alcohol.



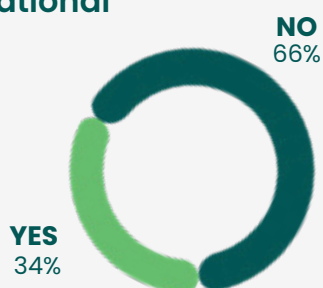
## How would you describe your diet on average?

● National ● Scape

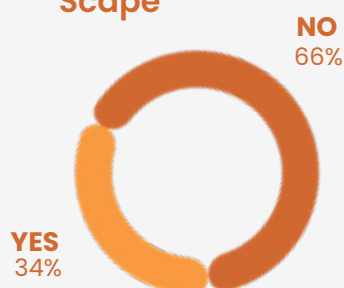


## On average do you eat the recommended 2 serves of fruit per day?

National



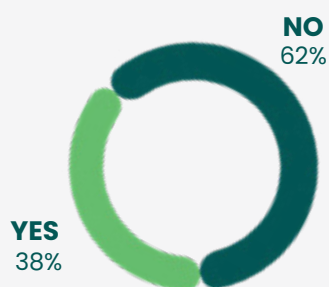
Scape



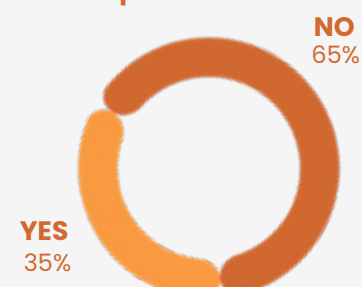
## On average do you eat the recommended 5/6 serves of vegetables per day?

\*5 for females, 6 for males

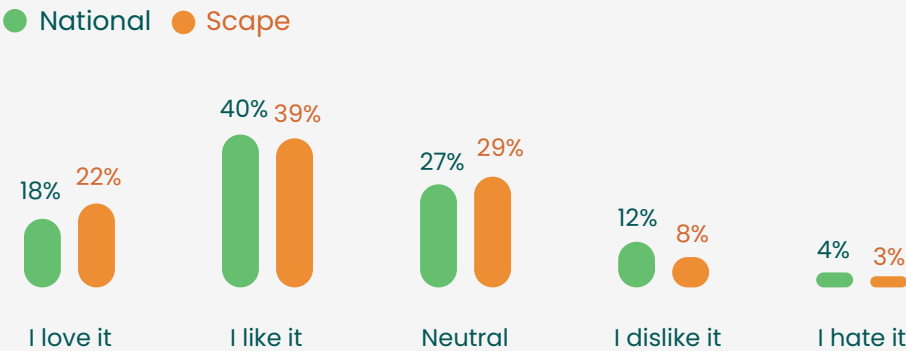
National



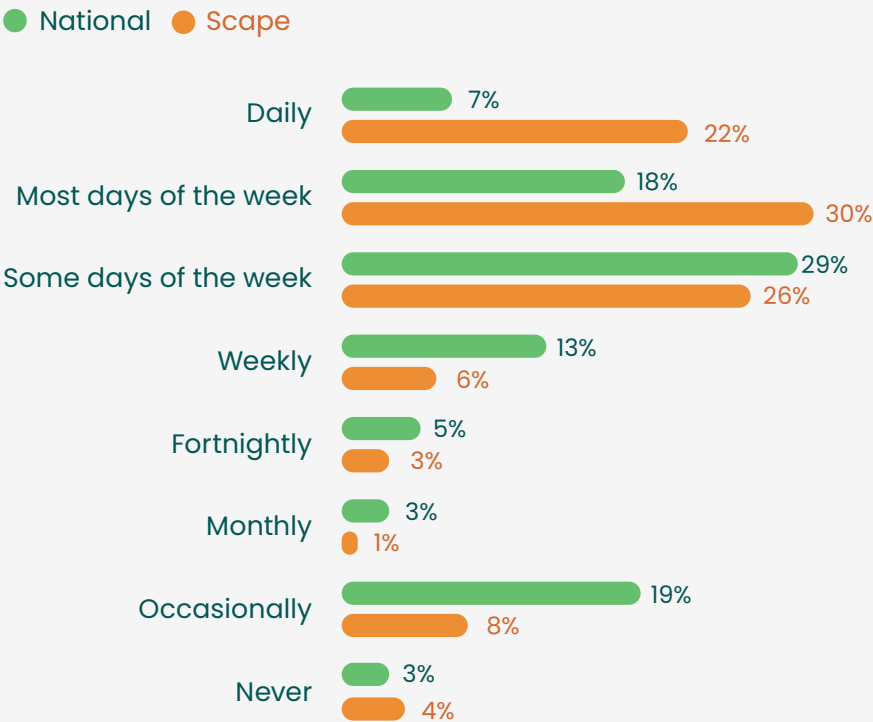
Scape



### How much do you like to cook?



### How often do you cook on average?



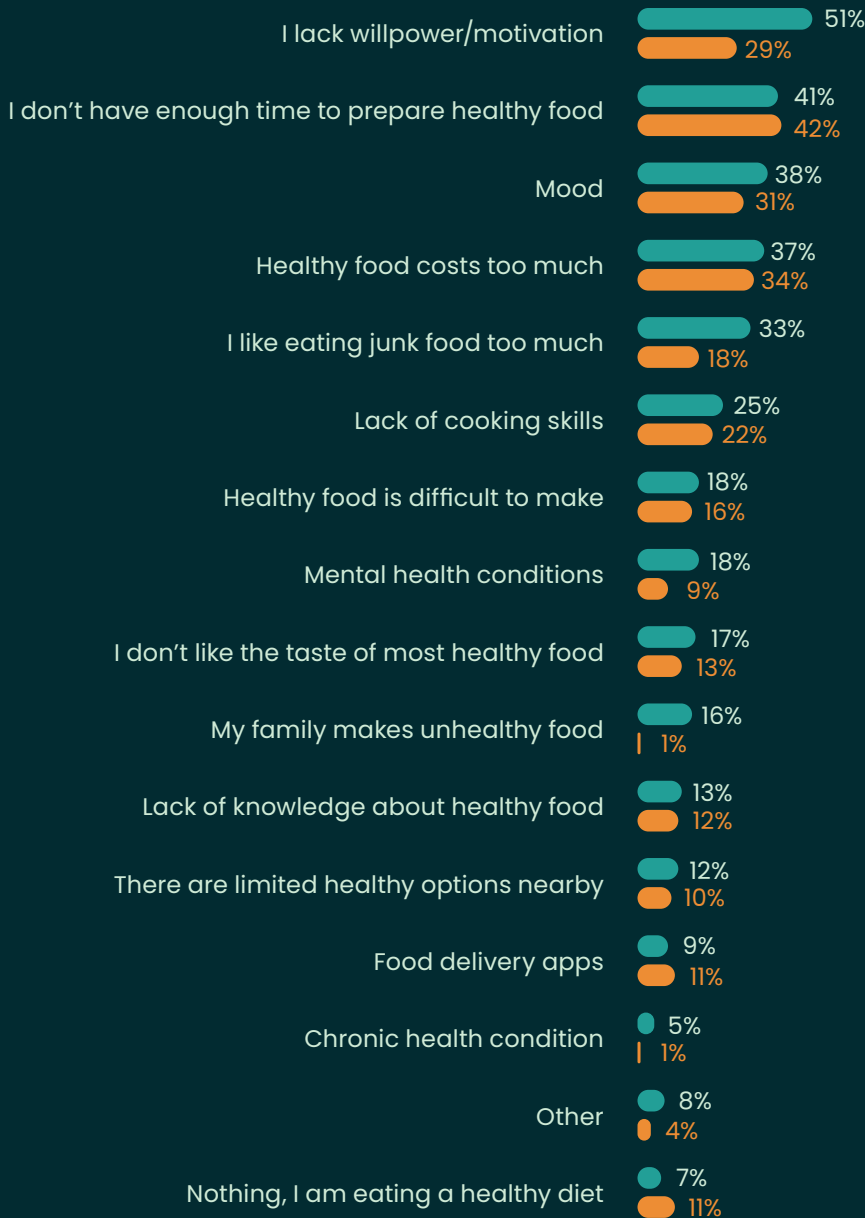
### Insight:

Scape residents are significantly more likely to cook regularly compared to the national average.



## What's negatively impacting your diet? (Tick all that apply)

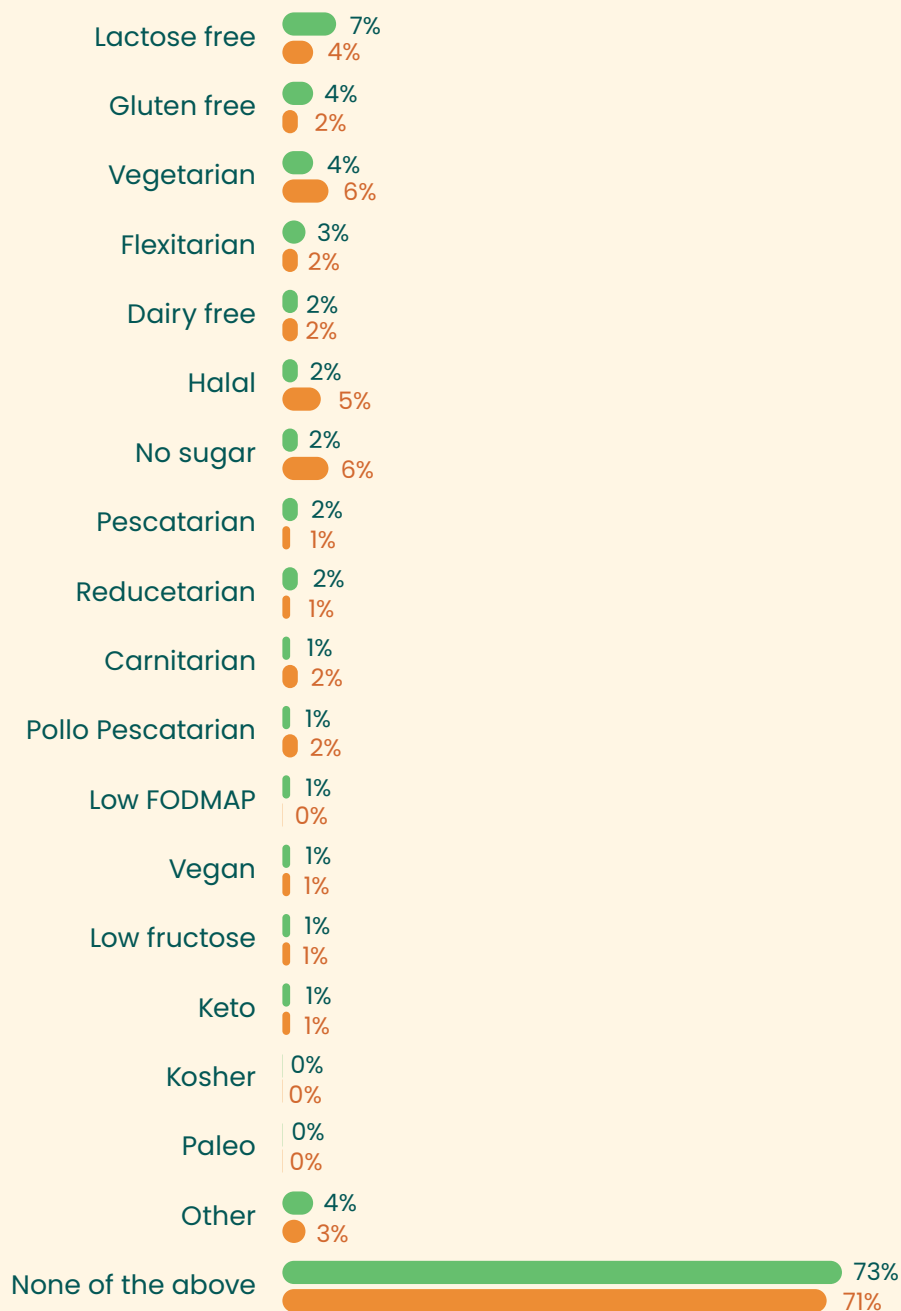
● National ● Scape





## Do you follow any special diets? (Tick all that apply)

● National ● Scape



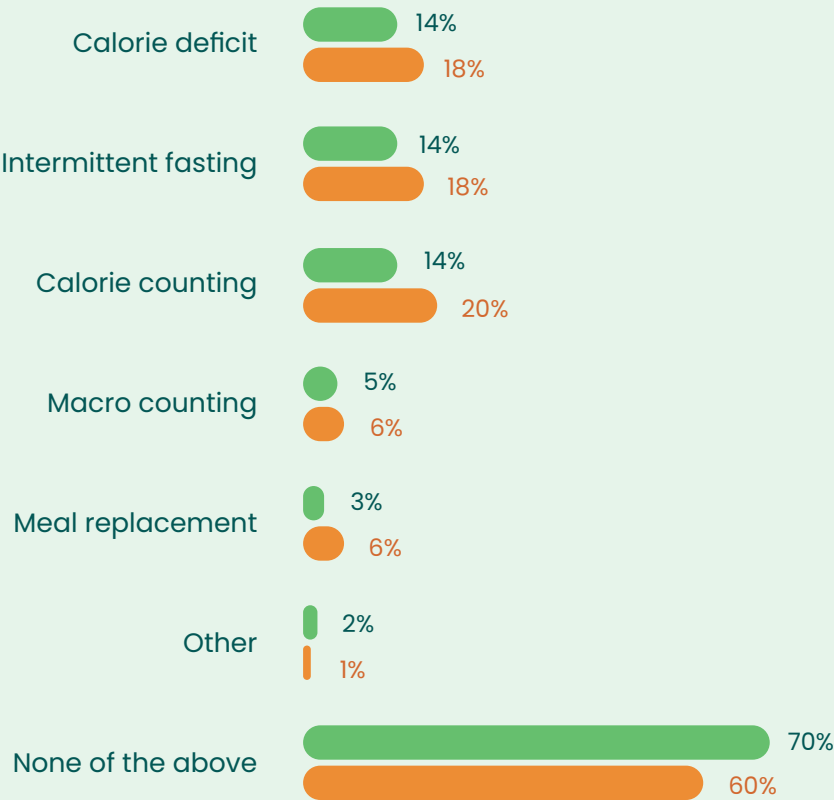






Which of the following do you do?  
(Tick all that apply)

● National ● Scape

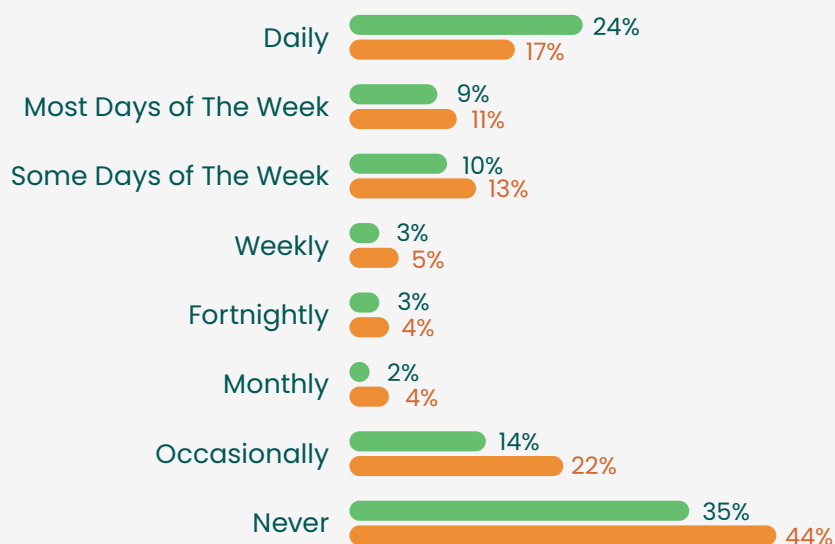




## How often do you have the following?

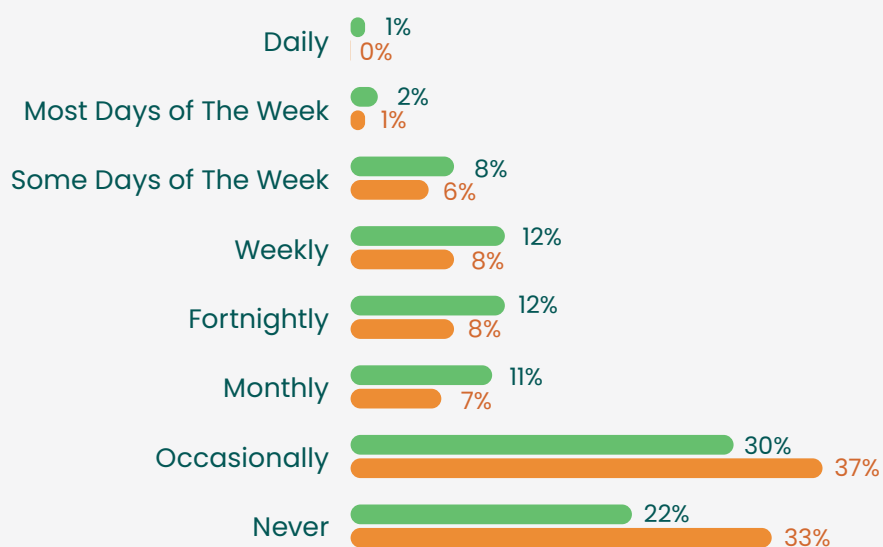
### Coffee

● National ● Scape



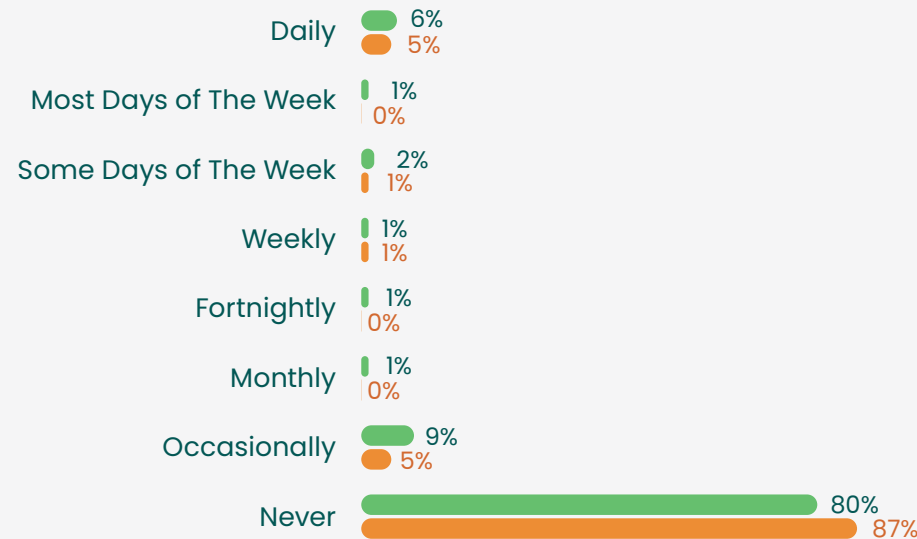
### Alcohol

● National ● Scape



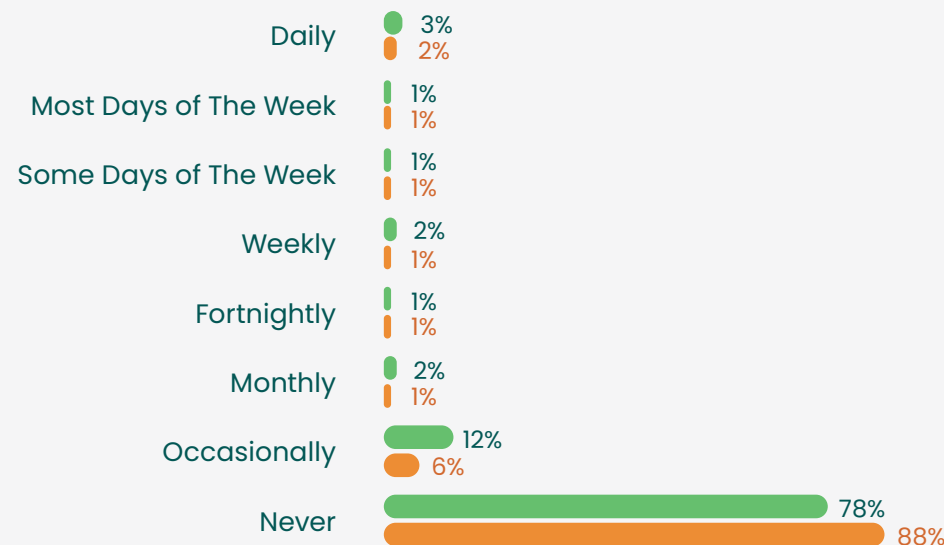
### Vapes

● National ● Scape



### Cigarettes

● National ● Scape













# Pikiran akhir

Banyak pemuda terus memikirkan bagaimana menemukan keseimbangan dalam dunia yang semakin berubah.

Seperti kami temukan dalam laporan ini, lebih banyak pemuda prihatin tentang lebih banyak masalah-masalah besar yang membentuk masyarakat dibandingkan saat kami menanyai mereka di tahun 2024. Peningkatan ini merupakan beberapa perubahan yang paling signifikan dalam Indeks Kesejahteraan Gen Z 2025 tahun ini – yang sekarang memasuki tahun ketiga dalam melacak kesejahteraan pemuda di Australia.

Mengingat tingkat keprihatinan masyarakat di antara Gen Z masa kini dibandingkan hanya setahun yang lalu, pembuat kebijakan, pendidik, dan pemimpin bisnis mesti mempertimbangkan masalah-masalah ini dan kesempatan apa yang bisa mereka sediakan untuk melibatkan para pemuda secara bermakna untuk menolong memandu mereka melewati masalah-masalah itu. Hal ini akan menolong mereka membentuk masa depan yang sangat mereka pedulikan.

Perubahan signifikan dalam faktor kesejahteraan tahun ini dari tahun lalu juga bisa menyediakan jendela pada masalah-masalah dan kekuatan-kekuatan yang membentuk dunia masa kini. Di 2025 pendidikan, politik, pengangguran dan keluarga merupakan tekanan besar yang meningkat dalam kehidupan pemuda, dan semuanya adalah bidang yang sangat penting di kehidupan sehari-hari kebanyakan pemuda.

Beberapa faktor kesejahteraan penting tidak mengalami perubahan selama satu tahun. Bagi orang dewasa muda, menyiapkan masa depan mereka tetap menjadi faktor luas yang berdampak negatif pada kehidupan mereka – masalah ini menjadi pusat pada pekerjaan Kelas13. Sementara itu, biaya hidup, tempat tinggal dan sewa rumah tetap menjadi masalah yang paling menyolok yang menjadi keperdulian generasi ini secara menyeluruh – masalah yang menjadi perhatian utama operasi Scape.

Tetapi sudah muncul masalah kesehatan Gen Z yang lolos dari perhatian. Jumlah pemuda yang diperiksa untuk masalah kesehatan mental dan fisik selama 12 bulan yang lalu cukup rendah, Hal ini menyingkapkan kesenjangan antara risiko yang dihadapi pemuda dan tindakan yang dilakukan untuk melindungi dirinya, yang mendorong kebutuhan untuk kemelekan kesehatan dan akses bagi para pemuda untuk meningkatkan kesehatan.

Secara positif, telah ada peningkatan pemuda yang memeluk hobi dan menemukan tujuan hidupnya dibandingkan setahun yang lalu. Permainan, meme, dan media sosial, di satu sisi, dan juga buku-buku, penjurnalan, dan kerajinan tangan di sisi lain, semakin banyak dilakukan oleh para pemuda untuk bersantai. Hal ini mengungkapkan gabungan kegiatan yang berkaitan dengan teknologi dan tradisi yang semakin meningkat dalam kehidupan para pemuda.

Penyedia akomodasi mahasiswa, Scape sudah menunjukkan lagi bahwa mereka menyediakan lingkungan positif bagi para pemuda yang menghuni gedungnya di seluruh Australia, menawarkan model dukungan, rutin dan hubungan sosial yang berhasil, yang mereka ulangi di setiap kota di mana mereka ada. Dengan mencapai hal ini Scape telah memantapkan diri sebagai destinasi utama bagi pemuda di Australia untuk tinggal di sana selama menavigasi kehidupan dewasa muda.

Temuan terbaru dari Indeks Kesejahteraan Gen Z 2025 berfungsi baik sebagai peringatan dini maupun cetak biru perubahan. Temuan temuan itu menyoroti keadaan yang mendesak untuk pendidikan kesehatan yang lebih baik, akses yang lebih besar pada perawatan preventif, dan lingkungan hidup yang lebih disengajakan – terutama bagi generasi yang menghadapi kerumitan dan tekanan yang meningkat.







year  scape

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