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Effectiveness Integrative Model of Digital Mindfulness and Local Wisdom: An Intervention to Improve Gen Z's Digital Resilience

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ABSTRACT

The expansion of digital environments has introduced complex psychological challenges for Generation Z, particularly in managing continuous exposure to online stressors. This study aimed to develop and evaluate an integrative training model combining digital mindfulness and local cultural wisdom to enhance emotional maturity and digital resilience. A quantitative quasi-experimental design with a non-equivalent control group was employed. The sample consisted of 40 participants aged 18–26 years in Bojonegoro, Indonesia, divided into an experimental group and a control group. The intervention was delivered through 6 structured sessions integrating digital mindfulness practices with culturally grounded values such as *nrimo* (acceptance), *eling* (self-awareness), and *rukun* (social harmony). Data were collected using validated scales of emotional maturity and digital resilience administered at pre-test and post-test. Statistical analyses included independent samples t-tests, ANCOVA, and mediation analysis.

Results showed that the experimental group experienced significant improvements in emotional maturity ($t = 8.62$, $p < 0.001$) and digital resilience ($t = 9.01$, $p < 0.001$), with very large effect sizes. ANCOVA confirmed that the intervention effects remained significant after controlling for baseline differences. Mediation analysis indicated that emotional maturity accounted for 56% of the total effect of the intervention on digital resilience.

These findings indicate that digital resilience can be enhanced through integrative interventions that combine emotional regulation, mindful engagement with technology, and culturally relevant frameworks. The study provides empirical support for a contextually grounded model to strengthen adaptive capacities among Generation Z in the digital era.

KEYWORDS: Digital Resilience, Emotional Maturity, Digital Mindfulness, Local Cultural Wisdom; Generation Z

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1. INTRODUCTION

The rapid expansion of digital technology has fundamentally reshaped how individuals interact, communicate, and construct their identities (Syalwa et al., 2024; Zikic, 2022). Within this transformation, resilience has emerged as a central construct in understanding psychological well-being in contemporary contexts (Troy et al., 2022). Resilience is broadly defined as a dynamic process of positive adaptation in the face of adversity, trauma, or significant stressors(Herrman et al., 2011). Rather than being a fixed trait, resilience reflects an ongoing interaction between individual capacities and environmental demands, making it particularly relevant in increasingly complex and digitally mediated societies (Vella & Pai, 2019).

Among contemporary populations, Generation Z (Gen Z), typically defined as individuals born between the late 1990s and early 2010s, represents a cohort uniquely positioned within this digital transformation (Hinduan et al., 2020). As digital natives, Gen Z has grown up immersed in technology, with continuous exposure to social media, online communication, and algorithm-driven information environments. While this exposure has facilitated adaptability and technological fluency, it has also introduced novel psychological stressors (Akbar et al., 2024). These include persistent social comparison, pressure to maintain curated online identities, and heightened vulnerability to cyberbullying (Vuković et al., 2026). Consequently, Gen Z faces not only traditional life challenges but also distinct stressors originating from digital environments, which collectively demand new forms of adaptive capacity (Vultaggio & Flayhan, 2021).

In Asian contexts including Indonesia, Gen Z is often characterized as the "strawberry generation," a metaphor suggesting that individuals appear resilient externally but are perceived as fragile when confronted with pressure (Aulia et al., 2022). Although the empirical validity of this label remains debated, it reflects broader concerns regarding the psychological vulnerability of this cohort. From an ecological perspective, such vulnerability can be understood as a consequence of continuous engagement with digitally mediated environments that amplify social evaluation and emotional reactivity (Jayatissa, 2023). This condition underscores the need to conceptualize resilience in a more context-specific manner, leading to the emergence of the concept of digital resilience (Qi & Yang, 2024).

Digital resilience refers to an individual's capacity to adapt, maintain psychological well-being, and recover effectively in response to stressors originating from digital interactions and environments (Shandilya et al., 2024). This includes the ability to cope with online harassment, manage the emotional consequences of social comparison, and sustain a stable sense of self despite exposure to unrealistic online standards (Slaughter & Newman, 2022). The increasing relevance of digital resilience highlights a critical gap in both theory and intervention, as traditional models of resilience may not fully capture the unique dynamics of digital stressors (Mahmood et al., 2024).

Efforts to strengthen digital resilience require a focus on empirically validated psychological predictors (Shandilya et al., 2024). Previous research conducted by the present author involving 512 Gen Z participants across Java identified two key predictors of resilience: self-efficacy and emotional maturity. Self-efficacy emerged as the strongest predictor, reflecting individuals' beliefs in their capacity to manage challenges and exert control over outcomes. Individuals with high self-efficacy tend to interpret stressors as challenges rather than threats, thereby mobilizing adaptive coping strategies and persistence (Pratama, 2025a).

Emotional maturity demonstrated a significant relationship with resilience (Balbhim, 2022; Ram, 2024). Emotional maturity refers to the ability to understand, regulate, and express emotions in a manner that is appropriate and adaptive to situational demands (Keltner et al., 2019). It encompasses emotional stability, self-control, and the capacity for reflective processing of emotional experiences (Joy & Mathew, 2018). Within the context of digital environments, emotional maturity becomes particularly critical, as individuals are frequently exposed to ability to regulate emotional responses in such contexts is essential for maintaining psychological stability and adaptive functioning (Pizolati, 2024).

Previous study also indicated that demographic factors such as gender did not significantly predict resilience, suggesting that internal psychological resources, particularly self-efficacy and emotional maturity, play a more central role (Pratama, 2025b) These findings provide a clear direction for intervention development: enhancing resilience in Gen Z should prioritize strengthening emotional regulation capacities and adaptive cognitive appraisals. We mention that Interventions that specifically target this construct within digital contexts need to be continuously studied (De Witte et al., 2021). This gap presents an opportunity to develop integrative approaches that not only enhance emotional regulation but also address the specific nature of digital stressors. One promising approach is the application of digital mindfulness.

Mindfulness, defined as non-judgmental awareness of the present moment, has been widely demonstrated to improve emotional regulation, reduce stress, and enhance psychological well-being (Buranapin et al., 2024; Iani et al., 2019; Olendzki et al., 2020). The adaptation of mindfulness into digital contexts, referred to as digital mindfulness, involves cultivating awareness of people interactions with technology they interact with (Osborne et al., 2023). This includes recognizing emotional triggers associated with digital engagement, interrupting automatic behaviors such as excessive scrolling, and establishing intentional boundaries between online and offline life (Borghouts et al., 2021; Carmody & Baer, 2008).Through these mechanisms, digital mindfulness provides a practical framework for psychological wellbeing within the context of everyday digital experiences (Krusche et al., 2013).

In addition to individual-level interventions, there is increasing recognition of the importance of cultural context in shaping psychological processes and intervention effectiveness (Matsumoto & Hwang, 2022). Many psychological models and interventions have been developed within western contexts and may not fully align with the cultural values and social structures of non-western populations (Do & Vu, 2025; Ng & Lim, 2019). Research has shown that culturally adapted interventions are more likely to be effective and sustainable, as they resonate with individuals live experience and value system (Heim & Kohrt, 2019; Huang & Zane, 2019; Koç & Kafa, 2019)

Within the Indonesian context, particularly in Java, local cultural values offer rich resources for enhancing resilience (Hakim et al., 2025; Zaenurrosyid et al., 2024). Concepts such as *nrimo* (acceptance), *rukun* (social harmony), and *eling* (self-awareness) provide culturally grounded frameworks for emotional regulation and coping. Nrimo emphasizes acceptance of circumstances without excessive resistance, aligning closely with mindfulness principles of non-judgmental awareness (Rahman & Kuswanjono, 2025). Rukun highlights the importance of maintaining harmonious social relationships, supporting collective coping and social support mechanisms (Safaria, 2026). Eling encourages reflective self-awareness, fostering intentional and adaptive responses to challenges (Sukaton, 2019). Integrating these values into psychological interventions enhances ecological validity and increases the likelihood of sustained behavioral change.

Previous findings by the author also suggest regional variations in resilience within Java, with higher resilience observed in East Java compared to Central Java (Pratama, 2025b). These differences are hypothesized to be influenced by stronger community

cohesion and cultural practices that emphasize collective coping(Patel & Gleason, 2018; Townshend et al., 2015). Such findings further support the need to incorporate cultural context into intervention design, particularly when addressing complex constructs such as digital resilience (Mehedintu & Soava, 2022; Öztürk et al., 2025).

Based on these considerations, the present study aims to develop and evaluate an integrative training model that combines emotional maturity, digital mindfulness, and local cultural wisdom. This model is designed to address both the internal psychological mechanisms and the external contextual factors that shape resilience in Gen Z. The proposed intervention seeks not only to enhance emotional regulation capacities but also to provide practical strategies for managing digital stressors, while grounding these strategies in culturally meaningful frameworks. Gen Z, as a population deeply embedded in digital ecosystems, requires interventions that are not only evidence-based but also contextually relevant. By integrating emotional maturity, digital mindfulness, and local wisdom, this study exert to contribute to the development of a comprehensive and culturally grounded model for enhancing digital resilience.

2. METHODOLOGY

Research Design

This study employed a quantitative approach using a quasi-experimental design to examine the effectiveness of an integrative training model in enhancing digital resilience among Generation Z. Specifically, a non-equivalent control group design was utilized to assess causal relationships between the independent variable (integrative training model), the dependent variable (digital resilience), and the mediating variable (emotional maturity). This design was selected due to practical constraints in random assignment while still allowing for rigorous comparison between groups.

Participants were divided into two groups: an experimental group that received the intervention and a control group that did not receive the intervention but participated in a non-therapeutic activity to control for potential Hawthorne effects (Maciejewski, 2020). Both groups underwent pre-test and post-test assessments to evaluate changes in emotional maturity and digital resilience.

Participants and Sampling

The population of this study consisted of Generation Z individuals aged 18 to 26 years residing in Bojonegoro, Indonesia. The sample was drawn from university students who met specific inclusion criteria: (1) belonging to the defined age range of Generation Z, (2) demonstrating moderate to low levels of digital resilience based on pre-test scores, and (3) willingness to participate fully in the study, as indicated by informed consent.

A combination of purposive sampling and cluster sampling techniques was employed. Two comparable classes were selected from the eligible population, with one assigned as the experimental group and the other as the control group. The final sample consisted of 40 participants, divided equally between the experimental group (n = 20) and the control group (n = 20).

Instruments

Two types of instruments were used in this study:

Measurement Instruments

Digital Resilience Scale: A Likert-type scale developed to assess individuals' adaptive capacity in response to digital stressors, based on resilience dimensions proposed in prior literature.

Emotional Maturity Scale: A validated instrument measuring emotional regulation, stability, and control, adapted from previous research conducted by the author.

Intervention Instrument

Integrative Training Manual: A structured module consisting of 6–8 sessions, each lasting 90–120 minutes. The manual integrates digital mindfulness practices (e.g., awareness of digital triggers, boundary setting, and interruption of automatic behaviors) with local cultural values such as *nrimo* (acceptance), *rukun* (social harmony), and *eling* (awareness).

Prior to implementation, the training module underwent expert validation involving specialists in clinical psychology, socio-cultural studies, and research methodology. Content validity was assessed using the Content Validity Index (CVI), with a minimum threshold of 0.75 indicating acceptable validity.

Procedure

The study was conducted in three main stages:

Development and Validation of the Intervention Module

An initial draft of the training module was developed, consisting of structured sessions incorporating digital mindfulness and local cultural principles. The module was evaluated by expert reviewers based on relevance, clarity, consistency, and cultural appropriateness. Feedback from experts was used to refine the module before implementation.

Instrument Testing and Sample Selection

Measurement instruments were pilot-tested on a separate group to ensure validity and reliability. Participants meeting the inclusion criteria were then selected and assigned to experimental and control groups.

Implementation Phase

Pre-test: Both groups completed baseline assessments of digital resilience and emotional maturity.

Intervention: The experimental group participated in the integrative training program over approximately three weeks, while the control group engaged in a non-therapeutic activity of similar duration.

Post-test: Both groups completed the same assessments immediately after the intervention period.

Data Analysis

Data were analyzed using statistical software. The analysis consisted of several stages:

Preliminary Analysis

Normality and homogeneity tests were conducted to ensure that the data met parametric assumptions.

An independent samples t-test was used to assess baseline equivalence between groups.

Main Analysis

Gain scores (post-test minus pre-test) were calculated and compared between groups using independent samples t-tests to evaluate intervention effectiveness.

Analysis of covariance (ANCOVA) was conducted to control for any initial differences in pre-test scores.

Mediation Analysis

Mediation analysis was performed using multiple regression techniques with a bootstrapping approach to examine whether changes in emotional maturity mediated the effect of the intervention on digital resilience.

Ethical Considerations

All participants provided informed consent prior to participation. The study ensured confidentiality and voluntary participation, with participants informed of their right to withdraw at any stage. The intervention was designed to be non-harmful and aligned with ethical standards in psychological research.

3. RESULTS AND DISCUSSION

This study examined the effectiveness of an integrative training model combining digital mindfulness and local cultural wisdom in enhancing emotional maturity and digital resilience among Generation Z. A total of 40 participants were involved, equally divided into an experimental group and a control group (Table 1). The demographic composition was balanced, and preliminary analysis confirmed no significant differences between groups at baseline, both in terms of emotional maturity and digital resilience (Table 2). Statistical assumption testing further indicated that the data were normally distributed and homogeneous, supporting the validity of subsequent parametric analyses.

Table 1

Characteristics	Experimental group (n=20)	Control Group (n=20)
Age (mean ± SD)	20.40(1.80)	20.10(1.71)
Gender Male Female	 11 (55%) 9 (45%)	 10 (50%) 10 (50%)

The findings demonstrate a substantial improvement in emotional maturity among participants who received the intervention. The experimental group showed a marked increase in post-test scores compared to the control group, with a mean gain of 11.46 points versus 1.25 points in the control group (Table 2). This difference was statistically significant, with a very large effect size, indicating that the intervention had a strong impact on participants' ability to regulate and manage their emotions. These results suggest that emotional maturity, often conceptualized as a relatively stable psychological characteristic, can in fact be developed through structured and contextually relevant training.

Table 2.

Variable	Group	Pre-test M (SD)	Post-test M (SD)	Mean gain (SD)	t	F	p
Emotional Maturity	Experimental Control	67.40(6.12) 66.85(5.98)	78.84(5.85) 68.10(6.10)	11.46 1.25	8.62	71.84	0.000*
Digital Resilience	Experimental Control	64.75(7.03) 65.10(6.89	79.35(6.48) 67.20(6.71)	14.60 2.10	9.01	79.52	0.000*

M: mean; *: significant value

The observed increase was might occurs through the mechanisms embedded within the intervention. The integration of digital mindfulness provided participants with practical tools to recognize and manage emotional triggers arising from digital interactions. Exposure to social comparison, online criticism, and constant connectivity often generates automatic emotional responses. Through mindfulness-based practices, participants learned to create psychological distance from these stimuli, enabling more deliberate and adaptive responses. This aligns with theoretical perspectives that position mindfulness as a facilitator of emotional regulation and cognitive flexibility (Arora, 2025; Lutz et al., 2014).

Furthermore, the incorporation of local cultural values such as *nrimo* (acceptance), *eling* (self-awareness), and *rukun* (social harmony) appears to have strengthened the internalization of these skills. These values offer culturally meaningful frameworks for interpreting emotional experiences and coping with adversity. Acceptance, as reflected in *nrimo*, reduces resistance to negative emotions, while *eling* encourages reflective awareness. The emphasis on *rukun* supports relational coping and reinforces the role of social connectedness in emotional stability. The alignment between intervention content and participants' cultural context likely contributed to the magnitude of change observed.

A similarly strong effect was found for digital resilience. Experimental group demonstrated a significant increase in their ability to adapt to digital stressors, with a mean gain of 14.60 points compared to 2.10 points in the control group (Table 2). The effect was quite observable, indicating that the intervention not only increase emotional capacity but also translated into enhanced adaptive functioning in digital environments. This finding is particularly important given the growing complexity of digital life, where individuals must face continuous exposure to information, social evaluation, and online risks (Zhan et al., 2025).

The improvement in digital resilience can be attributed to the combined influence of mindfulness practices and culturally grounded coping strategies. Digital mindfulness helped participants interrupt maladaptive patterns such as excessive scrolling and emotional overexposure, fostering more intentional engagement with technology (Xiong et al., 2025). At the same time, cultural values reinforced adaptive interpretations of digital experiences, reducing the likelihood of internalizing negative online interactions (Tsatsou, 2024; Woods-Giscombé & Gaylord, 2014). This dual approach addresses both behavioral and cognitive dimensions of resilience, making the intervention more comprehensive.

Further analysis using ANCOVA confirmed that the observed effects remained significant even after controlling for baseline differences, indicating that the changes were attributable to the intervention rather than pre-existing conditions. The large effect sizes obtained in this analysis underscore the robustness of the training model and its practical relevance in enhancing psychological capacities (Table 2).

An important contribution of this study lies in the identification of emotional maturity as a mediating mechanism. Mediation analysis revealed that more than half of the effect of the intervention on digital resilience was explained by improvements in emotional maturity. This finding clarifies the underlying process through which the intervention operates. Emotional maturity functions as a core regulatory system that shapes how individuals interpret and respond to digital stressors. Individuals with higher emotional maturity are less likely to react impulsively to negative online experiences and more capable of maintaining psychological balance. This result supports theoretical models that conceptualize resilience as an outcome of internal regulatory capacities interacting with environmental demands. In digital contexts, where stimuli are rapid, continuous, and often emotionally charged, the ability to regulate affect becomes a critical determinant of adaptive functioning (Naslund et al., 2020; Rahmanda et al., 2025). The intervention's effectiveness in enhancing emotional maturity therefore explains its broader impact on digital resilience.

The magnitude of the effects observed in this study suggests that the integrative nature of the intervention played a crucial role. Rather than focusing on a single psychological construct, the model combined emotional, cognitive, behavioral, and cultural components. This multidimensional approach created a synergistic effect, allowing participants to develop skills that are both theoretically grounded and practically applicable.

Despite these strengths, several limitations should be considered. The use of a quasi-experimental design limits the ability to fully control for potential confounding variables, in spite of baseline equivalence reduces this concern. The sample size was relatively small and restricted to a single geographic area, which may limit generalizability. In addition, the reliance on self-report measures introduces the possibility of response bias. The study also focused on short-term outcomes, leaving the long-term sustainability of the intervention effects need to be further analyzed.

Overall, the findings indicate that digital resilience among Generation Z can be significantly enhanced through an integrative intervention that targets emotional maturity while incorporating digital mindfulness and local cultural wisdom. The results highlight the importance of addressing both individual psychological processes and contextual factors in designing effective interventions for the digital era.

4. CONCLUSION

This study demonstrates that an integrative training model combining digital mindfulness and local cultural wisdom is effective in enhancing both emotional maturity and digital resilience among Generation Z. Participants who received the intervention showed

substantial improvements compared to the control group, indicating that structured and contextually grounded psychological training can produce meaningful changes in adaptive functioning within digital environments.

The findings confirm that emotional maturity is not a fixed trait but a developable capacity that plays a central role in shaping resilience. The significant mediating effect of emotional maturity further clarifies that improvements in digital resilience are largely driven by enhanced emotional regulation, stability, and self-control. Individuals who are better able to understand and manage their emotional responses are more capable of navigating digital stressors such as social comparison, online criticism, and information overload.

The integration of digital mindfulness provided participants with practical strategies to manage their interactions with technology more consciously, while the incorporation of local cultural values such as *nrimo*, *eling*, and *rukun* strengthened the relevance and internalization of these strategies. This combination created a comprehensive intervention that addresses both internal psychological mechanisms and external socio-cultural contexts.

Overall, this study contributes to the growing body of research on resilience in the digital era by offering an empirically supported, culturally grounded intervention model. The results highlight the importance of integrating psychological theory, technological awareness, and cultural context in developing effective approaches to support Generation Z in facing the complexities of modern digital life.

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