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# **LITERATURE REVIEW: GENERAL DESCRIPTION OF MENTAL REVOLUTION TO IMPROVE CHARACTERISTIC OF CITIZEN, ESPECIALLY AMONG GENERATION Z**

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**Abstract.** The character development of citizens, especially among the Z generation is something that must be considered. The increase in the character of Generation Z can be influenced by psychological conditions that can be pursued through the application of character education. Character development education is a process that is always ongoing and will never end. To create the characteristics of citizens who make good citizens (good citizenship), it can be done through the mental revolution movement. The method used in this study is a literature review related to the mental revolution and the characteristics of citizens, especially among Generation Z. The results of this study state that improving the characteristics is very necessary related to improving the welfare of the country and supporting the progress of the country during increasingly competitive global competition. So, the mental revolution can be effort to improve the character education of citizens, through the cultivation of multicultural values.

**Keywords:** mental revolution; characteristics; citizen; generation Z.

## INTRODUCTION

The world today has entered the era of the industrial revolution 4.0 which can be seen with the development of technology that is all digital and all-internet. The rapid development of technology has an impact on humans both biologically, psychologically, and socially.

The development of the character of citizens, especially among Generation Z, is something that must be considered. The improvement of the character of Generation Z, which is currently strongly influenced by psychological conditions, can be pursued through the application of character education. Character development education is a process that is always ongoing and will never end.

Character is closely related to a person's character in his life. As has been explained, the rapid development of information technology can affect the development of the characteristics of citizens. Advances in technology and communication that shorten interactions between regions with one another bring foreign influences to Indonesia ([Budiarto](#), 2020). Quoting Herling Amran, a member of Commission X, he said, "*In my opinion, Indonesia is currently in a state of 'Good Moral Emergency'*". The government must immediately conduct a comprehensive evaluation related to the implementation of character education or the moral content that embodies our national education system.

In the realm of psychology, personality is known in two forms of explanation,

namely mental and character. Therefore, the process of increasing the characteristics of generation Z cannot be separated from the influence of one's psychological factors. Discussions related to mental focus on mental health and mental imbalances of a person.

Citizens who have good characteristics can be seen, one of them from the morals and attitudes of the person, of course, they must reflect the values of Pancasila. To create the characteristics of citizens who make (good citizens good citizenship) it can be done through the mental revolution movement.

The mental revolution must start from education as the basis, considering that the role of education is very strategic in shaping the mentality of generation Z. Mental revolution is a movement for self-improvement such as evaluation that is in line with the goals of national education.

Moral emergency is the responsibility of all citizens. So that the evaluation of character education or the content of moral education must be carried out comprehensively. Through a mental revolution, it can produce a sovereign Indonesian education resilience so that the characteristics/personality of citizens, especially Generation Z, are socially and culturally formed and reflect the values of Pancasila.

## METHODS

Type of research is qualitative with a research design using the literature review, which is a research methodology that aims

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to collect and extract the essence of previous research and analyze several overviews of experts written in the text ([Snyder, 2019](#)). The data sources are obtained from scientific journals, either in books or digitally.

This study has a data management plan, that is, after completing data collection activities, it is continued by comparing research topics/problems with sources/literature used both from sourcebooks and from research journals conducted online.

## **RESULTS AND DISCUSSION**

Generation Z or Gen Z is referred to as the generation born after generation Y. According to ([Snyder, 2019](#)), the group of people who belong to this generation is those born in 1997 to 2012 which by 2021 they are around 9 -24 years old. In developmental psychology theory according to ([Hetherington & Santrock, 2007](#)), ages 9 to 24 years can be included in the category of adolescence and transition to early adulthood. Based on this in psychology, the characteristics of Generation Z can be described as characteristics of adolescents and the transition to early adulthood.

According to ([Santrock, 2003](#)), adolescence is not the end of personality formation. But adolescence is one of the main stages in the formation of one's personality. Teenagers spend a lot of time with their peers. In addition, teenagers began to receive a lot of information from the mass media that were already known and close to them. Therefore, teenagers become individuals who are open to new

things. The amount of information received makes adolescents perform information processing in more depth.

While this early adulthood is a period for individuals who are still exploring the career path they want to take, what kind of individual they want to become, and what kind of lifestyle they want. So that at this time, Generation Z needs guidance and direction from the people around them to have good behavior following applicable norms and not to make certain deviations.

Generation Z can be said to be the next generation of the nation. Indirectly, the future of the nation will be fought for by generation Z. So it cannot be denied that the future of the nation will experience problems if the formation of the behavior of the next generation does not immediately get "special attention" from the nation's leaders. In shaping the behavior of the younger generation, a strategy is needed, such as a mental revolution. The Constitution of the World Health Organization ([Ni et al., 2020](#)) states that health is one of the basic human rights regardless of race, religion, creed, political, economic, or social condition. In this case, Generation Z is part of the citizens who have the right to find a peaceful resolution.

Concerning the next generation of the nation, one thing that needs to be considered is starting from the characteristics of citizens to create good citizenship. There needs to be a mental revolution as a movement for change and mental strengthening of citizens and the application of Pancasila values. The mental revolution must start from education as the basis, considering that the role of education is very strategic in shaping the

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mentality of generation Z. Mental revolution is a movement for self-improvement such as evaluation that is in line with the goals of national education.

The results of the research picture related to how the mental revolution and the characteristics of citizens, especially in generation Z, from several literature sources that have been selected by researchers so that they are worthy of being presented are as follows:

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**Table 1.1 Search Results**

No	Author Name (Year)	Title, Journal Name (Vol, No)	Method (Design, Subject/Object)	Research Results	Databas e Source
1.	( <a href="#">Suwardana</a> , 2018)	Industrial Revolution 4.0 Based Mental Revolution (Vol 1, No 2)	Qualitative Research	<ol style="list-style-type: none"> <li>1. Mental revolution is a change in the value system that applies to people who become role models for behavior,</li> <li>2. changes in people's mentality will be needed to advance the Indonesian nation during increasingly competitive global competition.</li> <li>3. The human mental structure is built on three things. First, the way of thinking (mindset); both ways to believe (transcendental value); three ways to behave (behavioral approach)</li> </ol>	Google Scholar
2.	( <a href="#">Sholehah</a> , 2019)	Character education through the mental revolution in the disruptive era (Vol 6,	Qualitative research	<p>In the process of forming character education in the disruptive era, there are five parts of character education through the mental revolution in tackling the phenomenon that occurs in the Indonesian nation, including:</p> <ol style="list-style-type: none"> <li>1. ways of thinking (thought patterns)</li> <li>2. how to believe (spiritual-heart)</li> <li>3. how to behave and behave</li> <li>4. honestly with the responsibility</li> <li>5. of hard work</li> </ol>	Google Scholar

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<p>3. (<a href="#">Asrori, 2016</a>)</p> <p>The role of character education through mental revolution to build the nation's generation (Vol 2, No.2)</p>	<p>Qualitative research on</p>	<p>1. mental revolution is a movement that aims to develop and control together to realize a just and civilized Indonesian nation. The strategic values of mental revolution include integrity, work ethic, and cooperation. Character education needs to be familiarized and able to make the children of this nation advanced with dignity. six main characters as pillars of human character that can be used to measure and assess human character and behavior in specific matters, namely 1) Respect (respect), 2) Responsibility (responsibility), 3) Citizenship Civic Duty (citizenship awareness). ), (4) Fairness (fairness and honesty), 5) Caring (care and willingness to share), and 6) Citizenship (Citizenship).</p>	<p>1. mental revolution is a Google Scholar</p>
<p>4. (<a href="#">Widjias tuti &amp; Purwan to, 2016</a>)</p> <p>Formation of Young Generation Behavioral Through Mental Revolution</p>	<p>Formative research, the juridical-sociological approach of</p>	<p>1. our youth in general is still lacking in understanding what is meant by mental revolution. There are still differences of opinion about the benchmark to determine the mental revolution. In carrying out a mental revolution, it does not have to be violent but with wise actions, namely by educating, teaching, and telling/setting an</p>	<p>1. our youth in general is still Google Scholar</p>

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			example with positive behavior and ways of thinking.	
5.	( <a href="#">Muslih &amp; Ulfah</a> , 2020)	Urgency Characteristics of Democratic Citizens in the Twenty-First Century (Vol 7, No 2)	Qualitative Descriptive	Conceptually, a citizen should have five main characteristics, namely: identity, freedom to enjoy rights certain obligations, fulfill related obligations, level of interest and involvement in public affairs, level and ownership of basic social values  characteristic of citizens in the 21st century, namely: (1) ability to recognize and approach problems as global citizens, (2) the ability to cooperate with others and assume responsibility for their roles or obligations in society, (3) the ability to understand, accept, and respect cultural differences, (4) the ability to think critically and systematically, (5) have sensitivity to and defend rights human rights (such as the rights of women, ethnic minorities, and so on), (6) the ability to change lifestyles and staple food patterns that are used to protect the environment, (7) the ability to resolve conflicts peacefully without violence, (8) the willingness and ability to participate in political life at the local, national, and international levels of government.
6.	( <a href="#">Syaparuddin</a> , 2020)	The role of non-formal education and	Non-statistical descriptive qualitative	"moral or decency" is the true value for humans.  a. Moral is the behavior of human life, which is based on awareness,

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Google Scholar

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moral educati on facilities . Journal of non- formal educati on, 1(1), 173-186	e analysis	that he is bound by the necessity to achieve the good following the values and norms that apply in his environment.  b. Moral as a set of ideas about the behavior of life, with a certain basic color that is held by a group of people in a certain environment.  C Moral is teaching about good life behavior based on a certain view of life or religion.  In carrying out these actions, humans are driven by three elements, namely: a. The will is the impetus in the human soul that gives humans a reason to do actions. b. The embodiment of the will in the form of ways of doing actions in all situations and conditions. c. The act was done consciously and it is this awareness that gives the pattern and color of the action
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7. ( <a href="#">Noor</a> , 2016)	Mental Revoluti on Movem ent To Improv e Citizen Persona lity Educati on. Pedago gics Journal of Educati	Descripti ve	1. The mental revolution movement is an activity to improve the education of citizens' personalities to become good Indonesian citizens.  2. Mental revolution activities following the nation's socio-cultural, namely a. Content Integration, integrating various cultures and groups; b. The knowledge construction process, understanding the implications of culture into learning (discipline); c. An equity pedagogy, adapting teaching methods to	Google Scholar
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	on, March 2016, Volume 11 Number , (7 – 13 )		individual learning abilities to facilitate individual achievement both racial, cultural, and social. d. Prejudice reduction, identifying the characteristics of individuals and their ways of learning; and e. Empowering school culture, trains individuals in groups to participate, interact with all members of the community.
8.	( <a href="#">Lilura</a> , 2018)	Mental Revolution in Shaping Character Through Multicultural Education Values. Vol. 7 No. January 1, 2018.	Building a good mentality can be realized with multicultural values education, which includes various things such as, culture, ethnicity, gender, social and religion which tend to be more comprehensive for typical Indonesian people. These values can help revolutionize the mentality of the Indonesian nation to be more advanced and able to compete with the outside world, multiculturalism can open minds with more concrete understandings about the importance of building and developing, respecting and appreciating existing differences and being able to unite all these differences become a unity to achieve the values of Pancasila and the common goals of the nation.
9.	( <a href="#">Ni et al.</a> , 2020)	Mental health during and after	Study quality The Constitution of The World Health Organization (in Michael Y Ni, etc., 2020, page 240) express opinions states that 'health is one of the fundamental rights of a very

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protests , riots, and revoluti ons: A systema tic review. Volume 54, Number 3. January 2020.	human being without distinction of race, religion, political belief, economic or social condition.	New Zealand Journal of Psychiat ry
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1 0. (Primas ari et al., 2019)	Charact er Educati on for Today's Generat ion (Vol. 12, No 1)  a qualitativ e- descriptiv e approach with data observati on methods	1. Character education today is very important and a necessity as an effort by the government and schools in shaping the character of the nation's generation. The formation of a person's character requires communities of character, which consist of family, schools, religious institutions, media, government, and various parties that influence the younger generation.  2. There are 5 values of the nation's character to become a superior human being, which becomes a reference for the commitment to the implementation of character education, namely; (1) Indonesian people who have good morals, character, and behavior; (2) achieve intelligent and rational society; (3) Indonesian people	https://j urnal.un ivpgr palemb ang.ac.i d/index. php/Pro sidingp ps/articl e/view/ 2672
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in the future are people who are innovative and continue to pursue progress; (4) strengthen the spirit and continue to look for solutions in various difficulties; and (5) Indonesian people must become true patriots, love the nation, country and homeland.

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## CHARACTERISTICS OF CITIZENS

Citizens are a group of people who live and live in a certain area, who must submit and obey the applicable regulations in their country properly and responsibly. Conceptually, a citizen should have five main characteristics, namely: identity, freedom to enjoy certain rights, fulfill related obligations, level of interest and involvement in public affairs, level and ownership of basic social values ([Muslih & Ulfah](#), 2020). The role and position of citizens in a country are needed to run a country. Therefore, it is necessary to form the characteristics of citizens to make their citizens have good character (good citizens) who can reflect their country and produce quality human resources. One way that can be done in the formation of the characteristics of good citizens is through character education.

To realize the vision of national development, to create a society with noble, moral, ethical, cultured, and civilized character based on the Pancasila philosophy, character education is used as the basis. Character education and development is an effort in the process of instilling character values into individuals to become human beings with character. Character education aims as a shield and self-control so as not to easily fall into negative characters. The formation of a person's character requires communities of character, which consist of family, schools, religious institutions, media, government, and various parties that influence the younger generation. In article 3 of Law no. 20 of 2003 concerning the National Education System, it is explained that the function of National Education is to

develop capabilities, shape the character, and civilization of a dignified nation to educate the nation's life ([No](#), 20 C.E.).

Currently, character education is very much needed in shaping the character of the nation's generation, especially in the 21st century in this era of globalization. In Character Education for the Present Generation ([Primasari et al.](#), 2019), it is stated that there are 5 values of the nation's character to become a superior human being, which becomes a reference for the commitment to implementing character education, namely; (1) Indonesian people who have good morals, character, and behavior; (2) achieve intelligent and rational society; (3) Indonesian people in the future are people who are innovative and continue to pursue progress; (4) strengthen the spirit and continue to look for solutions in various difficulties; and (5) Indonesian people must become true patriots, love the nation, country and homeland. Character is very important in building a strong and noble national civilization. Character development in the individual dimension of a nation is closely related to the habits carried out by a person at the level of habitual instilling values and morals.

Moral or decency is a value that actually must exist in humans, morals are the behavior of songs and as a set of ideas about that behavior. Morals teach about the procedures for living well. In the formation and development of the characteristics of the Indonesian nation, especially Generation Z in character education through the mental revolution in the disruptive era ([Sholekhah](#), 2019), there are five parts of character education

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through the mental revolution in tackling the phenomena that occur in the Indonesian nation, including:

1. ways of thinking (mindset)
2. how to believe (the spiritual heart)
3. how to behave and behave
4. honestly with the responsibility
5. of hard work

### **MENTAL REVOLUTION**

In harmony with the character education of citizens, it is as important as the mental revolution movement that must be carried out immediately. The concept offered by the President of Indonesia, Joko Widodo, is that there are three elaborations of dimensions in Indonesian human development, namely health, intelligence, and personality. Based on the search results, the mental revolution movement as an effort to improve the characteristics of citizens is something that must be done. Changes in people's mentality greatly affect the welfare of the country, especially in terms of advancing the Indonesian nation during increasingly competitive global competition.

Most of today's young generation still lacks an understanding of what is meant by mental revolution. It should be understood that the human mental structure is built on three things. First, the way of thinking (mindset); both ways to believe (transcendental value); the three ways to behave (behavioral approach) (Suwardana, 2018).

The mental revolution starts from education, given that education is a strategic thing in the mental formation of citizens, especially generatiQon Z. Mental revolution is a change in the value system

that applies to people who become role models for behavior (Suwardana, 2018).

In connection with the description that the mental revolution is a movement to improve the education of citizens' personalities to become good citizenship.

The Mental Revolution Movement to Improve Citizenship Personality Education (Noor, 2016). mentions several mental revolution activities that are following the Indonesian socio-culture, namely:

- a. Content Integration, integrating various cultures and groups
- b. The knowledge construction process, understanding cultural implications into learning (discipline)
- c. An equity pedagogy, adapting teaching methods to individual learning abilities to facilitate individual achievement both racial, cultural, and social.
- d. Prejudice reduction, identifying individual characteristics and their way of learning
- e. Empowering school culture, training individuals to the group to participate, interact with all members of the community.

Mental revolution as a step to improve the characteristics of citizens does not mean that it has to be done with violence, but in its implementation, it must be done wisely, namely by educating, teaching, and telling/giving examples with positive behavior.

The mental revolution movement is an activity to improve the personality education of citizens to become good Indonesian citizens (Noor, 2016). Based on this statement, it is clear that the mental revolution is an effort to improve the

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personality of citizens, one of the goals is to increase the characteristics. As has been explained that in the process of mental development/improvement, it can be done with multicultural values education such as culture, ethnicity, gender, social and religion (Lilura, 2018). These values can revolutionize the mentality of the Indonesian nation, especially generation Z to be more advanced in the future and able to compete with the outside world. Starting from instilling the moral values of Pancasila, respecting differences and uniting all differences will increase the sense of nationalism of the Indonesian nation.

## CONCLUSIONS

The role and position of citizens in a country is needed to run a country, so it is necessary to develop the characteristics of citizens (Civic disposition) towards a better direction towards Good Citizenship. Therefore, a Mental Revolution Movement is needed as an effort to improve the characteristics of citizens, especially Generation Z who will later become the nation's next generation.

The picture of mental revolution as an effort to improve the characteristics of citizens must begin with wise steps, namely through education. Education and learning of multicultural values such as culture, ethnicity, gender, social, and religion can improve the characteristics of good citizens by understanding differences to build an attitude of nationalism to unite existing differences.

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