Index

Active lifestyle, 86	Collaborative decision-making, 55–57
Adaptability, 23	Commercial determinants of health,
Africa regions, 33	84–86
African-Islamic region, 16–18	food production, 84-85
Agency, 25	healthy food options, 85
Apps, 37–39	nutrition, 84
Australian study (2021), 84	obesity, 86
Authentic Happiness theory, 21–22	Common ground, 141–142
	Communication, 62
Baby Boomers, 32, 120	apps, 37–39
Buy now, pay later programs (BNPL	challenges with social media,
programs), 105	39–40
	preferences, 32–35
Career	social media, 35–39
factors impacting professional lives,	Confucian regions, 33, 45, 47
111–115	Corporate responsibility, 132
financial security, 111-113	COVID-19 pandemic, 3, 93, 124, 130,
freelancing and entrepreneurship,	133
115	
meaningful work, 114-115	Democratic process, 5
mental well-being at work, 113-114	Demonstrated learning, 70
professional preparation during	Digital era, 31
pandemic, 110	Digitalization, 80–81
social interaction at work, 114	Disability-Adjusted Life Years
unemployment, 110-111	(DALYs), 79
workplace flexibility, 111	Diversity, 140
Caregiving, 54	Divorce, 55
Characteristics, 11–14	Domestic chores, 54
Chartered Institute of Personnel and	
Development (CIPD),	Economic justice, 123–124, 151
110–111	Education, 123
Civic engagement	Email messaging, 33
personal characteristics of engaged	Emotional intelligence (EI), 62–63
Generation Z members,	Employment for young people,
131–133	110–111
social entrepreneurship, 134-135	Entrepreneurship, 115, 134, 151
volunteering, 133–134	factors impacting professional lives,
Climate change, 119–121, 124	111–115
Climate justice, 120–121, 124–125, 151	financial security, 111–113

freelancing and, 115	Friendships, 44, 47, 148
meaningful work, 114-115	
mental well-being at work,	Gen Zers, 22–23, 32, 47, 55, 57, 63–65,
113–114	69, 75–76, 95–96, 102, 105,
professional preparation during	124–125, 131, 134, 141–144,
pandemic, 110	148–152
social interaction at work, 114	in Global Gen Z study, 93
unemployment, 110-111	social skills, 40
workplace flexibility, 111	Generation Z, 2, 5, 11–12, 39–41, 53,
Environment, 122-124, 140	55, 62–63, 79, 86, 119,
Etiquette changes, 41	122–123, 129, 139, 141
Eudaimonic well-being, 92	children, 54
Exercise, 86–87	cohort, 12
motivators for fitness, 86-87	common ground, 141-142
sedentary vs. active lifestyle, 86	Global Cohort, 147–148
Experiential learning, 71–72	individual actions, 143-144
	influencing others, 142–143
Face-to-face communication, 149	intrinsically motivated to achieve
Factory farming, 84	and impact others, 148
Families, changing perceptions of,	learning, 143
53–55	love and kindness, 141
Family dynamics	open hearted with sense of
caregiving, 54	commitment, 147
changing perceptions of families,	personal characteristics of engaged
53–55	generation Z members,
collaborative decision-making,	131–133
55–57	plan to leave legacy, 141–144
connection, 57	realistic, 148
divorce, 55	solving problems with innovative
domestic chores, 54	solutions, 144
multigenerational households,	students, 110
54–55	Generational cohorts, 1–2, 147
Family members, 57	Generational research concept,
Fear of missing out (FOMO),	1–2
26	Generations, 1–2
Financial implications of pandemic,	Geographic groupings, 5
104–105	Global Gen Z Study, 3, 8, 12, 14,
Financial literacy, 102–103	23–25, 32, 44, 55–57, 63–65,
Financial security, 111, 113, 150	69–70, 72, 91–93, 95–96,
Fitness, motivators for, 86–87	101–105, 110–111, 113, 115,
Fiverr (freelancing platform),	120
115	collaborators, 4
Flourishing, 92	cultural adaptation, 4–5
Food production, 84–85	data analysis, 8
Freelancing, 115	instrument, 3–4
Friends, 44–45	participants, 5–6

world values regions, 5–6 Global Gen Z Survey, The, 81, 84, 133 Global Generation Z cohort, 119–120 Global peer personality, 2–3 entrepreneurship and sustainable career fields, 151 face-to-face communication, 149 financial security, 150 fulfillment, 150–151 Generation Z Global Cohort, 147–148 global interdependence, 3 impacting world through individual action, 151–152 importance, 150–152 important in connections with others, 148–149 lack of global research, 2 learn and communicate, 149–150	access to health care, 80–81 access to viable and affordable housing, 81–83 commercial determinants, 84–86 poverty, 81 social determinants of, 80–83 systems, 86 unemployment, 83 Healthy food options, 85 Hedonic well-being, 92 Hobbies, 45 Households, 54 Housing, access to viable and affordable, 81–83 IHRSA, 87 Income, 102 Individual actions generation Z plan to leave legacy,
methods across studies, 3	143–144
shared values, 148	impacting world through, 151-152
social, economic, and climate	Instagram, 35–37
justice, 151	Interests, 48
social media provides varied spaces	Intergenerational justice, 120
for specific purposes, 150	Interpersonal dynamics
watching and practicing	group roles, 65
foundational to learning,	group work, 64–65
149	interpersonal skills, 62–64
working with, but not leading	matters in relationships, 63–64
others, 149	relational motivators, 65–66
Globalization, 147	Interpersonal learning, 71
Great Recession, The (2008/2009), 101	Interpersonal relationships, 25–26, 43,
Group dynamics (see also Family	62–63
dynamics), 66	Intragenerational justice, 120
Group roles, 65	Intrapersonal competencies, 62
Group work, 64–65	Intrapersonal learning, 70–71
Happiness, 21–22	Languishing, 92
adaptability and resilience, 23	Learning, 143
agency and pro-sociality, 25	watching and practicing
interpersonal relationships, 25–26	foundational to, 149
meaning, 25	Learning preferences
optimism, 24	consistency across regions, 75
stress tolerance, 22–23	demonstrated learning, 70
Happy Planet Index (HPI), 21	effectiveness, enjoyment, and
Health, 79–80	engagement, 72–73

experiential learning, 71–72 inconsistencies across effectiveness,	Orthodox Europe, 14
enjoyment, and engagement,	Pandemic
75–76	financial implications of, 104-105
inconsistencies between	professional preparation during,
effectiveness and	110
engagement, 72–73	Parenting styles, 53
interpersonal learning, 71	Personal characteristics of engaged
intrapersonal learning, 70–71	Generation Z members,
learning interdependently vs.	131–133
independently, 72	Personal freedom, 123
learning methods, 69–72	Personal growth, 92, 97
learning modalities across regions,	Pew Research Center, 35–37
73–76	Positive mental health, 93
social learning, 71	Proventative health come 80
video-based learning, 70	Preventative health care, 80 Pro-sociality, 25
Legacy Generation Z plan to leave legacy,	Professional lives, factors impacting,
141–144	111–115
issues, 139–141	Psychological well-being, 92–94
saving planet, 140	1 by enerogical went being, 32 3 !
social justice, 140–141	Relationships, 54
	friendships, 44–47
Make a difference, 148, 150-151	romantic, 47–50
Meaning, 25	Resilience, 23
Mental health, 91	Responsibility, 132
issues, 92	Romantic relationships, 148
Mental well-being at work, 113–114	
Messaging, 33	Scammers, 40
Millennials, 120	Sedentary lifestyle, 86
Miscommunication, 39	Social change
Money management, 103–104, 150	behaviors, 130–131
Motivations, 14–18	personal characteristics of engaged
indicator, 4, 65–66	Generation Z members,
Multigenerational households,	131–133
54–55	social entrepreneurship, 134–135
National Association of Colleges and	volunteering, 133–134 Social connections, 26
National Association of Colleges and Employers, The, 114	Social determinants of health, 80–83
National Bureau of Economic	Social entrepreneurs, 135
Research, 110–111	Social entrepreneurship, 134–135
Nutrition, 84	group roles and, 134–135
1.4414011, 01	Social inclusion, 92
Obesity, 86	Social Integration, 94–95
Online communication, 32	Social intelligence, 62–64
Optimism, 24	Social interaction at work, 114
-	•

Social justice, 119–121, 123, 140–141, 151	US National Prevention Strategy, 92
Social learning, 71	Values, 45, 48
Social media, 35–39	Video-based learning, 70
challenges with, 39-40	Volatile, uncertain, complex, and
limited worldviews, 40	ambiguous reality (VUCA
miscommunication, 39	reality), 23, 61
scammers, 40	Volunteering, 133–134
self-worth, 39–40	
social skills, 40	Well-being
varied spaces for specific purposes,	indicators of, 95–96
150	psychological, 93-94
Social responsibility, 132	social, 94–95
Social skills, 40	subjective, 92–93
Social well-being, 92, 94–95	WhatsApp, 37
Social-emotional competence (SEC),	Work
62	mental well-being at, 113–114
Societal concerns, 120–121	social interaction at, 114
climate justice, 124–125	Workforce, 109
economic justice, 123–124	Workplace flexibility, 111
social justice, 121–123	World Economic Forum, The, 109,
Spending habits, 105	114
Stress tolerance, 22–23	World Health Organization (WHO),
Subjective well-being, 92–93	91
Suicide mortality, 92	World Obesity Atlas (2022), 86
Sustainable career fields, 151	World Values Regions, 5–6, 12, 63, 65, 93–94, 105, 121
Telehealth, 80–81	World Values Survey Association, 16,
Text messaging, 33	18, 73–74
Unemployment, 83, 110-111	YouTube, 35–37