

ABSTRACT

Generation Y or commonly referred to as millennials is a generation that is considered to be more advanced than the previous generation along with the rapid development of technology. Behind all the inherent advantages, millennial is considered as Burnout Generation. The main cause of millennial burnout is that they feel they are being sued by the environment to have a certain career with the expectation of being a successful person who prides their family and is seen by the community. This makes millennial work as hard as possible beyond their capacity to forget themselves. In depressed conditions often create intense and prolonged millennial stress that causes burnout. Besides being depressed and tired, burnout can cause more dangerous mental disorders such as insomnia, difficulty concentrating, anxiety, to depression. One way to deal with mind fatigue, stress, and insomnia is through meditation. Meditation makes the body and mind more refreshed and relaxed. The data that will be used in this research will be obtained through interviews, questionnaires, and literature studies. Then the data will be analyzed using the SWOT method. Seeing this phenomenon, the authors are interested in designing a mobile app that aim to overcome stress and burnout through meditation. This app is expected to help millennial in managing their mind well so that it is emotionally, physically, and mentally healthy.

Keywords: Millennials, Stress, Burnout, Mental Health, Meditation, Mobile App