

ABSTRACT

This research aims to determine the influence of @menjadimania.id content on the level of satisfaction with mental health information for generation Z. With advances in digital technology, social media has triggered an increase in the number of cases of mental disorders, namely the phenomenon of cyberbullying and addiction to gadgets and social media (SMAD) which experienced by Gen Z at this time. So the account @menjadimania.id emerged which focuses on information and education about mental health with motivational content. This research uses a quantitative method with a descriptive approach, where data is collected through a questionnaire distributed to 400 respondents from generation Z who actively follow the account @menjadimania.id. Data analysis was carried out using a simple linear regression technique to measure the influence of content on the level of satisfaction with mental health information. The results of the research show that there is a significant positive influence between the content of @menjadimania.id and the level of satisfaction with mental health information in generation Z. Future research is expected to develop topics and use different methods.

Keywords: *Mental health, Generation Z, Social media, Information satisfaction*