

UNDERSTANDING MILLENNIALS: INDOLENT BEHAVIOR OF MILLENNIAL STUDENTS

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ABSTRACT

This study determined the experiences of millennials as to the aspects that contribute to their indolent behavior. A qualitative design which made use of phenomenological approach was utilized in this study. A total of 10 millennial students have participated which were selected using purposive sampling technique. The results reveal that social media and boredom resulted individuals to manifest indolent behavior. This character undeniably affects individual's self-concept, goal viewpoints and even academic presentations. Most of the participants tend to prioritize their own pleasure rather than their responsibilities and top priorities, which affects their time management that led them to procrastination, indecisiveness and even exhaustion.

KEY WORDS: *Millennial Students, Indolent Behavior, Access to Social Media Sites, Peer Influence*

INTRODUCTION

The generation born between 1982 and 2000 has been identified as the millennial generation (Howe and Strauss 2000). Persons born during this period are often referred to as Generation Y, Generation Wii, iGeneration, or most commonly known as The Millennials. The term "Millennial" was coined by historian Neil Howe in a

book called “Generations”. To quote Howe for the reason behind the term, “They would be the first to graduate high school in the year 2000.” Generations before the millennials also had their fair share of names--GI Generation or the World War II fighters, Baby Boomers, then came Generation X. These previous generations also had certain characteristics associated with them. The Baby Boomers, born in 1946 to 1964, were labelled as such because of the spike in fertility rates in the U.S. (United States History). Generation X, born between 1965 to 1981, was the generation that did not want to be defined (Magsanoc, 2015). They're normally known as the slackers, the latchkey kids, the middle-child generation. Caught between boomers and younger Millennials.

Millennials being the digital generation further proved the survey conducted by The Statistics Portal in 2017, which findings concluded that Millennial internet users spent an average of 223 minutes per day on mobile devices. Moreover, in the research conducted by the Media Insight Project — an initiative of the American Press Institute and the Associated Press-NORC Center for Public Affairs Research, 94% of millennials have smartphones. In the Philippine setting, Google Trends found in their study that 75% of Filipino millennials go online to look for information (Newsbytes Philippines 2017).

In the United States of America, concerns about the economic prospects of the Millennials is rooted in the popular view that this generation is entitled, outwardly spoiled, politically densed, and lazy (Tammy, 2015). They are perceived with mixed responses in terms of their work style and performance as argued by Dr. Saswat Barpanda of Amrita University (2002). CNN Philippines (2017) once addressed the issue that “millennials have been branded an ‘entitled’ lot who are not willing to put in effort to reach their goals.” They grew up glued to their gadgets and phones and having easy access to information. They always Google anything they need to know about anything and use apps to do the work for them (Lugtu, 2018).

Another set of description that best fits millennials are upbeat, lazy, narcissistic, materialistic, self-expressive, fun-loving, liberal and sometimes addressed as individuals who are unwilling to conform. They seem to cite the same tired examples of a generation who only comes to work if and when they feel like it. And, that they have no idea of how to communicate because they are glued to a device. They also have a

short attention span. But if when you talk to them about the things that interest them, they're really one to talk (Valeriano, 2017).

Several issues about indolent behaviors of millennials have been noted in several studies (Lugtu, 2018; Tammy, 2015). Hence, less have been done to explore the reasons that contribute to the occurrence of indolent behaviors of Filipino millennials. With this scenarios, this research explored the reasons behind the indolent behaviors of Filipino millennials, and how do they managed such personal issues.

Research Questions

This study explored the contributing factors that contribute to indolent behaviors of millennial students of Jose Maria College. Specifically, the study sought answers to the following questions:

1. What are the reasons of the participants on their indolent behaviors?
2. How do the participants manage their indolent behaviors?

METHOD

Research Design

This study used the qualitative research design to explore and understand the meaning on individuals or groups ascribed to a social or human problem (Cresswell, 2008). More specifically, a phenomenological approach was utilized to explore the lived experiences of participants relating to their indolent behaviors. The fundamental goal of the approach is to arrive at a description of the nature of the particular phenomenon (Creswell, 2013).

Research Participants

The participants of the study are students who take part of the modern millennial age. Purposive sampling technique was used in choosing the participants for the one-on-one interview based on the inclusion criteria that they should be 18-35 years old, and presently studying as full time student.

Research Instruments

We used interview guide to obtain data from the participants. The interview guide questions that were used in interview was subjected to validation of the experts. This involves guide questions and probing questions. Thus, the researcher used self-made interview guide to elicit the perspectives of the participants' experiences when it comes to their indolent behaviors.

Procedure of the Study

The qualitative data were gathered with the use of semi-structured questionnaire through interview. The questionnaire is formulated by the researcher and validated by the experts. Upon approval, the participants and individuals were oriented about the conduct of the study, its significance, its purpose, and objectives and will be informed that the interview will take 45 minutes to 1 hr. in in-depth interview the participants were enabled to voice out their experiences, observation and opinions that would give greater impact to the finding of the study in the qualitative phase. During the interview the researcher assured a well-established rapport for smooth flow of the interview. The in-depth interview was personally done by the researcher. The participants were informed first that the process would be recorded. Moreover, the in-depth interview was also used to explore the awareness, views and reactions of the participants.

RESULTS AND DISCUSSION

Based on the informants' responses, the researcher has arrived with different themes. These themes were supported with descriptions extracted from the actual responses of key informants'.

Individuals' means of assessing Indolent behavior

Three themes have emerged from the responses of the participants that describes their indolent behaviors that include: (1) Boredom (2) Poor Time Management, (3) Social Media Habituation. Most of the participants answered that boredom and access to social media sites like Facebook, Twitter, Instagram and even game application such as Mobile Legends cause them to become indolent. Most of them stated that engaging too much on gadgets made them become lazy. This conforms the study of Desmarais (2015) that boredom, time management, and social media results to restless frustration of having nothing immediately obvious to do and ended up breaking routine otherwise. It let persons to get past the initial restlessness or discomfort of not being busy, not doing, and settle into reflection, observation, and stillness.

Meanwhile, researchers have done studies on how social media affects the brain psychologically. They found that social media impacts regions of the brain responsible for emotion, attention, and decision making (Bachchan, 2017). As most of the respondents indicated that because of social media, it loses their attention to work on their top priorities instead they engaged most of their time accessing in social media sites, to get an updates, to know its whereabouts, and the happenings in social media world. These following factors really influence most of the participants to become indolent on their daily basis.

Reasons behind Indolent behavior

Most of the participants answered that they were attracted easily to social media sites such as Facebook, Twitter and Instagram

that's why they became indolent in some ways. This is supported by Charrier (2016) that millennials have increasingly become the focus for many studies. When looking at recent statistics, we see that 90% of Millennials are using smartphones, 93% are accessing the internet, and 53% own tablets. Even how Millennials consume entertainment has changed, with 28% of respondents aged 18 to 34 watching original programming within 3 days after airing, mostly on their laptops or mobile devices. According to his research, he found out that 27% of Millennials use Facebook less than once a week, and 11% don't even have an account. Additionally, 54% don't have a Snapchat account, and 39% aren't on Twitter.

(P1M1)

"If I get so much bored, I easily expose myself to much in the internet and doing so makes me unable to do my job like house chores, even school struff like doing my school requirements and that is because of too much engaging on internet, it diverted my attention on social medias rather than my priorities."

(P4M4)

"I guess the reason was social media and using gadgets.I became lazy because when im already connected to social medias like facebook, twitter, and instagram and I do this like every day."

On the other hand, major influences answered by the participants were social media, peers and environment. Social media has not only been invented, but has been changed many times through the upbringing of the millennial. This rise in social media presents rewards and consequences to human interaction, communication and judgment. Social media is only going to become more controlling of people's lives as it gets more complex. Generations after the millennial won't know anything more than social media and technology. It will be left for speculation as to whether this truly helped or hindered the millennial generation (Miranda, 2005). Peers. A research shows that peers have a direct influence in other peoples' risk behaviors (Tomé, et al, 2012).

The negative influence of the peer group is more connected to the involvement in risk behaviors, whilst the positive influence is more connected with protective behaviors. Environment. Millennials have

taken a beating in the news for being lazy and entitled. Though, there is still an assumption that the environment is treated as a reflection of information that should drive preferences. For instance, it's assumed that people tend to stick with the default option because they do not know enough to change it (Markman, 2006). Such as millennial, they tend to conform in order to be accepted by the society itself not knowing every situation they may in and consequences they may obtain.

(P6M6)

“What really influence me is the social media, gadgets and computer. Those are the factors that really makes me lazy.”

(P3M3)

“To excuse myself, I always told my grandmother or siblings that I have something to do or im not feeling well, or worse I have to hang out with my friends. I also make my school stuff as an excuse.”

Management of Indolent behaviour

Most of the participants answered that they turned off their gadgets and make a time table to control their internet engagement. They stated that, ideas of turning off their mobile phones increases their chances to work with their priorities instead of spending most of their time in mobile surfing. They also make a time table that represents their respective schedules for the day and tasks to be accomplished on a certain day. This coping mechanism helped the participants to prevent their selves from indulging in such social media activities and becoming indolent and also to put more focus in their priorities and responsibilities.

(P1M1)

“What I’m doing right now is, I set my phone alarm and when it rings it reminds me that surfing in internet is over. It reminds me that I need to work on my top priorities. So instead of putting my full attention in internet, I have now time to work on things that I have to work on. So that is my way to keep myself from my indolent behavior.”

(P2M2)

“Making a schedule every day to make sure that I’ve worked everything that I have to work and of course making my day not an indolent one.”

“Sometimes I will not charge my phone in the evening to not get temped easily. I also put it on my room and go downstairs and it makes me lazy to go back to my room just to get my phone.”

IMPLICATIONS

We found out that social media sites and boredom resulted individuals to manifest indolent behavior. This character undeniably affects individual’s self-concept, goal viewpoints and even academic presentations. The findings and results are indications that students of Jose Maria College somehow manifest indolent behavior such as surfing on internet which will make them feel like doing nothing. In this regard, students who have this kind of character also influence their academic aspect. They tend to prioritize their own pleasure rather than their responsibilities and top priorities. This also affects their time management which led them to procrastination, indecisiveness and even exhaustion. This following factor really influences the student’s personal development and academic feature.

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