



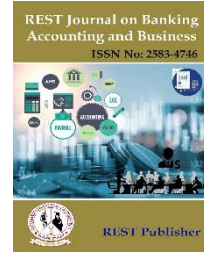
## REST Journal on Banking, Accounting and Business

Vol: 3(2), June 2024 (Online)

REST Publisher; ISSN: 2583 4746

Website: <https://restpublisher.com/journals/jbab/>

DOI: <https://doi.org/10.46632/jbab/3/2/2>



# Impact of Therapies on Millennials: A different perspective

\* Devanshi Khandelwal, Ms. Arumita Pawa, Pankaj Pethe

G H Raisoni College of Commerce, Science & Technology Nagpur, India

\*Corresponding Author Email: [devanshikhandelwal2511@gmail.com](mailto:devanshikhandelwal2511@gmail.com)

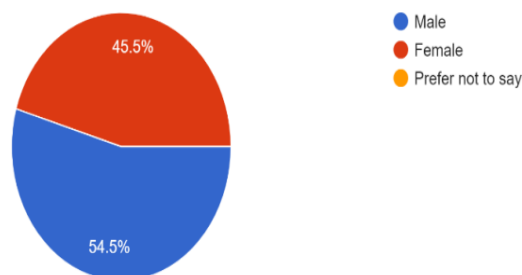
**Abstract.** This document is basically research on how therapies play a role in influencing lives. In this research I have tried to cover the perspective of millennials about the world of therapies and how it is helping them and everyone around to relieve stress, focus on optimism and counter the thoughts occurring in minds. The purpose of choosing therapies as a topic is to enhance the existing knowledge about therapies amongst the millennial generation and change their perspective about not reaching out for therapy as an option.

## 1. INTRODUCTION

The human psychology plays a vital role when it comes to thinking about therapy. Therapies have always played a big role into shaping one's life. Today when someone looks back at oneself, they can feel the importance of therapy into shaping them into that person into who they have become. I believe we are all in the stage of growing every single day. Thoughts make you do things that your heart isn't willing to sometimes. It's the start with a single thought and it's a never-ending cycle with one thought connecting to another. I tried to focus on the perspective of what millennials think about going for therapy and what are their thoughts about the topic therapy in general. I took this topic to spread awareness on how going for or taking therapy might help them relax and that there is just a misconception about therapy. It's okay to take therapy! For instance, when asked to parents about what is the first thought that comes to their mind when they hear the word "therapy", most of the answers were treatment, healing, relaxation etc. I tried to focus on the impact of therapy on the life of millennials. Now a days, mental health has been a topic everyone is discussing and taking seriously. One of the solutions for happy and stable mental health could be therapies.

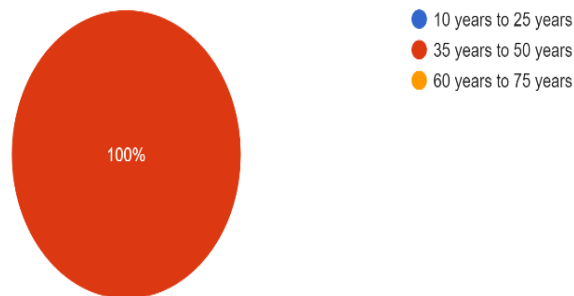
**Age Group that I targeted:** I decided to understand the perspective about therapies from the millennial generation. I believe the gen z or today's generation are well versed about the concept of therapy and mental health, but understanding what our parent's generation thinks about this topic would be an interesting way to find out. I got about 77 responses from the age group of 35 to 50 years. The responses were near to equal of the males and females.

Gender  
77 responses



### Age group which you lie in

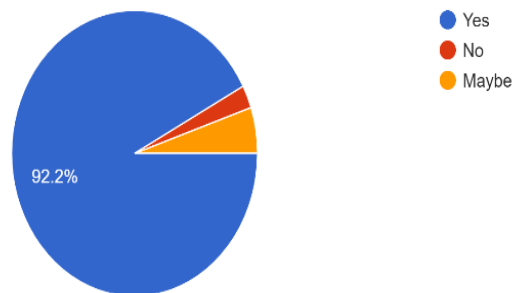
77 responses



**Is therapy important?** The millennials are growing and updating every day. They are trying to understand how the generation is changing and they are adapting to the change. Upon asking to the millennials whether they feel therapy is important for everyone, I got surprising results as 92.2% people feel that yes therapy is important, while 2.6% feel that no therapy is not important while 5.2% feel that maybe therapy is important.

### Do you think therapy is important?

77 responses



Mental health is playing a vital role and is being normalized.

### If therapy is important, why do they feel so?

Upon asking this question, I got answers like it helps to live a normal life, it helps to have clear thought, it improves physical and mental well-being, helps to live a calm and happy life, helps to find proper solution to the problems, helps to relax, to share emotions, helps to understand oneself better, for inner peace and healing. It's good to see such different and positive perspective that the millennials believe about therapy and its necessity.

### What kind of therapies do you believe in and are aware of?

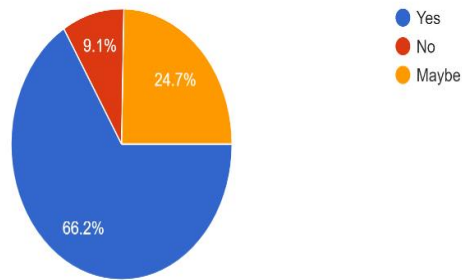
There were quite different and interesting answers regarding the awareness about the therapies. The answers I got included physiotherapy, speech therapy, psychotherapy, naturopathy, mind therapy, ayurvedic body healing massage therapy, behavioural therapy, music therapy, cognitive therapy, spiritual therapy, yoga, aroma therapy, dance therapy and panchakarma. People are aware about the concept of therapy and are aware or heard about a few of them as well but this still hasn't been taken into account and started to be done one regular basis. Lack of knowledge is one of the reasons for this.

### Do you think that according to a person, therapies might change overtime?

There were mixed results when I asked this question, according to most people, they believe that therapies change over a period of time but a few people believe that therapies might remain same even after a few year

Do you think that according to a person therapies might change overtime?

77 responses



### Are doctors the only significant member for therapies?

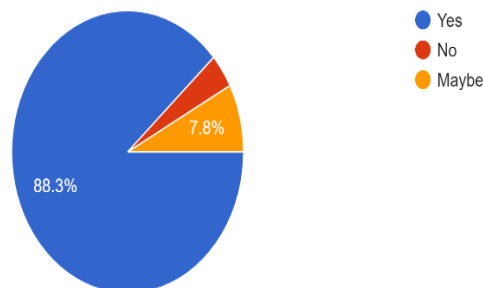
There are different kinds of therapies and sometimes friends, family or someone else might be able to help and might act as an unpaid therapist for you. In this question as well, I received mixed results were in nearly 67% people believed that doctors alone aren't the significant member to act as therapist for someone.

### Does therapy play a role in mental health?

Mental health has been one of the most discussed topics now-a-days and it is being normalised. One of the factors that could help in having a relaxing and happy mindset could be therapy and with this statement 88% millennials agree. The awareness about how having a good mental health is important and that therapy could help in having a clearer mindset and thought is being noticed. There might be people who are doing activities that might help them relax their mind and are unaware of what is acting as a therapy for them.

Do you think therapy plays a role in mental health?

77 responses



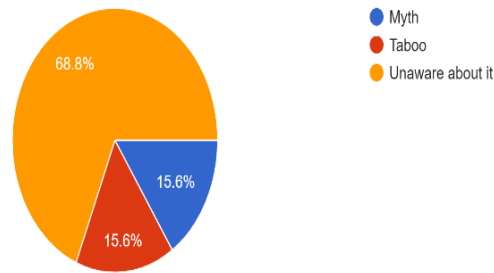
The people who agreed that therapy plays a role in having a good mental health had thoughts like therapy could improve quality of life, helps to keep mind calm, give a chance to think in a broad way, helps to reduce anxiety, gives relief, brings positive attitude, increases alertness of mind and self-confidence, helps to remove mental block and minimize stress levels. In today's world of hectic schedules, people truly believe in maintaining a healthy mindset and dealing with their thoughts. To find peace, there are people who believe taking therapy or having a conversation with someone might help in creating a clear thought process or idea.

### Is therapy a myth or taboo?

A myth is basically an idea or story that many people believe in that may be false or it might not exist while, a taboo is something that someone must not do or say as it might offend or shock people. Therapies have been into picture since a long time but maybe not so in a positive way. There are various myths and taboos regarding therapies. Most of the people weren't aware about therapy being a myth or taboo while nearly 15% people thought that therapy is a myth and 15% people thought that it's a taboo.

According to you, is therapy a myth or taboo?

77 responses

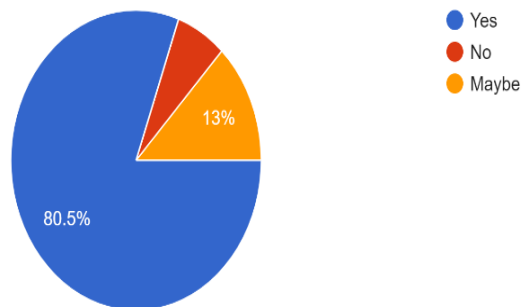


The kind of taboos people heard were if you are taking therapy then you are mentally disturbed, it is required for ill people, if someone is approaching a therapist for decision making then that's wrong, only mentally challenged require it, it is based on religious beliefs, people have heard of it being a treatment of mental problems, it is all in your mind or kind of black magic, they are a waste of time, people think they are sick and neglect the problem, people undergoing therapy are unstable or incompetent and is 'Unscientific'.

**Self-therapies:** After a brief knowledge about therapies, people are being aware about how they are helpful but then the question arises whether they follow any kind of therapy themselves or do they believe in self-therapies. The answer to this question is nearly 80% of the people believe in self-therapies which is a positive approach.

Do you believe in self therapies?

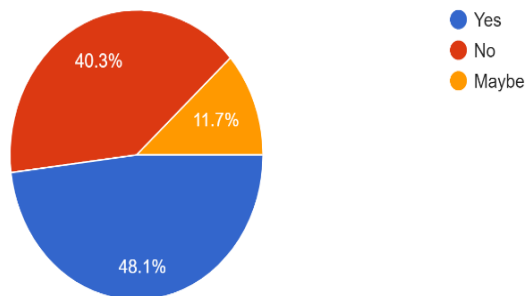
77 responses



Upon asking whether the millennials have or follow any kind of self-therapy, I got the results as follows: nearly 48% people do have or follow a self-therapy, while 40% people don't have a self-therapy and about 12% people aren't sure about it.

Do you have or follow a self therapy?

77 responses



The people follow self-therapies like self-motivation, self-love, meditation, prayers, music, going for a walk, art, keeping themselves engaged, Marma Bindu, namaz, writing thoughts and take decisions, self-analysis, sports,

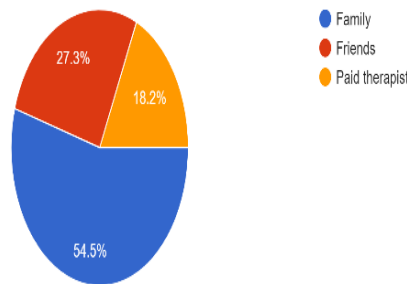
thinking about an issue logically, yoga, positive reads, vipassana, magnet therapy, talking to family and loved ones, studying their feelings and actions, massages, sitting in nature, cooking, colour therapy and running.

**Who are the people who act as your therapist when you are dealing with something or are stuck in a situation?**

While writing this question I could think of three options and those were family, friends and paid therapist. According to nearly 55% people, their family acts as a therapist for them when they are going through something, while 27% people tend to approach their friends incase of being stuck in a situation and nearly 18% people prefer taking help of paid therapist to help them find solution to the problem or situation they are facing.

If you are ever stuck in a situation or you are going through something who acts as your therapists?

77 responses

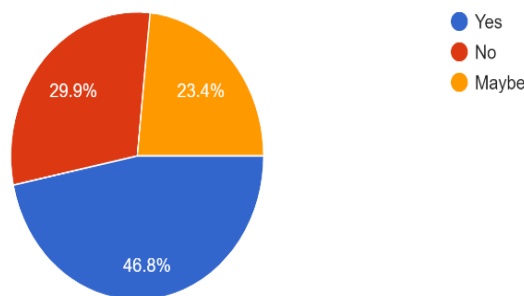


**Is therapy a never-ending cycle?**

As people have noticed and believed that therapies might change overtime, so therapies might be a never-ending cycle. A person when a kid might have playing as a therapy, in the teen age it might be talking to friends, as an adult he or she might enjoy going on walks, when old they might enjoy listening to spiritual things, so therapies might change or evolve overtime and hence it might be considered as a never-ending cycle. Nearly 47% people believe that therapy is a never-ending cycle, while nearly 30% believe that therapy is not a never-ending cycle while 23% people believe aren't sure about it.

Do you believe in the statement 'Therapy is a never ending cycle'?

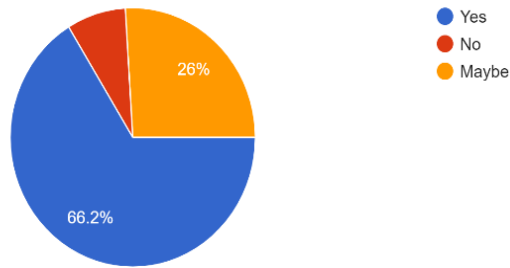
77 responses



**Thoughts on going to a doctor for therapy:** Doctors have been the problem solvers whenever necessary and mental health being a sensitive topic, people might need a doctor's help to get the cure. Approaching a therapist doesn't really mean that they are mentally sick, but if needed for the right solution, doctors could help with providing the right suggestions and could help with a change of mindset if needed. About 66% people agree that it's okay to go to a doctor for therapy, 26% people aren't sure about approaching a doctor for therapy and about 8% people disagree with people going to doctor for therapy.

According to you , is it okay to go to a doctor for therapy?

77 responses

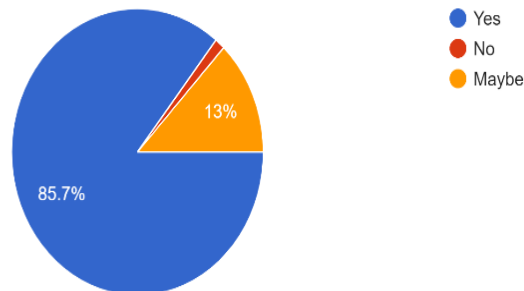


### Should therapy be normalized?

Now-a-days mental health is playing a vital role and with mental health comes therapy. The awareness about therapy is increasing and people are enjoying their activities which might be therapy for them without even realizing it. 86% people agree with therapy being normalized, which is a great change.

Should therapy as a concept be normalized?

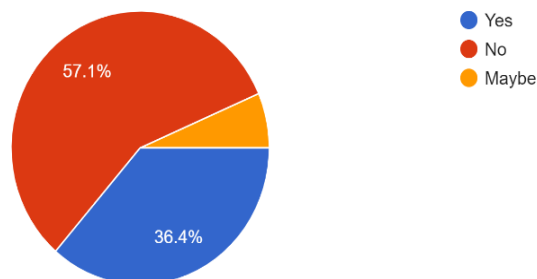
77 responses



**Therapy Clubs:** A therapy club is a place where people of different backgrounds come together and interact with each other talking about their mental health. This happens when everyone creates a positive and safe environment, where people feel open to talk their heart, mind and opinions out without the fear of being judged. The concept of therapy clubs is a very good start for expressing oneself, but most of the people aren't aware about therapy clubs existing in this wide world. According to the responses I received around 57% people haven't heard about therapy clubs before, while 36% people have heard the term therapy club and nearly 7% aren't sure about it.

Have you heard or read the term 'Therapy Clubs' before?

77 responses

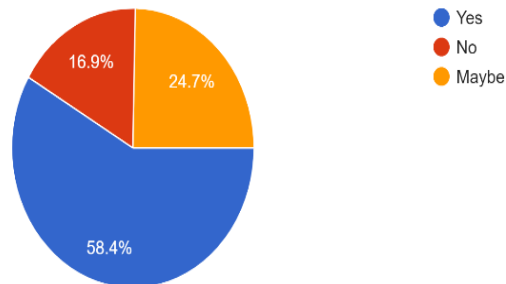


Therapy clubs could really act as a safe space for a lot of people who aren't able to find that comfort or conclusion of thoughts amongst maybe their family or loved ones. Some people who might be hesitant to approach a doctor could try joining a therapy club. People might also join dance therapy, aroma therapy or music therapy that might help them relax their minds. An environment with no judgements and people motivating and listening could really

help in having peace amongst this hectic schedule in today's world. Awareness about such clubs could really help with people enrolling in it. When I asked the millennials if they got an opportunity to join such clubs would they be willing to be a part of it and nearly 58% people opted for the answer 'yes', while about 25% people weren't so sure and about 17% people didn't need such clubs.

If given a chance, would you become a part of a therapy club?

77 responses



Therapies could really impact a person's life giving them some time to relax and also enjoy the whole process by interacting with people and understanding each other's point of view. Physiotherapy is one of the common therapies that is being followed but apart from it there are many which could really create a great and positive impact on the minds and mindset of people. Maybe one day those taboos won't remain taboos anymore and the world would normalize therapies more just like mental health has been within these few years.

## REFERENCES

- [1.] Situmorang, Dominikus David Biondi. "How amazing music therapy in counseling for millennials." *COUNS-EDU: The International Journal of Counseling and Education* 3, no. 2 (2018): 73-79.
- [2.] Situmorang, Dominikus David Biondi. "Cognitive behavioral-active music pastoral therapy for millennials' academic anxiety: how & why?." *Journal of Pastoral Care & Counseling* 75, no. 2 (2021): 103-111.
- [3.] Micovic, Tijana, and Nina Micovic. "Emerging Adulthood of Millennials from a Therapist Perspective." *GESTALT TODAY* 8 (2021).
- [4.] Situmorang, Dominikus David Biondi, and Mungin Eddy WĪBOWO. "Comparison of the effectiveness of CBT group counseling with passive vs active music therapy to reduce millennials academic anxiety." *International Journal of Psychology and Educational Studies* 5, no. 3 (2018): 51-62.
- [5.] Firmansyah, Eka Kurnia, Titin Nurhayati Mamun, and Ade Kosasih. "The Establishment of Character for the Millennial Generation Through Moral Therapy: A Study of the Nazam Azkiya' Manuscript." *Jurnal Humanities & Social Sciences Reviews* 8, no. 4 (2020): 972-989.
- [6.] Schneider, Brooke C., Johanna Schröder, Thomas Berger, Fritz Hohagen, Björn Meyer, Christina Späth, Wolfgang Greiner et al. "Bridging the "digital divide": A comparison of use and effectiveness of an online intervention for depression between Baby Boomers and Millennials." *Journal of affective disorders* 236 (2018): 243-251.
- [7.] Buck, Hannah. "A New Generation of Treatment: Developing a Treatment Program for 'Millennials' with Fibromyalgia Based on the Biopsychosocial Model." PhD diss., The Chicago School of Professional Psychology, 2021.
- [8.] Sriwatanathamma, Poe, Veerawat Sirivesmas, Sone Simatrang, and Nobonita Himani Bhowmik. "Gamifying cognitive behavioral therapy techniques on smartphones for Bangkok's millennials with depressive symptoms: Interdisciplinary game development." *JMIR Serious Games* 11, no. 1 (2023): e41638.