

OVERVIEW OF ATTITUDES REGARDING DAILY SKILLS POWERED BY GENDER IN GEN Z

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Received : 23 April 2026

Revised : 29 April 2026.

Accepted : 30 April 2026

ABSTRACT

Background : This study focuses on attitudes regarding daily skills mastered by each gender in Gen Z. The **Methods :** research method in this study is a quantitative descriptive research method. Data collection using a digital questionnaire (google form). The population in this study amounted to 325 respondents using a simple random sampling technique. **Results :** The characteristics of the respondents above present the largest gender data is male, which is 179 (55%). The age of the largest respondents is 20 years old as many as 114 (35%). Most respondents 227 (70%) have never received gender education and most respondents' education is bachelor 247 (76%). Attitudes towards Daily Skills that must be mastered by each gender according to Gen Z on the statement of being able to prepare daily food to eat, most respondents agree 306 (94%). The ability to clean the house, most respondents agree to be mastered 318 (97%). The ability to wash dirty clothes, most respondents agree to be mastered 300 (92%). The ability to clean the toilet, most respondents agree to be mastered 290 (89%). The ability to take care of family/siblings/younger siblings, most respondents stated that they agreed to be mastered 264 (81%). **Conclusion :** The results of the study showed that Gen Z has an attitude that agrees that every gender must be able to master daily skills. For further research, research can be conducted by looking at the implementation of these abilities or Gen Z's behavior towards the ability to master daily skills.
Keywords : Skills, Attitudes, Gen Z, Gender

INTRODUCTION

Generation Z is a new generation of technology-dependent learners, the most diverse and career-oriented individuals. Gen Z refers to the generation born between the mid-1990s and the early 2010s (Dray, 2021). They are a generation that grew up amidst the rapid development of technology and the internet, making them very familiar with the digital world from an early age (Lynch *et al.*, 2019). This contrasts with previous generations, who grew up in the pre-digital era or witnessed the transition to the digital era (Lopez and Abadiano, 2023).

Gen Z, who grew up in the world of technology, is also exposed to many humanitarian issues, including gender. Gen Z doesn't feel taboo or uncomfortable discussing gender. Gen Z and some Millennials believe that when it comes to granting women equal rights with men, the situation is now fairly balanced (Tyrovolas *et al.*, 2022).

Understanding that mastering daily skills or household chores is a shared responsibility within the home. Gen Z considers tasks like cooking, shopping, or even childcare to be shared responsibilities. Gen Z strives for a balanced lifestyle with less stress (Mei *et al.*, 2020). Furthermore, gender equality is a key focus (Fang, Kunjuraman and Chan, 2023). The research conducted here primarily concerns the definition of gender equality and how household chores are divided among family members (Çaksen, 2022). Gen Z was born at a time when traditional rituals and cultural norms were slowly changing. It was even a traditional belief that women were not allowed to go to the office or pursue other careers (Avanesian *et al.*, 2024). During that time, girls were not given proper opportunities to attend school and attain higher literacy levels. This research primarily focuses on how the new generation is trying to address gender equality rights and how female candidates are given equal job roles as men (Yang *et al.*, 2010).

The results of this study are expected to not only provide a comprehensive picture of Gen Z's attitudes towards everyday skills based on gender, but also serve as a basis for developing a more inclusive understanding, reducing stereotypes, and encouraging equal roles in everyday life (Monteza-Quiroz, Silva and Sactic, 2025).

METHODS

The research method used in this study is a quantitative approach with a descriptive-analytical design to describe and analyze Generation Z's attitudes towards mastering everyday skills based on gender. The study population was individuals included in the Generation Z category, with the sampling technique using random sampling according to predetermined inclusion criteria. The research instrument was a structured questionnaire compiled based on attitude indicators, covering cognitive, affective, and conative aspects, which had undergone validity and reliability testing. Data collection was carried out online and offline, then analyzed using descriptive statistical analysis to see the frequency and percentage distribution, and inferential analysis to identify differences or relationships between variables. The results of this analysis are expected to provide a clear and in-depth picture of Gen Z's attitudes towards the division of everyday skills based on gender.

RESULTS

Mastering everyday skills is essential for everyone, such as preparing meals, which must be done daily. This study yielded the following results:

Respondent Characteristics

The characteristics of the respondents in this study can be seen in the following table:

Table 1. Respondent characteristics

characteristics	N	%
Gender		
Male	179	55
Female	146	45
Ages		
17	65	20
18	98	30
19	48	15
20	114	35
Education about gender		
Ever	98	30
Never	227	70
education		
High school	78	24
bachelor's degree	247	76

The respondent characteristics table above shows that the largest gender is male, with 179 respondents (55%). The largest age group of respondents was 20 years old, with 114 respondents (35%). The majority of respondents, 227 (70%), had never received gender education, and the majority of respondents, 247 (76%), had a bachelor's degree.

Attitudes Toward Skills That Must Be Mastered

This study distributed a questionnaire regarding the daily skills that must be mastered by each gender, both men and women. It consisted of five questions, as shown in the following table:

Table 2. Attitudes towards daily skills that must be mastered

Question	N	%
Able to prepare daily meals to eat		
Agree	306	94
disagree	19	6
Able to clean the house		
Agree	318	97
disagree	7	3
Able to wash dirty clothes		
Agree	300	92
disagree	25	8
Able to clean the toilet		
Agree	290	89
disagree	35	11
Able to look after family/brother/sister		
Agree	264	81
disagree	61	19

From the table above regarding attitudes towards daily skills that must be mastered by each gender according to Gen Z, in the statement of being able to prepare daily meals for consumption, most respondents agreed (306) 94%. The ability to clean the house, most respondents stated that they agreed to be mastered (318) 97%. The ability to wash dirty clothes, most respondents stated that they agreed to be mastered (300) 92%. The ability to clean the toilet, most respondents stated that they agreed to be mastered (290) 89%. The ability to look after family/siblings/younger siblings, most respondents stated that they agreed to be mastered (264) 81%.

DISCUSSION

Mastery of everyday skills should be shared by both men and women (Fang, Kunjuraman and Chan, 2023). As the questionnaire distributed in this study showed, most respondents agreed. However, in a different study, 90% of daily tasks were performed by women alone.

Getting to know Gen Z is quite unique as a generation (Lampert, 2020). Globally, Gen Z is also known as a more inclusive generation and open to differences. They grew up in an era where issues such as climate change, human rights, and social justice are in the spotlight (Shorey *et al.*, 2021). As a result, Gen Z is no stranger to gender issues, one of which is gender equality. Gen Z supports flexibility in gender roles (62% compared to 55% among older generations).

Patriarchy can be described as a male-dominated society, where men typically assume authority roles or are the head of the household. Generation Z is less favorable to this treatment (34% disapprove of fathers as heads of households compared to 30% among older generations), but dislikes gender inequality (Lampert, 2020). Due to the patriarchal culture that requires women to take on more household chores, Gen Z experiences a decline in marriage rates and discomfort in relationships (Picatoste, Mesquita and González-Laxe, 2023). Research also shows that household finances are more stable if they marry at an older age. Gen Z also does many things based on their own will, such as wanting to enjoy free time and looking for moments of entertainment from the busyness of daily work (Fadeyibi *et al.*, 2022).

Gen Z considers that household chores such as preparing meals, cleaning the house, washing dirty clothes, cleaning the toilet and taking care of family members are activities that are shared, not the responsibility of just one gender role. From other research it was also found that gender equality is considered important, but in practice in the field, gender inequality among students is still common (Fadeyibi *et al.*, 2022).

However, different results from research conducted in China indicate that Gen Z practices gender equality in the household better than previous generations. The combination of traditional and egalitarian perspectives on gender roles creates a more equitable division of household labor among Gen Z couples in China (Yang, 2023). Gen Z is also focused on fighting for gender equality and maintaining gender roles (D'Acunto, Malmendier and Weber, 2021).

This research could certainly be further developed by exploring actual behavioral aspects related to gender equality in housework. This is crucial to confirm whether the attitudes held by Generation Z align with their practices in daily life. Thus, further research could provide a more comprehensive picture of the relationship between attitudes and behavior in the context of gender equality. Furthermore, the results are expected to inform the design of more effective interventions or education to encourage equitable role-sharing within the household.

CONCLUSIONS

This research demonstrates Gen Z's agreement that daily household skills are a shared responsibility, not a burden on one gender within the household. Preparing meals, cleaning the house, washing clothes, cleaning the toilet, and caring for family members are daily activities that must be mastered together. The research results show that Gen Z strongly agrees that every gender should be able to master everyday skills. Future research could examine the implementation of these skills or Gen Z's behavior toward mastering everyday skills.

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