

Abstrak: Perkembangan teknologi serba digital menjadikan Generasi Z memiliki pola pemikiran yang cenderung unik serta kreatif dalam hal bersosialisasi dan berpikir. Keunikan itu cenderung diikuti oleh banyaknya informasi di linimasa yang dapat diakses melalui platform manapun. Hal ini memengaruhi bagaimana Generasi Z bertindak dalam kehidupan sosial dan agama mereka. Pengaruh informasi tersebut mampu memunculkan persepsi-persepsi hasil dari pemikiran mereka dalam memproses suatu kejadian. Penelitian ini bertujuan untuk mencari keterkaitan antara ajaran stoisisme dengan kehidupan sosial dan agama Generasi Z dalam menciptakan kehidupan yang lebih bijak serta kemampuan untuk pengendalian diri. Kehidupan sosial dan agama Generasi Z tidak bisa lepas dari kemajuan digital yang mampu memengaruhi pola pikir keagamaan mereka. Sedangkan filsafat stoisisme merupakan bentuk ajaran terhadap pengendalian diri melalui tingkah laku berpikir rasional. Penelitian ini menggunakan metode kualitatif dengan pengumpulan data melalui wawancara dan observasi. Wawancara mendalam dilakukan kepada Generasi Z yang telah mengenal konsep stoisisme dalam kurun usia 18–23 tahun dan berkehidupan di Kota Kudus. Sedangkan data sekunder didapat melalui berbagai jurnal terkait dengan topik. Hasil penelitian ini menunjukkan bahwa dalam melaksanakan kehidupan sosial dan agama, Generasi Z telah mampu memahami cara bertindak dengan baik tanpa melibatkan emosi serta berusaha berpikir rasional. Selanjutnya, Generasi Z mampu membiasakan diri untuk melakukan kegiatan spiritual dalam beragama baik secara pribadi maupun berkelompok, sehingga mampu memberikan kesadaran beragama melalui pengendalian diri terhadap berkembangnya emosi negatif. Hal ini dikarenakan adanya kesamaan indikator untuk mencapai kebahagiaan dalam ajaran agama maupun filsafat. Dalam agama, Al-Qur'an diprioritaskan sebagai kalam Tuhan dengan fungsi utama menunjukkan kepada manusia hakikat kebenaran, sedangkan filsafat menggunakan rasionalitas sebagai alat untuk menemukan kebenaran tanpa terikat faktor emosional. Dapat disimpulkan bahwa Al-Qur'an dan filsafat stoisisme memiliki konsep yang sama terkait syukur dan sabar.

Kata-kata Kunci: *Agama, Filsafat Stoisisme, Generasi Z, Kehidupan Sosial, Pengendalian Diri.*

Introduction

Algorithmic calculations in the digital world that continue to move forward have an impact on the speed of obtaining information on the internet globally. Some people can get a lot of information from anywhere just by entering 'keywords' to a phenomenon on social media. This symptom shows a lifestyle change that is all 'content' where many people interact more often through social media and share it in the digital world so that it can have many impacts, one of which is on changes in civilization or generations. The generation that is considered close to digital progress is Generation Z (Nurhayati et al. 2020, 18).

Generation Z (Gen Z) has the nickname of digital natives or internet generation because the characteristics of this group are very fond of technology. The presence of the term generation is estimated to be around the early 2000s or along with the rapidly developing technology (Rastati 2018, 63; Zis, Effendi, and Roem 2021, 75; Sari 2023, 60; Zazin and Zaim 2019, 549; Nurhayati et al. 2020, 19).

Being in the scope of life that is easy to access information gives Gen Z

an instant character, flexible, and easily influenced by some information or issues from social media (Faeruziani 2023, 868; Rastati 2018, 63; Subowo 2021, 382). This shows how Gen Z is tied to many digital technologies, giving rise to personalities in their social and religious lives. One of them is in terms of communication where many Gen Z's lack social interactions because they are too busy with their digital lives (Dewi and Delliana 2020, 67; Zis, Effendi, and Roem 2021, 75). Therefore, the author tries to relate the phenomenon of digital life in Gen Z through the opinion of stoicism philosophy.

Stoicism is a school of philosophy that teaches how to control negative emotions to create wiser happiness (Manampiring 2023, 20; Andini 2023, 89; Pertiwi, Rohimin, and Marhayati 2023, 38; Pangestuti 2023, 22). The teachings brought by this philosophy contain living in harmony with nature, the dichotomy of control, controlling perception and interpretation, strengthening the mentality, and *amor fati*. *Amor Fati* is Latin for love of destiny. In the view of stoicism, the entire universe is seen as an orderly and interconnected whole. Up until now, all our lives have happened following the chain of events and natural laws. We can choose to 'Fight Nature' or learn to accept the present, even love it. This teaching has similarities with the concept of Gratitude in Islam. Where gratitude can make a person gain happiness, perfection, and additional favors. Therefore, *amor fati* is one of the concepts of stoicism that is in line with the teaching of Gratitude and is able to teach a sense of sincerity to accept the current situation, to the stage of loving all events that have been experienced (Manampiring 2023, 124–26; Rahman, Pertiwi, and Batubara 2022, 815).

Where the teachings of this stoicism philosophy are considered to be able to help Gen Z to solve the problems of their social and religious life amid a rapidly developing digital age (Pangestuti 2023, 23; Andini 2023, 90; Pertiwi, Rohimin, and Marhayati 2023, 38; Hermawan 2022, 51; Hairunni'am, Safitri, and Febriani 2022, 206; Fajrin, Mud'is, and Yulianti 2022, 169; Ramadani et al. 2023, 734).

A teaching that is considered useful for today's life is the dichotomy of control, a concept of self-control so as not to be exposed to excessive negative emotions, proposed by Marcus Aurelius, a figure in stoicism Philosophy. In the perspective of the dichotomy of control, some problems can occur in one's control but can also occur in the control of others. So, in the dichotomy of control, a way of interpreting or looking at things is also taught so that we can wisely respond to a problem without having to get caught up in a state of negative emotions (Rerung, Sekke Sewanglangi', and Alang Patanduk 2022, 110; Hermawan 2022, 51; Hairunni'am, Safitri, and Febriani 2022, 206).

Stoicism uses reason as the focus of the main component, so this teaching can impact various groups, including Gen Z who wants to avoid

growing worried, fear, and regret (Tampubolon 2023, 184; Manampiring 2023, 22–24). Looking at the present, self-control has become a reflection that is widely done and practiced by many people. Among Gen Z, exercise self-control when they are in an unpleasant situation or when they experience a sad event (Rafiatul 2023).

In addition, learning policies in self-control also happens a lot when someone has to be in the scope of leadership, where they are required to be firm and fair without taking sides and without being selfish (Rafina 2023). In religious life, the teachings of stoicism are considered compatible because they teach that religion is a solution to controlling oneself in difficult situations through dhikr, recitation, and prayer rituals (Sariroti 2023).

However, some Gen Z admit that they still haven't reached that level of religiousness because they are still socially impacted by the environment around them (Fanani 2023; Rafiatul 2023). Based on the above, the researcher draws a main focus related to whether the teachings brought by stoicism philosophy can help Gen Z's social and religious life problems properly and correctly.

The results of previous research that discusses the life of Gen Z through stoicism have been carried out by several researchers. Faeruziani (2023) Sees self-love as a result of the idea of stoicism as a solution to the problems of Gen Z's lives trapped in toxic relationships. Similar research was also conducted by Rerung et al. (2022) discussing stressful situations with teenagers who cannot control their thoughts properly. Rerung offers young people the theory of Marcus Aurelius' philosophy of stoicism on how to love oneself properly through reason and rationality in every decision-making. While other studies began to look at the relevance between the teachings of stoicism and the teachings of Islam.

Pertiwi, Rohimin, and Marhayati (2023) Looking at the teachings of stoicism boils down to the same thing, namely the teaching of self-control and emotions in humans when facing life's problems. Managing emotions and self is indeed the main teaching of stoicism philosophy which provides the key to control to suppress negativity and define it as a rational activity that does not always affect human performance (Hairunni'am, Safitri, and Febriani 2022, 204). Manampiring (2023) shares an understanding of stoicism and its practice in everyday life, which Gen Z can relate to through its language and light-hearted illustrations.

This research is interesting and a new study in the Philosophy of stoicism by looking at Gen Z's social and religious life. In addition, this study can help introduce the teachings of stoicism philosophy to produce a wise life through self-control of negative emotions in the surrounding environment.

This research uses qualitative methods with data collection techniques through observation and in-depth interviews (Creswell 2013, 55).

Primary data was obtained through direct interviews with selected informants totaling 10 people, who live in Central Java, precisely Kudus City, who live in Islamic boarding schools, and some not, are currently studying at tertiary institutions. The age of the informants ranged from 18 to 23 years old who belonged to the Gen Z category and had interests such as studying and migrating to Kudus. The selection of informants was seen through their introduction to stoicism which emerged through one of Henry Manampiring's books entitled "*Filosofi Teras*" followed by the desire to understand more about stoicism through the website. The researcher chose informants who live in pesantren and are studying at university to see how they adjust to their social relationships and religious life. The researcher also looked at whether the teachings of stoicism are connected to Islamic teachings and can be applied more broadly related to the self-control of negative emotions so that there are no adverse effects on social relations in society. Various data and additional sources related to the topic were obtained from relevant books, journals, and the Internet. The various data that have been obtained are then analyzed using the Miles Huberman model.

Gen Z's life in the social and religious spheres interests' researchers to look further into how they exercise self-control in the space of interaction and socialization. In addition, in-depth research was conducted on the lives of Gen Z to understand their characteristics. This research also uses the philosophy of stoicism as a theory as well as a solution to the problems of Gen Z's social and religious life. The two main teachings in stoicism are about a life free from negative emotions (sadness, anger, envy, revenge, etc.) and a life that leads to virtue (justice, wisdom, courage, and self-control).

Philosophy of Stoicism

The philosophy of stoicism is a doctrine brought up by Zeno around the 3rd century BC in Athens (Kodoati 2023, 94; Bunga 2023, 3; Pangestuti 2023, 22; Fajrin, Mud'is, and Yulianti 2022, 170; Hermawan 2022, 49–50; Manampiring 2023, 20). Zeno argues that the order of the world does not come from chance alone but the logos that are the basis of all nature. Logos are not only defined as human reason, but also as the creative reason of the world that can direct everything to its true purpose, in this case, it can be referred to as destiny or fate (Hairunni'am, Safitri, and Febriani 2022, 203–5).

Zeno had followers known as "the stoics" because in those days the teaching place was a pillared terrace (called a *stoa* in Greek) located on the north side of the agora (a public space used for trading and gathering) (Manampiring 2023, 22; Adang and Suwarni 2023, 4; Russell 2007, 344).

The development of stoicism philosophy was continued and developed by other philosophers from Greece to the Roman Empire. Some of the

most famous was Lucius Seneca of Rome (a philosopher, statesman, and playwright), Epictetus of Greece (a freed slave living in Rome), and Emperor Marcus Aurelius of Rome (known as one of the “Five Good Emperors”) (Bunga 2023, 3; Hermawan 2022, 49–50; Manampiring 2023, 20–22).

The goal of stoicism is the ability to control negative emotions and the ability to cultivate virtue to achieve a peaceful, tranquil, and resilient life as a result of self-control (Bunga 2023, 3–4; Pangestuti 2023, 22–23; Fajrin, Mud’is, and Yulianti 2022, 170). In addition, self-control can also produce happiness in the human soul. The Stoics emphasized that humans are perfect, honorable, and beneficial to themselves and others (Manampiring 2023, 38; Kodoati 2023, 95; Kirana 2023, 265–66).

There are various teachings contained in the philosophy of stoicism, such as the dichotomy of control (self-control), interpretation and perception, living in harmony with nature, mental strengthening, and poverty practice (Tampubolon 2023, 184–85; Fajrin, Mud’is, and Yulianti 2022, 175–78; Ramadani et al. 2023, 736–37).

Self-control is a basic concept in the philosophy of stoicism. The figure who brought about self-control was Marcus Aurelius in his book entitled *Meditations* (Rerung, Sekke Sewanglangi’, and Alang Patanduk 2022, 110–12; Manampiring 2023, 50–54; Andini 2023, 85; Faeruziani 2023, 865–67).

Marcus Aurelius was a Roman emperor who was born in Rome, Italy. He wrote the book *Meditations* as a form of his great interest in stoicism. Stoicism in Marcus Aurelius’ view is a philosophy that emphasizes logic, fate, and self-control. Every person can live a free life without pressure and peace of mind, even though many people vehemently oppose stoicism (Rerung, Sekke Sewanglangi’, and Alang Patanduk 2022, 110–12; Faeruziani 2023, 865–67; Manampiring 2023, 50–54).

The philosophy of stoicism is known as a school that teaches about the way of life to create happiness and reduce external factors that can bring negative emotions in humans. Making happiness the goal of life is a teaching that is considered relevant to religious values. Al-Ghazālī said that a person will feel true happiness when he has reached the level of *ma’rifah* or knowing God. Meanwhile, al-Farābī revealed that happiness is the ultimate goal of whatever is done (Pangestuti 2023, 21–22; Tampubolon 2023, 186). Self-control is an ability that a person has to control an emotion within himself, so this teaching is considered to be able to help as a foothold in life today (Ramadani et al. 2023, 736–37).

Another teaching of stoicism that is arguably suitable for today is to live in harmony with nature. Stoicism teaches that reason is a human ability that has a role in making virtue. Stoicism views that everything in the universe is interconnected. Thus, the law of cause and effect is born, which can affect human life (Pangestuti 2023, 21–22). In addition,

living in harmony with nature is a teaching that can focus on everything positive such as honing wisdom. Wisdom becomes a way of responding to something that can be controlled or not controlled (Ramadani et al. 2023, 735). Therefore, the philosophy of stoicism is a school that can help humans by providing a tough perspective of life for the present.

Social and Religious Life of Generation Z

Society views Gen Z as a generation that is lazy, easily depressed, and difficult to work in the world of work. However, the reality is that Gen Z is unique in living their lives alongside technological advancements (Sadewo 2023; Hardiantoro and Hardiyanto 2023; Radarcom 2023). The uniqueness of Gen Z's character is starting to be seen in social media glasses where they are easier to express and exchange ideas with the help of the internet. This convenience can affect Gen Z's social and religious life through phenomena displayed in various forms of information through social media, such as the phenomenon of radical attitudes in religion to lesbian, gay, bisexual, and transgender (LGBT) cases, even the latest conflict between Palestine and Israel. It turns out that many Gen Z have empathy and high curiosity to access this information (Ristiana 2023; Ulya 2023; Rafina 2023).

The curiosity and empathy formed through a lot of information turned out to open a new habit of Gen Z in conducting discussions on social networks. Discussions or exchanging ideas are favored by many Gen Z's because they feel they get a lot of new knowledge by seeing other people's perspectives (Ristiana 2023; Rafina 2023).

In addition to discussions, Gen Z also likes to watch podcasts on YouTube or short TikTok or Instagram videos, choosing sources who are believed to be able to explain more easily related to public phenomena (Sariroti 2023). The habit of surfing in the digital world creates a new habit in their social life that tends to prefer discussing current topics in person, through hangouts, or in-person discussion groups (Nafisah 2023; Wafa 2023).

Living by collaborating instead of competing is the new thing that Gen Z does. All of this is inseparable from technological advances that require users to be creative. In addition, the existence of algorithms that are at the center of the movement of information flows on social media, makes Gen Z more collaborative than creating unhealthy competition. One example of this form of collaboration is making a compilation video in which there is not only an element of creativity but also an element of cooperation and others (Nadine 2023). Collaborating is not only done in the digital world but also the real world, such as education. Many Gen Zs are starting to get busy forming group assignments or project assignments that teach shared responsibility and create a sense of helping each other (Ulya 2023).

The result of the collaboration above can form a sense of tolerance that is currently widely understood and respected by many Gen Z's. This teaching does not only develop as a result of religious teachings, but also as a form of socializing. Indonesia is a country with diversity, so living side by side with people who have different elements is not surprising in Indonesia. For example, in the boarding school environment, Gen Z students who are *santri* admit that they are used to living side by side with many people and different backgrounds. In the end, they can overcome these differences with an attitude of tolerance, solidarity, and love that is formed from togetherness in the boarding school (Ulya 2023; Ristiana 2023; Rafina 2023).

The university environment is also very diverse, from family and educational backgrounds that have many differences. Gen Z, who has become a student realizes that sometimes the different things that can be learned in this environment are the mindsets of problems in society. So, in this case, Gen Z uses more discussion to try to create a feeling of understanding with each other to create an atmosphere of tolerance for different thoughts (Adinda 2023). From the above views, it appears that Gen Z characters in social and religious life try to always create a peaceful atmosphere so that they can coexist.

However, coexisting with differences does not always lead to peace. Despite the desire to create a good life through collaboration and tolerance, conflict is inevitable. Especially in a time where everything is packaged in unique 'content' or trying to excel in each other's lives, criticism will eventually emerge to attack anyone and everyone (Nafisah 2023).

In social life, Gen Z realizes that whatever they do will not escape the gaze and even gossip of the surrounding environment. This problem is initially annoying because they feel like they are being watched by many eyes for every activity they do (Nadine 2023). One of the impacts of the above makes it difficult for Gen Z to express every new activity they want to try (Rafiatul 2023). In addition, Gen Z feels pressured by others' comparisons of their shortcomings (Rafina 2023). Painful criticism from others can lead to personality problems faced by Gen Z.

Currently, the problem that many Gen Z face is the attitude of trust issues because they have experienced betrayal so they can no longer trust others easily (Ristiana 2023). Gen Z also experiences other problems such as oversharing or sharing things too easily with new people. Without realizing it, technological advances make it easy for anyone to share information. This creates anxiety for Gen Z because they feel that others will know more about them, and they will face more judgment (Sariroti 2023; Fanani 2023).

However, the most common problem faced by Gen Z is the feeling of insecurity arising from criticism from others (Rafiatul 2023). As a result of these problems, many Gen Z lose their self-confidence and commit acts

of self-harm because they think that they do not have talents that can be favored (Rafina 2023). Looking at the various problems that occur in Gen Z, the perpetrators in each of their problems are not only the surrounding environment but also themselves.

“There is no problem without a solution” is the motto that Gen Z believes in to create new hope for their lives. Many attitudes are taken by Gen Z to bring back their confidence and become a fortress to protect themselves from the gossip of others. Communicating with parents is considered the best form of healing when they experience problems (Adinda 2023; Sariroti 2023).

Seeing from the other side that the “talk” of other hurts is a sign that they must continue to do good to anyone and become one of the motivations so as not to drag on bad feelings (Wafa 2023). *Muḥāsabah* is also an emerging solution among Gen Z as a strengthening of their faith as well as a form of effort to accept their shortcomings (Rafina 2023; Fanani 2023).

Gen Z’s other endeavors, learning to be open to any hurtful things they receive as a bulwark to protect themselves from the surrounding environment that can only conclude from “what is seen from the outside” and reduce the incidence of resentment (Ristiana 2023). However, some choose to keep things to themselves because they don’t feel up to arguing about right and wrong with their neighbors (Nafisah 2023). Every solution taken by Gen Z is a form of decision-making and a way of valuing themselves. Although validation from the surrounding environment is needed, Gen Z tries to make it, not their main need (Ulya 2023). In addition, Gen Z strives to continue to improve their religious attitudes because for them there is never enough feeling in this matter (Sariroti 2023).

The Relevance of Stoicism Philosophy to the Life of Generation Z

Generation Z is the next generation era of the millennial generation that is closely related to the world of technology because this generation was born amid rapid advances in digital technology. There are several characteristics possessed by Generation Z, such as an independent generation, an internet-active generation, a communicative generation through social media, and a multitasking generation (Subowo 2021, 382).

In terms of information, Generation Z is very attached to social media to respond to various social realities for public consumption (Rahmawati et al. 2023, 914; Budiati et al. 2018, 15; Dewi and Delliana 2020, 67). This has resulted in changes to Gen Z’s communication behavior (Zis, Effendi, and Roem 2021, 75). This change was made by Gen Z as a form of ease of expression and dialogue together (Ristiana 2023; Wafa 2023; Sariroti 2023). In addition, the unique character of Gen Z who live side by side with technology has led to new changes in their social sphere (Rastati

2018, 63).

The involvement of technology in the lives of Gen Z raises a new form of hope for their future. Many Gen Z's are interested in job prospects as content creators because they have considerable opportunities and promising opportunities (Melita 2023, 26–27). The prospect of becoming a content creator has attracted Gen Z's interest in making creative things on social media (Ulya 2023). This is enough to attract Gen Z to be more expressive and make the most of digital technology in their lives (Sariroti 2023).

However, the involvement of technology in Gen Z's life gives rise to invisible forms of socialization that affect Gen Z's social and religious life. There are other people's thoughts that interfere with Gen Z's life, both in social and religious terms. These thoughts are considered to interfere with Gen Z in living the life they want (Rafiatul 2023; Nadine 2023).

Almost all Gen Z have intensity in playing social media with the most widely used applications namely WhatsApp, Instagram, and TikTok (Adinda 2023). In addition, learning carried out by Gen Z is more online due to the COVID-19 phenomenon, with widely used networks namely Zoom, Gmeet, and Classroom (Rafina 2023).

The intensity of using social media can have an impact in the form of social loafing behavior, which is a condition in which a person tends to spend less effort in achieving the same goal than if they calculate individually (Nabila, Hermawan, and Amalia 2022, 222). One of the causes of the emergence of social loafing behavior is the lack of motivation needed by Gen Z. So, the way to regrow Gen Z's motivation is to provide opportunities for Gen Z to express ideas and opinions.

Providing opportunities for Gen Z to contribute is something that some Gen Z want. However, this opportunity is difficult to get because many people think that Gen Z is too much and weak because of the indication of social media. So, many Gen Z created new things as a form of contribution or participation in their voice (Nadine 2023). In the philosophy of stoicism, there is a Latin term, *premeditation malorum*, which means “thinking about negative things or evil things that might happen”, meaning that in life we are taught to turn all “unexpected” things into “anticipated” things. So, if an unwanted event occurs, this mindset can help in minimizing unwanted adverse effects (Fajrin, Mud'is, and Yulianti 2022, 178).

Gen Z's resilient mentality is formed because of the environment around them. There is quite a lot of harsh criticism both on social media and in real life that affects Gen Z's way of thinking. Some criticize Gen Z's personal life, age, and career achievements. But Gen Z has a firm attitude to protect their lives from other people's interference. So that the criticism does not hurt them, and Gen Z can shape the happy life they want by loving themselves (Adinda 2023; Nafisah 2023).

The philosophy of stoicism provides teaching about controlling

interpretation and perception through surrounding events that are connected to an emotion, namely negative emotions. Based on the perspective of stoicism, it is often easier for a person to give interpretation or judgment in the form of meaning to an event that is happening (Manampiring 2023, 79–82).

Epictetus said that the source of all human anxiety and worry comes from their minds, not external events. Meanwhile, Marcus Aurelius continued that humans could change their mindset or perception because feelings of anxiety, fear, and worry are the result of their thoughts (Ramadani et al. 2023, 737). Gen Z feels anxious and worried easily due to the pressure they get, both in the family environment, friendships, and society. This creates new problems for Gen Z such as fear of trusting others, overthinking, and being trapped in a toxic environment (Ristiana 2023; Wafa 2023; Rafiatul 2023). In this case, Gen Z needs to be helped through the teachings of stoicism to avoid even worse events.

The most important teaching in stoicism is the form of self-control or the dichotomy of control. In stoicism, people are taught that they can control their lives to create a better and happier life (Kasma, Nasution, and Faza 2023, 1006–9). The dichotomy of control is a form of avoiding negative emotions by controlling something that is within human control and outside human control (Rerung, Sekke Sewanglangi', and Alang Patanduk 2022, 111; Hairunni'am, Safitri, and Febriani 2022, 205–7; Hermawan 2022, 50).

In the control dichotomy teaching, there is the S-T-A-R mindset (Stop, Think and Assess, Respond) as a form of anticipation taken when humans feel negative emotions in themselves (Hairunni'am, Safitri, and Febriani 2022, 206). The S-T-A-R mindset teaches not to get carried away by the situation in a problem, to think and assess the events that occur so that they can think rationally, then react to the actions that will be taken as a form of the resolution by prioritizing wise, fair, and rational principles (Pangestuti 2023, 24).

The control dichotomy mindset has been unconsciously practiced by Gen Z when they are faced with a problem. Gen Z can exercise self-control over unpleasant events in their lives by being calm and not rash in responding to a problem (Nadine 2023). In addition, Gen Z emphasizes an open attitude to resolve an incident by looking at it from a different mindset or seeing it from a variety of other angles so as not to create feelings of resentment (Ristiana 2023). Gen Z is also willing to do self-introspection after experiencing an event as a form of prevention so that it does not happen again (Fanani 2023).

Some stoicism teachings emphasize the importance of happiness in human life. This is in line with the teachings of Islam which prioritizes peace to create a better life. In the teachings of the dichotomy of control, there are similarities with the religious concepts of *zuhūd*, *ikhhlās*, *qanā'ah*,

and *tawakkal* with the aim that a person can feel happiness and peace of mind in living social life. In addition, there are also teachings related to living in harmony with nature and reason, where reason is a part of the human spirit that plays a role in shaping the morals of faith in Allah SWT. Controlling perceptions and interpretations there is an ethical assembly in regulating the good and bad of human actions based on their minds (Pangestuti 2023, 25; Andini 2023, 89–90). Islam regulates human nature to straighten their actions so as not to exceed the limits so that humans can have a noble personality.

Gen Z's spiritual level is seen from the responsibility in maintaining their intensity in communicating spiritually to their god. This responsibility of carrying out the five daily prayers is still not good enough, because some of them still leave these obligations for worldly affairs (Rafina 2023). They still try to make the practice of praying before and after doing daily activities a habit in their lives (Sariroti 2023). Gen Z's spirituality is not only related to the element of relationship with God but also the relationship between humans. Gen Z familiarizes themselves with doing alms or helping each other in their environment. This is influenced by the environment but also influenced by self-awareness (Rafiatul 2023).

Conclusion

Stoicism philosophy has a main teaching that aims to attain a wiser and happier life through self-control and rational thinking. Stoicism does not teach human beings to be rash towards various problems in their lives, instead, it teaches them to review these problems rationally to create wiser actions. Religion and stoicism are relevant in terms of their goals and main elements. In religion, there is a recommendation to always be patient and not be influenced by evil.

Stoicism has a connection to Gen Z's social and religious life that helps them to live better amidst the advancement of digital technology. The teaching to restrain emotions and think rationally is needed by Gen Z to create mental toughness in the future. It is also considered to be able to increase their faith through patience when facing problems.

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