

Unlocking the connection: Typical dreams and mental health among Generation-Z

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Summary. Dreams reflect the entire mental state, including our unconscious and the self-conscious state of mind. Whereas, typical dreams are “the number of dreams which almost everyone has dreamed in the same manner like, falling, enjoying delicious food, sexual experiences, etc. This study explored the relationship between typical dream themes and mental health symptoms among individuals from Generation-Z (born between 1997-2012). The objective was to determine the significant correlation between typical dream themes and various symptoms of mental health. The research was conducted using Purposive Sampling, to collect data from 120 participants (60 males and 60 females) of Generation-Z. Data was collected using two standardized questionnaires - the Typical Dreams Questionnaire (56TDQ) to assess common dream themes and the Symptom Checklist 90 (SCL-90) was used to examine the mental health symptoms across different dimensions of the typical dream themes. Ex post facto research design was used for conducting this research. For the Statistical analysis, Correlational analysis and Binary regression analysis were performed, which revealed varying degrees of positive and negative correlations between specific dream themes from the 56TDQ and various symptoms of mental health, measured by the SCL-90. The strength of these correlations ranged from weak to strong, which indicates moderate to strong correlation among, typical dream themes and Mental Health symptoms. The findings suggested that all the dream themes were either positively or negatively correlated with the mental health symptoms and this connection highlights the potential value of analysing typical dreams as a window into psychological well-being for this generation..

Keywords: Unconscious, Self-conscious, Typical Dreams, Mental Health, Generation-Z, Psychological well-being

1. Introduction

Dreams are complex phenomena that have often attracted human attention. According to Sigmund Freud, the father of psychoanalysis, Dreams are the reflection of our hidden desires and an expression of our subconscious mind. He stated that, dreams are not the same as reality; rather, they are a product of it, changing and connecting through a process that is driven by the unconscious wishes of the dreamer. (Zhang & Guo, 2018).

Numerous studies have highlighted the intricate interplay between dreaming and psychological well-being. Researchers have found that the content and patterns of dreams can reflect an individual's emotional state, providing valuable insights into their mental health (Skandke, Holsen, & Schredl, 2014). Furthermore, dream recall frequency and vividness have been linked with certain psychological conditions, such as depression and anxiety (Levin & Nielsen, 2007).

Freud defined, typical dreams as “the number of dreams which almost everyone has dreamed in the same manner”. There are some dreams which are experienced by many people all over the world. Even if, it may be rare but experi-

enced by large number of people, these are called as “typical dreams” (Schonhammer, 2005)

As Generation-Z navigates the unique challenges and pressures of the modern world, understanding the relationship between their dreaming experiences and mental health could unlock invaluable knowledge. This generation, born between 1997-2012, has grown up in an era of technological immersion, social media saturation and rapidly shifting societal norms (Dimock, 2019).

The current research is to explore the atypical dreams among Generation Z. Table 1 describes all the 56 typical dream themes, which are almost experienced by every individual irrespective of gender, at some point of time in their life.

Dreams offer an unusual peek into our psychological and emotional states of an individual. Dreams are influenced by waking experiences, emotions, thoughts and unconscious processing, so they serve as a tool to explore the information which is not available. Unresolved emotions or anxieties may show up as dream content. There are researches available on atypical dreams and childhood experiences but the present research is focused on Generation Z because this generation, in contrast to earlier generations, is growing up in a time of hyper-connectivity, when over access to global information and standards are leading to social comparisons done by self as well as others which are resulting in higher stress and emotional experiences. These unsettling emotions or unresolved fears may show up in form of dreams. Analysing these dreams can provide important information about how Generation Z deal with their emotions and provide cues for context-specific mental health interventions.

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Table 1. Dream themes and their descriptions.

Dream Theme	Description
“Theme 1”	“Being chased or pursued, but not physically injured”
“Theme 2”	“Being physically attacked (beaten, stabbed, raped, etc)”
“Theme 3”	“Trying again and again to do something”
“Theme 4”	“Being frozen with fright”
“Theme 5”	“Eating delicious foods”
“Theme 6”	“Arriving too late, e.g., missing a train”
“Theme 7”	“swimming”
“Theme 8”	“Being locked up”
“Theme 9”	“snakes”
“Theme 10”	“Finding money”
“Theme 11”	“flying or soaring through the air”
“Theme 12”	“falling”
“Theme 13”	“Being inappropriately dressed”
“Theme 14”	“Being nude”
“Theme 15”	“Being tied, unable to move”
“Theme 16”	“Having superior knowledge or mental ability”
“Theme 17”	“Creatures, part animal, part human”
“Theme 18”	“Your teeth falling out/losing your teeth”
“Theme 19”	“Seeing yourself in a mirror”
“Theme 20”	“Having magical powers (other than flying or floating through the air)”
“Theme 21”	“Floods or tidal waves”
“Theme 22”	“Tornadoes or strong winds”
“Theme 23”	“earthquakes”
“Theme 24”	“Insects or spiders”
“Theme 25”	“Being a member of the opposite gender”
“Theme 26”	“Being an object (e.g., tree or rock)”
“Theme 27”	“Being killed”
“Theme 28”	“Seeing yourself as dead”
“Theme 29”	“Vividly sensing, but not necessarily seeing or hearing, a presence in the room”
“Theme 30”	“Being unable to find, or embarrassed about using a toilette”
“Theme 31”	“School, teachers, studying”
“Theme 32”	“Sexual experiences”
“Theme 33”	“Losing control of a vehicle”
“Theme 34”	“fire”
“Theme 35”	“a person now dead as alive”
“Theme 36”	“a person now alive as dead”
“Theme 37”	“Being on the verge of falling”
“Theme 38”	“Failing an examination”
“Theme 39”	“Being smothered, unable to breathe”
“Theme 40”	“Wild, violent beasts”
“Theme 41”	“Being at a movie”
“Theme 42”	“Killing someone”
“Theme 43”	“Lunatics or insane people”
“Theme 44”	“Being half awake and paralyzed in bed”
“Theme 45”	“Seeing a face very close to you”
“Theme 46”	“Seeing a UFO”
“Theme 47”	“Seeing extra-terrestrials”
“Theme 48”	“Travelling to another planet or visiting a different part of the universe”
“Theme 49”	“Being an animal”
“Theme 50”	“Being a child again”
“Theme 51”	“Seeing an angel”
“Theme 52”	“Encountering God in some form”
“Theme 53”	“Discovering a new room at home”
“Theme 54”	“Seeing a flying object crash (e.g., airplane)”
“Theme 55”	“Someone having an abortion”
“Theme 56”	“Encountering a kind of evil force or demon”

2. Materials and Method

2.1. Sample

The purposive sampling technique was used in the present research. For sample size estimation, a power analysis was performed using G* power. The sample was estimated for two tailed hypothesis. Medium effect was projected alpha set at .05 level. The data was gathered from the total of 120 participants (60 males and 60 females). The 52.5% participants were between the age range of 20- 23 years, the majority were Student (70%), pursuing their graduation (39.2%) and 94.2% of the total population was unmarried. Out of the total population 28.3% participants have experienced Childhood trauma while, 12.5% of them have been diagnosed with some Mental health conditions at some point of time in their life and lastly, the dream recall frequency of participants who can often recall their dreams are 31.7%, the ones who recall their dreams sometimes are 47.5% and rarely are 20.8%.

2.2. Research tools

2.2.1 The Typical Dreams Questionnaire (56TDQ)

The study of typical dream theme was conducted using The Typical Dreams Questionnaire (56TDQ) which includes 56 possible dream themes with $\alpha = 0.893$ which indicates the high reliability. If the subject could remember any of the dream theme than it was denoted as "1" and if they don't remember, then it was denoted as "0", the total score was obtained by adding the result of the 56 questions. (Maggiolini et. al., 2020)

2.2.2 The Symptom Checklist 90 (SCL-90)

SCL- 90 (Derogatis, 1994) consists of 90 items with five-point Likert scale ratings was used to identify the symptoms. It has a high reliability coefficient ranging from 0.64–0.82. According to recent studies, its structural validity analysis reveals that the tool has an excellent model fit index and high dependability.

2.3. Data processing

Using SPSS statistical software, Descriptive analysis, Correlational analysis and Binary regression were performed on the two variables- Typical dream themes and mental health symptom checklist, to obtain the results.

Table 2. Demographic distribution of the sample (N=120).

Demographics	% distribution	Numerical distribution
Age 20- 23 years	52.5%	63
No. of Students	70.0%	84
Students pursuing Graduation	39.2%	47
Unmarried population	94.2%	113
Participants who have experienced Childhood trauma	28.3%	34
Participants diagnosed with any Mental Health condition	12.5%	15
The dream recall frequency of the participants	Rarely- 20.8% Often- 31.7% Sometimes- 47.5%	Rarely- 25 Often- 38 Sometimes- 57

3. Results and Discussion

3.1. Results

3.1.1 Frequency of Typical dream themes

The frequency of Typical dream themes was obtained by analysing the data collected using 56TDQ (Table 3).

As shown in Table 3, it indicates how commonly different themes or subjects appear in people's dreams. The table covers a wide range of dream themes, including various activities, situations, emotions, creatures, natural phenomena and supernatural or unusual experiences. The most frequent dream is "falling" (62.5%) which means, nearly two-third of the total participants have experienced dreams about falling. Other common dream themes include "school, studying, teacher" (45.8%), "eating delicious food" (44.2%), "being on the verge of falling" (36.7%), "being chased or pursued, but not physically injured" (36.7%), and "trying repeatedly to do something" (36.7%) whereas, the least frequent dream themes in the table include "being a member of the opposite gender" (5.8%) and "someone having an abortion" (2.5%).

3.1.2 Descriptive Statistics of SCL- 90

The mean is the average of a data set whereas standard deviation compares each data points to the mean of all data points, as shown in Table 4.

3.1.3 Correlation analysis

Table 5, shows the correlational analysis performed between the typical dream themes and SCL- 90 symptoms

The correlation analysis revealed several notable relationships between typical dream themes and mental health symptoms, observed among the Generation-Z participants. Theme 2 (being physically attacked- beaten, stabbed, raped, etc) exhibited moderate to strong positive correlations with all the symptoms, meaning people experiencing higher level of Somatization maybe more likely to have dreams about being physically attacked- beaten, stabbed, raped, etc.

Whereas, Theme 12 (Falling) is negatively correlated with all the symptoms apart from Anxiety. Negative correlation signifies that, people with higher OCD might be less likely to remember dream about falling and people with higher level of Anxiety are more likely to have dreams about Falling, as it is positively correlated.

Table 3. Frequency of Typical dream themes.

Ranking	Dream Theme	Percentage	Numerical Distribution
1	12. "falling"	62.50%	75
2	31. "School, teachers, studying"	45.80%	55
3	5. "Eating delicious foods"	44.20%	53
4	37. "Being on the verge of falling"	36.70%	44
5	1. "Being chased or pursued, but not physically injured"	36.70%	44
6	3. "Trying again and again to do something"	36.70%	44
7	35. "a person now dead as alive"	30.80%	37
8	6. "Arriving too late, e.g., missing a train"	29.20%	35
9	32. "Sexual experiences"	28.30%	34
10	50. "Being a child again"	27.50%	33
11	36. "a person now alive as dead"	26.70%	32
12	11. "Flying or soaring through the air"	25.00%	30
13	17. "Creatures, part animal, part human"	24.20%	29
14	20. "Having magical powers (other than flying or floating through the air)"	24.20%	29
15	38. "Failing an examination"	23.30%	28
16	9. "snakes"	22.50%	27
17	7. "swimming"	21.00%	25
18	16. "Having superior knowledge or mental ability"	20.80%	25
19	29. "Vividly sensing, but not necessarily seeing or hearing, a presence in the room"	20.80%	25
20	41. "Being at a movie"	20.80%	25
21	44. "Being half awake and paralyzed in bed"	20.80%	25
22	56. "Encountering a kind of evil force or demon"	20.80%	25
23	14. "Being nude"	20.00%	24
24	10. "Finding money"	19.20%	23
25	45. "Seeing a face very close to you"	18.30%	22
26	52. "Encountering God in some form"	18.30%	22
27	4. "Being frozen with fright"	17.50%	21
28	24. "Insects or spiders"	17.50%	21
29	15. "Being tied, unable to move"	16.70%	20
30	19. "Seeing yourself in a mirror"	16.70%	20
31	33. "Losing control of a vehicle"	16.70%	20
32	18. "Your teeth falling out/losing your teeth"	15.80%	19
33	2. "Being physically attacked (beaten, stabbed, raped, etc)"	15.80%	19
34	48. "Travelling to another planet or visiting a different part of the universe"	15.80%	19
35	34. "fire"	14.20%	17
36	27. "Being killed"	14.20%	17
37	8. "Being locked up"	14.20%	17
38	28. "Seeing yourself as dead"	13.30%	16
39	39. "Being smothered, unable to breathe"	13.30%	16
40	21. "Floods or tidal waves"	12.50%	15
41	23. "earthquakes"	12.50%	15
42	51. "Seeing an angel"	11.70%	14
43	54. "Seeing a flying object crash (e.g., airplane)"	11.70%	14
44	49. "Being an animal"	10.80%	13
45	53. "Discovering a new room at home"	10.80%	13
46	22. "Tornadoes or strong winds"	10.00%	12
47	40. "Wild, violent beasts"	10.00%	12
48	43. "Lunatics or insane people"	10.00%	12
49	30. "Being unable to find, or embarrassed about using a toilette"	7.50%	9
50	46. "Seeing a UFO"	7.50%	9
51	13. "Being inappropriately dressed"	6.70%	8
52	26. "Being an object (e.g., tree or rock)"	6.70%	8
53	42. "Killing someone"	6.70%	8
54	47. "Seeing extra-terrestrials"	6.70%	8
55	25. "Being a member of the opposite gender"	5.80%	7
56	55. "Someone having an abortion"	2.50%	3

Table 4. Descriptive Statistics of SCL- 90.

Symptoms	Mean	SD
“Somatization”	11.03	9.25
“Obsessive Compulsive”	12.29	8.37
“Interpersonal Sensibility”	9.08	7.26
“Depression”	13.05	9.43
“Anxiety”	8.03	7.61
“Anger- Hostility”	5.84	5.10
“Phobic- Anxiety”	4.66	5.21
“Paranoid ideation”	6.31	4.87
“Psychoticism”	8.01	7.36

Several other themes also demonstrate moderate positive correlations with certain symptom dimensions, these findings highlight the potential significance of dream themes in relation to specific mental health concerns within the Generation-Z participants.

3.1.4 Regression analysis of Typical dream themes and SCL- 90 factors

Table 6, shows the result of regression analysis which was performed using the typical dream theme questionnaire as the dependent variable and SCL- 90 symptoms as independent variable, (only statistically significant findings are presented).

When the obtained value is >1 , it indicates that the variable has a greater impact which is considered as a risk factor and if the obtained value is <1 , it indicated that the variable has a lower impact which is considered as a protective factor. For example, dream theme 1 (being chased

or pursued, but not physically injured) is correlated with Depression and Anxiety with Wald values 6.993 and 4.428, respectively. Both the obtained wald values are >1 , which indicated that both the variables (symptoms) have a greater impact and is considered to be as a risk factor. Depression (6.993) $>$ Anxiety (4.428) as observed depression has higher wald value among the two, which indicates that depression can be the root cause behind the occurrence of the following dream.

3.2. Discussion

According to the results, “falling”; “school, teachers, studying”; “eating delicious food”; “being on the verge of falling” and “being chased or pursued, but not physically injured” are the 5 most common typical dream themes.

3.2.1 Dream about “Falling”

The dream of Falling represents an emotion of fear, a sense of insecurity and repressed emotions, which broadly aligns with previous research (Yin- Fang, 2023) typically because adolescents usually undergo a lot of stress in order to maintain their social and personal life. The results were supported by the previous studies. It was found that about 73.8% of the total population experienced the same dream theme. It was one of the most frequently reported themes since early research (Agarwal, 2023). It appears in high percentages across different populations: 78.9% in Griffith’s study, 73.8% in Nielsen’s study, 74.3% in another cited study and 87.1% among Chinese students (Mathes, & Schredl, 2014).

3.2.2 Dream about “School, Teachers, Studying”

The dream of, “School teacher, studying” is the second most frequent dream theme among Generation- Z with

Table 5. Correlation between Typical dream themes and SCL- 90 symptoms (N = 120).

Variables	“Somatization”	“Obsessive – Compulsive”	“Interpersonal Sensibility”	“Depression”	“Anxiety”	“Anger- Hostility”	“Phobic- Anxiety”	“Paranoid ideation”	“Psychoticism”
Theme 2 “Being physically attacked (beaten, stabbed, raped, etc)”	.40**	.23**	.26**	.26**	.27**	.19*	.23*	.25**	.30**
Theme 9 “snakes”	0.11	0.16	0.14	.19*	0.02	0.11	0.07	0.08	0.06
Theme 12 “falling”	-0.06	-0.05	-0.13	-0.11	-0.14	-0.1	.23**	-0.13	-0.12
Theme 18 “Your teeth falling out/losing your teeth”	.19*	0.19*	0.05	0.09	0.15	0.04	0.06	0.1	0.05
Theme 24 “Insects or spiders”	0.13	0.14	0.15	0.1	0.12	.26**	0.08	0.13	0.1
Theme 29 “Vividly sensing, but not necessarily seeing or hearing, a presence in the room”	.19*	0.13	0.11	0.1	0.16	0.16	0.06	0.08	.18*
Theme 34 “fire”	.23*	0.11	0.1	0.08	0.1	0.04	0.1	0.05	0.15
Theme 40 “Wild, violent beasts”	.19*	.21*	0.14	.24**	.23*	.21*	0.06	0.17	.22*
Theme 43 “Lunatics or insane people”	.18*	0.17	0.15	0.11	.19*	.20*	0.02	0.11	0.16
Theme 44 “Being half awake and paralyzed in bed”	0.15	.21*	0.09	0.12	.20*	.17	0.03	0.09	0.13
Theme 45 “Seeing a face very close to you”	0.11	.28**	0.17	0.17	0.14	.23**	0.02	.27**	0.11
Theme 53 “Discovering a new room at home”	0.07	0.12	0.14	0.11	0.04	.17*	0.06	0.17	0.09
Theme 56 “Encountering a kind of evil force or demon”	0.12	.20*	0.14	0.16	.18*	.27**	0.13	0.13	.18*

Note. *p < 0.05, marked with grey color in the table. ** p < 0.01 marked with blue color in the table

Table 6. Regression analysis of SCL-90 factors and typical dream themes (N = 120).

Themes	Factors	B	S.E.	Wald	P	Exp (B)	95.0% C.I. for EXP(B)
1. "being chased or pursued, but not physically injured"	F4 Depression	0.155	0.059	6.993	0.008	1.168	1.041
	F5 Anxiety	-0.197	0.094	4.428	0.035	0.821	0.683
	Constant	-1.075	0.415	6.698	0.010	0.341	
2. "being physically attacked (beaten, stabbed, raped, etc)"	F1 Somatization	0.199	0.070	7.953	0.005	1.220	1.062
	Constant	-3.522	0.695	25.663	0.000	0.030	
7. "swimming"	F4 Depression	-0.147	0.072	4.213	0.040	0.864	0.751
	Constant	-1.819	0.496	13.461	0.000	0.162	
9. "snakes"	F4 Depression	0.112	0.059	3.624	0.057	1.119	0.997
	F5 Anxiety	-0.337	0.111	9.211	0.002	0.714	0.575
	Constant	-2.714	0.551	24.234	0.000	0.066	
11. "flying or soaring through the air"	F7 Phobic- Anxiety	-0.186	0.087	4.564	0.033	0.830	0.700
	Constant	-1.628	0.460	12.557	0.000	0.196	
12. "falling"	F7 Phobic- Anxiety	-0.168	0.079	4.517	0.034	0.845	0.724
	Constant	0.448	0.393	1.300	0.254	1.565	
17. "creatures, part animal, part human"	F1 Somatization	0.100	0.050	4.011	0.045	1.106	1.002
	F6 Anger- Hostility	0.165	0.076	4.659	0.031	1.179	1.015
	Constant	-1.920	0.484	15.707	0.000	0.147	
18. "your teeth falling out/ losing your teeth"	F1 Somatization	0.151	0.061	6.014	0.014	1.163	1.031
	F2 Obsessive – Compulsive	0.201	0.082	6.055	0.014	1.223	1.042
	Constant	-2.877	0.641	20.154	0.000	0.056	
19. "seeing yourself in a mirror"	F6 Anger- Hostility	.254	0.092	7.646	0.006	1.289	1.077
	F9 Psychoticism	-0.214	0.093	5.258	0.022	0.807	0.673
	Constant	-2.329	0.591	15.533	0.000	0.097	
21. "floods or tidal waves"	F3 Interpersonal Sensibility	0.196	0.097	4.117	0.042	1.217	1.007
	F8 Paranoid ideation	-0.250	0.124	4.047	0.044	0.779	0.611
	Constant	-2.600	0.632	16.921	0.000	0.074	
22. "tornadoes or strong winds"	F6 Anger- Hostility	0.222	0.104	4.556	0.033	1.249	1.018
	Constant	-2.981	0.694	18.437	0.000	0.051	
24. "insects or spiders"	F6 Anger- Hostility	0.250	0.087	8.218	0.004	1.284	1.082
	Constant	-2.499	0.560	19.927	0.000	0.082	
28. "seeing yourself as dead"	F2 Obsessive – Compulsive	0.178	0.089	3.985	0.046	1.194	1.003
	Constant	-2.403	0.636	14.275	0.000	0.090	
31. "school, teachers, studying"	F2 Obsessive – Compulsive	0.310	0.075	16.935	0.000	1.364	1.176
	F3 Interpersonal Sensibility	-0.198	0.077	6.511	0.011	0.821	0.705
	Constant	-0.814	0.408	3.979	0.046	0.443	
32. "sexual experiences"	F2 Obsessive – Compulsive	-0.136	0.064	4.475	0.034	0.873	0.769
	F7 Phobic- Anxiety	-0.174	0.083	4.337	0.037	0.841	0.714
	Constant	-1.084	0.411	6.937	0.008	0.338	
34. "fire"	F1 Somatization	0.160	0.067	5.768	0.016	1.173	1.030
	Constant	-2.709	0.637	18.102	0.000	0.067	
36. "a person now alive as dead"	F8 Paranoid ideation	-0.167	0.087	3.663	0.056	0.846	0.713
	Constant	-1.560	0.448	12.111	0.001	0.210	
38. "failing an examination"	F1 Somatization	0.114-	0.052	4.850	0.028	1.121	1.013
	F9 Psychoticism	0.169	0.076	4.928	0.026	0.844	0.727
	Constant	-1.361	0.459	8.805	0.003	0.256	
41. "being at a movie"	F9 Psychoticism	-0.210	0.087	5.883	0.015	0.811	0.684
	Constant	-1.397	0.471	8.779	0.003	0.247	
43. "lunatics or insane people"	F7 Phobic- Anxiety	-0.223	0.117	3.659	0.056	0.800	0.637
	Constant	-3.205	0.725	19.545	0.000	0.041	
45. "seeing a face very close to you"	F2 Obsessive – Compulsive	0.199	0.083	5.809	0.016	1.220	1.038
	F8 Paranoid ideation	0.218	0.099	4.823	0.028	1.244	1.024
	Constant	-3.509	0.700	25.117	0.000	0.030	
46. "seeing a UFO"	F4 Depression	-0.332	0.157	4.470	0.034	0.717	0.527
	Constant	-2.778	0.809	11.790	0.001	0.062	
49. "being an animal"	F8 Paranoid ideation	-0.250	0.128	3.826	0.050	0.779	0.606
	Constant	-2.610	0.674	14.984	0.000	0.074	
54. "seeing a flying object crash (e.g., airplane)"	F4 Depression	-0.171	0.093	3.385	0.066	0.843	0.703
	Constant	-2.498	0.607	16.964	0.000	0.082	
56. "encountering a kind of evil force or demon"	F6 Anger- Hostility	0.18	0.078	5.400	0.020	1.198	1.029
	Constant	-2.140	0.509	17.681	0.000	0.118	

45.8%. A study conducted by Maggiolini, Lorenzo, et al. in 2020, to understand the usual dream themes of individuals from different age groups, the study reviled that adolescent, most typically reported dreams concerning "School, teachers, and studying", which is consistent with this study and this signifies that Gen- Z faces significant pressure to succeed academically in an increasingly competitive world because of academic pressure, social anxiety, peer pressure and fear of failure.

3.2.3 Dream about "Eating delicious food"

The dream about eating delicious food stands among the top 5 typical dream themes with 44.2%, this result is in line with the study done on the residents in village-in-city (Yuhang, Wenwen, et al 2023). Dreaming about eating delicious food among Generation- Z can represents satisfaction, pleasure or desire for emotional nourishment. This could reflect a search for contentment among gen-z in this fast paced and stressful world.

3.2.4 Dream about "Being on the verge of falling"

The dream "being on the verge of falling" is experienced by 36.7% of the total participants. This dream theme, represents the constant fear of failure or making mistakes among Generation- Z. This fear might be enforced by the societal pressure or peer/ family pressure in order to achieve specific goal target. This conclusion was also derived from the study conducted by Schredl & Ceric (2010), in order to rank the typical dream themes among males and females, which concluded that all the dream themes have occurred at least once/ more than once in the lifetime of the participants.

3.2.5 Dream about "Being chased or pursued, but not physically injured"

Another dream theme, being chased or pursued; represents Survival instincts, lack of control and unresolved conflicts, this result is consistent with Schredl & Ceric (2010). Generation- Z is experiencing fast track life in the era of technology which has become the natural environment. Everything is available with one click and this instant gratification is making them impulsive. Multi-tasking has become part of life with the excuse of lack of time. In the context of their mobility, they willingly explore the world without compromising on the comfort (Dolot, 2018) lack of control on what they do in every much evident in the today's time. Another interpretation is the spending time on internet and social media. Social media presence is works as a paradox it is threatening but comforting also. Social media is the space where everyone is under constant virtual watch but spending time gives them temporary relaxation. This dream theme indicates the unconscious fear of being stalked yet keeping themselves safe.

A study gives an idea about diversifying methods for identifying typical dream themes and developing more precise theme definitions to better understand how these dreams connect to the individual's experiences (Mathes, Schredl, & Göritz, 2014).

3.3. Limitations

There are a number of research done for the typical dream theme questionnaire but very limited studies are conducted

using the symptom checklist-90 questionnaire. Another limitation is that individuals in the sample may not be fully generalizable to the entire generation of generation- Z. Also, there is particularly no research done for the comparison of typical dreams and mental health among Generation- Z. Though, there are researches conducted on the general mental health of Generation- Z, which proved that several factors, such as excessive exposure to information on social media, fatigue from using social media, as well as academic stressors and social problems lead to some major mental health problems like depression, anxiety, stress and sleep disorders among the Generation- Z age group (Akbar, Prawesti, & Perbani, 2024). Another study focused on the perspective and behaviour of Generation- Z regarding towards mental health, which mainly focused on the students who aged 16-18. The results concluded a weak correlation between attitudes and actual help-seeking behaviour and it highlighted the importance of developing targeted mental health programs which would emphasize on the need for a continued support and education in youth mental health services (Vejano, Ibarondo, Diaz, & Barcos, 2021).

3.4. Future implications

This research could be used as reference for subsequent comparative studies among different age groups. It would be useful to compare and contrast the dreams and their patterns to reveal the correlations with mental illness and evaluate the impact of cultural and generational factors. Secondly, if specific dream types are identified to correlate with certain mental health issues, this could aid in the early identification and potentially the prevention of the development of psychiatric disorders within the generation. Lastly, raising awareness about the significance of dreams in mental health could encourage the family members to open up, which could foster better mental health education and reduce stigmatization.

4. Conclusion

Researchers observed positive and negative correlations between different symptoms of mental health and typical dream themes. The strength (positive correlation) of these correlations ranges from weak to strong, with some dimensions exhibiting moderate or strong positive correlations with certain dream themes.

Thus, dream themes hold valuable insights into an individual's psychological state and could potentially serve as indicators of underlying mental health symptoms.

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