

Gender Equality in the Household Life of Generation Z

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Abstract

Generation Z has grown up in the digital era with broad access to information, including discourses on gender equality. In the context of family relationships, this generation demonstrates a shift in values and practices compared to previous generations. This study aims to explore how Generation Z couples perceive and practice gender equality within the household. The research employs a descriptive qualitative method with a phenomenological approach, using in-depth interviews with married Generation Z couples. The findings reveal that these young couples exhibit a relatively high awareness of gender equality principles, as reflected in a more balanced distribution of domestic roles and childcare responsibilities. Women tend to be more vocal in expressing their expectations for equality, while men show a degree of openness to shifting traditional gender roles, although patriarchal values still exert significant influence. The study concludes that gender equality practices among Generation Z couples have made substantial progress, yet continue to face challenges through ongoing negotiations with deeply rooted cultural norms. This research recommends further studies with broader participant diversity and interdisciplinary approaches to capture the long-term dynamics of gender equality within modern family relationships.

Keywords: Generation Z, Gender Equality, Couple, Household Life, Sintang Regency

Abstrak

Generasi Z merupakan generasi yang tumbuh dalam era digital dengan akses luas terhadap informasi, termasuk wacana tentang kesetaraan gender. Dalam konteks hubungan keluarga, generasi ini menunjukkan pergeseran nilai dan praktik yang berbeda dibanding generasi sebelumnya. Penelitian ini bertujuan untuk memahami bagaimana pasangan Generasi Z memaknai dan mempraktikkan kesetaraan gender dalam kehidupan rumah tangga. Metode yang digunakan adalah kualitatif deskriptif dengan pendekatan fenomenologis melalui wawancara mendalam terhadap pasangan Generasi Z yang telah menikah. Hasil penelitian menunjukkan bahwa pasangan muda ini memiliki kesadaran yang cukup tinggi terhadap prinsip kesetaraan gender, ditandai dengan pembagian peran domestik dan pengasuhan anak yang lebih setara. Perempuan lebih vokal dalam menyuarakan harapan atas kesetaraan, sementara laki-laki memperlihatkan respons yang relatif terbuka terhadap perubahan peran tradisional, meskipun masih terdapat pengaruh kuat dari nilai-nilai patriarkal yang diwariskan. Kesimpulan dari penelitian ini menegaskan bahwa praktik kesetaraan gender di kalangan Generasi Z telah mengalami kemajuan signifikan, namun tetap menghadapi tantangan dalam bentuk negosiasi nilai-nilai budaya yang mengakar.

Kata Kunci: Generasi Z, Kesetaraan Gender, Pasangan, Kehidupan Rumah Tangga, Kabupaten Sintang

INTRODUCTION

Generation Z is the generation born between 1995 and 2010,¹ growing up in the digital era that greatly influences their views on various social issues, including gender equality.² Exposure to global information through the internet and social media has shaped their understanding to be more progressive compared to previous generations. The tendency towards gender equality is evident in various aspects of their lives, including personal and professional relationships. The challenges of implementing the values of gender equality in partnerships are still influenced by existing cultural and traditional factors.³ A survey conducted by the IDN Research Institute in May 2024 of 750 millennial and Gen Z respondents in Indonesia showed that 82% support gender equality, as long as it does not violate existing traditions. This support reflects a desire to balance modern values with respect for local culture. However, active involvement in gender equality advocacy remains limited, with only 20% directly participating in related organizations or movements.⁴

In the context of marriage, expectations of roles among Generation Z indicate a tendency towards a more egalitarian pattern. Research involving 1,003 Generation Z teenagers shows that the majority have moderately egalitarian expectations for marital roles. This means they expect both husband and wife to share financial responsibilities, household chores, child-rearing, and decision-making within the household.⁵ Nevertheless, differences in marital role expectations are still found based on gender, age, religion, and ethnicity. These factors influence individual views on gender roles in marriage. For instance, some groups may be more inclined to maintain traditional roles, while others are more open to an equal division of roles. This indicates that despite the trend towards equality, demographic and cultural factors continue to play a significant role in shaping marital role expectations.⁶

Gender role stereotypes also impact gender relations within families. Research indicates that Generation Y and Z, born in the era of information and communication technology, exhibit more open and transparent characteristics. They tend to prefer simple living rules and are more adaptive to changes in gender roles within the family. However,

¹ Galih Sakitri, "Selamat Datang Gen Z, Sang Penggerak Inovasi!," *Forum Manajemen* 35, no. 2 (July 23, 2021): 1–10.

² Kunkunrat Kunkunrat et al., "Literasi Keadilan Gender di Kalangan GEN-Z Melalui Kolaborasi Social Volunteer dan FISIP UNPAS di SMA Negeri 17 Kota Bandung," *JE (Journal of Empowerment)* 5, no. 1 (June 30, 2024): 56–63, <https://doi.org/10.35194/je.v5i1.4328>.

³ Harry William, Martinah Martinah, and Riniwati Riniwati, "Peran Generasi Z Dalam Membangun Harmoni Di Tengah Keberagaman," *Proceeding National Conference of Christian Education and Theology* 2, no. 2 (December 17, 2024): 121–32, <https://doi.org/10.46445/nccet.v2i2.960>.

⁴ Daffa Shiddiq Al-Fajri, "82% Milenial dan Gen Z Dukung Kesetaraan Gender Selama Tidak Menentang Tradisi," GoodStats, accessed April 24, 2025, <https://goodstats.id/article/82-milenial-dan-gen-z-mendukung-kesetaraan-gender-selama-tidak-menentang-tradisi-6pJwH>.

⁵ Liza Marini, Rahma Yurliani, and Indri Kemala Nasution, "Ekspektasi Peran Pernikahan Pada Generasi Z Ditinjau Dari Jenis Kelamin, Usia, Agama Dan Suku," *Analitika: Jurnal Magister Psikologi UMA* 14, no. 1 (June 30, 2022): 89–98, <https://doi.org/10.31289/analitika.v14i1.5145>.

⁶ Marini, Yurliani, and Nasution.

previous generations, such as Generation X and Boomers, may be more rigid in accepting these changes, which can affect intergenerational family dynamics.⁷

In Sintang, awareness of Generation Z regarding gender equality issues is relatively high. Quantitative studies show that they pay significant attention to gender equality issues to avoid discrimination in their social environments. This awareness is influenced by broad access to information and diverse social interactions, allowing them to understand the importance of gender equality in everyday life.⁸ Sintang Regency, located in West Kalimantan Province, Indonesia, has unique demographic and social characteristics. According to the latest data, the population of Sintang Regency reached 446,255 people by mid-2024, with a relatively balanced gender composition of 230,727 males and 215,528 females. The level of education and access to information among the youth in this area is also improving, potentially influencing their views on gender equality in relationships.

Although specific data regarding the views of Generation Z in Sintang Regency on gender equality in relationships is still limited, global trends indicate that this generation tends to support gender equality more than previous generations. Factors such as access to education, the influence of social media, and interaction with global cultures can impact their perceptions of gender roles in relationships. However, it is essential to consider that cultural values and local norms also play a significant role in shaping individual perspectives. In Sintang Regency, which has ethnic and cultural diversity, perceptions of gender roles may be influenced by local traditions and customs. Therefore, while there is a general tendency among Generation Z to support gender equality, its implementation in relationships may vary depending on the local context and social dynamics in Sintang Regency.

In the context of gender equality, Generation Z has its own perspectives compared to previous generations. Several studies related to this topic include research by

⁷ Olih Solihin et al., “Dampak Sex Roles Stereotypes dan Gender Stereotyping dalam Relasi Gender Keluarga,” *Jurnal Komunikasi Universitas Garut: Hasil Pemikiran dan Penelitian* 8, no. 1 (April 11, 2022): 821–31, <https://doi.org/10.52434/jk.v8i1.1455>.

⁸ Sabina Aulia Rahma et al., “Kesetaraan Gender Pada Generasi Z Di Wilayah Jabodetabek,” *Empowerment Jurnal Mahasiswa Psikologi Universitas Buana Perjuangan Karawang* 4, no. 2 (August 1, 2024): 60–64, <https://doi.org/10.36805/empowerment.v4i2.1181>.

Schaillée,⁹ Saragih and Lubis,¹⁰ Zaman,¹¹ Hutajulu et al.,¹² Kunkurat et al.,¹³ dan Rahmah et al.¹⁴ However, unlike these studies, this research focuses on the local context of Sintang Regency, West Kalimantan, which has unique demographic and cultural characteristics that may influence Generation Z's views on gender equality in household life. While previous studies provide a general overview of global attitudes toward gender equality, this research aims to dig deeper into how local traditions, social norms, and specific demographic factors, such as education and access to information, shape individual perceptions in the region.

To gain a more comprehensive understanding of Generation Z's views in Sintang Regency on gender equality in relationships, empirical research involving surveys or interviews with this group is necessary. This will help identify the factors influencing their perspectives and how values of gender equality are implemented in personal relationships within the region. Nevertheless, the application of gender equality in the relationships of Generation Z is not always smooth. Some individuals still face challenges in balancing traditional and modern roles. Social pressures and family expectations can influence their decisions regarding the division of roles and responsibilities in relationships. Therefore, efforts are needed to enhance understanding and acceptance of equal gender roles within society.¹⁵

The roles of education and media are crucial in shaping Generation Z's views on gender equality.¹⁶ An inclusive curriculum and fair media representation can help reduce gender stereotypes and promote acceptance of equal roles.¹⁷ Additionally, open discussions about gender equality within families and communities can strengthen

⁹ Hebe Schaillée et al., "Gender Inequality in Sport: Perceptions and Experiences of Generation Z," *Sport, Education and Society* 26, no. 9 (November 22, 2021): 1011–25, <https://doi.org/10.1080/13573322.2021.1932454>.

¹⁰ Arni Amanda Saragih and Syofiaty Lubis, "Generasi Gen z Dan Childfree Di Indonesia Berdasarkan Undang-Undang Nomor 39 Tahun 1999 Tentang HAM: Studi Perspektif Fiqih Siyasah," *Jurnal EDUCATIO: Jurnal Pendidikan Indonesia* 9, no. 2 (September 20, 2023): 870–76, <https://doi.org/10.29210/1202323248>.

¹¹ Sidiq Nur Zaman, "Survey Deloitte: Kekhawatiran Gen Z Dalam Hidup," *AKADEMIK: Jurnal Mahasiswa Humanis* 4, no. 1 (January 1, 2024): 54–62, <https://doi.org/10.37481/jmh.v4i1.658>.

¹² Sion Hutajulu, Stiven Ginting, and Yehezkiel Manasyekh, "Digitalisasi Budaya Politik Melalui Peran Generasi Milenial Dan Gen Z Di Indonesia," *Filosofi : Publikasi Ilmu Komunikasi, Desain, Seni Budaya* 1, no. 2 (April 12, 2024): 239–48, <https://doi.org/10.62383/filosofi.v1i2.108>.

¹³ Kunkunrat et al., "Literasi Keadilan Gender di Kalangan GEN-Z Melalui Kolaborasi Social Volunteer dan FISIP UNPAS di SMA Negeri 17 Kota Bandung."

¹⁴ Adzra Vania Rahmah, Wahyu Mei Lani, and Berlianti Berlianti, "Persepsi Gen Z Pada Gender Dan Diskriminasi Gender Di Sosial Media," *Triwikrama: Jurnal Ilmu Sosial* 5, no. 8 (December 6, 2024): 121–30, <https://doi.org/10.6578/triwikrama.v5i8.7470>.

¹⁵ Kunkunrat et al., "Literasi Keadilan Gender di Kalangan GEN-Z Melalui Kolaborasi Social Volunteer dan FISIP UNPAS di SMA Negeri 17 Kota Bandung."

¹⁶ Rahmah, Lani, and Berlianti, "Persepsi Gen Z Pada Gender Dan Diskriminasi Gender Di Sosial Media."

¹⁷ "Pentingnya Kesetaraan Gender Dalam Pembagian Kerja Rumah Tangga," Pusat Studi Gender dan Anak UIN Malang, accessed January 31, 2025, https://psga.uin-malang.ac.id/psga_admin/opini-perempuan/pentingnya-kesetaraan-gender-dalam-pembagian-kerja-rumah-tangga/.

Generation Z's commitment to these values.¹⁸ Organizations and governments also play a role in facilitating gender equality. Providing facilities such as affordable childcare services and fair parental leave policies can support couples in sharing responsibilities equally. Investment in such facilities will not only help women continue to work but can also have significant economic impacts for Indonesia.

RESEARCH METHOD

This study employs a qualitative method with a legal sociology approach to understand the dynamics of gender equality in Generation Z couples in Sintang Regency. This approach is chosen because it allows researchers to explore how norms, values, and legal and social practices influence gender relational patterns in the lives of young couples. Data collection was conducted through in-depth interviews with Generation Z couples who are either married or in serious relationships. These interviews aim to uncover their experiences, perceptions, and challenges in building equitable relationships. Informants were selected using purposive sampling techniques, considering variations in social, educational, and economic backgrounds to obtain a more comprehensive perspective.

The data obtained were analyzed using thematic analysis methods, examining patterns that emerged from the informants' narratives. This approach enables researchers to identify social, cultural, and legal factors that contribute to the formation of or barriers to achieving gender equality among Generation Z couples in Sintang Regency. Additionally, this analysis provides insights into how young couples negotiate their roles and responsibilities within their relationships, as well as how external factors such as social media and family influences affect the dynamics of gender equality in their lives.

RESULTS AND DISCUSSION

Gender Equality

Gender equality is a concept that emphasizes fair and equal treatment for both men and women in various aspects of life, including rights, responsibilities, and opportunities. The goal is to eliminate gender-based discrimination and ensure that every individual can contribute optimally to society without obstacles posed by stereotypes or gender biases. According to the Ministry of Environment and Forestry, gender equality refers to the Universal Declaration of Human Rights and the Convention on the Elimination of All Forms of Discrimination Against Women.¹⁹

In a social context, gender roles are often shaped by deeply rooted cultural norms and values. This can lead to an unequal division of roles between men and women, both in domestic and public realms. For example, women are often expected to manage

¹⁸ Hawa Shabira Hasibuan and Indira Fatra Deni, "Analisis Peran Gender Dalam Komunikasi Keluarga Di Masyarakat Kota Binjai: Sebuah Pendekatan Studi Kasus," *Indonesian Journal of Humanities and Social Sciences* 5, no. 2 (June 20, 2024): 819–30, <https://doi.org/10.33367/ijhass.v5i2.5492>.

¹⁹ "Kesetaraan Gender (Gender Equality)," accessed April 24, 2025, https://elearning.menlhk.go.id/pluginfile.php/854/mod_resource/content/1/analisis%20gender/kesetaraan_gender_gender_equality.html.

household responsibilities, while men are viewed as the primary breadwinners. Such stereotypes can limit women's opportunities to actively participate in the public sector, including politics and the economy. Research shows that gender inequality persists across various fields of Indonesian society, including politics, marriage, education, health, and community life.²⁰

Education plays a crucial role in promoting gender equality. By providing equal access to education for both men and women, we can empower individuals to achieve their full potential. However, gender discrimination still exists in society, hindering women's access to higher education or certain fields of study. Efforts to enforce justice and gender equality continue to be advocated to overcome these barriers.²¹

In the political realm, women's participation is often impeded by social norms and structural barriers. However, women's involvement in political decision-making can bring more diverse and inclusive perspectives. Increasing the representation of women in legislative and executive bodies is an important step toward creating policies that are fairer and more responsive to the needs of the entire community. Research indicates that gender inequality is still prevalent in various sectors of Indonesian society, including politics.²²

Gender equality is also closely related to health. Women often face specific challenges in accessing healthcare services, particularly reproductive health.²³ Gender discrimination can lead to a lack of attention to women's specific health needs, which in turn affects their overall well-being. Therefore, it is essential to ensure that health systems are responsive to the needs of all genders. Research indicates that gender inequality still exists across various fields of Indonesian society, including health.²⁴

In the context of family, gender equality means an equitable division of roles and responsibilities among family members. This includes child-rearing, household chores, and family decision-making.²⁵ By applying the principles of equality within families, we can raise a generation that values and practices the principles of justice and egalitarianism.

²⁰ Sonny Dewi Judiasih, "Implementasi Kesetaraan Gender Dalam Beberapa Aspek Kehidupan Bermasyarakat Di Indonesia," *ACTA DIURNAL Jurnal Ilmu Hukum Kenotariatan* 5, no. 2 (June 30, 2022): 284–302, <https://doi.org/10.23920/acta.v5i2.904>.

²¹ Yuni Sulistyowati, "Kesetaraan Gender Dalam Lingkup Pendidikan Dan Tata Sosial," *IJouGS: Indonesian Journal of Gender Studies* 1, no. 2 (2020): 1–14, <https://doi.org/10.21154/ijougs.v1i2.2317>.

²² Judiasih, "Implementasi Kesetaraan Gender Dalam Beberapa Aspek Kehidupan Bermasyarakat Di Indonesia."

²³ Jorge Luis Canta Honores and Luciano and Barcellos-Paula, "Mediation of Brand Reputation and Image in the Relationship between Perceived Corporate Social Responsibility and Brand Equity and Loyalty of Technology Companies among Generation Z: The Moderating Role of Gender," *Cogent Business & Management* 11, no. 1 (December 31, 2024): 2424484, <https://doi.org/10.1080/23311975.2024.2424484>.

²⁴ Zacky Alamsyah Bustami and Radit Febri Kurniawan, "Dampak Kesenjangan Gender Terhadap Kesehatan Perempuan: Tinjauan Hukum Dan Kebijakan Kesehatan," *Jurnal Kajian Hukum Dan Kebijakan Publik* 2, no. 1 (November 17, 2024): 501–6, <https://doi.org/10.62379/3s5bhh60>.

²⁵ Bhartrihari Pandiya, "Mindful Leadership Through Gender Equity: Understanding Antecedents Attracting Generation Z," in *Strategic Approaches to Mindful Leadership and Change Management* (IGI Global Scientific Publishing, 2025), 281–312, <https://doi.org/10.4018/979-8-3693-7066-7.ch010>.

Research suggests that the differing roles and functions between men and women constitute a functional relationship that complements one another.²⁶

The media plays a significant role in shaping societal perceptions of gender. Fair and balanced representation of men and women in media can help combat stereotypes and promote equality. However, the media often still presents biased portrayals that reinforce traditional gender roles and hinder progress toward equality. Research shows that in traditional families, the absence of gender equality and the lack of opportunities provided to women is similar to that of men.²⁷

Religion and beliefs also play a role in shaping views on gender. Progressive and inclusive interpretations of religious teachings can support gender equality efforts.²⁸ Conversely, conservative interpretations can reinforce patriarchal norms that restrict women's roles. Therefore, dialogue between religious leaders and gender activists is crucial to achieving a balanced understanding. The book "Gender Equality" concludes that gender equality does not mean that men and women must be the same in everything, but rather that their positions should complement one another.²⁹

Gender can be defined as roles shaped by society and behaviors ingrained through the process of socialization from one generation to the next, related to the social roles of women and men. There are biological differences between women and men, but culture interprets these biological differences into a set of social demands regarding acceptable behavior based on one's biological sex, leading to rights, resources, and power. The demands for roles, duties, status, and obligations deemed appropriate for men or women, and the actions not suitable for each gender, vary greatly in each society. In patriarchal systems, certain commonalities emerge, such as nearly all societal groups assigning childcare responsibilities to women, while men are tasked with earning a livelihood.³⁰

In reality, not all societies experience discrimination based on race or ethnicity; however, all societies encounter gender-based discrimination—in the form of gaps and disparities—varying in degree between what men and women receive. Gender encompasses the differences between men and women in roles, functions, rights, responsibilities, and behaviors shaped by social, cultural, and customary value systems

²⁶ Nur Rahmawati and Abdul Muid Nawawi, "Kesetaraan Gender dalam Tafsir Al-Mishbah: Antara Teori Konflik Sosial dan Teori Struktural Fungsional: Kesetaraan Gender dalam Tafsir Al-Mishbah: Antara Teori Konflik Sosial dan Teori Struktural Fungsional," *Jurnal Bimas Islam* 17, no. 1 (July 31, 2024): 161–84, <https://doi.org/10.37302/jbi.v17i1.1292>.

²⁷ Kudri Kudri, "Peran Ibu Dalam Membangun Kesadaran Gender Pada Anak-Anak Di Komunitas Rural," *Harakat An-Nisa: Jurnal Studi Gender Dan Anak* 9, no. 1 (August 2, 2024): 23–34, <https://doi.org/10.30631/91.23-34>.

²⁸ Opy Trisnawati and Subhan Widiyansyah, "Kesetaraan Gender Terhadap Perempuan Dalam Bidang Pendidikan Di Perguruan Tinggi," *Jurnal Pendidikan Sosiologi Dan Humaniora* 13, no. 2 (October 1, 2022): 339–47, <https://doi.org/10.26418/j-psh.v13i2.54606>.

²⁹ Rahmawati and Nawawi, "Kesetaraan Gender dalam Tafsir Al-Mishbah."

³⁰ Sarah Hawkes et al., "Achieving Gender Justice for Global Health Equity: The Lancet Commission on Gender and Global Health," *The Lancet* 405, no. 10487 (April 19, 2025): 1373–1438, [https://doi.org/10.1016/S0140-6736\(25\)00488-X](https://doi.org/10.1016/S0140-6736(25)00488-X).

within groups, which can evolve over time and according to local conditions.³¹ Responsibilities and behaviors shaped by social values, culture, and customs of a group can change based on time and local conditions.

Perception of Gender Equality Among Generation Z Couples in Sintang Regency

In an increasingly open era regarding social issues, Generation Z is known as a progressive generation with a more flexible view of gender roles. However, the implementation of gender equality values in their personal relationships still requires deeper observation, especially in the context of local culture. This study describes the dynamics of male and female roles in Generation Z couples' relationships and the extent to which gender equality values are manifested in their daily lives.

One informant in this study is a lecturer at a college in Sintang Regency, while his wife is a high school teacher. He expressed that gender equality in building family relationships is a good principle to apply. However, he emphasizes that both husband and wife must understand and fulfill their respective rights and responsibilities. The perception of gender equality is quite important in a relationship, especially in terms of openness and mutual support. He believes that couples should be open and support each other in fulfilling their roles. In decision-making, he and his partner apply the principle of discussing and listening to each other's opinions before reaching a mutual agreement.³²

In terms of finances and careers, the informant stresses that transparency is essential. He and his partner are open about financial matters and support each other in achieving their respective careers. From a social environment perspective, the informant's family and friends have a positive view of the gender equality principles they apply in their relationship. One concrete example of the implementation of gender equality in their family is in child-rearing. They always share responsibilities in caring for their children without neglecting their respective rights and obligations.³³ The informant hopes that in the future, every couple can understand and apply gender equality in their relationships, thereby creating a harmonious family, *sakinah mawadah wa rohmah*. The key to a successful relationship, according to him, is openness in every decision-making process and maintaining an understanding and fulfillment of each one's rights and responsibilities.

Another informant, who works as a school principal, discusses gender equality in relationships, particularly in the context of marriage and family life. The informant emphasizes that men and women have balanced rights and responsibilities, in accordance with Islamic principles that stress partnership between husband and wife.³⁴ Generation Z is more open to gender equality compared to previous generations; however, the informant underscores that equality does not mean equating roles, but rather granting rights and responsibilities according to each one's nature. In relationships, gender equality must be based on justice and mutual respect. Islam provides women's rights in education,

³¹ Dede Nurul Qomariah, "Persepsi Masyarakat Mengenai Kesetaraan Gender Dalam Keluarga," *Jendela PLS* 4, no. 2 (2019): 52–58, <https://doi.org/10.37058/jpls.v4i2.1601>.

³² Interview with WI, January 15, 2025.

³³ Interview with RW, January 15, 2025.

³⁴ Interview with RH, January 15, 2025.

economics, and decision-making while upholding balance in the household without undermining the husband's position.³⁵

Regarding the division of roles and responsibilities, Islam teaches the importance of consultation. While men are responsible for earning a living, wives can also contribute according to their abilities. Domestic tasks should be a shared responsibility, as demonstrated by the Prophet Muhammad, who participated in household chores. Social expectations often contradict Islamic teachings, such as the assumption that women must fully manage the home; however, in Islam, cooperation in household matters is highly encouraged.³⁶

Conflicts in marriage due to differing views on gender roles cannot be avoided but can be resolved through communication and consultation. Islam teaches conflict resolution well, including through mediation. Decision-making in the household should ideally be done collaboratively without one party dominating. The Prophet Muhammad himself always discussed matters with his wives, illustrating that valuing a partner's opinion is part of a healthy relationship.³⁷

In terms of careers and finances, Islam does not prohibit women from working as long as they do not neglect their primary responsibilities at home. The husband still has the primary obligation to provide, but the wife's contribution to the family's finances can be agreed upon. Meanwhile, the influence of social media in shaping perceptions of gender equality is also a concern, where social media can be a source of education as well as a spread of understandings that do not align with Islamic values. Therefore, the informant emphasizes the importance of being wise in absorbing information from social media.³⁸

Family and the surrounding environment also play a role in shaping an individual's perception of gender roles in relationships. However, the informant stresses that decisions in the household should be based on mutual agreement between partners while still considering Islamic values. The informant's personal experience shows that gender equality in the household can be realized through good communication, mutual trust, balanced roles, and respect for each other.³⁹

Despite the existing gender stereotypes in society, informants see that men indeed have the primary responsibility to provide for the family, while women have the right to choose their roles according to their abilities. The hope for the future is that the concept of gender equality is no longer burdened by stereotypes that limit both men and women, but rather adheres to Islamic values that balance rights and obligations. Ultimately, the best way to achieve gender equality in relationships, especially among young Generation Z couples, is through open communication, empathy, and the willingness to reach agreements based on Islamic values.⁴⁰

³⁵ Interview with NWL, January 15, 2025.

³⁶ Interview with RH.

³⁷ Interview with NWL.

³⁸ Interview with RH.

³⁹ Interview with NWL.

⁴⁰ Interview with RH.

One Generation Z informant who works as an oil palm farmer, while his wife is employed as a staff member at a college, stated that gender equality in relationships is understood as a condition where partners have equal roles, rights, and responsibilities. This includes sharing household chores and child-rearing tasks flexibly without any role limitations based on gender. The informant noted that Generation Z is more open to the concept of gender equality. They tend not to worry about the division of roles and rights in a relationship, thereby creating a balance between partners.⁴¹

Gender equality is considered very important because it serves as a fundamental principle in upholding equal rights within the relationship. Additionally, it contributes to a better quality of life for the couple. In practice, the distribution of roles and responsibilities in the household is flexible. For example, one partner might cook while the other handles other household tasks, without regard to gender roles or status in the relationship. When facing conflicts, the informant and their partner prefer to discuss to find the best solution. Decisions within the relationship are also made jointly, taking into account the opinions of both parties. Furthermore, in terms of careers and finances, the partners support each other in achieving their shared aspirations.⁴²

The informant has not encountered obstacles or issues related to gender role distribution from their family or the surrounding environment. He also emphasizes that gender equality plays a vital role in the relationship as it allows both partners to have an equal right to speak, make decisions, and determine the direction of the relationship. With equality, the relationship becomes more balanced and understanding, where neither party feels more dominant or neglected. As a hope, the informant desires a harmonious relationship without issues regarding the distribution of roles, rights, and responsibilities. To achieve this, he believes that roles and responsibilities do not need to be compartmentalized, allowing the relationship to proceed fairly and equally.⁴³

A couple from the Civil Service in a government agency believes that this Generation Z couple has an open view regarding gender equality in relationships. They are convinced that gender equality means having a balance in roles, rights, and responsibilities between partners. In practice, they share tasks flexibly, including in household duties and child-rearing, without assigning roles based on gender.⁴⁴

According to them, Generation Z is more accepting of this concept because they no longer question who should perform certain tasks. For them, what matters most is how partners can collaborate to create a healthy and harmonious relationship. They also assert that gender equality is crucial in relationships, as it not only guarantees equal rights for each partner but also enhances their quality of life together. In their daily lives, they adopt a non-rigid task-sharing pattern, such as one partner cooking while the other handles other household duties, based on mutual agreement and comfort.⁴⁵

⁴¹ Interview with AP, January 15, 2025.

⁴² Interview with EF, January 15, 2025.

⁴³ Interview with AP.

⁴⁴ Interview with MA, January 15, 2025.

⁴⁵ Interview with ER, January 15, 2025.

When faced with conflicts, they prefer to address the existing issues and discuss the best solutions together. Every decision in the relationship is also made based on agreement, so no one feels neglected or dominated by the other. In terms of careers and finances, this couple supports each other in achieving common goals. They believe that a healthy relationship is one that allows both partners to grow without obstacles.⁴⁶

Additionally, they do not experience difficulties in the distribution of gender roles from their families or the surrounding environment. They emphasize that gender equality plays a significant role in creating a relationship where both partners respect each other, each having equal rights to speak, make decisions, and determine the direction of the relationship. In this way, they feel more valued, respected, and able to grow together in a harmonious relationship. As a hope, they desire a relationship free from issues in the distribution of roles, rights, and responsibilities. They also emphasize the importance of not compartmentalizing roles and rights within the relationship, allowing both partners to experience a fair and balanced relationship.⁴⁷

The majority of informants agree that gender equality is a positive principle to apply within families. However, they also emphasize that both husbands and wives must understand and fulfill their respective rights and obligations. This concept aligns with Islamic teachings which highlight the importance of balance in the relationship between spouses. Most informants from Generation Z possess a more open view towards gender equality compared to previous generations. However, they also assert that gender equality does not mean equating all roles but rather distributing rights and responsibilities according to each person's nature. Gender equality is seen as a form of justice and mutual respect within relationships. In Islam, women's rights are recognized, including in education, economic participation, and decision-making within the family, without diminishing the husband's role as the leader of the household.

Many of them stress that a healthy relationship should be based on the principles of mutual respect, support, and open communication. Gender equality is viewed as a factor that can enhance the quality of the relationship, avoid the domination of one party, and create a more harmonious atmosphere in the household.⁴⁸ Therefore, many Generation Z couples prefer to build relationships based on cooperation rather than overly rigid role divisions. In terms of economics and careers, Generation Z tends to be more flexible in dividing roles. Although in Islam the husband has the primary responsibility for providing, many support the wife's contribution to employment as long as it does not neglect the primary responsibilities at home. Some couples even adopt the principle that a wife's salary belongs to her, while the husband's salary is used for shared needs, illustrating a more modern agreement and understanding regarding finances within the household.

⁴⁶ Interview with MA.

⁴⁷ Interview with ER.

⁴⁸ Ade Daharis et al., "Relevansi Konsep Mubadalah Dalam Relasi Suami-Istri Menurut Hukum Keluarga Islam:," *Jurnal Kolaboratif Sains* 8, no. 3 (March 15, 2025): 1557–63, <https://doi.org/10.56338/jks.v8i3.7201>.

The influence of social media is also significant in shaping Generation Z's views on gender equality. They are exposed to more information about women's rights, men's roles in families, and various perspectives on balanced relationships. However, some are also aware that not all information on social media aligns with Islamic values, making them tend to be more selective in absorbing and applying concepts of gender equality in their lives.

In terms of decision-making, Generation Z emphasizes the importance of discussion and consultation within relationships.⁴⁹ They avoid authoritarian relationship patterns and prefer to make decisions collaboratively with their partners. This reflects a shift toward a more democratic mindset in relationships, allowing both parties to feel valued and to have equal roles in the family. Although the majority of Generation Z supports gender equality, there are still influences from traditional norms and cultures that persist in their lives. Some continue to believe that there are certain roles that are more suitable for men and women based on their innate qualities. Still, they strive to balance traditional values with more progressive thinking in building their relationships.

Overall, Generation Z has a positive outlook on gender equality in relationships. They understand that healthy relationships are not based on the dominance of one party, but on cooperation, good communication, and recognition of each other's rights and obligations. With this approach, they hope to create more harmonious and sustainable relationships in the future.⁵⁰ In managing the household, husbands and wives should be open and help each other. Although men are responsible for earning a living, wives can also contribute according to their abilities. Task division within the household should be done through mutual consultations and agreements. Social expectations regarding gender roles in families are still quite strong. Some informants highlight the assumption that women should fully manage the household, whereas in Islam, the Prophet also assisted with household chores. This indicates that role distribution should be more flexible and adjusted according to the partners' agreement.⁵¹

Most informants state that they do not experience significant conflicts regarding differing views on gender roles. However, for those who do encounter differing perspectives, they resolve them through open communication and discussions, in accordance with the teachings of Islam as outlined in QS. An-Nisa: 35.

وَأِنْ خِفْتُمْ شِقَاقَ بَيْنِهِمَا فَابْعَثُوا حَكَمًا مِّنْ أَهْلِهِ وَحَكَمًا مِّنْ أَهْلِهَا إِنْ يُرِيدَا إِصْلَاحًا يُوَفِّقِ اللَّهُ بَيْنَهُمَا إِنَّ اللَّهَ كَانَ عَلِيمًا خَبِيرًا

⁴⁹ Siti Nurkholisoh, "Mewujudkan Relasi Suami Istri Yang Berkeadilan Gender : Kritik Forum Kajian Kitab Kuning Terhadap 'Uqud Al-Lujjain,'" *Millatuna: Jurnal Studi Islam* 2, no. 01 (February 25, 2025): 245–58, <https://doi.org/10.33752/mjsi.v2i01.8591>.

⁵⁰ Nur Sulistiyaningsih, "Konsepsi Feminisme Dan Kesetaraan Gender Dalam Perspektif Hukum Islam: Antara Fenomena Dan Realita," *EGALITA* 19, no. 1 (July 8, 2024), <https://doi.org/10.18860/egalita.v19i1.27474>.

⁵¹ Mochomad Nadif Nasruloh and Taufiq Hidayat, "Budaya Patriarki Dalam Rumah Tangga (Pemahaman Teks Al-Qur'an Dan Kesetaraan Gender)," *YUDISIA : Jurnal Pemikiran Hukum Dan Hukum Islam* 13, no. 1 (June 30, 2022): 139–58, <https://doi.org/10.21043/yudisia.v13i1.14325>.

Meaning: “*If you anticipate a split between them, appoint a mediator from his family and another from hers. If they desire reconciliation, Allah will restore harmony between them. Surely Allah is All-Knowing, All-Aware.*” (QS. An-Nisa: 35)

The verse emphasizes the importance of mediation in the household. In decision-making, informants state that decisions are made through discussion and consultation without one party dominating. The principle of *shura* in Islam teaches that the best decisions are those reached by mutual agreement.

In a healthy relationship, husbands and wives respect each other's opinions. Informants exemplify that their husbands often consult with them before making decisions, even though they have the authority to act independently. This reflects appreciation for their partners and strengthens harmony within the household. The majority of informants also agree that women are allowed to work as long as they do not neglect their responsibilities at home. In some instances, couples adopt the principle that the wife's salary belongs to her, while the husband's salary is also used for shared needs. This agreement is established through open communication and mutual understanding.

Social media significantly influences the understanding of gender equality. However, informants emphasize the importance of filtering information to ensure it aligns with Islamic values. Social media can serve as an educational tool but can also convey understandings that are inconsistent with religious principles if not approached wisely. Most informants express that their family and friends have a positive view of the concept of gender equality applied within the household. However, in some cases, families do not interfere in the household affairs of the couples.

Informants who are married share their experiences of applying gender equality, such as sharing responsibilities in child-rearing without neglecting each other's rights and obligations. This illustrates that gender equality can thrive harmoniously within the family if supported by effective communication. Although the majority of informants agree with gender equality, some acknowledge that gender stereotypes still exist in daily life. However, they strive to align their practices with Islamic principles that teach balance in the roles of husbands and wives.

Informants hope that couples in the future will better understand and implement gender equality in their relationships. Thus, family relationships can become more harmonious and aligned with Islamic principles that prioritize justice and balance. To achieve gender equality in relationships, informants stress the importance of open communication, coordination, and consultation in decision-making. By mutually understanding each other's rights and obligations, couples can create healthier and more harmonious relationships. Based on the interview results, it can be concluded that gender equality in family relationships is vital and widely practiced by Generation Z couples. This equality does not mean equating roles but rather distributing rights and responsibilities according to each person's nature. With good communication, consultation, and mutual respect, gender equality can support harmony in the household.

CONCLUSION

Generation Z couples tend to have a higher awareness of gender equality principles compared to previous generations. They actively strive to divide domestic responsibilities and child-rearing more fairly, although they are still influenced by ingrained social norms and cultural constructs. Women in these couples are generally more vocal in expressing their expectations for an equal division of roles, while men show openness, albeit sometimes accompanied by negotiations and adjustments to traditional expectations.

These findings indicate that gender equality in the household relationships of Generation Z is not merely a normative aspiration but has begun to be practiced in their daily lives, although it's not yet fully ideal. This dynamic reflects a transformation of values and practices influenced by educational backgrounds, familial experiences, and exposure to equality discourse through media and social environments.

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