

Delulu Is the Solulu: Digital Humour and Emotional Coping Among Gen Z.

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Abstract- Social media trends have increasingly become a part of how Genz expresses emotions and deals with everyday stress. The phrase “Delulu is the Solulu” has become popular among people who use it to describe their copying method which involves using fake ideas and their optimistic dreams to handle real-life difficulties. Young people use this phrase to express their thoughts and feelings across multiple digital social humour trends on emotional copying abilities and resilience development remains unproven. The “Delulu is the Solulu” trend research examines how it affects emotional copying among Generation Z. The study investigates how people who participate in this trend will experience changes in their ability to relieve stress and show emotions and build emotional resilience. The research study used a survey method to collect primary data through a questionnaire which they distributed to 136 respondents who were between 18 to 28 years old and actively consumed social media content and online trends in their daily life and how it affects their ability to manage stress and uncertainty. It further explains that such social media trends like “Delulu is the Solulu”, which people use for entertainment purposes do not become serious in their actual applications, but often act as a light-hearted escape from the pressure, anxiety and personal struggle. Many young users engage with these phrases like “Delulu is the Solulu” as a way to make difficult situation feel less overwhelming and more manageable. This trend reflects how Generation Z users in modern digital culture express their emotions and develop their identities through social media language.

Keywords – Digital Humour, Generation Z, Emotional Copying, Social Media Trends, Emotional Resilience, Memes and Online Expression

I. INTRODUCTION

In a time where social media shapes everyday life, the ways people express their emotions and handle their daily pressures have experienced major shifts

during past few years because of social media which now serves as their main platform for emotional

expressions. As emotions are no expressed only through direct conversations or personal reflection. Instead, they are often shared through memes, captions, reels and short phrases that carry layered meanings. Genn Z uses humour as their main method to express all their emotional states which include stress, anxiety, confusion and hopes. One such phrase that has recently gained attention across platforms is “Delulu is the Solulu.” At first glance, the phrase may appear random or meaningless but it has quickly become a widely used expression among young users online. The term "Delulu" comes from the word "delusional," and "solulu" stands for "solution. “When combined, the phrase allows people to believe that they can solve their problems through the power of their imagination which leads to unrealistic thinking. The approach permits people to envision their future better while they create positive futures and turn their daily experiences into exciting stories to handle their emotional distress and uncertainty. (Dyah Prabaningrum, 2025)

The initial impression of this concept appears to be impractical yet it provides a deeper understanding of Gen Z culture through its actual application. Youths use the phrase “Delulu is the solulu” to express their belief and need to maintain some connection with actual existence. People use these imaginations together with humour and positive thoughts to create small comfort breaks from their imaginations. It enables users to temporarily escape from real-world difficulties while still maintaining their awareness of actual conditions. People use humour to express their belief that they will succeed despite their current

difficulties or they idealized romantic scenarios which did not reflect their actual relationship problems. People share these expressions through humour which enables them to connect with others and participate in the content. The popularity of this phrase is closely linked to the digital environment in which Gen Z operates. Places like Instagram and YouTube enable users to create short content which combines catchy elements with strong emotional impact to achieve fast distribution. Trends have evolved beyond dance challenges and viral sounds to become expressions of significant emotional experiences. The phrase “Delulu is the solulu” demonstrates this tendency through its combination of comedic elements and authentic human feelings. The platform enables users to display their emotional state through indirect expressions which do not require them to engage in serious conversations about their feelings. (Mateusz Kiljańczyk, 2023)

II. REVIEW OF LITERATURE

The research “Delulu is the Solulu: The Role of Social Media in the Spread of Misinformation About Autism Spectrum Disorder” by Shelby L. Collett investigates how social media platforms affect college students' understanding of autism spectrum disorder information which they use for self-diagnosis. The research demonstrates that students use online materials which they find easy to understand because these materials create a barrier that prevents them from distinguishing between actual knowledge and their own personal beliefs. Social media trends and popular phrases from social media platforms lead people to develop self-diagnosis habits which they use without first contacting a medical professional for help. she demonstrates that media literacy has critical significance in today's digital landscape, which requires people to develop their ability to identify misleading information and think critically so they can handle mental health discussions with greater responsibility. (Collett, 2025)

The study “Is Delulu the Solulu? Understanding Parasocial Relationships and Fan Participatory Behaviour in K-pop” by Yeo, Jocelin Zhi Ling shows how K-pop fans create emotional ties with their idols which affects their online activities through their

established parasocial bonds. The study uses quantitative methods to examine how fans interact with content while they participate in fan groups and develop emotional ties with their one-sided relationships. The results show that people establish these relationships because they need to belong to something and have their identity validated and receive emotional backing. It applies self-determination theory to show how fans achieve motivation and satisfaction during their social interactions. The research shows that parasocial relationships provide emotional support to people but they become excessive when people spend more time online than they do with their friends. (Yeo, 2024)

The study “The Medicine of Memes: An Exploration of Humour Styles, Memes, and Dark Humour” by Theodore Napp investigates how dark humour memes function as coping tools that people use in their daily lives. The research indicates that while people use humour as a psychological method to relieve stress dark humour memes remain an unstudied area. The research shows that people use humour as their method for handling anxiety and sadness and uncertainty because they want to find ways to ease their emotional discomfort. The findings show that different humour styles produce distinct effects on people because their emotional state and personality determine how they respond to humour. Dark humour creates a sense of shared understanding among users who experience similar struggles according to the research findings. The research shows that memes function as online content but also serve as emotional outlets which enable people to process their complex feelings in public environments. (Napp, 2023)

The study “Internet Memes Related to the COVID-19 Pandemic as a Potential Coping Mechanism for Anxiety” by Umair Akram et al. The research examines how COVID-19 memes which spread online during the pandemic period helped people who suffered from anxiety and emotional distress during that time. The research results demonstrate that memes functioned as an effective stress relief method during uncertain times because they provided people with humorous content which they could relate to. Memes served as a temporary relief for anxious people because they helped them control their

feelings while experiencing less social detachment from others. Digital content functioned as a communal emotional space which people used to share their feelings during the pandemic. The research shows that memes served as entertainment yet they provided people with an effective coping method to handle their collective fear and uncertainty. (Umair Akran, 2021)

The study “Viewing Memes Online Increases Positive Emotions, Helps Cope with Pandemic” by Jonathan F. McVerry The study demonstrates that meme consumption brings about positive emotional effects for people who experience stressful situations which include the COVID-19 pandemic. Memes create a sense of relatability which helps people understand their struggles through shared experiences with others. The process of feeling different emotions helps people develop better skills to handle challenges. The research shows that memes function as hidden yet powerful methods which provide emotional assistance for people who cannot establish conventional social connections. The study demonstrates that brief moments of humour provide important benefits to a person's mental health. (McVerry, 2021)

The study “How Does Gen Z Decode Humour: An Analysis of Advertisements by Brands Which Tried Being Funny” by Anushree Roy investigates how Generation Z interprets humour used in advertisements because their assessment of humouring differs from their assessment by older age groups. The research shows that Generation Z watches digital content shows their ability to choose between different types of humour they find entertaining. The research shows that advertising needs to present humour as real and familiar to its target audience in order to succeed with them. Gen Z shows a preference for content that matches their personal experiences and the cultural background of their society. The study shows that proper humour application strengthens audience connections while improper humour application creates audience disconnection. (ROY, 2019)

The study “Emotional Intelligence, Vital Anguish, Humour and Mindfulness: Unpacking Their Roles in Subjective Well-being” by Alba Yela Aránega

investigates how emotional intelligence and humour and mindfulness practices contribute to the overall well-being of Generation Z. The research investigates how people perceive their emotional experiences and how they manage stress and inner conflicts. The findings demonstrate that humour functions as a crucial tool which helps people control their emotional distress because it connects their negative emotions with their positive coping strategies. People who possess advanced emotional intelligence skills tend to use humour in ways that are both beneficial and constructive. The research indicates that mindfulness functions as a critical element which helps maintain emotional equilibrium. People who possess advanced emotional intelligence skills can better manage their feelings and use humour as a constructive tool instead of using it for avoidance or destructive coping. (Aranega, 2026)

RESEARCH GAP

Existing literature on social media and youth behaviour has largely focused on broad themes such as usage patterns, addiction and general mental health outcomes. The study provides valuable insights about digital humour which people use as their daily emotional coping method. In particular, there is limited academic attention on how short-form, trend-based expressions such as memes, and viral phrases function as practical coping mechanisms rather than mere entertainment. Another gap lies in the way emotional coping is usually studied. Traditional research approaches coping research through three established methods which include people requesting help, solving their problems and using professional support. Young people use stress management techniques which include humour and irony and imagination but these methods require more research. People use “Delulu is the Solulu” as a new trend which involves them using playful thinking to handle their uncertainty about life yet researchers have not studied this behaviour in their current studies. Therefore, this study attempts to fill this gap by examining how Generation Z uses trends like “Delulu is the Solulu” as a form of emotional coping, indirect emotional expression, and social connection in digital spaces.

THEORETICAL FRAMEWORK

The Uses and Gratifications Theory, introduced by Elihu Katz, Jay G. Blumber and Micheal Gurevitch in the 1970s, suggests that people actively choose media based on their needs which they want to fulfil. In the context of this study, Generation Z uses social media content like memes, viral phrases, and humour-based trends for emotional relief, entertainment and that social connection thing. The trend “Delulu is the Solulu” kind of shows how younger users lean on digital humour to deal with stress, anxiety and all that uncertainty without making it too heavy. This theory kind of helps explain how online jokes and playful posts actually cover emotional and psychological needs, while also building a feeling of being understood and belonging with other users. It suggests that digital media isn’t only for entertainment, but also works for emotional expression and coping during everyday life. (katz, 1973)

III. METHODOLOGY

This study uses a quantitative research method, with a structured online survey as the main data collection tool. The survey was conducted among 136 respondents aged 18-28, they were based in India, including college students and young professionals who keep using social media regularly. The questionnaire deal with digital humour, emotional copying, meme culture plus the trend “Delulu is the Solulu” which people seem to say a lot. The collected data is examined with basic percentage analysis.

RESEARCH OBJECTIVES

The researcher has chosen the following objectives for this study:

1. To understand the popularity of ‘Delulu is the Solulu’ trend among Genz
2. To explore the role of digital humour in helping Gen Z cope up with stress and uncertainty.
3. To analyse whether humorous online trends are building emotional resilience among Genz.
4. To examine how the phrase ‘Delulu is the Solulu’ influences emotional expression among Gen Z.

SAMPLING

The study used a non-probability convenience sampling method, where respondents were selected

based on accessibility and relevance to the research topic. In total 136 Generation Z respondents engaged, and they were aged 18–28, all of whom actively scroll social media platforms and follow online humour patterns. This kind of sampling worked well, since the research was mostly about younger users who are already used to memes, reels, and the fast-moving viral internet phrases, like “Delulu is the Solulu”.

IV. DATA ANALYSIS

The data was gathered from respondents across four age groups, i.e. below 18, 18-23, 24-28 and 29 and above as a part of an ongoing survey conducted in India using convenience and purposive sampling method via Google form. A total of 136 respondents were gathered from people who spend time online watching memes, reels and current popular expressions.

4.1 DEMOGRAPHIC PROFILE

Gender	Percentage	N
Male	62	45.59
Female	74	54.41
Prefer not to say	0	0
Age Group		
Below 18	11	8.09
18-23	67	49.26
24-28	40	29.41
29 and above	18	13.24
Education Level		
Secondary education or below	8	5.88
Diploma	7	5.15
Bachelor's degree	74	54.41
Master's degree or higher	36	26.47
PHD	11	8.09
Occupation		
Student	66	48.53
Working Professional	32	23.53
Self-Employed / Business Owner	32	23.53
Homemaker	06	4.41

The table represents a comprehensive overview of the respondents based on age, gender, education and occupation.

On the basis of age distribution, the largest group of respondents belongs to the 18 to 23 age range which makes up 49.26% (n=67) of the total sample. The 24–28 age group, which consists of 29.41% (n=40) of the sample, forms the second largest group. The 29 and above category contributes 13.24% (n=18), while a smaller segment belongs to the below 18 group, accounting for 8.09% (n=11). The research study primarily targets young adults who demonstrate strong presence in digital environments.

The sample shows better female representation because 54.41% (n=74) of participants are female whereas 45.59% (n=62) of participants are male. The study shows almost equal participant numbers but female respondents show slight dominance in the research.

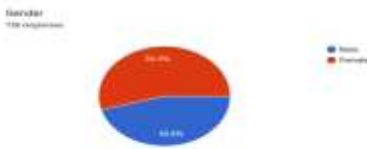


Fig 1: Graph on Gender of the Respondents

Looking at the educational background of respondents shows that 54.41% of participants (n=74) hold a Bachelor’s degree while 26.47% (n=36) possess Master’s degrees or higher educational qualifications. The group includes 8.09% of PhD holders who number 11 people while secondary education or lower and diplomas make up 5.88% (n=8) and 5.15% (n=7) of the respondents. The sample shows high levels of education because most participants possess advanced degrees which scientists use to study digital engagement and digital awareness. The study shows that students make up the biggest group as they account for 48.53% (n=66) of surveyed people between 18 and 24 years who study at educational institutions.

The group includes two equal parts because working professionals and self-employed individuals both make up 23.53% (n=32) of the total number of

participants. The group includes 6 people who stay at home with their families, which makes up 4.41% of the total.

Overall, the demographic profile includes people who are mostly young and educated people who use digital platforms for their research. The sample provides essential data for researchers who study emotional expression and coping patterns among Gen Z through the "Delulu is the Solulu" trend.

4.2 AWARENESS OF THE TREND

4.2.1. Awareness of the phrase “Delulu is the Solulu”

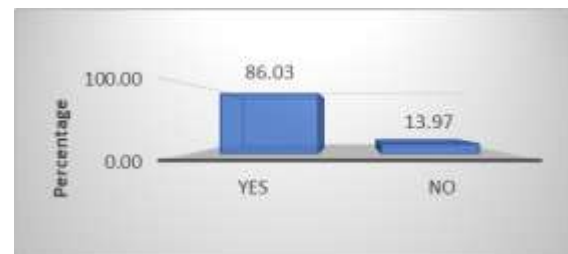


Fig 2: Graph on awareness of the phrase “Delulu is the solulu” on social media.

Figure 2 illustrates the level of awareness of the phrase “Delulu is the Solulu” among the respondents. 86.03% (n=117) of respondents reported that they had seen the phrase “Delulu is the Solulu” on social media, reflecting its strong digital presence and widespread recognitions among Generation Z users. In contrast, a smaller proportion of respondents 13.97% (n=19), stated that they have not seen the phrase. The findings demonstrate high awareness levels because most users now recognize the phrase “Delulu is the Solulu” as a common part of their online communication.

4.2.2. Platform of First Exposure to the Trend

4.2.3.



Fig 3: Graph on Social Media Platforms Used by the Respondents

This figure 3, represents the platforms through which respondents first encountered the trend “Delulu is the Solulu”. The majority of respondents, 78.68% (n=107), reported that they first noticed the trend on Instagram as it serves as the main platform which spreads viral content to Gen Z users. The trend emerged through YouTube as 10.29% (n=14) of respondents found the trend through that platform while Snapchat and Twitter followed with 4.41% (n=6) and 3.68% (n=5) respectively. The respondents who identified real-life interactions or niche platforms as their sources made up 2.94% (n=4) of the total. The distribution shows that Instagram serves as the main platform for visual and short-form content which drives trend visibility while other platforms show lesser impact.

4.2.3. Frequency of Encountering the Trend Online



Fig.4: Graph on Frequency of encountering “Delulu is the Solulu” content online.

A notable portion of respondents reported frequent exposure, with 27.94% (n=38) stating they encounter such content frequently and 20.59% (n=28) indicating they always come across it. The digital environments of users show strong and persistent presence of the trend which users repeatedly encounter. The moderate group of respondents reported occasional exposure to the trend with 22.79% (n=31) stating they encounter the trend periodically and 21.32% (n=29) reporting they experience it at times. The trend reaches even those people who show low involvement according to this finding. The group which includes 7.35% (n=10) of participants demonstrates that they never see this kind of content.

4.2.4. Understanding of the phrase “Delulu is the Solulu”

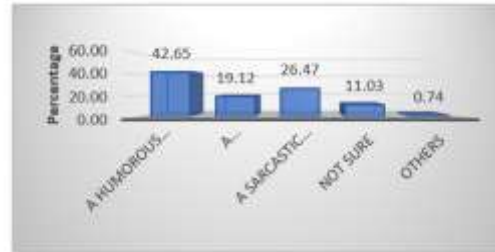


Fig.5: Graph on respondents’ understanding of the phrase “Delulu is the Solulu”.

The largest group, 42.65% (n=58), identified it as a humorous internet joke, indicating that the phrase is primarily perceived as a form of entertainment and light-hearted expression. A significant portion, 26.47% (n=36), viewed it as a sarcastic expression, suggesting that many users understand the phrase as a form of irony or exaggerated humour. The study found that 19.12% (n=26) of respondents interpreted the study material as a motivational mindset, which showed them a more positive and optimistic view of the movement. The study found that 11.03% (n=15) of respondents showed no understanding of the term, which created confusion about its interpretations. The total number of people who understood it differently reached 0.74% (n=1) of the population.

4.3. INTERNET HUMOUR AND SOCIAL MEDIA USE

4.3.1. Engagement with Humorous Content on Social Media



Fig 6: Graph on frequency of engagement with humorous content (meme / viral jokes) on social media.

The majority of respondents demonstrate high engagement because 45.59% (n=62) of them engage very frequently while 31.62% (n=43) of them engage frequently. Users create a regular online presence through their use of humorous content which they treat as a vital part of their internet activities. A moderate group, 15.44% (n= 21), reported engaging occasionally, reflecting a neutral level of interaction where humour is consumed but not consistently. The lowest percentage of people who engage with the content comes from 6.62% (n=9) of users who engage with the content infrequently and 0.74% (n=1) of users who never engage with the content.

4.3.2. Sharing or Reposting Humorous Content



Fig 7: Graph on frequency of sharing or reposting humorous memes or trends with friends.

The majority of respondents engage in sharing content because 27.21% (n=37) stating they always share such content, while 23.53% (n=32) indicates that they do so often. This shows that people use humour as their main method for building social connections because they share it with others. A substantial portion of respondents 28.68% (n=39) shared content sometimes which showed that they would share based on their current emotional state and the importance of the content. The group showed that 13.97% (n=19) shared content rarely while 6.62% (n=9) never shared any humorous material.

4.3.3. Perception Of Internet Humour Reflecting Everyday Struggles

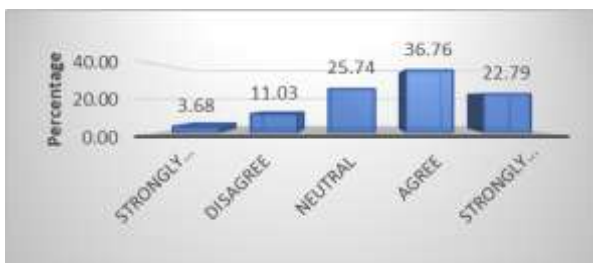


Fig 8: Graph on the reflection of everyday struggle of young people through internet humour.

The study found a strong positive response because 36.76% (n=50) agreeing and 22.79% (n=31) strongly agreeing. The data shows that most people who took the survey connect their actual life experiences with the humour content they consume. The group of 25.74% (n=35), remained undecided, suggesting that while humour is relatable, its connection to real struggles may not be equally perceived by all. The group included 11.03% (n=15) of people who disagreed and 3.68% (n=5) of people who strongly disagreed, who did not believe that people use humour to discuss actual life problems.

4.3.4. Role of Humorous Trends in Reducing Stress

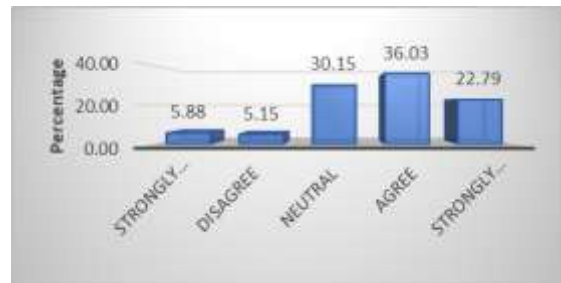


Fig 9: Graph on the role of humorous online trends in reducing stress and negative emotions.

A majority of respondents responded positively, with 36.03% (n=49) agreeing and 22.79% (n=31) strongly agreeing. The results indicates that humour functions as an essential tool which helps people achieve emotional relief while they handle stress. The 30.15% (n=41) of participants who remained neutral on the issue showed that humour provides benefits to some people while others experience different results from the same situation. On another hand, 5.15% (n=7) disagreed and 5.88% (n=8) strongly disagreed, showing that a small proportion does not find humour effective as a coping mechanism.

4.3.5. Use of Humorous Content During Stress or Anxiety

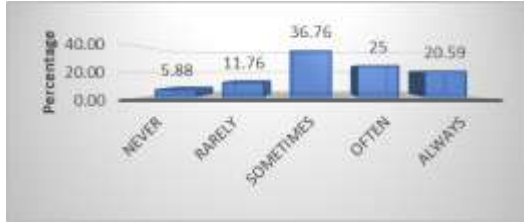


Fig 10: Graph on interaction with Humorous content during stress or anxiety.

The respondents showed active engagement with humour because 36.76% (n=50) responded with sometimes and 25% (n=34) answered with often and 20.59% (n=28) selected always. People use humorous content because they want to relieve their emotional distress. The smaller group showed less content engagement because 11.76% (n=16) of members used the content at least once and 5.88% (n=8) of members never used the content when they experienced stress.

4.3.6. Impact of “Delulu is the Solulu “on Managing Difficult situations



Fig 11: Graph showing the role of “Delulu is the Solulu” in making difficult situations feel lighter or more manageable.

A large proportion of respondents showed a positive inclination, with 45.59% (n=62) responding yes, indicating that such trends contribute to emotional comfort. The group selected sometimes, which stands as a neutral choice, because they thought the trends would affect their mood based on different situations and personal thoughts. A small minority, 7.35% (n=10), responded no, indicating that they do not find such trends helpful.

4.4. HUMOUR AS COPING

4.4.1. Engaging with Humorous Trends and Recovery from Stressful Situations.

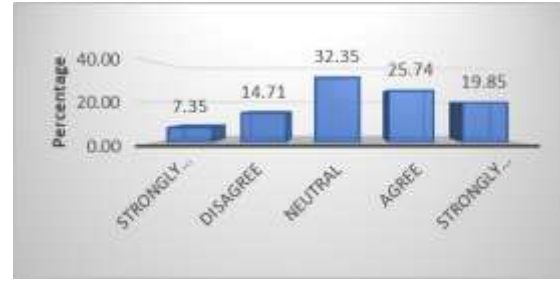


Fig.12: Graph on the role of humorous trends in recovering from stressful situations.

A combined 45.59% (25.74% + 19.85%) (n=35+27= 62) of respondents selected agree and strongly agree, indicating that a significant portion finds such trends helpful in dealing with stress. A notable 32.35% (n=44) of respondents remained neutral, suggesting that while some individuals may experience benefits, the effect is not consistent for everyone and may depend on personal situations or mood. On another side, 22.06% (14.71% + 7.35%) (n=20+10=30) of respondents selected disagree and strongly disagree, indicating that a smaller yet important group does not find humorous trends effective for emotional recovery.

4.4.2. Humorous Trends and Maintaining a positive Mindset During Difficult Times



Fig. 13: Graph on maintaining a positive mindset through humorous online trends during difficult situations.

The majority of respondents 50% (33.09% + 16.91%) (n=45+23= 68) selected agree and strongly agree which indicates that humour-based trends have a major impact on users' positive outlook. A significant 30.88% (n=42) of respondents remained neutral because they wanted to show that these trends provide certain benefits yet their benefits do not apply to all people. The results show that 19.12% (15.44% + 3.68%) (n=26) of respondents selected

disagree and strongly disagree which indicates that the smaller group does not see any link between such trends and their ability to remain positive.

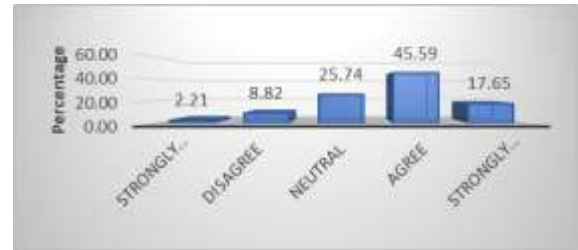


Fig. 15: Graph on the role of memes and viral phrases in expressing emotions that are difficult to communicate directly.

4.4.4. Influence of Humorous Trends on Handling Emotional Ups and Downs.

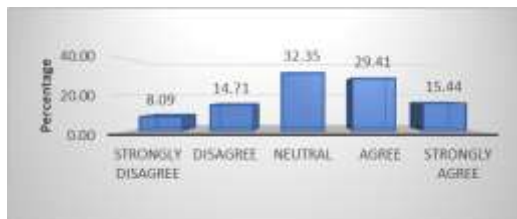


Fig.14: Graph on the influence of regular exposure to humorous trends in handling emotional ups and downs.

The figure presents whether regular exposure to such trends improves individuals' ability to handle emotional ups and downs. A combined 44.85% (29.41% + 15.44%) (n=40+21=61) of respondents selected agree and strongly agree, which shows that people who watch humorous material continuously will develop better emotional strength. A considerable 32.35% (n=44) of respondents remained neutral, which showed that people need more time to understand how these trends affect them over extended periods. On the other hand, 22.80% (14.71% + 8.09%) (n=20+11=31) of respondents selected disagree and strongly disagree, which shows that some users do not gain better emotional control when they watch this type of content.

4.5. Emotional Expression Through Memes

4.5.1. Expression of Emotions Through Memes and Viral Phrases

The study found that 63.24% (45.59% + 17.65%) (n=62+24=86) of respondents who participated in the study showed agreement with the statement about memes serving as an effective medium to express their emotions which they found difficult to describe through spoken word. A notable 25.74% (n=35) of respondents remained neutral, suggesting that while memes can be helpful, their effectiveness may vary depending on the situation or the individual. The 11.03% (8.82% + 2.21%) (n=12+3=15) selected disagree and strongly disagree indicating that a smaller group does not find memes useful for expressing emotions. The research results clearly indicates that Generation Z people use memes as a common and relatable medium to express their feelings, reflecting a generally positive perception toward this form of online communication.

4.5.2. Use of Online Humour to Express Feelings or Mood

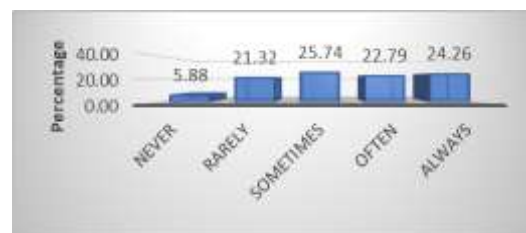


Fig. 16: Graph on the use of memes and online humour for expressing feelings or mood.

Figure 16 illustrates how frequently respondents use memes and online humour to express their emotions and current mood. A total of 47.05% (22.79% + 24.26%) (n=31+64) reported that they used memes for self-expression, which shows that a substantial group of people used humour to show their feelings. The study found that 25.74% of respondents (n=35)

used memes at times because their usage depended on the specific situation and their current emotional condition. The study found that 27.20% (21.32% + 5.88%) (n=37) of respondents used memes between the two extremes of their usage behaviour, which indicates that most people use humour to express themselves yet some people choose different ways to communicate. The distribution shows that users display strong active usage through their positive actions, while users maintain equal levels of moderate and low engagement, which shows that different users prefer different ways to communicate.

4.5.3. Sense of Connection Through Shared Memes and Trends



Fig. 17: Graph on feeling connected with others through shared memes and online trends.

The figure 17 examines whether respondents feel more connected with others when they share or relate to similar memes or trends. The majority of participants 63.23% (40.44% + 22.79%) (n=55 + 31 = 86) showed agreement because they selected the two highest levels of agreement which demonstrate that shared humour functions as a fundamental element that creates social bonds together with shared time. A considerable 30.15% (n=41) remained neutral because they believed that memes could help people connect but this ability would not work for everyone. The group that selected disagreement together with their strong disagreement choice represents a small percentage which amounts to 6.62% (2.94% + 3.68%) (n=4 + 5 = 9).

4.5.4. Representation Of Generation Z Through “Delulu is the Solulu”

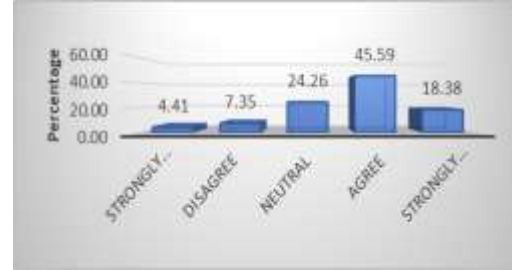


Fig. 18: Graph on the representation of Generation Z mindset and humour style through “Delulu is the Solulu”.

The figure 18 shows whether Generation Z uses "Delulu is the Solulu" as a mental state or as a form of humorous expression. The majority of respondents 63.97% (45.59% + 18.38%) (n=62 + 25 = 87) selected agree and strongly agree which shows that most people believe the trends represent Gen Z communication patterns and their humour style. A neutral 24.26% (n=33) of respondents stayed neutral because they viewed the connection differently from those who believed it existed. The negative side shows that 11.76% (7.35% + 4.41%) (n=10 + 6 = 16) selected disagree and strongly disagree which shows that a small group of people does not link these trends to their generational identity. The results show that digital humour trends create a strong connection to Gen Z culture which helps young people create their personal identity through these digital humour trends.

4.5.5. Emotional Strength Through Online Humour.



Fig. 19: Graph on emotional strength gained through the use of humour from online trends during difficult situations.

The figure 19 presents whether respondents feel emotionally stronger when they use humour from online trends to deal with difficult situations. A combined 46.33% (31.62% + 14.71%) (n=40 + 23 = 63) selected agree and strongly agree, which shows

that more than half of the users believe that humour helps them build emotional strength and resilience. A notable 34.56% (n=47) remained neutral, which shows that people find humour helpful yet some individuals experience its benefits while others do not. On another side, 19.12% (13.24% + 5.88%) (n=18+ 8 = 26) selected disagree and strongly disagree, which shows that certain people do not think humour helps them improve their emotional condition. The findings clearly indicates that humour provides positive effects to people yet the extensive presence of neutral participants shows that people experience different emotional advantages from humour.

CONCLUSION

The study concludes that digital humour has turned into a really important part of emotional coping for Generation Z. Trends like “Delulu is the Solulu” aren’t just funny online phrases anymore, they’ve become a pretty relatable way for young people to handle stress, uncertainty and that constant emotional pressure in daily life. The findings shows that most respondents actively jump into memes, viral humour and other online trends so they can feel a bit more emotionally lighter, even if it’s only for a moment. It also seems to help them say hard feelings indirectly without making it too obvious, and it gives them a sense of belonging, since they’re connecting with others who are dealing with kind of the same stuff. A lot of participants also said that humour-based content keeps their mindset in a more positive direction during stressful situations and somehow makes their emotional struggles seem more manageable, less heavy. The study also suggests that social media platforms like Instagram really matter here, since they spread these trends quickly and influence how young users communicate emotionally online. And, using the Uses and Gratifications Theory, the research basically explains that Gen Z isn’t just passively consuming humour. Instead, they consciously pick humour related material for emotional relief, self-expression, recreation, and social bonding, all within today’s digital culture. (katz, 1973)

LIMITATIONS OF THE STUDY

The study was limited to 136 respondents, and it mostly tapped into digitally active Generation Z social media users in India, which might not really stand in for the wider perspectives. The research used a quantitative approach, using self-reported responses, which could not deeply capture personal emotional moments. Overall, it looked more at the positive side of digital humour, the darker angle, humour-based coping, plus the negative effects, was not reviewed in much detail. Also, because social media trends shift super-fast, the meaning and popularity of things like “Delulu is the Solulu” may also evolve over time.

SCOPE FOR FUTURE STUDIES

The current research demonstrates how digital humour trends which include "Delulu is the Solulu" affect Generation Z emotional coping mechanisms and their methods of showing their emotions. Future studies can compare different humour trends to understand whether all viral expression function similar as copying mechanisms or whether certain trends create stronger emotional connections than others. The study enables researchers to examine how digital language together with online comedic patterns develops through different social and emotional conditions. Another important main research area needs to assess how digital humour operates across multiple social groups and various cultural settings. People from different cultures and different linguistic backgrounds and different social groups share the ability to laugh because humour functions as a universal human trait. Qualitative approaches, such as interviews and focus groups, can be useful since they let researchers map the more nuanced emotional experiences tied to memes and this whole online humour world. Future work could also investigate how social media algorithms, artificial intelligence, and the changing digital culture all combine to shape emotional expression and communication for users, and yeah, how that plays out over time.

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