



The Phenomenon of Self-Diagnosis Behavior on Self-Healing Style in Young People

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Abstrak. *The phenomenon of self-diagnosis, which is widely discussed on social media, has made many young people carry out self-healing in their own way. This research aims to discover how self-diagnosis behavior affects the style of self-healing in young people and whether the concept of self-healing, which is popular among the younger generation, is by actual self-healing. This research method uses a qualitative descriptive approach with literature studies and data collection through secondary data obtained through literature studies such as reference books, journals, articles, and other sources related to research. The results of this research show that stigma and discrimination are still obstacles for mental health sufferers in getting appropriate and adequate treatment. This triggers the younger generation to self-heal independently in their style, impacting the actual concept of healing. Several ways can be used as references for young people for self-healing, including mindfulness, guided imagery, self-talk, and expressive writing.*

Keywords: Young Adult, Self Healing, Self Diagnose

Abstract. *Fenomena self diagnose yang ramai diperbincangkan di media sosial, membuat banyak anak muda melakukan self healing dengan cara mereka sendiri. Penelitian ini bertujuan untuk mengetahui bagaimana perilaku self diagnose terhadap gaya penyembuhan diri sendiri pada anak muda dan apakah konsep self healing yang populer di generasi muda sudah sesuai dengan self healing sebenarnya. Metode penelitian ini menggunakan pendekatan deskriptif kualitatif dengan studi literatur dan pengumpulan data melalui data sekunder yang diperoleh melalui studi kepustakaan seperti buku-buku referensi, jurnal, artikel dan sumber lainnya yang berkaitan dengan penelitian. Hasil dari penelitian ini menunjukkan bahwa stigma dan diskriminasi masih menjadi penghalang bagi penderita kesehatan mental dalam upaya mendapatkan perawatan yang tepat dan memadai. Hal ini memicu generasi muda secara mandiri melakukan self healing dengan gaya mereka sendiri, dan ini berdampak pada konsep healing yang sebenarnya. Adapun beberapa cara yang dapat menjadi rujukan anak muda untuk self healing diantaranya mindfulness, guided imagery, self talk, expressive writing.*

Kata Kunci: Anak Muda, Self Healing, Self Diagnose



Introduction

Mental health issues are a serious concern for the younger generation. Mental health is an essential thing in human life. Mental health is as important as physical health. However, it is miserable that currently, individual awareness of mental health in Indonesia is still lacking. Mental health cases in Indonesia increased rapidly during the Covid-19 pandemic in Indonesia. It cannot be denied that the Covid-19 pandemic has created significant changes in human life, including in the aspect of mental health. The continuous adaptation process can shake the mentality of individuals, especially the younger generation. The gap in psychological treatment makes mental health issues wider and must be addressed immediately.

Self-diagnosis is the result of children being afraid to go to a psychologist; apart from the cost, another cause is the lack of awareness of mental health in Indonesia¹. Self-diagnosis is the process by which individuals self-diagnose or identify their disorders. Most people search for their symptoms online to see if they match them². Therefore, building awareness of the importance of mental health must be implemented in the post-pandemic era through various means. The need for mental health services for young people will continue to increase. Not a few of the younger generation carry out self-diagnosis and self-healing without professional help.

Methods

The type of research used is a qualitative approach. Namely, the study is used to examine the condition of natural objects, the researcher is the key instrument, data collection techniques are carried out qualitatively, data analysis is inductive, and the results of qualitative research emphasize meaning rather than generalization.

¹ Mardotilah Darmawan and Wiseto Agung, "Sistem Pakar DiagNomorsa Mental Illness Pada Anak Korban Broken Home Menggunakan Metode Forward Chaining Berbasis Android," *Jurnal Nasional Komputasi Dan TekNomerologi Informasi (JNKTI)* 5, Nomor. 5 (2022): 844–55, <https://doi.org/10.32672/jnkti.v5i5.5111>.

² Julia Ditanti, "Storyboard Dalam Perancangan Iklan Layanan Masyarakat 'Hindari Self-DiagNomorsis! Yuk, Konsultasikan Kondisimu,'" *Jurnal Nawala Visual* 5, Nomor 1 (2023): 52–57, <https://doi.org/10.35886/nawalavisual.v5i1.580>.



This type of research is included in an exploratory study, which is carried out to discover and explain problems. Initially, the researcher only understands the existing issues in general and then conducts research. Experimental research has issues that have never been explored and try to find or uncover problems that are needed or will be researched. The research method uses a literature study; the researcher diligently examines the literature required in the research and combines it with interviews with informants needed in the survey.

Results and Discussion

The phenomenon of self-healing in the younger generation is still a pretty popular topic of discussion on social media. The younger generation feels they need self-healing because of various problems in their lives, such as fatigue from work, toxic relationships, and so on. What was horrendous on Twitter and Instagram was that one account shared a quote from a 21-year-old student. The student felt the world of lectures had taken up his time for healing and self-reward. The informant even said that he needed six months off from college so he could do self-healing.

Why does this phenomenon occur? If seen from the perspective of one of the books entitled 'Strawberry Generation' written by Prof. Rhenald Kasali. Prof. Rhenald says in his book that Generation Z is the most creative generation. On the other hand, generation Z is also a generation that gives up quickly and is sensitive. One of the reasons is that some parents tend always to fulfill all their children's requests. There are also habits of overprotectiveness and oversharing. Generation Z tends to like instant things. This tendency is in contrast to the high expectations of parents. Apart from that, factors within Generation Z and their parents, as well as social media, also influence this.

Social media has brought many life changes, especially the lives of young people, where social media is often used to celebrate success, flex or show off something, and share positive things. On social media, social media users tend only to see someone from their success, even though behind that success, many challenges in the process are not told on social media. Many members of



Generation Z compare themselves to others and feel they are not experiencing success like other people. So, Generation Z wants instant success or success. The impact is that Generation Z will be devastated when they fail to achieve the success they think is easy. If viewed psychologically, the younger generation is looking for identity. When the more youthful age experiences an identity crisis, they will quickly feel down.

Generation Z, who are more aware of mental health, can lead to self-diagnosis and self-healing. Many young people still think self-healing means traveling to expensive places or just traveling, which drains their finances. When they feel they are experiencing mental health problems, young people can easily search for and access information via the Internet. Still, unfortunately, the internet can be a gap in someone's mental health. The internet can be involved in the "validation of serious mental disorders as 'normal.'" Having a mental disorder is nothing to be ashamed of, but like most other medical conditions, mental illness cannot be ignored. Those who have mental illness need to be diagnosed and treated according to the disease they suffer from through a professional³.

The phenomenon of increasingly widespread use of the term healing could be because people are more aware of mental health issues. Still, others also carry the danger of self-diagnosing or self-diagnosing. However, not all mental health problems can be overcome in this way. Teenagers often only catch a glimpse of mental health disorders and then quickly diagnose themselves⁴. After carrying out self-diagnosis, young people feel very anxious, afraid that the results will come true, and become stressed. The impact is that you feel disturbed in daily activities because you believe the self-diagnosis results are accurate⁵.

The term self-healing, which is popular among young people today, is often accompanied by fulfilling the need for self-care, but it can also carry the risk

³ Eva Meizara et al., "Psikoedukasi Self DiagNomorse : Kenali Gangguan Anda Sebelum Menjudge Diri Sendiri," *Pengabd* 3, Nomor 1 (2022): 19–26.

⁴ Ditanti, "Storyboard Dalam Perancangan Iklan Layanan Masyarakat 'Hindari Self-DiagNomorsis! Yuk, Konsultasikan Kondisimu.'"

⁵ Imas Maskanah, "FeNomormena Self-DiagNomorsis Di Era Pandemi COVID-19 Dan Dampaknya Terhadap Kesehatan Mental The PheNomormeNomorn of Self-DiagNomorsis in the Era of the COVID-19 Pandemic and Its Impact on Mental Health," *JoPS: Journal of Psychological Students* 1, Nomor 1 (2022): 1–10, <https://doi.org/10.15575/jops.v1i1.17467>.



of increasing stress and feeling an increased burden. For example, a 21-year-old student with the abovementioned problems is experiencing culture shock from junior high school to college. However, we need to realize that there is no need to hide behind the words self-healing and self-reward to justify feelings of unease arising from a lack of mental readiness to face life in the younger generation. The younger generation often thinks that mental health problems can be overcome by healing, for example, going on holiday. This is not entirely wrong, but that is not the only way to deal with mental health problems. Self-healing is a recovery effort. Self-healing can be done in various ways, including:

1. **Mindfulness.** Mindfulness is a condition where our thoughts, feelings, and bodies are in the present moment, do not wander into the past or future, and are non-judgmental.
2. **Guided Imagery.** Close your eyes, then imagine something pleasant, using various modalities such as visual, auditory, and kinesthetic to help increase imagination. Even though this comfort is short-term, Guided Imagery can be a psychological first aid in dealing with excessive anxiety.
3. **Self-Talk.** Speak to yourself with positive sentences. It is essential to know that emotions tend to be influenced by our thoughts, where our thoughts depend on how we interpret an event. We need to revise our thoughts because positive reviews will improve the quality of emotions and feelings.
4. **Expressive Writing.** Reflect on the thoughts and feelings experienced during the pandemic in written form.

Self-healing is closely related to confidence because self-context is essential in motivating a person's self-confidence. Self-healing is also related to intrapersonal communication because an internal dialogue occurs within the self's space⁶. Interpersonal communication has a role in self-healing activities, where self-healing is carried out by providing a positive response, both positive and

⁶ M. Anis Bachtiar and Aun Falestien Faletahan, "Self-Healing Sebagai Metode Pengendalian Emosi," *Journal An-Nafs: Kajian Penelitian Psikologi* 6, Nomor 1 (2021): 41–54, <https://doi.org/10.33367/psi.v6i1.1327>.



negative, to the information received⁷. In this regard, young people need good self-resilience in dealing with and resolving conflicts; many still harbor emotions and problems. Instead of being resolved, this problem resulted in stress, emotional instability, abnormal conditions, depression, self-harm (self-harm), and suicide (ending one's life). This impact occurs on individuals who cannot overcome their problems, and the conflict within them increases. So, it is essential to recognize problems, overcome difficulties, and come to problem-solving and self-healing⁸.

The efforts of the World Federation of Mental Health (WFMH) in dealing with mental health issues after the global mental health pandemic have been commemorated on October 10 every year since 1992. In 2022, the World Federation of Mental Health (WFMH) will carry the theme "Making Mental Health & Well-being for All a Global Priority." is not without reason; this was done as an effort to recover after the difficult times of the pandemic. Based on WHO data, there was a drastic increase in anxiety & depression disorders, reaching 25% in the first year the world faced the pandemic.

The development of mental health science in Indonesia is not accompanied by public awareness regarding this issue. Some consider it trivial, and others even view it negatively⁹. The gap in psychological treatment makes this issue even wider and must be addressed immediately. Through the theme, it is hoped that it can also increase the younger generation's awareness of mental health and make this a priority. The theme for World Mental Health Day 2022 is intended to be an opportunity and opportunity for people with mental or mental conditions to gather together to explore progress in the mental health field and do what needs to be done to ensure that mental health and well-being become a global priority.

Stigma and discrimination are still obstacles for mental health sufferers in their efforts to get appropriate and adequate treatment. Therefore, it is hoped that

⁷Yogi Nomorviariski, "Peran Komunikasi Interpersonal Sebagai Self Healing," *Nivedana : Jurnal Komunikasi Dan Bahasa* 2, Nomor 2 (2021): 107–16.

⁸Diana Rahmasari, *Self Healing Is KNomorwing*, 2020, https://statik.unesa.ac.id/profileunesa_konten_statik/uploads/perpustakaan/file/c7847701-1721-4a37-910e-317bbd5a80d0.pdf.

⁹Mutiara Nur and Shafira Aryandhini, "Analisis Wacana Kritis Dalam Kolom Opini Idntimes 'Kesehatan Mental: Stigma, Glorifikasi, Self DiagNomorsis,'" *Nuansa Indonesia* 24, Nomor. 1 (2022): 1–11, <https://jurnal.uns.ac.id/ni>.



World Mental Health Day 2022 can be used as a campaign to give every individual the right to access the mental health care they need to live a better life. Data from the Central Statistics Agency (BPS) 2020 recorded that Indonesia's total population in the youth category was 64%. The younger generation must prepare many things to take a role in the nation's revival for the sake of state sovereignty. Many opportunities and possibilities can be utilized well so that Indonesia can recover quickly after the pandemic.

Mental health is no less important than physical health problems; if disturbed, it can cause unwanted negative things such as problems with physical health. What differentiates the two is that mental health disorders result in deviant behavior that is undesirable for both oneself and the surrounding environment. One of the reasons for the increase in the percentage of mental disorders is the neglect of mental health¹⁰. This behavioral deviation is not fully recognized as a form of disturbance in the individual and often occurs when the individual feels okay with himself even though you are unconsciously experiencing mental problems that may have reached a critical stage or phase.

Deviance is manifested in various behaviors and actions that are generally accepted in society (understanding); some are stereotyped as a form of mental disorder. The impact of self-diagnosis can cause someone to match symptoms incorrectly because it turns out the disease they are suffering from is different. Self-diagnosis can also result in sufferers not wanting to go to professional experts because they feel anxious and afraid first¹¹. Mental health disorders caused by self-diagnosis can interfere with daily activities. The impacts felt by respondents include excessive anxiety, fear of things that may not necessarily happen, depression, and stress¹². So, it is indispensable to understand mental health to

¹⁰ Ellyana Dwi Farisandy, Azzahra Asihputri, and Jennifer Shalom Pontoh, "Peningkatan Pengetahuan Dan Kesadaran Masyarakat Mengenai Kesehatan Mental," *Diseminasi: Jurnal Pengabdian Kepada Masyarakat* 5, Nomor. 1 (2023): 81–90, <https://doi.org/10.33830/diseminasiabdimas.v5i1.5037>.

¹¹Cinta Komala et al., "Hubungan Literasi Kesehatan Mental Dengan Trend Self - DiagNomorsis Pada Remaja Akhir" 17, Nomor 3 (2023): 206–13.

¹²Maskanah, "FeNomormena Self-DiagNomorsis Di Era Pandemi COVID-19 Dan Dampaknya Terhadap Kesehatan Mental The PheNomormeNomorn of Self-DiagNomorsis in the Era of the COVID-19 Pandemic and Its Impact on Mental Health."



build awareness of living healthily from a physiological and psychological perspective. Mental health can be interpreted as the realization of harmony between intellectual, psychomotor, and affective functions and the ability to face problems that occur and solve them positively. The signs or characteristics of a mentally healthy person, according to the World Health Organization (WHO) in 1959, as quoted by Ade Masturi and Asih Dewi Utami, are as follows:

1. Can adapt constructively to reality, even if the reality is bad for him.
2. Get satisfaction from the results of your hard work.
3. Feel more satisfied giving than receiving.
4. Relatively free from tension and anxiety.
5. Connect with other people by helping and satisfying each other.
6. Accept disappointment, but then use that disappointment as a lesson for the future.
7. Divert feelings of hostility into creative and constructive solutions
8. Have a great sense of compassion¹³.

Attention to the importance of awareness and understanding of mental health in the younger generation is still neglected. Lack of attention to the mental health problems of the younger generation often results in mishandling and maladjustment in various forms and, of course, can be detrimental to the younger generation as the nation's successors. The younger generation is a milestone in a nation's change. If the more youthful age experiences mental health problems, the progress of a country will be hampered. With the commemoration of World Mental Health Day, it is hoped that the younger generation will learn to understand themselves and the social environment around them. Try to think, behave, and act positively wherever and whenever. Because we don't know the psychological dynamics of other individuals, it would be good to fill the daily activities of the younger generation as a productive age by spreading positive activities and environments. Efforts to restore mental health are also essential to pay attention to and carry out, namely by applying spiritual values, such as

¹³Ade Masturi and Asih Dewi Utami, "Kecerdasan Komunikasi Dan Kesehatan Mental," *Dakwah: Jurnal Kajian Dakwah Dan Kemasyarakatan* 22, Nomor 2 (2018): 107–22, <https://doi.org/10.15408/dakwah.v22i2.12063>.



positive thinking, patience, listening to Islamic studies, and reading the Al-Qur'an¹⁴.

Conclusion

The younger generation still often misunderstands the meaning of self-healing. The current young age seems to be avoiding problems in the name of healing. During healing, they are truly comfortable in this stress-free condition and do not immediately return to real life. Situations like this do not solve the problem. They add to many problems because they leave work that needs to be done. Healing is not just a holiday. Healing is a process of finding your identity, processing yourself from past trauma, having a self-concept, having self-regulation, accepting yourself as you are, and determining your life goals.

¹⁴Maskanah, "FeNomormena Self-DiagNomorsis Di Era Pandemi COVID-19 Dan Dampaknya Terhadap Kesehatan Mental The PheNomormeNomorn of Self-DiagNomorsis in the Era of the COVID-19 Pandemic and Its Impact on Mental Health."



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