

The Influence Of Social Media As A Trigger For Depression In Women: A Critical Discourse Analysis Study

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Abstract

This research is a descriptive research. Participants in this study were women who used social media in their daily lives, aged 20-40 years. The data collection methods carried out in this study are: observation, questionnaire, and literature study. The sampling technique is used randomly or randomly. The data used in this study is the upload that has the most likes from Instagram social media @rat_naah with the number of Instagram followers as many as 15,000 people. The results of the analysis in this study use Norman Fairclough's critical discourse analysis of text types, to determine the form of representation, relationship and identity of account owners described in semantic linguistic studies in forming meaning in sentences. This study shows that social media has a very significant influence in triggering depression in women, due to negative events that occur repeatedly and continuously.

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1. INTRODUCTION

Social media is a medium on the internet that allows users to represent themselves and interact, collaborate, and share information. Communication with other users forms virtual social bonds (Rafiq, 2020). The presence of social media has had a very significant impact on how we communicate. Nasrullah (2015) in Rafiq (2020) published research findings that suggest internet and social media usage in Indonesia is quite high. Internet penetration is approximately 15%, or more than 38 million internet users, out of a population of approximately 62 million registered and with social media accounts. Based on this research, the average Indonesian spends nearly three hours connected and surfing social media (Rafiq, 2020).

Furthermore, social media has had many new impacts on our lives, both positive and negative. Social media benefits the development of science and technology by facilitating communication, finding and accessing information, developing relationships, and making new friends (Gani, 2020). As internet technology advances, social media will also grow rapidly. Currently, people can access Facebook, Instagram, and Twitter anywhere and anytime (Gani, 2020). The rapid access people have to social media has resulted in a significant impact on the flow of information, even increasing the negative impact on the real lives of social media users. One of the negative impacts of excessive social media use is depression in social media users.

Depression, or mood disorders, disrupts daily activities. Depression is an emotional disorder characterized by feelings of distress, guilt, sadness, loss of interest, and withdrawal from others, which can impact interpersonal relationships. A person experiencing depression generally exhibits distinctive physical, psychological, and social symptoms (Sulistiyorini et al., 2017). This condition becomes chronic and recurrent and can substantially impair an individual's ability to carry out responsibilities. At its most severe, depression can lead to suicide (Dianovinina, 2018).

According to the WHO, depression is the second leading cause of disability. More than 350 million people worldwide experience depression, leading the WHO to prioritize depression as a priority for treatment (Sulistiyorini et al., 2017). Depression often goes unnoticed by sufferers and those around them. Therefore, depression is considered an invisible disorder. People with depression are often unaware that there is a problem. In fact, society often considers depression to be a problem related to a person's faith, so it is not considered a psychological disorder that requires professional help. This factor supports 80% of depression sufferers who do not receive proper treatment (Sulistiyorini et al., 2017).

The WHO indicates that mental health issues, particularly depression, are the largest cause of the individual burden of disease. WHO data also indicates that depression is a leading cause of illness and disability, with suicide being the third leading cause of death. These data indicate that depression is currently increasing in the population. A person is considered depressed if they experience at least five of the following nine criteria for at least two weeks:

- 1) feelings of depression that occur most of the time, even almost every day.
- 2) decreased interest and pleasure in most activities, almost daily.
- 3) significant changes in weight or appetite.
- 4) changes in sleep patterns to insomnia or hypersomnia,
- 5) changes in activity,
- 7) excessive and inappropriate feelings of guilt or worthlessness,
- 8) decreased concentration, and
- 9) recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, suicide attempts, or specific plans to commit suicide (Dianovinina, 2018).

These symptoms of depression appear in various behaviors, some showing a lack of enthusiasm for activities, not wanting to interact with anyone, crying for no reason, or becoming very sensitive and easily angered (Dianovinina, 2018). Some factors that cause depression can be genetic, biological, environmental, and psychological. Many possible causes of depression include impaired brain function related to mood regulation, genetic susceptibility, stressful life events, medications, and medical indications (Dianovinina, 2018). Negative life events greatly influence high levels of depression, family economic factors, risk factors related to divorce/family separation, life as a single parent or in children living with a single parent, having problems with friends or the environment, dissatisfaction with family or even partners, and violence and betrayal that have been experienced can be triggers for depression.

Depression can affect anyone, regardless of education, ethnicity, age, income, marital status, or gender (Sulistiyorini et al., 2017). As expressed by Silverstein and Lynch (2002) in Darmayanti (2008), gender differences in depressive symptomatology have received much attention, and current facts show that the prevalence of clinical and subclinical depression is higher among women (Darmayanti, 2008). Based on a study by Marcotte (2002) in Darmayanti (2008) on Populations in Canada and the United States found that approximately 20-35% of men experience depressed mood, and approximately 25-40% of women experience it. Men have an 8-12% lifetime risk of developing unipolar depression, and approximately 25% of women will experience clinical depression during their lifetime (Darmayanti, 2008).

Differences in coping strategies between women and men result in more women suffering from depression than men. Research conducted by Petersen in Darmayanti (2008) found that women use more ineffective coping strategies, such as internalization, intellectualization, and rationalization (Darmayanti, 2008). These ineffective coping strategies fail to reduce the stress of negative events, making them unable to maintain emotional balance. Women who experience depression experience this because of the way they internalize and express their psychological disorders (Darmayanti, 2008).

Thus, this research really needs to be studied to help: 1) the public understand psychological disorders more easily like depression, 2) can be used as a basis of knowledge in providing information to the public, 3) as an effort to help the public to pay more attention to women's mental health, 4) help prevent an increase in depression in women, 5) and describe women's thoughts using Norman Fairclough's critical discourse analysis to determine the level of indoctrination.

2. METHOD

This research is a descriptive study. Descriptive research aims to present an overview/exploration/explanation, and classification of a social phenomenon. Participants in this study were women who use social media in their daily lives, aged 20-40 years. The data collection methods used in this study were: 1) observation, conducting direct observation of community activities on social media, 2) questionnaire, giving questionnaires directly to respondents and informants, and 3) literature study, reviewing literature that is in accordance with the research. The sampling technique used was random or random to obtain subjects to use the questionnaire. Furthermore, 19 women were obtained who filled out the questionnaire. The data used in this study were posts that had the most likes from the Instagram social media account @rat_naah with a total of 15,000 Instagram followers. In addition to the women who filled out the questionnaire, data was also taken from the comments column on the post. The analysis results in this study use Norman Fairclough's critical discourse analysis of text types to determine the forms of representation, relationships, and identities of account owners described in semantic linguistic studies in forming meaning in sentences.

3. DISCUSSION

Depression is a mental disorder characterized by a loss of feelings of joy or arousal, accompanied by other symptoms such as sleep disturbances and decreased appetite. Depression usually stems from untreated stress, leading to a depressive phase. Several studies on the impact of social media have shown that long-term social media use has been linked to negative signs and symptoms of depression. Research by Keles et al. (2020) in Prajaniti et al. (2022) found a link between social media use and depression and mental health problems in users (Prajaniti et al., 2022).

This study analyzes discourse in social media posts using Norman Fairclough's text analysis. In this case, the text created by the social media account holder forms a representation of something that contains the account holder's ideology. Therefore, the text needs to be linguistically dismantled by looking at the linguistic aspects, namely semantics, that form a meaning in a sentence. Because the account holder wants to convey a certain ideology to the reader. How the account owner constructs his relationship with the reader and how an identity is to be displayed. Thus, the results of this text analysis include the representation, relationship, and identity of the account holder towards the reader (Saraswati, 2017). The results of this study can be described as follows.

Representation

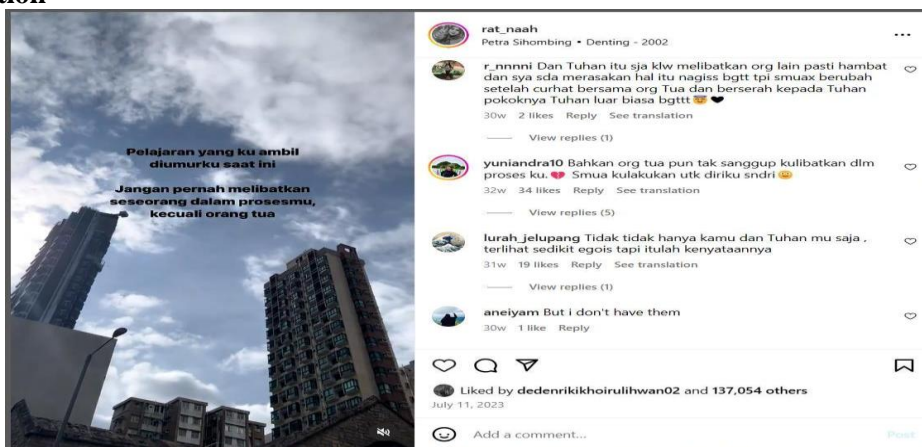


Figure 1 IG source: @rat_naah

In the three-second video, a post by the account owner reads, "The lesson I learned at my age. Never involve anyone in your process except your parents." The post attracted public attention, reaching the highest number of likes of 137,054 people. In addition to being able to lead

the public to like the opinion, the post also made followers leave comments. The most striking comment was the comment given by the account @yuniandra10, who wrote, "Even my parents can't be involved in my process. I do everything for myself." When viewed based on Norman Fairclough's critical discourse analysis method, the sentence makes a contribution to social and cultural analysis. The use of language in speech and writing has shaped social practices, thus displaying ideological effects, producing and reproducing unequal power relations between majority and minority groups, social classes, men, and women (Saraswati, 2017).

In this case, we can see that the commenter may have a strained relationship with his parents, so that even in his joys and sorrows, he doesn't want to involve them. It seems that the problems experienced by every family will become increasingly complex as time passes rapidly. Challenges become more diverse, leading to rapid social change, but the old values relied upon by the community are less able to be accommodated. reused (Rahmawati, 2016). This situation significantly impacts the roles played by husband and wife, and thus, the children are impacted. Children indoctrinated by parental authority are more likely to experience an unbalanced life, becoming fearful in facing life. Furthermore, they will grow up to be more reserved than other children who readily express their emotions. Because children indoctrinated by parental authority are more likely to have their opinions rejected than to have their opinions listened to. They remain trapped by the long-held notion that "parents know what's best for their children."

Based on the post, the language used by the account owner has led readers to respond to what they read. The responses in the post are expressions of feelings with negative connotations or the sadness of someone who has no one else to rely on. This can trigger depression because the post makes someone recall events that may be very dark in their past. The result of seeing this post can change a person's mood when encountering readers who are in that position. This can lead to unconscious behaviors such as showing no enthusiasm for activities, not wanting to interact with anyone, crying for no reason, or becoming overly sensitive and easily angered after reading it.



Figure 2 IG source: @rat_naah

The second post also received the most likes, with 32,191 likes, and numerous comments, almost all of which agreed with the account owner's opinion. The questionnaire results also revealed similar opinions, as follows:

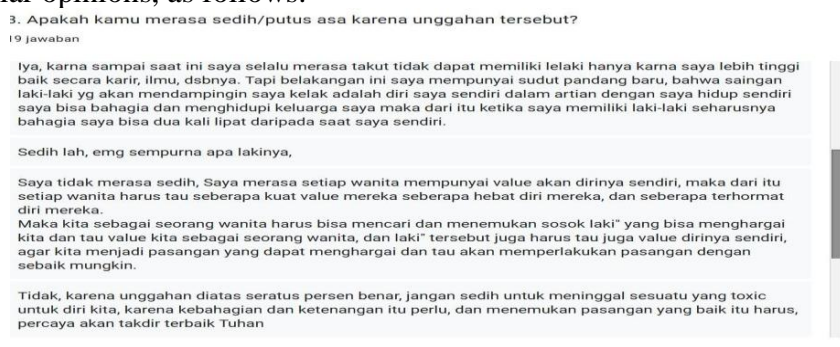


Figure 3 Source: Questionnaire

The second image is a form of discourse about women that reads: "To all women, read this carefully. A woman is special in the eyes of the right man for her. How do you see the right man? See how he treats you." In this sentence, the account owner gives readers an opinion on how to choose the right man. In this case, choosing the right man is intended for women who will build a household. According to Islam, women are God's creatures who are highly valued. There are so many signs in Islam that show respect for women. One of them is that Allah SWT confirms that men and women are equal before Him according to Q.S. Al Hujurat: 13 (Aziz, n.d.). Thus, women must be honored by men. Because women are capable of giving birth, which is as painful as breaking a rib. When a man can treat you well, as conveyed by Allah in his teachings, then he can be relied upon as the right man.

The account owner then continued his opinion, which read: "If you feel worthless in front of him, then stop, choose a man who sees you as lucky, not the other way around, who lowers your value." In Jewish times, women were considered She was treated like a servant or slave, and her father had the right to sell her. Having a daughter was a major disgrace in the family. Women before Islam had no status at all. The facts of respect for women have been forgotten. Women are second only to men. This is a common argument among Western feminists. Even great thinkers look down on women, believing them to have many shortcomings and lack the courage of men (Latifah & Jauhariah, 2023). Based on this view, women are relegated solely to domestic and reproductive roles. This creates certain labels and stereotypes about women (Parancika et al., 2021).

To reposition women's roles in social interactions, the concept of gender emerged, reconstructing the universal relationship between men and women. Gender is seen as a cultural concept used to differentiate the roles, behaviors, mentalities, and emotional characteristics of men and women that develop in society. These differences create gender inequality, which leads feminists to rebel. Women's struggle to fight patriarchal culture ultimately developed into an influential school of thought in societies worldwide (Parancika et al., 2021). Thus, the increasing advancement of technology has made women more open-minded towards the world. In Indonesia, the struggle to create women who are admired, modern, independent, and strongly committed to taking steps and possessing self-confidence in life for the community and working for the good of life was first echoed by Kartini with the term 'women's emancipation' (Bily & Suharti, 2021).

The question submitted by the account owner was then explained further, which read: "No matter how perfect a woman is, no matter how high her career is, no matter how beautiful her physique is, no matter how high her knowledge is, if she is in the hands of the wrong man, the value of that woman remains zero. So whoever wants you must meet your standards of happiness; the standards of happiness for women are very simple, they only want to be treated well, as religion teaches us all to honor women. " The answer to the previous question was explained directly by the account owner who then reaped various comments from readers who agreed with the statement, one of which was from a respondent who answered the question "Do you feel sad/desperate because of the post?" the respondent answered "I don't feel sad, I feel that every woman has *value* about herself, therefore every woman should know how much strong *value* them. How great they are, and how honorable they are. So, as women, we must be able to seek out and find a man who can appreciate us and know the value we as women, and men also have to know the value themselves, so that we can become couples who can appreciate and know how to treat each other as best as possible."

The statement given by the respondent, it shows that she is a woman who has valuable values in her life. This shows that she has reflected the term women's emancipation, which requires them to have a strong commitment and self-confidence. Because without that self-confidence and commitment, women will always be looked down upon. However, some respondents are indoctrinated by the patriarchal ideology, one of whom answered in the following statement: "Yes, because until now I have always been afraid of not being able to have a man just because I am superior in career, knowledge, etc. But lately I have a new perspective, that the rival of the

man who will accompany me in the future is myself in the sense that by living alone I can be happy and support my family, therefore when I have a man, I should be twice as happy as when I was alone."

The first sentence in the statement explains that the respondent had encountered a man who may have felt inferior when faced with a respondent who had a good career and more extensive knowledge than the man. So the man tried to indoctrinate the respondent that a woman should be below a man and should not be superior to him. Thus, feelings of fear and anxiety arose and indoctrinated the woman's mind. Feelings of fear and anxiety that often arise repeatedly can be a trigger for depression. The triggering factor for depression in the respondent was the doctrine given by the man who had made the respondent comfortable. So the respondent tried to rely on the man. This became a form of disharmonious relationship, because one of them tried to bring down the other instead of trying to establish equality between the two.

However, after facing this problem, the respondent discovered a new opinion that changed her previous view. She believed that the man she should be with would be someone who matched her own strengths and could help her enjoy the happiness she had before being with him. The account owner's opinion was written in a Inadvertently, they have created a structure of meaning that represents women's feelings in real life, thereby swaying public opinion toward the account owner's ideology. In this way, the account owner has successfully synthesized language that can convey her identity as a feminist.



Figure 4 IG source: @rat_naah

The third post also had the most likes, with 27,668 people. The post read, "Life is tiring, that's why we need a home and someone who will always be there for us." *excited* "Listen to our story." This sentence implies that in living real life, we are made aware of the many activities and demands of life that drain our energy, strength, and mind. Some people are willing to sacrifice their health for money, some who sacrifice their money for their health, some who worry about their future without thinking about the present, some who only care about the present without worrying about their future, and some people live as if they will never die. This is human confusion that is the source of fatigue itself (Prasetyo, 2023).

Life can feel strange for those who are confused about their direction and purpose. Confusion is a chaotic state of mind and heart that can cause someone to become disoriented, unable to make decisions, even hesitant in their steps, anxious, and depressed to the point of heartbreak (Prasetyo, 2023). When someone feels confused, they will simply do what they want, without any guidance. A clear mind. Sometimes, they'll do the same thing over and over again, leading to fatigue. The fatigue that occurs is the result of doing something wrong, and unfortunately, it's done repeatedly.

For example, if a child brings home a toy that isn't his and his parents leave it, it's not because he doesn't know it's not his. Rather, it's because he lacks a guiding principle that guides his path. The child will always hide behind his parents if they consistently assume that "he's just a kid," and this will become something the child believes is right because there's never been anyone to guide him. Mistakes inherent in his nature force him to stop, just as someone who continually

experiences fatigue due to mistakes he makes needs guidance, information, advice, and direction from someone he believes can serve as a guiding principle in his life. In reality, people who go astray lose their orientation. Therefore, they will eventually become exhausted. Even their goals are like a mirage, seemingly stretching out before their eyes, but when approached, they never reach them (Prasetiyo, 2023). Thus, we need a place to return to, to share the complaints and fatigue that are concentrated in our minds, so as not to create a sense of exhaustion.

However, not everyone has a place to talk, even if it's just to complain. This mostly happens to women, as seen in a comment left by the account @vialistyvialisty, which reads "There are people, but they can't be talked to or even just listen to my story. In the end, I'm forced to stay strong, no need to tell here and there, just sleep alone. Because the story seems useless." In line with this comment, another comment was made by the account @anindyasap, which reads "unfortunately, many houses are only used as beds without stories." In fact, women are cheerful creatures; they will always share things that might be considered trivial to someone who is considered able to provide comfort and calm. Because women are part of aesthetics, they are created gently because women always prioritize their feelings over logic. However, if a woman always experiences continuous neglect, her joy is broken. From repeated neglect, an independent and self-sufficient woman is formed. It could be that she feels bored in the disharmonious home, but because of one factor that she cannot talk about, she chose to persevere. This opinion was reinforced by the account @dmrs.dmrs_17, which wrote, "It's hard to explain, only you understand."

Thus, the language used by account owners in their posts can trigger depression in readers. This language has led public opinion to relive negative life events. One such factor is dissatisfaction with one's family or partner.

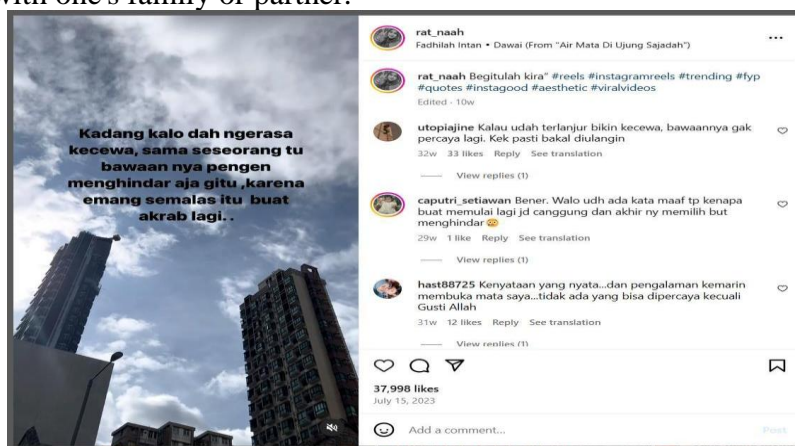


Figure 5 IG source: @rat_naah

The fourth post also had the most likes, reaching 37,998. Based on this post, researchers correlated the account holder's opinion with the following question: "Have you ever been betrayed?" Of the 19 respondents who answered, almost all said they had, as follows:

10. Apakah kamu pernah dikhianati?
19 jawaban

Pernah

pernah dan sering

PERNAHLAH.

Pernah di khianati oleh seseorang tetapi saya bisa mengatasi nya dengan berfikir yang lebih baik dan mengabaikan sakit yang pernah di alami nya

tidak

Pernah, pengen mencoba untuk menghitung berapa banyak dikhianati agaknya saya lupa sudah berapa kali saking banyaknya, saking banyaknya sampai saya selalu berpikiran bahwa saya tidak pantas untuk dicintai, tidak ada orang yang merasa cukup akan diri saya sendiri, dan bahkan saya pernah berpikiran bahwa saya tidak jauh lebih baik dari pada orang lain.

Sulit abaikan sakit ati, gw denger suaranya klo liat orgnya aja gedeg mulu, blm sepenuhnya pelepasan

Figure 6 Source: Questionnaire

Based on the answers, what is interesting is the statement made by the following respondent: "Once, I wanted to try to count how many times I was betrayed. I think I lost count because it was so many. So many that I always thought that I was not worthy of love, that no one felt enough about me, and I even thought that I was not much better than other people." The fourth post given to respondents made respondents recall the past, which may have been dark. Opening old wounds that may have almost healed. Reminding them of memories they hoped to forget. Disturbing a mood that may have been calmer than before. Even reviewing the past that has passed in our minds.

Thus, the owner of the social media account @rat_naah represents a large segment of women in expressing their feelings. However, this can trigger depression if done repeatedly and continuously. The discourse expressed by the account owner can often lead readers to relive memories they may have been trying to forget. This can resurface feelings of excessive guilt or worthlessness, which can be a contributing factor to depression.

Relation

The second analysis is the relationship, how the relationship is formed between the two actors in the discourse, the two actors include: the account owner as the creator of the discourse, and readers as public participants. The relationship displayed by account owners to their readers creates a particular ideology that ultimately represents the feelings of readers or social media users.

Identity

The third analysis is identity. This identity refers to the account owner's position and bias in presenting discourse. The identity displayed in the discourse they upload is the account owner's bias towards women. The account owner seeks to uncover new perspectives on schools of thought that can influence women's perspectives on feminism or gender equality. This is evident in the discourses they create directly, as if the account owner is experiencing life events, which are then compiled into discourses and posted on social media. Then, indirectly, these discourses form an ideology that represents the feelings of every woman or social media user who reads them. Each discourse uploaded by the account owner has both positive and negative impacts on respondents. It is not uncommon for some social media users to feel jealous when observing the lives of others or reading stories about their happiness posted on social media.

4. CONCLUSION

While social media is expected to be a cure for someone who has nowhere to go, as in the previous representational analysis, it can actually have a significant negative impact. This can cause readers to experience significant mood swings afterward. They may feel as if social media isn't on their side, always displaying the happiness of others, which they don't share. They may feel as if all posts about their moody anxieties help represent their feelings. Even the feeling of considering social media their only best friend can cause someone to withdraw from real life. Unconsciously, excessive social media use can cause a person to experience a decrease in interest and concentration in real life. This can trigger depression. Therefore, limit excessive social media use. Distance yourself from things that can disrupt your mood. Engage in enjoyable activities or hobbies that can distract you. Eat healthy foods and exercise. can help the body stay healthy, and create activities that can divert your attention.

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