Analysis Of Self-Diagnosis Rates In The Early Adult Age Range

Eva Rizkika[1]*, Desi Fitriana[2], Tatik Imadatus Sa'adati[3], Nur Aziz Afandi[4]

[1,2,3,4]Islamic Psychology, IAIN Kediri, Kediri, Indonesia

Corresponding e-mail:riskikaed@gmail.com

ABSTRACT

The opening of public insight into mental health literacy can lead to self-diagnosis behavior. Self-diagnosis is the act of diagnosing oneself with a disease or disorder based on known information, whether sourced from the internet, closest people, or personal experience. This study aims to analyze the level of self-diagnosis in the early adult age range. The research method used is a quantitative descriptive method, with data collection methods in the form of questionnaires. And the analysis technique uses the SPSS version 22 application. The sample in this study is people with an age range of the early adult age range. The result of the research is that the level of self-diagnosis in the early adult age range is in the moderate category, which is 77.3%. In this case the act of self-diagnosis has a considerable influence on that which can cause a person to suffer from cyberchondria.

Keywords: Decision ; Self-Diagnosis ; The Early Adult Age Range

INTRODUCTION

People's insights related to mental health literacy today are increasingly open, with many sources of information that contain mental health, of course people are increasingly aware of the importance of maintaining mental health. We can see the availability of information related to mental health on social media in the form of Instagram. On Instagram social media, hashtags about mental health on Instagram have reached forty-nine million posts and hashtags about mental health awareness have become twenty-two million posts that are used to disseminate information about mental health.
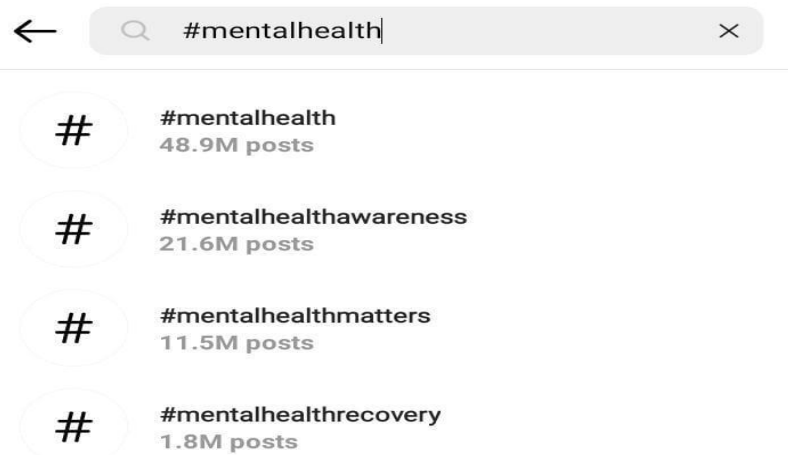
Figures1.1Intagram hashtags about mental health
Source: Personal Documentation (2023)

Literature related to mental health that exists is easily accessible by various age groups, one of which is the early adult age range. The span of the early adult age range is a transition from adolescence which is still living an extravagant life towards a period that demands a sense of responsibility. Santrock (2011) argues that the early adult age range is a term now used to refer to the transition period from adolescence to adulthood. This age range ranges from 18 years to 25 years, this period is characterized by experimental and exploratory activities. The early adult age range is a period of searching, discovery, stabilization and reproductive period, which is a period full of problems and emotional tension, a period of social isolation, a period of commitment and a period of dependency, changes in values, creativity and adjustment to a new way of life.

The early adult age range has an age range of 18-25 years. Humans have high curiosity even in the early adult age range. With high human curiosity, in the process of receiving information, of course, they find out the truth of that information, to then analyze it according to their needs. In the process of analysis or this someone who experiences a number of complaints can directly ask about their complaints or read information related to their complaints on the internet (Ryan & Wilson, 2008). We often hear this process by the name of diagnosis.

According to Thorndike and Hagen (in Yunardi 2019), the diagnosis is;

a. Efforts or processes to find weaknesses or diseases that a person experiences through careful testing and study of the symptoms.
b. A careful study of the facts about a thing to discover its essential characteristics or errors and so on.
c. Decisions reached after a thorough study of the symptoms or facts about a matter.

In the act of individual diagnosis can perform self-diagnosis. Self-diagnosis is an effort, study, and deciding that oneself has a disease based on known information (Maskanah, 2022). From the information obtained it appears that a person can self-diagnose(Tang & Ng, 2006). Self-diagnosis is deciding we have a disease based on the knowledge we have or after reading information related to the complaint. However, often the information available on these pages cannot be accounted for medically or is not evidence-based medicine (EBM).People who are used to over-diagnosing themselves are called cyberchondria(White & Horvitz, 2009).

Often when getting information, someone immediately generalizes what they know with the facts around them. Without more specific information from a doctor, a person doesn't know how to assess their symptoms. As a result, they become increasingly anxious, insistent, even obsessive about their own diagnosis. Even though the information that is spread out there, some are raw and require a further understanding of the process to be applied. Many people trust the information that is on the internet. The reason is that they are afraid of what the doctor will say about their complaint. They are afraid if it turns out that their complaint is a symptom of a bad disease. Another reason is the patient's lack of trust in the doctor who will treat him or who has handled him in different cases(Kim & Kim, 2009). Based on this phenomenon, this study aims to measure the level of self-diagnosis in the age range of 18-25 years or the early adult age range.

METHOD

This study uses a quantitative descriptive method, which is a method that aims to create an objective picture or description of a situation using numbers, starting from data collection, interpretation of the data as well as the appearance and results (Arikunto, 2006). The population in this study is the age range of 18-25. The instrument used in this study was a questionnaire with a Likert scale model. The Likert scale is a subjective measure that is scaled. Statements on the Likert scale have 4 alternative answers, namely: Very Often (VO), Often (O), Never (N), and Never Ever (NE). Statements on this

scale have two characteristics, namely those that support (Favorable) and statements that do not support (Unfavorable) (Arifin, 2012). Data analysis using SPSS software version 22.

RESULTS

Validity and Reliability Test

Items	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Correct Item-Total Correlation	validity	Cronbach's Alpha if Item Deleted
item 1	16.02	7.232	.356	Valid	.372
item 2	16.00	5.674	.367	Valid	.364
item 3	15.00	5.860	.488	Valid	.336
item 4	15.14	5.469	.451	Valid	.364
item 5	15.82	5.082	.490	Valid	.316
item 6	15.61	6.289	.546	Valid	.309
item 7	15.64	6.934	-.379	Valid	.574

Table 1.1 Validity Test

Usability test item validity with SPSS calculations can be seen in table 1.1 in the Corrected Item-Total Correlation column, this number is a correlation measure used to measure strength to determine whether an item is valid to use or not, this validity test uses the r table limit with a significance of 0,05. For the limit of r tables, with n = 44 (Total Respondent) then you get r tables of 0.2573 and all statements amounted to 14 items. This means that if the correlation value is more than the specified limit (0.05) then the item or question is considered valid, whereas if it is less than the specified limit then the item or question is considered invalid.

Reliability Statistics

Cronbach's Alpha	N of Items
.687	7

Table 1.2 Reliability

The Cronbach Alpha test model shows reliability with higher numbers from the Cronbach Alpha value column, the level of data reliability will be better and can be said to be a reliable instrument (Palupi, 2013). In the Cronbach's Alpha test of 0.687, it is included in the high reliability category with a score of $0.687 > 0.05$ (alpha). So it can be concluded that the questions in the self-diagnosis level questionnaire used in this study can be trusted.

Description of Research Data

After selecting valid self-diagnosis level scale items at the time of the scale test, the scores obtained are spread from the lowest value of 7 to the highest 28. The resulting score will be used to determine the category boundaries for the level of self-diagnosis (very high, medium and low). To find out the distribution of self-diagnosis scores, it was carried out with the help of the SPSS for Windows version 22 computer program (Alhusin, 2002). Based on the test results, the average (X) = 17.5 and the standard deviation (SD) = 3.5, resulting in a self-diagnosis level score category as follows:

kat_asertivitas

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	low	2	4.5	4.5	4.5
	medium	34	77.3	77.3	81.8
	high	8	18.2	18.2	100.0
	Total	44	100.0	100.0	

table 1.3 Categorization

Table 1.3 subjects who have a low level of self-diagnosis category as much as 2 out of (4.5%). For subjects in the moderate category there were 34 subjects (77.3%). Subjects in the high category were 8 subjects (18.2%).

DISCUSSION

In this study the aspect of self-diagnosis that stands out is the decision aspect, this aspect consists of finding and evaluating. The act of finding in this study was demonstrated by finding many similarities in the symptoms of mental problems that were felt with the symptoms of known mental problems. The evaluation action is perceived symptoms of psychiatric problems found from various references and decide the psychological problems that are felt based on an analysis that is carried out independently. Humans are creatures that have reason, reason is used to think. The end of the thought process is a decision, in line with the stated Prof. Dr. Prajudi Atmosudirjo, SH Decision is an ending of the thought process about a problem or problem to answer the question of what to do to solve the problem, by choosing an alternative (Fahriana, 2018).

In this study, the decision aspect is the most prominent aspect. When an individual feels that he is suffering from a disease or disorder, he tends to decide for himself what disease or disorder he is experiencing based on the knowledge he has or gets from various sources. In line with what was stated by White and Horvitz (2009) self-diagnosis is an attempt to decide that one has a disease based on known information (Maskanah, 2022). In individual self-diagnosis decide to have a symptom of a psychiatric problem based on what he knows.

In the decision aspect, the indicator that appears the most is evaluation, individuals who carry out self-diagnosis will match the symptoms they experience with the symptoms they find or know. According to Suchman (cited by Arikunto, Jabar, & Abdul 2010), evaluation is seen as a process of determining the results that have been achieved in several planned activities to support the achievement of goals.

In this research, the less prominent aspect is effort and study. According to Sriyanto, effort is the activity of moving the body, energy, and mind to achieve a goal (Sriyanto, 1994). In this research the efforts made in self-diagnosis can be seen when the individual seeks information related to the

symptoms he is experiencing, asks friends/family about the symptoms he is experiencing, notes the symptoms of the psychiatric problems he is experiencing. In addition, the efforts made by other individuals are watching educational videos about the symptoms of psychiatric problems that they feel and this effort can also be in the form of following artists/youtubers/influencers who discuss symptoms of psychiatric problems.

Another less prominent aspect of this research is study, according to M. Sobry Sutikno study or learning is a business process carried out by a person in obtaining a new change as a result of his own experience in interaction with his environment (Djamaludin, 2019). In this research the study aspects can be seen in the behavior of studying in detail about psychiatric problems from various sources, increasing knowledge about psychiatric problems, matching the symptoms of psychiatric problems that are felt with what is found from various sources, both from the internet/books/others, friends or family as well as personal experience. A study or learning process actually provides many benefits to individuals, as stated Eva Meizara in a Psychoeducational Self Diagnose study that someone gets certain academic benefits and provides motivation to compare the symptoms and risks they suffer with those of other people is a powerful way of learning to store them in their memory (Meizara et al, 2022).

The results of this study indicate that the decision aspect which consists of finding and evaluating, has a significant prominence in the respondents who filled out the questionnaire. This indicates that the act of self-diagnosis is dominated by the decision aspect. Self-diagnosis is that it can make someone more empathetic to one another which is the reason they give each other encouragement and support. Apart from that, self-diagnosis will also cause a person to suffer from cyberchondria, which is when a person searches for and obtains too much information about a disease condition which then triggers anxiety and panic (Albab 2022).

Based on the analysis of the level of self-diagnosis in the early adult age range in three categories, namely low, medium and high categories. On 4.5% for the low category, 77.3% for the medium category and 18.2% for the high category. In the act of self-diagnosis the dominating aspect is the decision aspect, which is as much as 2.42%. Another aspect of self-diagnosis that is not prominent is effort and study.

Acknowledge

Praise and gratitude to God Almighty, because with His blessings and grace, we can complete this scientific paper. The writing of this scientific paper was done in order to participate in an international seminar on multicultural psychology.

The author realizes that without the help and guidance of various parties, it is quite difficult for the author to complete this scientific paper. Therefore, I would like to express my gratitude to

1. Mr. Nur Aziz Afandi, as the supervisor who has provided guidance, direction, support, and input to the author.
2. Mrs. Tatik Imadatus Sa'adati, as the supervisor who has provided guidance, direction, support and input to the author.
3. Especially to the respondents who have filled out the questionnaire.

The author realizes that there are still shortcomings in the writing of this scientific paper, for that constructive criticism and suggestions are highly expected to perfect the writing of this scientific paper.

Finally, the authors thank you and hope that this scientific paper can be useful for all parties in need.

REFERENCE

Arifin, Z. (2012). Research Methods And New Paradigms. Bandung: Rosdakarya Youth.

Arikunto. (2006). Research Procedures A Practice Approach. Jakarta : Pt. Rineka Cipta.

Djamaluddin, A. (2019). Learning And Learning. Jakarta : Cv. Kaaffah Learning Center.

Fahriana, Us (2018). Deliberative Decision Making In Islamic Education Management: (Thematic Study Of The Qur'an And Hadith),. Al-Hayat, Volume02, Numbers 01, 2.

Kim. (2009). Physicians' Perception Of The Effects Of Internet Health Information On The Doctor-Patient Relationship. Informatics For Health And Social Care, 34(3), 136–148.

Maskanah, I. (2022). The Phenomenon Of Self-Diagnosis In The Era Of The Covid-19 Pandemic And Its Impact On Mental Health. Jops: Journal Of Psychological Students Vol.1 No.1, 5.

Maskanah, I. (2022). The Phenomenon Of Self-Diagnosis In The Era Of The Covid-19 Pandemic And Its Impact On Mental Health. Jops: Journal Of Psychological Students Vol.1 No.1), 2.

Monks. (2001). Developmental Psychology: An Introduction In Its Various Sections. Yogyakarta: Gadjah Mada University Press.

Ryan. (2008). Internet Healthcare: Do Self-Diagnosis Sites Do More Harm Than Good? Expert .

Santrock, Jw (2011). Life-Span Development . Jakarta: Erlangga.

Sriyanto. (1994). Effort To Achieve Something. Jakarta: New Light.

Tang. (2006). Googling For A Diagnosis - Use Of Google As A Diagnostic Aid: Internet Based Study. British Medical Journal, 333(7579), 1143–1145.

White. (2009). Cyberchondria: Studies Of The Escalation Of Medical Concerns In Web Search. Acm Transactions On Information Systems.

Yanuardi. (2019). Android-Based Design Of Common Diseases Diagnosis Application In Citra Raya Medika Clinic. Journal Of Informatics Engineering (If) Muhammadiyah University Tangerang, 11.

Internet

https://www.bps.go.id/statictable/2016/04/05/1909/penduduk-berumur-15-tahun-ke-atas-menurut-education-tertinggi-yang-ditamakan-dan-tipe-activities-   during-the-past-week-2008-2022.html (accessed 3 july 2023).