

# **The correlation between self-diagnosing mental health disorders and social skills in teenagers: an investigation into the impact of inaccurate self-assessment**

Jennifer Keisha Halim<sup>1</sup>, Alicia Ibrahim<sup>2</sup>, Aldrich Bryan Calvin Lee<sup>3</sup>, Jeff Axellino<sup>4</sup>, Parissia Whitney Therry<sup>5</sup>

1. Jennifer Keisha Halim, Xin Zhong School, Surabaya, Indonesia (311210885@xinzhong.sch.id)
2. Alicia Ibrahim, Xin Zhong School, Surabaya, Indonesia (31222096@xinzhong.sch.id)
3. Aldrich Bryan Calvin Lee, Xin Zhong School, Surabaya, Indonesia (311210925@xinzhong.sch.id)
4. Jeff Axellino, Xin Zhong School, Surabaya, Indonesia (311210943@xinzhong.sch.id)
5. Parissia Whitney Therry, Xin Zhong School, Surabaya, Indonesia (311210910@xinzhong.sch.id)

## **Abstract**

*Growth of social media gives positive and negative impact to their users. Users can easily get much information given by trusted experts and unknown people with no expertise on it. Including the information about mental health. Teenagers as users of social media can easily get information about mental health disorder symptoms. This study explores how such inaccurate self-assessment may impact the development of essential social skills in teenagers aged 12-15 years old, potentially influencing the aspects of self-management, peer relations, academic, assertion, and compliance. By investigating this intricate relationship, the research aims to bring awareness on the potential risks posed by self-diagnosis and its implications for the mental well-being of teenagers. This study was conducted amongst teenagers from ages 12 to 15 in Indonesia who have done the act of self-diagnosing. The data gathered processing using SPSS 25. The Spearman Correlation significant value of this research is 0.00 (below 0.05) and the Correlation coefficient is 0.87 means that there is strong correlation between self-diagnosing mental health disorders and the changing of teenagers social skills behavior.*

**Keywords:** *Self-diagnosing mental health disorders, social skills, teenagers*

## **1. Introduction**

### **A. Research Background**

Social media has become a crucial part of the lives of many people around the world. In 2023, there are already 4.8 billion people in the world using social media, meaning that around 59.9% of people use social media. Indonesia itself has a similar number; approximately 60% of people in Indonesia use

social media [1]. Because of that, social media has become the main source of information, communication and entertainment for residents in Indonesia.

Social media can have both positive and negative impacts on users. Some of the positive impacts include increased long-distance online learning, a profound effect on recruitment