

ABSTRACT

This study discusses the phenomenon of self-diagnosis of mental health disorders, especially Borderline Personality Disorder (BPD), which is rampant among Generation Z through the social media platform TikTok. The purpose of this study is to understand the motives, actions, and meanings behind self-diagnosis carried out by TikTok users from Generation Z. This study uses a phenomenological approach to explore the subjective experiences of users in interpreting their self-diagnosis based on information obtained from content on TikTok.

This study uses Alfred Schutz's phenomenological theory, which explores individuals' subjective experiences in interpreting social actions. Schutz divides motives for action into two, namely because-motive (motive because of the past) and in-order-to motive (motive for future goals). In the context of this study, the theory is used to analyze how Generation Z interprets and rationalizes their self-diagnosis based on the emotional experiences they feel through content on TikTok.

The results of the study show that the main motive for Generation Z to self-diagnose is because of the connection they feel with content on TikTok that depicts symptoms of mental health disorders such as BPD. They feel that the symptoms described in the video match their emotional state, thus encouraging them to draw their own conclusions about their mental health. However, this action often causes greater confusion and anxiety, because the self-diagnosis is not based on professional consultation. The conclusion of

this study emphasizes the importance of digital literacy in understanding mental health information spread on social media. Although platforms such as TikTok can raise awareness about mental health, the information disseminated is often inaccurate and can be misleading. Therefore, the role of mental health professionals and better education on social media are crucial to prevent the negative impacts of unverified self-diagnosis.

Keywords: *Self-diagnosis, Borderline Personality Disorder, TikTok, Generation Z, Phenomenology.*