

Student mental health euphemisms

Azis - Juanda

DOI: 10.18355/XL.2023.16.01.04

Abstract

This study aims to reveal in-depth the nuances of euphemism in mental health texts. The advantage of this research is that it can have an impact on the development of semantic science with mental health texts, especially euphemisms. The theory that supports this research is Pan (2013), Rabab'ah, Al-Qarni (2012), Gostin (2013), Terry (2020) and the difference from this study is that it focuses on the nuances of euphemism with mental health texts. The research data that is prioritized is the words in sentences from the mental health text of students of Indonesian Language and Literature Education, Faculty of Languages and Literature, Universitas Negeri Makassar, a total of 110 students. There are 40 texts selected and qualified. Data were collected in the form of documentation for 8 months in 2021. Then, qualitative data analysis was carried out by paying attention to identification, reduction, verification, and conclusion. The results show the euphemism nuances of mental health texts in the form of one word that has different nuances according to the text in the form of disharmony, resilience, depression, infected, trauma, obesity insulin *mystical*; one word to two words with a special emphasis frustration becomes a feeling of disappointment; two words psychological stress, mood swing, negative relation; three words into one-word mental health disorder goes crazy, and that particle. Vocabulary appears as a series of sentences that form the meaning of euphemism.

Key words: euphemism, nuance, vocabulary, mental health, text

Introduction

The existence of health texts is a sign of concern for self and others in paying attention to health. Not without reason, because writings related to health are often found, but sometimes they are ignored by readers. Awareness of this needs to be prioritized because human life depends on health factors, including mental health. Health is very valuable in human life. For this reason, being healthy means being able to carry out various activities without any disturbance. It is not surprising that people with good mental health can carry out various useful social activities. In connection with this, the activity of writing mental health texts for students is a hope for understanding mental health and can be applied in the community. The resulting mental health text, of course, allows for euphemisms to appear that not all readers of the text understand. This study aims to reveal the nuances of euphemism in mental health texts. It is needed to disclose euphemisms so that this research is more focused.

Literature Review

Euphemisms

In one theory, it is said the tendency of people to use euphemisms is wide in various fields to achieve goals (Pan, 2013). This shows that there is space available for the use of euphemisms in interacting with other people.

Euphemistic language, like language in general, is influenced by its users' beliefs, lifestyle, and cultural and religious norms. Euphemisms are very important for intercultural communication (Rabab'ah, Al-Qarni, 2012). If observed further, euphemisms are closely related to the use of language by taking into account the cultural and religious aspects of the local community. In this case, different cultures, so the use of euphemisms needs to be realized with caution. Euphemism and dysphemism are two cognitive processes of conceptualization, with opposite effects

having the same basis and source but different goals and objectives. The expression inherent in this phenomenon is so consistent that it explains not only its forbidden origin. Similarly, several mechanisms with an expressive basis, according to different linguistic levels, use this phenomenon to modulate, replace, alter or modify certain forbidden concepts or realities (Gostin, 2013).

The use of euphemisms

Euphemisms were related to communication behavior (McCallum, McGlone, 2011). This explanation, of course, illustrates that in building communication with other people, it is necessary to emphasize words that contain euphemisms.

The written text allows the reader to understand it if it is not culturally different (Ndhlovu, Botha, 2017). Euphemisms cannot convey irony, although sometimes, they can convey something that is mocking (Terry, 2020). Euphemisms are a hot topic nowadays (AL-Rawi, Al-Assam, 2018). Euphemisms can be formed of various types according to the situation. Dalamu (2018) states that euphemisms are related to politeness which is a concern and need in advertising because of the sensitivity of the goals to be achieved in the midst of cultural, legal, and competitive challenges. Something is interesting because the use of euphemisms provides access to achieving goals. Sometimes news writers use a euphemistic language style to emphasize information (Meilasari, Nababan, Djatmika., 2016). Of course, the information conveyed has been well thought out so that the impact is as expected by euphemism users. Euphemisms are meant to respect others (Kurniawati, 2011).

Wang (2020) states that people can know the ways of thinking and habits of language speakers if they can translate euphemisms as cultural carriers. Research shows that diction containing euphemisms seems to soften what the writer or speaker wants to convey (Eliya, 2017). The most frequently used negative connotation euphemism in the text to suggest to the reader (Balakrishnan, Arumugam, Mutalib, Yusoff, 2020). Concerning the use of language based on gender, it turns out that women are more expressive than men in using euphemistic expressions (Rosadi, Tiarina, Rosa, 2013). Lewington, Sebar, Lee (2018) reveal men's health and lifestyle as a popular medium through the ideals of hegemonic masculinity, influencing how men behave and think about health. Health and safety issues related to general public exposure.

Methods

This research was conducted on Indonesian Language and Literature Education Study Program students, the Faculty of Languages and Literature, Universitas Negeri Makassar. This study focuses on euphemisms of health texts, and this research is qualitative. This research is a qualitative descriptive study aiming to collect, process, analyze, and present data objectively regarding euphemisms contained in the assignments of Indonesian Language and Literature Education students. The research data comes from a mental health text made by 110 students of Indonesian Language and Literature Education FBS UNM. Mental health texts were selected according to the research's direction, specifically containing 40 euphemisms. That is why the research data is in the form of euphemisms emphasizing nuances based on words in sentences.

The data collection technique is documentation. This research was conducted for 8 months. The data that were obtained were analyzed qualitatively and described in descriptive form. The data analysis technique was carried out in stages, namely data collection, data reduction, verification, and concluding. The data obtained in the field were transcribed and analyzed based on content analysis, including euphemisms of mental health texts.

Result

The nuances of euphemism in mental health texts provide nuances of meaning that are different from other texts. Especially in the current era, humans are faced with COVID-19, which has the potential for mental disorders to occur due to the joints of life, which are very scary for the community.

One word euphemism

Euphemisms or words found in six data have a meaning according to the text that binds it. The vocabulary that appears is still dominantly known by certain people in the field.

The first example: "...the biological, psychological, and social aspects. This condition resulted in various *disharmony*." "...aspek biologis, psikologis, dan juga sosialnya. Kondisi ini mengakibatkan terjadinya berbagai *disharmonisasi*." (data 1)

Euphemism *disharmony* is related to biological, psychological, and social aspects that cannot be separated. In a context like this, there is a behavior change individually and in groups. To anticipate unexpected changes, slowly instill a sense of patience that teenagers can accept. A balance is needed so that at the age of adolescence, psychosocial development has a strong maturity. Brain maturity includes parenting with the environment so that they can understand family life and the culture of the local community and also can filter out foreign cultures. The potential possessed by every teenager to face challenges to achieve independence will be realized if a healthy environment supports it.

"Risk factors that are accompanied by psychosocial vulnerability and *resilience* in adolescents will trigger emotional and behavioral disturbances typical of adolescents." "Faktor risiko yang disertai dengan kerentanan psikososial dan *resilience* pada seorang remaja akan memicu terjadinya gangguan emosi dan perilaku yang khas pada seorang remaja." (data 2)

Teenagers who grow up in society can experience emotional changes. In this context, resilience euphemism is an individual's ability to cope with the symptoms experienced. The only problem is that not all teenagers can do this because of external factors that usually trigger them. Of course, internal factors also play a role, such as genetics. Usually, mental disorders are caused by genetics in the form of behavior, personality, and psychological disorders. Social inability to grow self-confidence and eliminate fear and feelings of depression. In addition, disharmony between parents and children often leads to a lack of empathy, so sometimes teenagers tend to have temperaments.

"When someone has a mental illness like *depression*, a lot of people are confused about what to do with it." "Ketika seseorang mengidap penyakit mental seperti *depresi*, banyak orang kebingungan tentang apa yang bisa dilakukannya." (data 3)

The emergence of the term depression as a euphemism indicates a mental disorder experienced by a person and looks gloomy, and sad. There is a feeling of depression, so the spirit of life has been neglected. In this context, the euphemism of depression is a psychological noun. To anticipate this, it takes special assistance so that someone does not dissolve in sadness. Some teenagers, if they experience depression, tend not to be able to control their emotions well, so they often make social relations in their family environment less harmonious. In addition, the ability to think is unstable due to decreased brain function and body immunity. Again, this results in a decreased willingness to learn, making it very easy to get sick. For this reason, in addition to parental attention, social media should be limited as much as possible to avoid behavior that is detrimental to oneself and others.

"The corona virus outbreak is increasing rapidly and has *infected* thousands of people on this earth." "Wabah virus corona semakin meningkat pesat dan telah *menjangkit* ribuan orang dimuka bumi ini." (data 4)

Infectious means infecting someone quickly with the disease they are experiencing. The emergence of infectious euphemisms preceded by adverbs has been part of explaining the coronavirus. Of course, we often read the news. It turns out that in Indonesia, patients who are infected or tested positive for Covid-19 from day to day sometimes increase due to crowds in one place. Existence of such a thing, someone who needs to realize the importance of maintaining health, especially mental health. The government always recommends staying at home if there is no urgent need to be done outside the home. Things that are not used to be done must become a new habit, namely maintaining distance or social distancing, which everyone may not accept because it is considered a big burden. Mental health disorders during the pandemic due to sufficient fear of the outbreak, feeling of being isolated from undergoing health quarantine, sadness, and loneliness due to being with family and always thinking about the needs of family life can also cause anxiety and greatly affect mental health, especially with the information that spreads so quickly and sometimes it takes the accuracy of news the accuracy. All of this greatly impacts mental health, so it is not surprising that some people are depressed. For this reason, to restore mental health, it is necessary to help people who understand what is being experienced.

"One mental health disorder that is familiar to the general public is *trauma*." "Salah satu gangguan kesehatan mental yang sudah familiar di khalayak umum adalah *trauma*." (data 5)

Trauma is a euphemism for mental health disorders, which are a state of a person's soul or changes in behavior due to mental stress. Of course, an event is considered extraordinary in a person's life, for example, sexual harassment, experiencing a natural disaster, and so on. So that such a bad experience can cause a strong reaction, it is not surprising that we often see someone with extraordinary worries in life. Though the stability of mental health also affects the state of life. However, this can be overcome in a span of a time long enough to be uplifting if there are still people around us who have empathy and sympathy about the problems experienced. The feeling of stress that is so heavy and often time passes can slowly be eroded little by little to return to a normal state. The past certainly remains an experience in overcoming the present.

"Diabetes mellitus is a disease caused by a lack of insulin or reduced effectiveness of *insulin*." "Diabetes melitus adalah penyakit yang disebabkan oleh kekurangan *insulin* atau berkurangnya efektivitas insulin." (data 6)

The euphemism with the word insulin contained in the text diabetes mellitus means a hormone formed in the pancreas that can control sugar levels. Sometimes, someone ignores it because no signs are felt in the body in question. In fact, along with increasing age, the potential for diabetes is increasing, so it is necessary to pay attention to the types of food that are still suitable for consumption according to age. This is very important to pay attention to and always strive to the maximum to overcome this. If someone ignores the potential for things to happen, that can cause prolonged health problems.

"There are efforts that are *mystical* which are irrational, there are also those that are rational, conceptual and scientific." "Upaya-upaya tersebut ada yang bersifat *mistik* yang irasional, ada juga yang bersifat rasional, konsepsional dan ilmiah." (data 7)

Mystical euphemism is a substitute for the occult in mental health texts. Some things are logically difficult to reach because of something that does not appear in general

but only in the form of belief for people who believe in the existence of the occult. That is why things like this cannot be generalized to other people. Differences in ethnicity, culture, and customs of the community and, more specifically, to the individual, then something irrational is very difficult to prove, even though it may often become a reality at certain times with appropriate conditions.

Euphemism one word becomes two words

"It is not uncommon for children to feel *frustrated* due to lack of attention from their parents." "Tak jarang dijumpai anak yang merasa *frustasi* akibat kurang mendapat perhatian dari orang tua." (data 1)

The frustration experienced a change in euphemism into a feeling of disappointment caused by something that should have been a big hope but was not delivered. Parents as an integral part of the child, so that attention is needed. All the challenges children face require appropriate solutions to raise their spirits of a child. Suppose this is ignored, then the potential for unexpected things to happen. The discomfort of a child being at home is the cause of the lack of parental attention, which impacts mental health in developing a healthy child's personality. For this reason, if children want to grow and develop mentally healthy, parents should always communicate with children before interacting with the outside environment.

"Eating disorders, insomnia, and mood swings." "Gangguan pola makan, terjadinya *inzomnia*, serta suasana hati yang gampang berubah-ubah." (data 2)

Insomnia means difficulty sleeping as a one-word to three-word euphemism. Generally occurs due to a mental disorder, so someone who experiences this always feels something. Not only happens to parents but also potential to occur in adolescents. For people who have had insomnia, there are things they used to do but can't be done anymore. Health is the most important part of human life because, with health, other activities can be done well.

One-word euphemism becomes three words

"So that children feel they are in a safe position and have a place to lean on and complain, so that they do not grow up to be *insecure* individuals." "Agar anak merasa berada di posisi yang aman dan memiliki tempat untuk bersandar dan berkeluh kesah, sehingga ia tidak tumbuh menjadi pribadi yang *insecure*." (data 1)

Insecure shows a lack of confidence. In this context, it is hoped that a child during a pandemic-stricken period will continue to grow as a strong and confident person. Growing self-confidence in children requires the help of parents and those around them. This a situation that requires children to adapt for the sake of their future and health, which is not easy because children's growth and development from time to time are not always in line with expectations. It is not surprising to find children who are not mentally strong and also have a strong mentality, especially with the influence of technology that is completely accessible to children.

Two-word euphemism

"Some groups who are vulnerable to experiencing *psychological stress* during the coronavirus pandemic are children, the elderly, teenagers and medical workers." "Beberapa kelompok yang rentan mengalami *stres psikologis* selama pandemi virus corona adalah anak-anak, lansia, remaja dan petugas medis." (data 1)

The existence of the psychological stress euphemism indicates a mental disorder experienced by a person due to a frightening disease. There is mental stress during the pandemic, which causes a person to experience fear and anxiety about their safety and their families, resulting in changes in sleep patterns, eating patterns,

boredom and stress while at home. For that, someone must do activities to maintain mental health during the coronavirus pandemic. For example, walking every morning and jogging so that the body produces endorphins that can relieve stress, worry, and improve mood. Not only that, but also stretching and breathing exercises. Always maintain good communication with the people around us.

"If this is done continuously, it will certainly have an effect on *obesity*." "Jika hal ini dilakukan terus menerus, tentu akan berefek pada *obesitas*." (data 2)

The text relates to fans of online games. The *obesity* euphemism associated with online gaming means excessive fat accumulation in the body. The impact of playing online games can result in irregular eating patterns. Of course, playing games can be fun and get rid of boredom for a while. It's just that the frequency of playing online games has a negative impact and can cause changes in brain structure and function. Everything that causes a person to forget about their own health requires the advice of others in order to maintain a balance in playing and other activities for survival and maintaining mental health.

"One of the symptoms of mental disorders is *mood swings* or mood changes."

"Salah satu gejala gangguan mental yaitu *mood swing* atau perubahan suasana hati." (data 3)

Mood swing is a euphemism that is preceded by a liaison to explain the concept of mood swing in detail. A person takes various ways to be free from symptoms of mental disorders. If mentally healthy, then a person running his life can run well. In context, mood swings or mood swings are very susceptible to occur, which can make a person's activities feel disturbed. Various things can trigger, including weather conditions, especially for individuals who always avoid the morning sun, which can nourish the body. As a result, a person experiences a decrease in serotonin levels in the body. That is why changing weather conditions affect a person's ability to adapt. A person may experience different mood swings in the rainy and dry seasons. In addition to weather factors, side effects of illegal drugs can affect unstable moods. The condition of people who often take mental health for granted occurs not only in cities but also in remote villages as a dynamic in life that is felt when in conditions that can no longer be controlled. For this reason, for things that can trigger these conditions, it is proper to avoid harmful things and do positive activities so that mental conditions remain stable.

"Psychiatric problems faced by a person often get a *negative reaction* from the people around him." "Masalah kejiwaan yang dihadapi seseorang sering mendapat *reaksi negatif* dari orang-orang yang berada di sekelilingnya." (data 4)

Negative reactions are a two-word euphemism that assumes that there are things that are difficult for society to accept if someone has a mental disorder. Understanding society with mystical things is often a tradition for the beliefs that are believed. However, this is very contrary to medical treatment. Should prioritize medicine as a way to heal themselves. The ability to control oneself to avoid mental disorders by introspecting the various things that have been done, sometimes impacting mental health. Therefore, if mentally healthy, individuals can feel happy, both psychologically, emotionally, and socially. Not only for children, teenagers, including the elderly to have a sensitivity to mental health.

"Teenagers begin to experience *mental well-being* if they continue to compare themselves with other people's lives." "Para remaja mulai terganggu *kesejahteraan jiwanya* jika terus membandingkan diri dengan kehidupan orang lain." (data 5)

The welfare of his soul means mental health. This sometimes hits teenagers if they always compare their lives with other people. Everyone's life is certainly different, so

some people seem to have a prosperous life, and some always hope for the help of others. That is why mental health often occurs due to external factors.

Euphemism three words into one word

Text describing the impact of the pandemic.

"This condition is made worse by socio-economic impacts such as being laid off, which makes people worry about financial, work, and future problems after the pandemic ends. If not treated immediately, people can experience *mental health problems*." "Kondisi tersebut membuat lebih parah dengan dampak sosial ekonomi seperti terkena PHK yang membuat masyarakat cemas masalah finansial, pekerjaan, dan masa depan setelah pandemi berakhir. Jika tidak segera ditangani, masyarakat dapat mengalami *gangguan kesehatan mental*." (data 1)

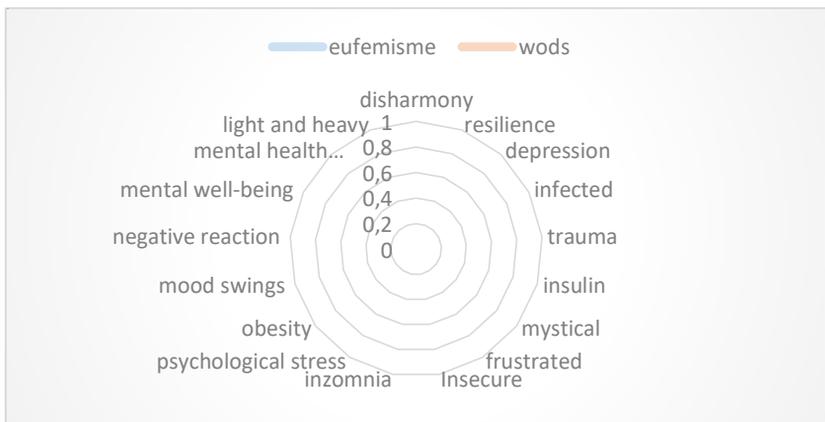
The euphemism of mental health disorders consists of three words, as a change to one word, crazy. Changes occur as nuances so that the reader does not feel pressured but is sensitive about this. The dependence of a person's life on a job that has been occupied and suddenly undergoes unexpected changes that cause a person to go crazy. That is why there needs to be self-awareness in raising the spirit for survival.

Euphemism with accompanying particles (*light and heavy*)

"There is a person who has mild mental disorders to severe mental disorders." "Ada orang yang memiliki jenis gangguan mental yang *ringan* hingga mengalami gangguan mental yang *berat*." (data 1)

Human awareness in realizing the importance of knowing the mental health experienced will make them more meaningful in life. The light euphemism with the preceding particle also occurs in the heavy word. Thus, light and heavy are bound by particles as markers that strengthen the explanation of sentences regarding mental health experienced by humans. That is why if someone already has symptoms of a mild mental disorder, it should be addressed immediately so that nothing more severe happens.

Table of Nuances of Mental Health Text Euphemism



The table above shows how important the vocabulary contained in mental health texts is. Of course, not all of this vocabulary can be understood by the readers. The choice of vocabulary according to the text contained reflects the attachment in the text with

the appropriate conditions. Therefore, special attention to vocabulary not used in communication without a certain space is a marker of how broad the nuances contained in mental health texts are in the hope that people who use language with certain vocabulary can be understood and use it according to conditions.

Conclusion

The nuances of mental health euphemisms can be in the form of one-word and two words that contain implied and explicit meanings so that it takes accuracy in reading texts and thinking processes according to mental health text situations with different things even though the main target is mental health for everyone. Mental health text euphemisms in the form of one-word disharmony, depression resilience, infected, trauma, obsession insulin, mystical; one word becomes two words frustration becomes a feeling of disappointment; two words psychological stress, mood swings, negative relation; three words into one-word mental health disorder goes crazy, and that particle. Diction appears as an inseparable part of a series of sentences that make up the meaning of euphemism.

Acknowledgments

Thanks to the Rector Universitas Negeri Makassar and the Dean of the Faculty of Languages and Literature UNM, who have supported this research. This research is part of the results of the non-tax state revenue of the Faculty of Languages and Literature, Universitas Negeri Makassar research in 2021.

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Words: 4.221

Characters : 26.561(10, standard page)

Azis

Indonesian Language and Literature Education Department

Faculty of Languages and Literature

Universitas Negeri Makassar

South Sulawesi

Indonesia

azis@unm.ac.id.

Juanda

Indonesian Language and Literature Department

Faculty of Languages and Literature

Universitas Negeri Makassar

South Sulawesi

Indonesia

juanda@unm.ac.id