

The Coping Strategy of Mental Health Survivors in YouTube Community: Corpus-Based Analysis

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Abstract

This study aims to analyze the coping strategy used by mental health survivors in their recovery narratives. Using Lazarus and Folkman's (1986) coping mechanism theory and a corpus of mental-health recovery narrative related videos on YouTube, we analyzed the preposition "to" as it frequently co-occurs with nouns and verbs that reveal survivors' coping strategies. Using concordance analysis, we found that mental health survivors focused on dealing with their problems through social assistance or seeking social support. At the same time, some narrative also reflects avoidance or withdrawal as a strategy to manage emotions and stress. This indicates that the role of social is vital to support the recovery process while also showing that avoidance efforts made by mental health survivors when they experience limitations in dealing their stressors.

INTRODUCTION

Understanding the importance of mental health is crucial for addressing the issue of mental health awareness among society. The increasing awareness of mental health among the youths is accounted for social media exclusively YouTube. According to WHO, (2019) “In 2019, 970 million people globally were living with a mental disorder, with anxiety and depression the most common”. Social media is a bridge for people to express ideas to social media users in their narratives. This became the object of research by (Banna et al., 2023; Yang et al., 2022) which examined the prediction of the mental state of social media users with posts available on social media. Moreover, social media has massive user data which can be used as research material to analyze language on cognitive and emotional aspects. (Uban et al., 2021). In addition to Huang et al., (2024) examined mental health survivor’s narratives and resulted in the main themes of mental health survivors' narratives on YouTube being pivotal moments, enduring emotional strain, proactive help-seeking, support from loved ones, and uplifting messages.

Social media acts as an open digital space utilized by people to contact and share experiences from other users without the limitation of time and space. Social media contributes to increasing mental health knowledge and can be a preferred medium because it connects with peers who are used for a platform to share similar experiences. When survivors interact online with peers who are members of social media, it can improve the healing process of severe mental health survivors by interacting intensively (Ma & Sayama, 2015; Naslund et al., 2016). The studies that have been done by (Akhther & Sopory, 2022; Hussain, 2022) stated that mental health content and information shared between social media users can make it easier for users to survive the difficult situations they experience. As a massive platform, Social media plays pivotal role serving the topic about mental health to the users. There are compelling findings regarding the mental health contents in Social media. People utilize social media to get resource and information regarding mental health which help them to cope with their problem (Milton et al., 2023; Mohinur, 2025; Sadagheyani & Tatari, 2021). Nevertheless, the content can be a double-edged sword if the user does a self-diagnosed and does not consult in the psychiatric clinic. The main influence that makes mental health survivors reluctant to have an appointment with a psychiatrist is a stigma. Torres Stone et al., (2020) found that cultural roles have a massive effect on stigma in society, as The Vietnamese would hardly talk about their mental health issue or which involved anything about therapy, Thereby, the mental health survivor tend to utilize

media social to share their story so that they will not be judged for having a mental illness. Besides a negative stigma towards the survivors for having a mental health disorder, the survivors further faced poor communication between others, in which The survivors started to withdraw into themselves. Thereby the survivors preferred to share their story on social media anonymously in order to feel safe (Pavlova & Berkers, 2020; Yeo, 2021).

Even though, many studies have been published on mental health in digital spaces, none have addressed coping strategies in the recovery narratives of mental health survivors. Therefore, the researcher conducted this research in order to fill the gap of the research. The objective of the study is: How analysis of the preposition 'to' in recovery narratives can uncover coping strategies used by mental health survivors. The aim of this study is: To find the coping mechanism strategy of the survivors that was used within their recovery narrative. The significance of this study is to contribute theoretically to the science between psychology and language by utilizing corpus software to analyze the natural language used by survivors in digital spaces. while pragmatically, this study contributes for mental health practitioners, community stakeholders, and social media platform developers to know the basic needs of mental health survivors in digital spaces so as to create healthy community spaces for mental health survivors.

LITERATURE REVIEW

The theory of Coping mechanism by Lazarus and Folkman (1986)

Coping mechanism is a system that aims to address the source of internal or external stressors. In coping mechanism theory by Lazarus and Folman, there are 2 categories of coping mechanism; Problem-focused coping and emotional-focused coping. According to Lazarus & Folkman, (1984) coping mechanism is “constantly changing cognitive and behavioral efforts to manage external and/or internal demands that are appraised as taxing or exceeding the resources of a person”. Folkman et al., (1986) pustulated that coping mechanism is a mechanism of someone who has had enough of its capability to overcome or to cope with the external things. Furthermore, the main purpose of coping mechanism to alleviate the stress and symptoms in order to maintain the mental and psychical health.

These 2 mechanisms play its own role with the different approaches. Problem-focused based is a strategy that focuses on the source of the stressor. On the other hand, emotional-focused based is a strategy that ease the someone's burden and avoidant is the signature of this strategy. Problem-focused coping is a strategy that focuses to tackle directly to the stressors. It stresses the strategy that focused to halt the source of distress by

confronting the problem. According to (Folkman et al., 1986) there are 3 strategies of problem-focused coping; confrontive coping, seeking social support, and planful problem-solving. Emotion-focused Coping is a strategy that focuses to alleviate the negative emotion, nonetheless it does not address the stressor. Unlike problem-focused coping, emotion-focused coping merely focuses on the negative emotions. The negative emotions such as distress, stress, and depression accounted for severe emotions that needs to be alleviated. There are 5 strategies of emotion-focused coping; distancing, self-control, accepting the responsibility, escape-avoidance, and positive reappraisal.

At the end, problem-focused coping is useful to address directly to the stressors or problems. It is effective to cope with technical problems that need plan, action, and effort. (Bozo et al., 2018; Lestari & Purnamasari, 2022) underline that problem-focused coping effectively alleviates the symptoms of mental illness. Moreover, problem-focused coping strategy is effective for the survivors who attempt to alter the condition by facing the stressors or planning a methods to eliminate the stressors permanently. In the other hand, emotion-focused coping is useful to reduce the tendency or influence of negative emotions. The role of emotion-focused coping is to prevent increasing the risk of having suicidal thoughts that appear in adolescents with avoidant abilities able to reduce the risk of committing suicide (Yoon et al., 2018).

Mental Health Recovery Based on Community

The community plays a role in combating stigma in mental health and making survivors realize that the community is a safe place for them to talk about their mental health and mental illness, where individuals feel unsafe to talk about their illness due to the negative stigma spread in the community (Naslund et al., 2016). Mental health recovery in the community faced some obstacles such as difficulty navigating the health system, language barriers, and dearth of culturally competent provider, therefore the predicament of survivors struggled for a treatment (Torres Stone et al., 2020). Meanwhile In TikTok community through content and interviewed the users about mental health content and community.

Despite many interventions, in a community-engaged healing process, survivors can receive more personalized and sustained care that can lead to a sustainable healing process. Harvey et al., (2023) judged that community-based model of care has a better approach to recovery for the survivors who have severe and complex mental health needs. Brown et al., (2019) agreed that through community effectively boost the bond of

relationship between club's member by greeting when bumping into each other, as well as reducing stigma between each other. Aqtam, (2025) underscored the importance of community-based, Community-based plays crucial role for the survivor in the amidst of war in Gaza. By employing the community-based approaches consist of peer support groups, children and women's centres, and family care model. Moreover, theoretically the importance of this study is contributing the empirical evidence of coping mechanism in the digital space. In addition, not only does this study contribute to the but also give a different perspective out of the problem. On the other hand, for practitioner and stakeholder of the community, this study is beneficial to be a reference regarding the mental health survivors' predicament and challenges within the society.

Corpus on Digital Spaces

Corpus linguistics is a methodology that aids researchers finding the patterns of the words within the discourse that stored in a collection of electronic texts by utilizing the corpus software (Litosseliti, 2010). Ong, (2025) utilized the corpus software to find the divergence of *Mental health* meaning in the collocation on newspaper which where it was found that the word diverged from its true definition and had a negative connotation. Furthermore, there are 2 studies that discuss the analysis of depressive words used by mental health survivors in conveying their stories in digital spaces, where survivors often used repeated negative words and used metaphors as a symbol of the difficult circumstances they experienced (Chen & Jin, 2017; Shi & Khoo, 2023).

RESEARCH METHODS

In this section, we designed this research in 2 parts; (1) data collection and (2) data analysis

Data Collection

- Searching 10 mental health videos with minimum of 5.000 views and 10 minutes duration
- Transcribing the video caption into file (.txt) and cleaning the unnecessary data
- Ascertaining the transcript by rewatching the videos

Data Analysis Framework

- Performing word prevalence to determine the part of speech to be analyzed
- Utilizing concordance tool to analyze the context
- Tabulating the data into coping mechanism classification

This study employed corpus methodology. we took 10 video samples of recovery narrative with a total of 19,116 tokens, 2,304 lemmas, and 2,541 types. The Research subjects are the Mental health Survivors on Youtube. To find out the findings of the strategies used by mental health survivors, Researcher utilizes Corpus software to store the data into a corpus, to spot the pattern, and to analyse the data, we used Lanchbox. The data also be analysed with coping mechanism theory that mentions in the above.

Data mining began with downloading the YouTube videos via link to convert into transcripts. Then, the transcripts were then copied and pasted into Notepad for cleaning up unnecessary data. We then loaded the transcripts into Lancsbox to be labeled as part of the corpus.

Data mining began with downloading the YouTube videos via link to convert into transcripts. First, we analyzed the frequency word in the top 10 words and then separated into category of problem-based and emotion-based coping strategy to categorize the data. We tabulated the collocate word of preposition 'To'. Then, the data is analyzed with the help of KWIC to find out the meaning of 'to' preposition against the context in the data.

After finding a compatible video, we transcribed the video to the web (Notegpt) converter then transcribed it. then the transcript then reviewed the typo or wrong part, then we entered the transcript into notepad to clean up unnecessary words such as double colon, comma, and, etc. then the data was entered into the corpus to be made into a corpus and named. then the data was analyzed using mixed methods, namely quantitative and qualitative methods in quantitative methods. In the quantitative method, we analyzed the top word list of the corpus that has been built. after that we examined the preposition "to" because the preposition "to" is often paired with verbs and nouns. then in the qualitative method, after determining the preposition 'to' the researcher uses the concordance tool to analyze the context so as to know the semantic of the preposition "to" to reveal the coping strategies used with the theoretical framework of Lazarus and folkman about coping mechanisms.

Table 1. Top ten words prevalence in the recovery narrative of mental health survivors

Word	Frequency	Dispersion
i	872	0.325504
and	764	0.168713
the	576	0.330438
to	574	0.210071
that	484	0.279266
a	380	0.276921
you	371	0.405145
of	335	0.248025
was	324	0.471173
it	318	0.430379

'to' has two main functions, namely as a to-infinitive clause and a spatial preposition. Moreover, the spatial preposition that researchers use is the preposition 'to' as a direction or movement from subject to noun.

We analyzed the data of the preposition 'to' with the help of concordance tool as a tool to understand the context of the left and right pairing words of the preposition 'to' to uncover the types of coping strategies used by mental health survivors. Then categorize the data with the coping mechanism frame.

FINDINGS AND DISCUSSION

Confrontative Strategy

Confrontive coping defines a massive effort that aim to change the situation of the predicament indicating the awareness of the situation, and also this strategy is focused to a effort rather than an outcome (e.g., I was going to change my bad habits if they did not work, at least I was trying)

The survivor explained that the survivor confronted the problem to change the situation with action. The preposition "to" and the co-occurrence of verbs displayed the survivors' efforts to confront stressors directly.

[1]	that I'm a burden and so what I did	to fight	was that I wrote them down on a piece of paper
[2]	points of fighting for my future I had	to begin	to break the pattern of rumination in my life
[3]	so the definition of fighting is	to engage	in a battle or war fight to overcome and destroy an adversary

Data [1] explains the effort of survivor battling his/her negative thoughts. The preposition 'to' co-occurs with verb 'fight' indicating that the survivor's effort to confront the negatives thoughts by writing down. The data depicts the action to radically change the

situation by immediate action (writing). Data [2] explains the action of being ruminated regarding future. The preposition ‘to’ and the verb ‘begin’ depicts the action of survivor to commence to break the pattern of rumination. The data aligns with the principle of confrontative. Data [3] explains the way to confront the stressors. The preposition “to” and verb “engage” indicating to break down the idea of dealing with the stressors. The data depicts the way of confronting to the stressors.

Seeking Social Support

Seeking social support defines some struggles to pursue supports to the society. There are 2 kinds of support; tangible support and emotional support. Next tangible support is a support in which the subject asked to someone who was proficient to the problem. Whereas emotional support is an action in which validating and understanding the feeling of someone’s.

The survivors described efforts to seek help by consulting medical professionals. This is reflected in the preposition “to” which collocates with the verb. Also, there is ‘to’ in conjunction with the verb which indicated that the action was aimed at medical professionals.

[4]	when I was sitting in the psychiatric unit I was starting	to write out	okay what do I want to do with my future
[5]	I took a community it took a psychologist to be able	to get	me to a space where I could learn to fight for myself
[6]	a psychiatrist and he listened to what I have	to say	and he's like okay here you go here's a prescription
[7]	I decided	to see	a psychiatrist and he listened to what I have to
[8]	I decided	to go back	to see my wonderful shrink
[9]	I sort of mentioned that	to my therapist	I always give him

Data [4] explains the survivor seeking the professional help in the psychiatrist unit by writing things that the survivor wanted to do in the future. Next the data [5] highlights the survivor's efforts to seek professional mental help by joining a community and a psychologist to bring her to a place where the survivor can learn how to fight for themselves. Then data [6] explains the experience of a survivor's consultation with a supportive psychiatrist who always listened to what the survivor said, and the psychiatrist also prescribed medication to the survivor. Later the data [7] and [8] explain the survivors' strong decision to seek professional help. later, the survivors explained how helpful the psychiatrist had been to help them get out of their predicament. Lastly, data [9] explains the explains the survivor's interaction with the psychiatrist. then the survivor explains his situation to the psychiatrist so that he can find a way out of the problem. From these data

above, the survivors mainly focused to seek for professional help to aid them to find the best solution for their difficulty, therefore through their narrative the strategy that was used by the survivor is seeking social support with seeking and talking to professional help.

The preposition 'to' co-occurred with the verb explains that the survivors explained their efforts when they tried to seek help from their closest family or friends. Meanwhile, the preposition 'to' paired with a noun showed the object that the survivors were referring to when seeking help.

[10]	I grab Papa's hand and do my best	to hold	it up what I'm so weak I could barely lift my
[11]	what I mean? I actually Had	to sit	my mother down and explain to her
[12]	before the sale started I asked my dad	to help	me with something he'd done for me many
[13]	going to take my own life and I called her	to hear	her voice one last time not only does my mum
[14]	do this that I was brave that's what I needed	to hear	in the middle is my mom and when I told
[15]	2020 when the world was shut down and I reached out	to my friend	Billy and long story short we started talking about art

The data [10], [11], [12], [13], [14], and [15], highlight an effort of the survivors to seek emotional and tangible support from family and friend in their dark situation. This explains that emotional and tangible support is essential in supporting mental health survivors to remain resilient and continue living their lives despite being overwhelmed by feelings of anguish and despair. Furthermore, the data [10], [11], [12], [13], and [14], have the same structure 'to' with verb describing an action of mental health survivor by receiving emotional help to aid the survivors overcome their predicament. In data [15] describes the state of the world When covid-19 occurred, the survivor explained her efforts to contact her friend to discuss art. An indication of the survivor's efforts to relieve loneliness due to quarantine by talking to friends.

The preposition 'to', which co-occurred with the verb, revealed the survivors' efforts when they were in a difficult time to talk to people. Meanwhile, the preposition 'to' co-occurred with the noun explained the object that the survivor was referring to.

[16]	maybe a year and a half ago when I decided	to tell	them I've been secretly living with dark thoughts and self-loathing
[17]	for me well the relationships around me became open and willing	to talk	about my history the topic of suicide and they were supportive
[18]	no. Talk to them, trust me. If you're comfortable enough	to speak	about suicide. It's something you've thought about
[19]	to share it I think it took me five years	to speak	to anyone. When anyone asked me where I was in

[20]	silver lining so for example some things I used	to say	to my teacher is I'm feeling sad overwhelmed tired and I got met
[21]	attack just crying my eyes out and I just talked	to her	like I was like if I had been a better
[22]	Done, with all that? Talk	to someone	A friend Anyone Sit your parents down. Anyone,
[23]	and so great and whenever I when I had talked	to them	about what my topic was and all that none of

Data [16], [17], [18], and [19] describes an attempt of the survivors to talk with someone to tell that they were in a predicament even though it was hard and needed time to tell. Furthermore, the survivors highlight an action to share their experienced dwelling in the darkness and self-loathing in order to get social help. Next for the data [20], the survivor shares their experience in the past when they were a student telling to the teacher anything about the survivor's condition. The data [16], [17], [18], [19], and [20] have the same structure of preposition 'to' and verb indicating an effort to reach someone in order to gain help. Moreover for the data [21], [22], and [23] also highlight the survivors' effort to be looking for someone to talk to about their problems. the preposition 'to' co-occur with noun indicating the noun plays role as a recipient for action that the survivors intend, in the data [21], [22], and [23]. In conclusion the survivors trying to contact someone to gain help tangible and emotional help, also it reflects to the seeking social support strategy.

The preposition 'to' co-occurred with 'be' explained that the survivor received emotional support in the form of sympathy from others to stay alive, indicating the survivor's predicament. Then the preposition 'to' with "someone" explained that the survivor hopes for someone to sympathize with the survivor.

[24]	they would rather have you Missy and alive than not here at all you are so close	to being	free of all of this don't give up now remember who and what you were fighting for people
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The data [24] explains the survivor gaining sympathy from someone by telling the survivor not to commit suicide as the survivor is closing to recovered from depression, and a reminder the action for people. The preposition "to" co-occurs with a gerund "being", the gerund "being" explain the condition of the survivor which was closer to be free from depression.

The preposition "to" that appeared together with the verb revealed the effort that the survivors received from someone to be able to rise up from a predicament.

[25]	what my neighbor Meritum told me	to do	or force me to do even was to put an unedited version of myself out there
[26]	the love I heard in her voice she managed	to bring	me back for a second and in that second

Data [25] & data [26] highlight the condition of the survivors getting help from others by a snippet of advice from neighbor and emotional support from someone. The preposition 'to' in the data [25] co-occurs with verb 'do' explain explains the advice given by the neighbor about something that the survivor should do to overcome depression. While for data [26] the preposition 'to' and verb 'bring' describes a situation in which the survivor was received an emotional help from someone.

Planful Problem-solving

Planful problem-solving examines an action where one finds a solution by arranging for a method in order to address the problem (e.g., I must address the stressor by setting it out a way in order to find a solution). It shows the problem-solving method (e.g., I had some plans, so if the plan did not go as I expected, I had the spare plan).

Survivors use Effort by planning or making a plan to deal with the stressors. In the preposition "to" alongside the verb, survivors show their efforts in dealing with stressors.

[27]	loss of a loved one due to suicide the next is we need	to make	them visible and easily accessible
[28]	Suicide being the second leading cause of death in Canada	to bring	about the supports services and resources to our youth
[29]	lastly is using supportive language so we need	to rephrase	questions from how from why to how and what
[30]	when you learn how	to fight	that the change that you're longing
[31]	I had	to figure out	what the difference was between surviving and fighting
[32]	I was trying	to protect	my mental health

Data [27] & data [28] explain about situation in which depression is a main problem which lead to suicide. In the data [27], preposition 'to' co-occurs with verb 'make', while for data [28] preposition 'to' co-occurs with verb 'bring' which these prepositions explain an effort of the survivor to make a plan by addressing the problem (depression). While for data [29] explain about an alternative way of dealing with the problem by changing the question of the problem. The preposition 'to' co-occurs with verb 'rephrase' showing that by replacing the old strategy with a new one of supportive language. Then data [30] explains a deliberate effort to address the problem by learning how to confront the stressors. The preposition 'to' co-occurs with verb 'fight' highlighting the way to cope with the stressors. The data [31] also explains a deliberate effort of the survivor by grasping as a strategy to overcome the stressors. The preposition 'to' with verb 'figure out' highlighting the deliberate effort to understand the strategy. Lastly data [32] highlights the survivor's attempt to maintain their mental health. The preposition 'to' and verb 'protect' explain a focused effort to maintain the survivor's condition.

Emotion-focused Coping

Distancing

Distancing examines an attempt to make a personal space out of the problem (e.g., this problem is too massive for me, I just do not have to think about it seriously). There is another example (e.g., this problem might get me to be insane, I needed some fresh air before deal with it).

[33]	everything inside was just cooked and so I did reluctantly	to put	it mildly and uh my first meeting there I think I
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Data [33] explains the condition of the survivor which was ruined and it led to reluctance doing something. The preposition ‘to’ co-occurs with ‘verb’ indicated an action to do something without a determination. The data is considered as a distancing strategy.

Self-control

Self-control examines an attempt to manage one’s own feeling (e.g., I had to limit my feeling to the others so that I did not have to undergo such a disappointing event). It also explains the control of impulsive behaviour (e.g., Limiting a desire or a craving for something).

In the table below, the preposition ‘to’ together with the verb explained back to oneself not to be affected by external conditions.

[34]	please never listen	to anyone	about what has happened to you or just totally
[35]	ever felt because I believe strongly in the idea that we need	to stop	holding ourselves to the standard that we're mentally strong enough to handle all
[36]	us about resilience sometimes we need	to tell	ourselves what to think when our mind starts telling us things that we don't need to hear

Data [34] explains an effort of survivor to overlook the negative statement. The preposition ‘to’ co-occurs with noun ‘anyone’ as a direction to an object referring the target of the survivor’s mean. The data is meant to be self-control strategy. Next data [35] explains an effort of survivor to not be bound with society’s standards. The preposition ‘to’ and verb ‘stop’ explain the survivor’s effort to cease to attached to the standards that established in society. The data is considered as a self-control because preventing someone’s condition from deteriorating. lastly data [36] explains an effort of reminder oneself to ignore a nonsense from someone to prevent negative feeling toward oneself. The preposition ‘to’ co-occurs with verb ‘stop’ which explain that “to” preposition stressing to an infinitive marker. The data is considered as a Self-control strategy.

Accepting responsibility

Accepting responsibility examines the position of one's role in the situation (e.g., this was my responsibility to overcome this situation). Otherwise, the acknowledgment of one's role (e.g., I was a father, I must make sure my children were safe).

There is an idiom 'to brush it under the rug' or has the meaning of; hiding a problem rather than facing it. Furthermore, other data also have the same meaning as the idioms used by survivors. This indicated that the survivors have accepted the fact that they are in a difficult time or depression.

[37]	that was the only option was	to stop	being a burden to myself stop being a burden to society
[48]	So you don't want forget it? No, no I've never tried	to brush it under the rug	like it never happened. No, it did happen. It's a decision
[49]	I had	to start	engaging in honesty honesty breaks pride and brings humility

Data [37] presents the realization of the survivor for being a burden to the internal and society. The preposition 'to' co-occurred with verb 'stop' indicating an effort of the survivor to cease being a burden. Meanwhile, data [38] explains the situation in which the survivor accepting their reality not to forget about their problem. The preposition 'to' co-occurs with an idiom 'brush it under the rug' indicating a firm decision not to hide something that happened in their life, therefore explicitly the survivor acknowledge their role in the event. The data is considered as an accepting responsibility strategy. moreover, in the data [39] shows an acknowledgment of the survivor for being pride which led them to trouble. The preposition 'to' co-occurs with verb 'start' indicating a struggle to start change way that being pride was a mistake. the data is considered as an accepting responsibility strategy.

Escape-avoidance

Escape-Avoidance has 2 methods that are Wishful thinking and avoidance. The wishful thinking is an action where one's hope for a better condition in the future (e.g., I hope there was an opportunity for me to mend my life). Avoidance is an action where the subject is trying to escape temporarily from the problem by doing something that one likes (e.g., playing video games or scrolling social media rather than facing the stressor).

The preposition 'to' is paired with verbs that described the survivors' efforts to keep their distance. In the context of distancing, survivors attempted to socially withdraw and distance themselves from stressors to feel better.

[40]	I didn't want to do things I became withdrawn I wanted	to stay away	from family and friends and I would lay in bed
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[41]	with the fact that I did it the fact that they'd have	to live	without me but you know tomato tomato and my biggest thing was just looking for a location
[42]	Let's go do something, you know, just	to get out	the house Depression... I don't know... it's

The data [40] & data [41] explain the condition of the survivor for withdrawing from society to keep distance from them. Both data share the same structure, there are preposition 'to' and verb. For data [40] the preposition 'to' and verb 'stay away' explains an effort of the survivor to keep distant from family and friends because the survivor wanted to lay in bed without receiving a judge. For data [41], the preposition "to" is co-occurred with verb 'live' explaining the word 'without me' not to make *them* (relatives) worried. Finally, data [42] describes the survivor's condition of escaping from a depressive situation by doing something in order not to forget from depression.

In the data below, the verbs and nouns paired with the preposition 'to' expressed the survivors' efforts by consuming drugs and alcohol with the aim of relieving the stress faced by the survivors. Not only that, survivors also do meditation activities as a medium to maintain their mood.

[43]	they were supposed to do for me I wanted	to basically medicate	myself to the point of not being able
[44]	I just wish I could stay asleep in order	to prevent	suicide we need to know what to listen for
[45]	and that's when I turned	to drugs and alcohol	I felt that made perfect sense to go there
[46]	of alcohol at one point in my life i was drinking up	to 18 Tallboys	a day regularly which is quite amount quite a bit
[47]	for a visit and i made the decision after work	to pick up	alcohol and i was on quite a few prescription medications

Data [43] & data [44] show an action to cope with the stressors by meditating and sleeping. the preposition 'to' co-occurs with 'basically' and 'medicate' for data [43], while for data [44] the preposition co-occurs with verb 'prevent' indicating that both actions had the same outcome as a strategy to escape from the stressors. The data are considered as an escape-avoidance strategy as the survivors trying escaping the stressors by sleeping and meditating. While for Data [45], data [46] & data [47] show an effort of escaping situation of the survivors by consuming alcohols and drugs as an escape strategy. Data [45] and data [46] co-occur with noun, the nouns are 'drugs and alcohol' and '18 Tallboys (alcohol brand)' as an object to describe the survivors' way of escape by consuming alcohol and consuming the drugs to alleviate their suffering, however the preposition of data [47] is 'to' with verb 'pick up' indicating an action of consuming alcohol. These data are included as an Escape-avoidance strategy.

Positive Reappraisal

Positive reappraisal examines an attempt to create a positive way of thinking on an improvement of someone's (e.g., I had done some productive activities, this was an improvement to be a better version of myself).

The preposition 'to' collocated with the verb revealed that the survivors found profound meaning regarding life that kept them motivated to live.

[48]	circling all the all the parts of the country that I thought would inspire me	to stay	outside the hole you know then just to kind of keep this good feeling
[49]	where no amount of medication on this earth is going	to help	you I've learned that the hard way
[50]	right now I don't want to die I want	to live	forever thank you
[51]	I think they say it's always good	to close	with some type of hopeful motivational quote
[52]	I started doing was that I had	to learn	to dream again
[53]	I decided	to basically change	who I was for the longest time

Data [48] explains the context of the survivor who was struggling to come out of a state of depression. The preposition 'to' co-occurs with verb 'stay' shows an effort of the survivor to maintain the good feeling by doing something that made them inspired. Then in data [49] illustrates a realization of the survivor to a reality where medication could not help the survivor from depression. The preposition 'to' and verb 'help' stresses the statement indicating that the survivor underwent the experience in depression. the data is considered as a positive reappraisal as the survivor experienced the predicament and grew in a good way. Next data [50] depicts the condition of the survivor who had rediscovered the meaning of life, furthermore, the survivor acknowledged that they did not want to take their life and want to live forever. The preposition 'to' and verb 'live' not only explain a firm decision of the survivor about suicide but also emphasize their statement not to die. The data is a positive reappraisal as the survivor rediscovered the meaning of their life. Data [51] explains an action for closing anything with hopeful motivational quote as a reminder for survivor. Preposition 'to' with verb 'close' explain the action to end anything with motivational quote. Next data [52] shows that the survivor was losing ability to dream for the survivor. The preposition 'to' co-occurs with verb 'learn' show an effort of the survivor to begin learning how to dream for their life indicating that the survivor attempted a positive way to continue their life. The data is considered as positive reappraisal as the survivor growing to be a better individual. the last data [53] highlights about transforming themselves into an improved individual than themselves in the past. The preposition 'to' is

co-occurred with 2 words the are 'basically' and 'change'. The function of word 'basically' is to modify the verb 'change'. This indicating that the survivor changed themselves in a good way, furthermore the data is considered as a positive reappraisal strategy.

DISCUSSION

Problem-focused Coping

The most dominant coping strategy that appeared in their narratives was seeking social support. With 25 occurrences with sub-categories of sought/talked to professional help, sought help from family/friends, talked to someone, received sympathy, and received help from someone. The findings of this empirical evidence prove that survivors really need medical and social assistance. In medical assistance it was found that survivors counted on psychiatrists, therapists, and also phycologists to help them get out of difficult situations. Furthermore, in social assistance, there are several findings that show the efforts made by survivors in the social sphere. Survivors rely heavily on their closest family and friends to channel their problems by just sitting together, physical contact, to get help from someone in the form of sympathy and input for survivors. This study is in line with previous studies by (Aqtam, 2025; Brown et al., 2019; Harvey et al., 2023) which showed the fact that social factors were also supportive in supporting their recovery. Then the advantage of this study compared to previous studies is the disclosure of coping mechanism strategies used by survivors in their narratives in the YouTube community

Emotion-focused Coping

The findings show that the escape-avoidance strategy was dominant among the other 4 strategies. With 8 occurrences with 2 sub-categories. In this strategy, it was revealed that the survivors' attemps when facing the stressors were to evade the stressors in order to maintain mood and sanity, next survivors also withdrew from family and close relatives to be able to do other activities without restrictions that make the survivor feel "judged" such as lying in bed, or wanting to be alone. Meanwhile, escape strategies are strategies that use activities and materials as a medium to calm themselves from stressors such as taking drugs and alcohol in order to achieve a composure.

CONCLUSION(S)

In conclusion, the aim of this study was to reveal the coping strategies that appear in the narratives of health survivors. The main findings in this study concern, Problem-focused coping especially "seeking social support" is the most used strategy by survivors

rather than “Planful problem-solving” and “confrontative coping” strategies. On the other hand, in Emotion-focused coping, the strategy that is widely used by survivors is “escape-avoidance”. Therefore, the implication of the above findings is on the crucial role of social, especially in local and online communities to support the recovery of mental health survivors. This study analyzes empirical evidence that is not only useful for mental health practitioners and psychiatrists, but also stakeholders in local and online communities. It is hoped that this study will serve as an insight for all those who play an important role as a community not only for mental health survivors, but also for those who provide social assistance in physical and spiritual aspects. In the end, future studies should examine the role of seeking social support closely within the recovery narrative found in the digital space community.

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