

Study of Mental Health Quotes for Positive Mindset in Digital Era

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Abstract

The purpose of this research is to examine mental health quotes for a positive mindset after the Covid-19 pandemic hit especially in digital era. The research method used is descriptive qualitative. The data source is 65 quotes from World Health Mental Day 2022, Make Mental Health for All A Global Priority on a very large banner. Data collection techniques include library techniques, see, and record. The analysis is qualitative content analysis. The presentation is descriptive and argumentative. The results of the study show that when someone wants to give quotes that aim to create a positive mindset, the tendency for the type of language style that appears consists of: Association 50%, Paradox 17%, Climax 15%, Allegory 8%, Anticlimax 6%, Irony and Rhetorical 2% each. The findings from this study are in the form of association style patterns with criticism, conditions, affection, prohibitions, definitive, optimistic, and advice patterns. The pattern of Paradox language style is patterned as suggestion, alert, prohibition, annoyance, consistency, and introspection. Command and support patterned Climax language styles. Allegory style pattern with an optimistic pattern. Anticlimax stylized pattern with prohibition pattern. Irony language style pattern which is patterned as a prohibition for satire. The patterned Rhetorical style of language asks something. Thus, the novelty revealed of the synergy from the fields of linguistics and counseling can produce more specific, effective, and efficient counseling therapies in the future, especially in mental health.

Keywords: Digital Mental Health, Positive Mindset, Language Style

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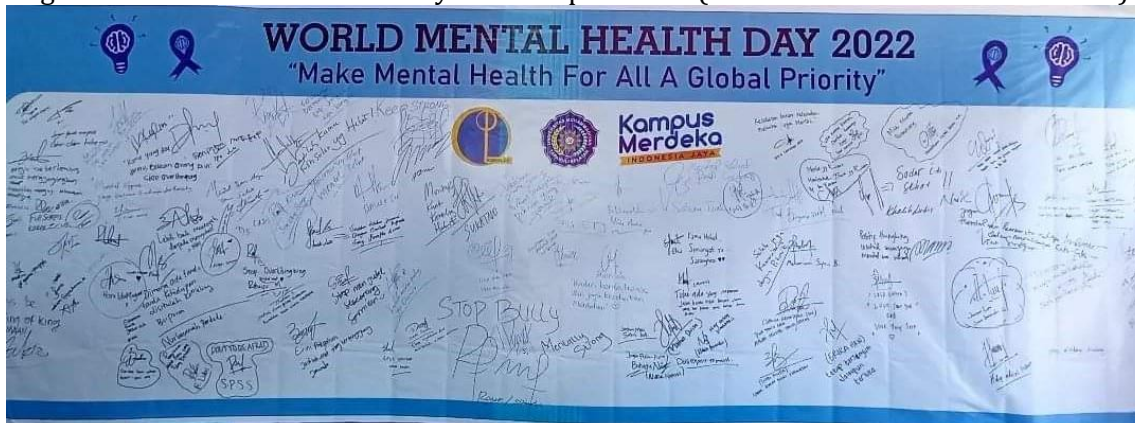


INTRODUCTION

Having a positive mindset is a very important capital in living a quality life especially in digital era. This is because the digital era plays a very important role during the Covid-19 pandemic which automatically also affects a person's psychology and way of thinking in looking at life, especially when using social media. Since the emergence of the Covid-19 pandemic, the mindset that affects people's mental health has started to worry. It is based on exposure Intan (2021) from the statement of the Ministry of Health (Kemenkes) which stated that the prevalence rate of mental health problems in Indonesia is quite high and has increased due to the pandemic. Population data that has the potential to experience mental health problems is 20%. Then, Celestinus Eigya Munthe as Director of Prevention and Control of Mental Health Problems and Drugs of the Ministry of Health (in Intan, 2021) stated that mental health disorders in the form of depression increased by 9% due to the pandemic situation. He also emphasized that there is an increase of around

6-9% for depression and anxiety which means there is an increased tendency to commit suicide. In reviewing this, the Guidance and Counseling Education Study Program, Muhammadiyah University of South Tapanuli (UM Tapsel) also took a role in trying to reduce mental health disorders by sharing positive quotes at the World Health Mental Day event on October 10, 2022.

Figure 1. World Mental Health Day at UM Tapsel 2022 (Source: Personal Documentation)



The UM Tapsel academic community was asked to provide quotes that would provide a positive response to those who read them or those who were experiencing mental health problems. In addition, the influence of the digital era has had a huge impact on students' mental health due to the previous Covid-19 pandemic. It is hoped that by sharing these quotes, it can have a positive impact on society, namely by changing thought patterns that were previously negative to positive, it can return someone to the direction and purpose of life again. It is undeniable that research related to the study of mental health has been carried out a lot. Some of the literature reviews that can be described are as follows. Novianty & Cuwandayani (2018) explained that there are 450 million people in the world and it seems that they live in developing countries experiencing mental disorders. The Asian state is the country with the highest rates of mental disorders due to a shortage of mental health medical personnel. World Health Organization (2021) reveals that a very serious global issue is suicide. Data shows that globally as many as 703,000 people commit suicide every year. Widyawati (2021) explained that both at the global and national levels, mental health problems are unresolved health problems. WHO (2022) research that one of the main causes of disability is depression. The fourth cause of death is suicide at the age of 15-29 years.

Literature review above has shown serious concern about mental health. Apparently, mental health can also be done through a different approach, namely through the language approach. Among these studies can be seen as follows. Cultural and language transferability mental health outcome measures in the German version of the OxCAP-MH multi-dimensional abilities instrument (Simon et al., 2018); cognitive support in online mental health forums (Pruksachatkun et al., 2019); online mental health interventions, cognitive support, and mental health (Chikersal et al., 2020). Thus, the language support that has been provided already exists from a cultural approach, through online health forums, even from online support in the form of cognitive mental health interventions.

However, support for mental health with positive quotes is still limited. The style of language in conveying these quotes deserves to be studied in order to find out how best someone should be in providing support to others by using what style of language. Because of the language style according to Keraf (in Putri et al., 2020) is a way of expressing thoughts with a distinctive language that can show the soul and personality of the author. Then, by studying the style of language it is possible to assess the personality,

character, and capabilities of the author who uses that language. Besides that, Mental health has indeed been researched in the digital era. Some related research can be seen as follows. Ling et al. (2021) researched WHO's promotion of mental health interventions in the digital era for Chinese young adults so that crowdsourcing could design packages for future marketing. Naslund & Aschbrenner (2021) researched mental health promotion and lifestyle interventions using digital applications targeting young adults with serious mental illnesses. Mahoney et al. (2021) examined the increase in use of digital mental health services during the Covid-19 pandemic between Australia and New Zealand. Topooco et al. (2022) researched how to address students' needs to manage their mental health, digital interventions are needed. Zhang et al. (2022) researched mental health in the digital era in China to see mental health from the impact of the Covid-19 pandemic. Sawrikar & Mote (2022) researched mental health in the digital era which relates to the younger generation who tend to ignore considerations in the use of interventions. Koly et al. (2022) researched mental health using digital technology to see the potential for providing services.

Then, Kodish et al. (2023) examined mental health in the digital era in terms of barriers and strategies for students of color to increase the use of interventions. Cross et al. (2023) examined mental health in the digital era in terms of predictors of functional impairment from assessment and improvement after being treated at national digital mental health services. Riboldi et al. (2023) researched that to overcome anxiety and depressive symptoms in students during the Covid-19 pandemic, there needs to be mental health interventions in the digital era so that a systematic review of randomly controlled trials can be seen. Meyerhoff et al. (2023) examines the design of mental health interventions in the digital era in all domains as a pragmatic approach starting from formative design to ready-to-use therapy services. Kozelka et al. (2023) researched access to mental health in the digital era for people experiencing serious mental illness in society in order to identify barriers. D'Adamo et al. (2023) researched mental health in the digital era in terms of its reach and application based on cognitive behavioral therapy for students.

Therefore, based on the literature review above, it can be seen that mental health has been widely researched, especially in the digital era since the Covid-19 pandemic, from various perspectives and approaches. However, the limitations of research that analyzes mental health from a linguistic perspective, especially in the form of positive quotes, still need to be implemented. This is because mental health sufferers also need support in the form of encouragement which is manifested from a series of constructive words. Thus, a research gap can be drawn that the findings of this study are in the form of positive quotes for maintaining mental health. Therefore, this research will analyze these quotes using a linguistic approach through stylistic analysis in order to describe the tendency of what patterns are dominant given by someone to encourage their friends to be better. Therefore, the novelty of this study is the finding of patterns of positive quotes in changing the mindset of someone who is affected and to prevent the emergence of mental health disorders. Based on this, efforts to save mental health disorders can be anticipated so that the level of sanity can be maintained and stable. If mental health is stable, a person's behavior can also be more controlled and tends to be more positive and effective in improving the quality of life, especially in digital era.

METHOD

This research method is descriptive qualitative. The data for this research is in the form of language style contained in the quotes at the World Mental Health Day 2022 Make Mental Health for All A Global Priority event on a very large banner. Data collection techniques were carried out using library techniques, observe, and record the 65 quotes that are worthy of analysis. The analysis uses qualitative content analysis. Ida (in

Sumarno, 2020:37) explained that qualitative content analysis tends to present media content based on the context and process of the source document so that the results found are deeper and more detailed. Media content can be explained according to the context of the social reality that occurs. Thus, the message is seen in the qualitative analysis study paradigm. This is because within the scope of social life it can be stated that the media as a symbol or set of symbols represents a particular culture. Presentation of data in the form of descriptive and argumentative.

RESULT AND DISCUSSION

The research results were obtained from an analysis of data sourced from the World Mental Health Day 2022 Event, Make Mental Health for All a Global Priority. This activity provides a forum for the academic community of Muhammadiyah University of South Tapanuli to provide their best support in order to maintain mental health. The message conveyed is contained in quotes written on very large banners. Various expressions of quotes that appear to produce 66 data to be analyzed. Further exposure can be seen in the following tables.

1. Quotes with Language Style Association

Association language style is a style of language that compares one situation with another because there are similar characteristics (Aloysia & Utami, 2022:91). As many as 33 data are found in Association style quotes in Table 1 below.

Table 1: Quotes with Language Style Association

Data	Quotes		Explanation
	Indonesian Language and Angkola Language	English	
1(Asc)	<i>Jangan lupa makan #anakkos ☺</i> 'Do not forget to eat #boarding house ☺'		Association
2(Asc)	<i>Mental Kurang Sehat Pasti Modom Sajo</i> 'mentally unhealthy must just sleep'		Association
3(Asc)	Angin tak berhembus untuk menggoyangkan melainkan menguji kekuatan akarnya 'The wind doesn't blow to shake it but to test the strength of its roots'		Association
4(Asc)	Jangan pernah menyesali sehari dalam hidupmu 'Never regret a day in your life'		Association
5(Asc)	Di mana ada tanda-tanda kehidupan, di situlah konseling berperan 'Where there are signs of life, that's where counseling comes into play'		Association
6(Asc)	Pengalaman adalah guru yang paling berharga		Association

	'experience is the best teacher'		
7(Asc)		Don't to be afraid	Association
8(Asc)	Lebih baik mencegah daripada mengobati 'Better to prevent than cure'		Association
9(Asc)		Love your self	Association
10(Asc)		Only you can changes your life	Association
11(Asc)	Ingat Tuhanmu. Mentalmu akan berjaya. 'Remember your God. Your mind will triumph.'		Association
12(Asc)	Setia itu mahal bro. Hanya dilakukan orang sehat. 'Loyalty is expensive bro. Only healthy people do.'		Association
13(Asc)	Hidup adalah pilihan 'Life is a choice'		Association
14(Asc)	Yakin usaha sampai 'Be sure to arrive'		Association
15(Asc)	Hidup adalah sebuah pertandingan. Tetaplah kuat dan jangan menyerah. Be the best. 'Life is a game. Stay strong and don't give up. Be the best.'		Association
16(Asc)	Jaga mentalmu karena itu sebagai alasanmu dalam mencapai cita-cita 'Take care of your mentality because that is your reason for achieving your goals'		Association
17(Asc)	Jangan lupa selalu bersyukur 'Don't forget to always be grateful'		Association
18(Asc)	Miliki mental pemenang 'Have a winning mentality'		Association
19(Asc)	Sadar itu sehat!! 'Being aware is healthy!!'		Association
20(Asc)		Love your God and love your self ♥	Association
21(Asc)	Positif thinking untuk menjaga mentalmu sehat 'Positive thinking to keep your mental healthy'		Association
22(Asc)	Jika kamu butuh curhat hubungi saya 'If you need to vent contact		Association

23(Asc)	me' Mental yang kuat membentuk jiwa yang kuat 'A strong mental form a strong soul'		Association
24(Asc)	Selalu jaga kewarasan dengan piknik 'Always keep your sanity with a picnic'		Association
25(Asc)	Jiwa yang baik adalah mental yang sehat 'A good soul is a healthy mind'		Association
26(Asc)	Sabar adalah kunci kesuksesan 'Patience is the key to success'		Association
27(Asc)	Mental sehat pasti cerdas 'Mentally healthy must be smart'		Association
28(Asc)	Di dalam jiwa yang sehat terdapat pikiran yang jernih 'In a healthy soul there is a clear mind'		Association
29(Asc)	Jika kau lapar maka makanlah 'If you are hungry then eat'		Association
30(Asc)		Love your self	Association
31(Asc)	Mental kuat konseling hebat 'Strong mentality, great counseling'		Association
32(Asc)	Pikiran yang sehat mental sehat 'Healthy mind, healthy mind'		Association
33(Asc)	Serahkan keluhan jiwamu dengan curhat kepada Sang Pencipta dirimu 'Surrender your soul's complaints by confiding in your Creator'		Association

Based on the data in Table 1. above, it is found that tautology is divided into 7 patterns as follows. There is 1 quote that has a critical pattern in data 2 (Asc). There are 2 patterns of quotes that provide conditions for data 22(Asc) and 29(Asc). There are 3 quotes that pattern love on data 9(Asc), 20(Asc), and 30(Asc). There are 4 quotes with prohibition patterns in data 1(Asc), 4(Asc), 7(Asc), and 17(Asc). There are 5 quotes with definitive patterns in data 6(Asc), 13(Asc), 15(Asc), 25(Asc), and 26(Asc). There are 7 quotes with an optimistic pattern on data 5(Asc), 14(Asc), 18(Asc), 19(Asc), and 17(Asc). There are 11 quotes that pattern advice on data 3(T), 8(T), 10(T), 11(T), 12(T), 16(T),

21(T), 23(T), 24(Asc), 28(Asc), 31(Asc), 32(Asc), and 33(Asc). Thus, the tendency of the tautology pattern that appears is the advice pattern. Advice itself means good teachings or lessons; good advice (instructions, warnings, and reprimands) (KBBI Daring, 2016f). Therefore, the quotes that are most often given to other people tend to be in the form of advice so that they can become more meaningful reminder messages for those who are advised.

2. Quotes with Paradox Language Style

Paradoxical language style is a style of language that states something in the opposite or opposite way (Salwia et al., 2022:223). Quotes with a paradoxical style of language found as many as 11 data in Table 2. below.

Table 2: Quotes with Paradox Language Style

Data	Quotes	Explanation
	Indonesian Language	
1(P)	Teruslah bermimpi tapi jangan lupa bangun 'Keep dreaming but don't forget to wake up'	Paradox
2(P)	Gaya elit mental sulit 'The mental elite style is tough'	Paradox
3(P)	Tetap senyum walau dibantai pulang 'Keep smiling even if you go home'	Paradox
4(P)	Ente kadang-kadang. 'you sometimes.'	Paradox
5(P)	Tetap sehat walaupun sakit ☺ 'Stay healthy even though sick☺'	Paradox
6(P)	Mentalmu lebih penting daripada <i>mood</i> ayangmu 'Your mentality is more important than your lover's mood'	Paradox
7(P)	Tetap tersenyum walaupun terluka 'Keep smiling even though it hurts'	Paradox
8(P)	Terkadang kita sadar bahwa dunia hanya tipu-tipu 'Sometimes we realize that the world is just a deception'	Paradox
9(P)	Kesalahan bukan kelemahan melainkan ujian mental 'Mistakes are not weakness but a mental test'	Paradox
10(P)	Hindari berita <i>hoax</i> dan jaga kesehatan mentalmu. 'Avoid hoax news and take care of your mental health.'	Paradox
11(P)	Stop nyakitin diri. Mulailah cintai dirimu. 'Stop hurting yourself. Start loving yourself.'	Paradox

Based on the data in Table 2. above, it is found that the paradox is divided into 6 characteristic patterns as follows. There is 1 quote that has a suggested pattern in data 1 (P). There is 1 quote with an alert pattern in data 10(P). There is 1 quote with a prohibition pattern in data 11(P). There are 2 quotes that pattern frustration in data 2(P) and 4(P). There are 3 consistent patterns of quotes in data 3(P), 5(P), and 7(P). There are 3 quotes with introspective patterns in data 6(P), 8(P), and 9(P). Thus, paradox tends to be consistent and introspective. Meanwhile, consistent is fixed (not changing); obey the principles; steady (KBBI Daring, 2016d). Then, introspection is a review or correction of one's own (actions, attitudes, weaknesses, mistakes, and so on); be careful (KBBI Daring,

2016c). Therefore, paradoxes tend to emerge consistent patterns to strengthen the heart and spirit. Plus, it creates patterns that are patterned by introspection so that you can reflect on what has been done so that you can behave even better in the future.

3. Quotes with Climax Style

Climax language style is a presentation of thoughts or things in a row from simple and less important things increasing to things or ideas that are important or complex (Putra et al., 2020:35). Quotes with climax language style found as many as 1 data in Table 3 below.

Table 3: Quotes with Climax Style

Data	Quotes		Explanation
	Indonesian Language, Korean Language, and English	English	
1(C)	<i>Full senyum sayang</i> 'Full of smiles dear'		Climax
2(C)	Mental hygiene, jaya bersama bimbingan dan konseling 'Mental hygiene, triumph with guidance and counseling'		Climax
3(C)	Kamu yang tau dirimu bukan orang lain. Stop over thinking. 'You know yourself no one else. Stop over thinking.'		Climax
4(C)	Mantep, terus maju, dan sehat 'Great, keep going, and healthy'		Climax
5(C)	Kamu hebat, semangat ya... Saranghaeyo ♥♥ 'You are great, cheer up... I love you ♥♥'		Climax
6(C)	Tidak ada yang namanya jalan buntu. Ingat, banyak jalan yang pintas yang harus kamu jalani. 'There is no such thing as a dead end. Remember, there are many shortcuts that you have to live.'		Climax
7(C)		Stay strong. Fighting 😊	Climax
8(C)	Berbahagia lah 😊 'Be happy 😊'		Climax
9(C)		Mentally Strong	Climax
10(C)	Beragama kuat, mental sehat, jiwa kuat 'Strong religion, healthy mentality, strong soul'		Climax

Based on the data in Table 3. above, it was found that climax is divided into 2 characteristic patterns as follows. There is 1 quote that has an order pattern in 3C data. There are 9 quotes with patterns of support in data 1(C), 2(C), 4(C), 5(C), 6(C), 7(C), 8(C), 9(C), and 10 (C). Thus the trend of the climax pattern that appears is a support pattern. Support is something that is supported (KBBI Daring, 2016b). Therefore, at the climax, support is more prominent in a positive direction, giving rise to a better perspective going forward.

4. Quotes with Anticlimax Style

Anticlimax language style is a style of language that has a loose structure or the ideas are sorted from the most important to the less important ideas (Nurhadi et al., 2019:477). Quotes with anticlimax language style found 4 data in Table 4 below.

Table 4: Quotes with Anticlimax Style

Data	Quotes		Explanation
	Indonesian Language and English	English	
1(Ac)	Ga boleh rasis 'Can't be racist'		Anticlimax
2(Ac)		Don't expect too much	Anticlimax
3(Ac)		Stop Bully	Anticlimax
4(Ac)	Stop sikap dingin 'Stop being cold'		Anticlimax

Based on the data in Table 4 above, it is found that Anticlimax has pattern 1 with a prohibition pattern on data 1(Ac), 2(Ac), 3(Ac), and 4(Ac). Prohibition is an order (rule) that prohibits an action (KBBI Daring, 2016e). Therefore, Anticlimax tends to have a prohibitive pattern that makes a person get limited from what he wants to think, feel, or do in the future.

5. Quotes with Allegory Language Style

Allegory is a story that is used as a symbol (figuratively or figuratively) of actual human life to educate (especially morals) or explain something (ideas, aspirations, or life values ranging from policy, loyalty, to honesty) (Permana, 2022:23). Quotes with allegory style found 5 data in Table 5. below.

Table 5: Quotes with Allegory Language Style

Data	Quotes		Explanation
	Indonesian Language	English	
1(AI)		Always be the king of king	Allegory
2(AI)	Jadi Generasi Tangguh 'Be the Resilient Generation'		Allegory
3(AI)	Jadilah anak yang bertanggung jawab 'Be a responsible child'		Allegory
4(AI)		Be the best whatever you are!	
5(AI)	Jadilah dirimu pelangi memberikan warna dalam		Allegory

kehidupan
 'Be yourself rainbow gives
 color in life'

Based on the data in Table 5. above, it is found that Allegory pattern 1 is optimistic on data 1(AI), 2(AI), 3(AI), 4(AI), and 5(AI). An optimist is a person who always has good hopes (views) in facing everything (KBBI Daring, 2016g). Thus, being optimistic makes a person wiser in determining his life.

6. Quotes with Irony Style

Irony language style according Keraf (2010:143) is a derivative of the word *eironeia* which means deception or pretending. Irony or satire in figurative language is a reference that wants to say something with a different meaning or purpose from what is contained in the series of words. Quotes with irony language style found as much as 1 data in Table 6. below.

Table 6: Quotes with Irony Style

Data	Quotes	Explanation
	Indonesian Language	
1(Ir)	Jangan pura-pura bahagia 'Don't pretend to be happy'	Irony

Based on the data in Table 6. above, it was found that Irony had pattern 1 which had a prohibition pattern for satire in data 1(Ir). Satire is a word (image and so on) that intends to satirize people; indirect reproach (ridicule and so on) (KBBI Daring, 2016h). Thus, quotes in the form of satire can make a person think twice about doing this in his life. tersebut dalam hidupnya.

7. Quotes with Rhetorical Style

Rhetorical language style is a kind of question used in speech or writing that aims to achieve a more massive impact, a reasonable approach, and does not require an answer at all. (Keraf, 2010:134). Quotes with rhetorical style found 1 data in Table 7 below.

Table 7: Quotes with Rhetorical Style

Data	Quotes	Explanation
	Indonesian Language and Angkola Language	
1(Re)	Ibarat kata "Ribak Sude". Adakah? 'Like the word "Tear all". Is there?'	Rhetorical

Based on Table 7. above, it can be explained that Rhetorical pattern 1 has a pattern of asking something in data 1 (Re). Meanwhile, asking is asking for information (explanation and so on); ask to be informed (about something) (KBBI Daring, 2016a). Oleh karena itu, *quotes* dalam bentuk pertanyaan dapat melatih daya kritis seseorang dalam Therefore, quotes in the form of questions can train one's critical power in digesting them. Thus, a person can better analyze what he will choose and do in the future by questioning the urgency before it is implemented.

After analyzing the entire data, the quotes can be categorized as shown in Table 8 below.

Table 8: Categorization of Quotes

No.	Language Style	Frequency
1.	Association	33
2.	Paradox	11
3.	Climax	10

4.	Allegory	5
5.	Anticlimax	4
6.	Irony	1
7.	Rhetorical	1

In accordance with Table 8. above, it can be stated that the style of language that appears amounts to 7 categories with each detail as follows. The Association language style appears 33 times. The Paradox language style appears 11 times. Climax language style appears 10 times. Allegory language style appears 5 times. The Anticlimax language style appears 4 times. Irony and Rhetorical styles each appear 1 time. Thus, the majority of the style of language used in general for mental health quotes is the style of Association which tends to compare one situation with another because there are similarities in nature. In this discussion, the percentage of the use of figurative language in mental health quotes will be shown in Diagram 1. below.

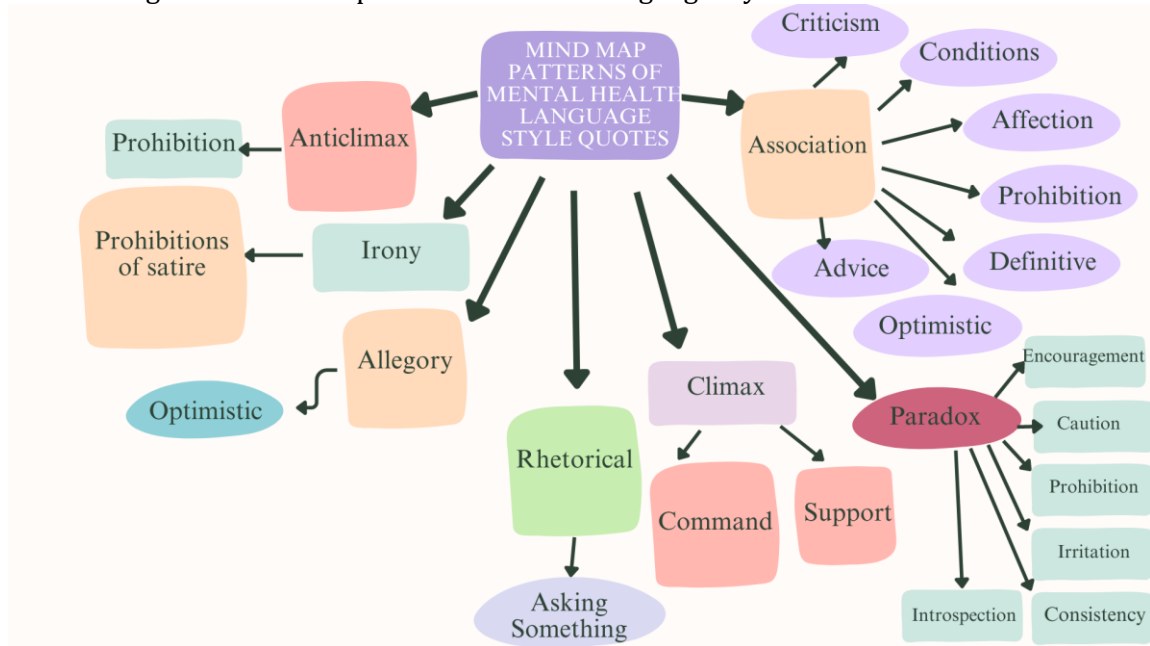
Diagram 1. Categorization of Language Style Quotes Mental Health



Based on Diagram 1. above it can be seen that the majority used is the Association language style of 50%. Paradox language style is used as much as 17%. Climax language style is used as much as 15%. Allegory language style is used as much as 8%. Anticlimax language style is used as much as 6%. Irony language style is used as much as 2%. Rhetorical language style is used as much as 2%. Thus, what tends to appear to be used for quotes in general is Association language style and what tends to be rarely used is Irony and Rhetorical language style. Meanwhile, Paradox, Climax, Allegory, and Anticlimax are still under fair use.

Furthermore, the appearance of the results in Diagram 1. will be readjusted with the reference theory related to the style of language in the previous background. Language style according to Keraf (inPutri et al., 2020) is a way of expressing thoughts with a distinctive language that can show the soul and personality of the author. Then, by studying the style of language it is possible to assess the personality, character, and capabilities of the author who uses that language. Meanwhile, when it is associated with the categorization of language styles from mental health quotes that have been obtained, it shows a tendency to use seven language styles starting from Association, Paradox, Climax, Allegory, Anticlimax, Irony, and Rhetorical. Each of these language styles develops and shows the emergence of different patterns as shown in Chart 2. below.

Diagram 2. Mind Map of Mental Health Language Style Patterns



In the Association style, patterns appear criticism, conditions, affection, prohibition, definitive, optimistic, and advice. However, in this association, the majority of its usage tends to be advice. This shows that a person is required to be wise in carrying out his life. In the Paradox language style, patterns of encouragement, caution, prohibition, irritation, consistency, and introspection appear. In the Climax language style, patterns of command and support appear. In Allegory style, an optimistic pattern emerges. In the Anticlimax style, a pattern of prohibition appears. In Irony's style, a pattern appears which is a pattern of prohibitions for satire. In the Rhetorical language style, a pattern appears which is a pattern of asking something.

These seven language styles are an important pattern finding for mental health therapy because the message is considered to be closer to everyday life. This can be seen from the variety of languages used, namely familiar varieties or tending to be non-rigid language varieties. These patterns can be a guide in giving positive quotes to someone who needs them, especially those who need counseling sessions with counselors. This pattern is a contribution from a linguistic perspective in organizing the development of a person's way of thinking in looking at life after experiencing unpleasant things in their life. The difference with findings from other research is that previous findings tend to focus more on mental health interventions which tend to be in the online realm (Sawrikar & Mote (2022); Kodish et al. (2023); Riboldi et al. (2023); Meyerhoff et al. (2023); Chikersal et al. (2020); Ling et al. (2021); Naslund & Aschbrenner (2021); Topooco et al. (2022)), then the findings in the current research lie in the pattern The language style of positive quotes can help treat someone who is experiencing mental health problems to have positive thoughts due to the influence of the very rapid digital era. Apart from that, the novelty of this research is that it details language style patterns that can be used to counsel clients effectively and efficiently so that their lives become more productive.

Based on these, a better approach is one that is more familiar with one's daily life. Hopefully this analytical study can increase more positive support for those who need therapy to heal their mental health for a better quality of life in the future. This is because the tendency for something to appear shows how influential it is in everyday life. Therefore, a better approach is one that is more familiar with one's daily life. Hopefully

this analytical study can increase more positive support for those who need therapy to heal their mental health for a better quality of life in the future.

The implications of this research are divided into theoretical implications and practical implications. The theoretical implications can help counselors find patterns of positive quotes that are closer to daily life in counseling counselees who experience mental health problems due to the impact of the digital era since the Covid-19 pandemic. Furthermore, the practical implications can be used in a more intimate counseling process to avoid rigidity so that it tends to be easier to find life solutions in the future.

The contribution of this research is very useful across disciplines, both from linguistics and from counseling. The synergy that exists from this research will bring good benefits in the development of linguistics as a door to providing linguistic elements needed by the field of guidance and counseling science. Linguistics provides linguistic style patterns to produce quotes that have an impact on positive thinking, while guidance and counseling science applies them in the counseling process more accurately.

However, there are research limitations that cannot be carried out due to the limitations of the problems chosen in this research. This research is limited to analyzing the linguistic style of mental health quotes from one community only. The hope is that in the future, the provision of data can be more diverse from various community sources so that more diverse and varied data can be captured. This diversity of data sources will be able to produce even more unique and useful findings in the future.

The weakness of the method of this research is that it is still limited to library research because the data collection carried out comes from written data. The hope is that apart from the diversity of community sources, more efforts will be made so that the data sources also come from oral data. In this way, complete sources of data types, both written and oral data, will be better able to capture language style patterns that are needed in various types of counseling in guidance counseling, especially in the mental health counseling process due to digital impacts.

This research need can also be used in the field of communication, especially in advertising and similar scientific fields that require positive motivation in increasing the productivity of life in order to be better in society. Apart from that, this research idea can also be expanded by finding quote templates with a more appropriate language style to make it easier for counselors to find language that suits their clients' needs. It is highly recommended that this type of research be developed in various scientific fields and diverse approaches.

CONCLUSION

The study of mental health quotes for a positive mindset in digital era has revealed that the language styles that emerge from the data that have been analyzed consist of: Association, Paradox, Climax, Allegory, Anticlimax, Irony, and Rhetorical. These seven language styles develop with patterns that have certain characteristics. In the Association language style, patterns of criticism, conditions, affection, prohibition, definitive, optimism, and advice emerge. However, in this association, the majority of its usage tends to be advice. This shows that a person is required to be wise in carrying out his life. In the Paradox language style, patterns of encouragement, caution, prohibition, irritation, consistency, and introspection appear. In the Climax language style, patterns of command and support appear. In Allegory style, an optimistic pattern emerges. In the Anticlimax style, a pattern of prohibition appears. In Irony's style, a pattern appears which is a pattern of prohibitions for satire. In the Rhetorical language style, a pattern appears which is a pattern of asking something. Finding patterns with these characteristics is one of the efforts to decipher how the contents of a quote and its impact on those who read or hear it. Because it cannot be denied that when someone is experiencing difficult things in his life, then someone needs support through positive quotes so that his mindset becomes clear

again. Quotes are like life reminder messages that are really needed when someone experiences unexpected things in their life. Of course, this study still has shortcomings and requires further development with a different approach. However, this effort is expected to be beneficial for the development of linguistics which is aligned with counseling science. Thus, the synergy of these two fields of knowledge can produce more specific, effective and efficient counseling therapy in the future.

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