

**ANXIETY DISORDERS REPRESENTATION IN TWITTER
DISCOURSE**

THESIS

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DEPARTMENT OF ENGLISH LITERATURE

FACULTY OF HUMANITIES

UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM

MALANG

2026

**ANXIETY DISORDERS REPRESENTATION IN TWITTER
DISCOURSE**

THESIS

Present to

Universitas Islam Negeri Maulana Malik Ibrahim Malang
In Partial Fulfillment of the Requirements for the Degree of
Sarjana Sastra (S.S.)

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MALANG
2026**

STATEMENT OF AUTHORSHIP

I state that the thesis I wrote to fulfil the requirement for the Degree of Sarjana Sastra (S.S.) entitled “**Anxiety Disorders Representation In Twitter Discourse**” is truly my original work. It does not incorporate any materials previously written or published by other persons, except those indicated in quotation and bibliography. As the sole author of this thesis, I will address any objections or claims from others.

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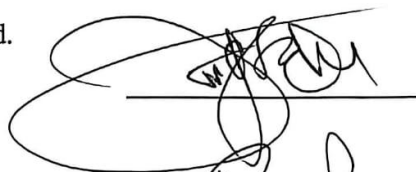
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MOTTO

*“Allah tidak mengatakan hidup itu mudah. Tetapi Allah berjanji, bahwa
sesungguhnya bersama kesulitan ada kemudahan”*

(Q.S Al-insyirah: 5-6)

*“aku membahayakan nyawa ibu untuk lahir ke dunia, jadi tidak mungkin aku
tidak ada artinya, dan aku membuat ayahku bekerja setiap hari hingga lelah, jadi
aku pastikan lelahnya tidak akan sia-sia”*

(penulis)

*“Orang lain ngga akan bisa paham struggle dan masa sulit kita, yang mereka
ingin tahu hanya bagian success stories-nya. Berjuanglah untuk diri sendiri
walaupun tidak ada yang bertepuk tangan. Kelak diri kita di masa akan sangat
bangga dengan apa yang kita perjuangkan hari ini.*

(penulis)

Angan dan pertanyaan, waktu yang menjawabnya.

Berikan tenggat waktu, bersedihlah secukupnya.

Rayakan perasaanmu sebagai manusia

(Baskara Putra-Hindia)

DEDICATION

With full gratitude and pride, this thesis is dedicated to myself, my lovely parents, all my family members, and my friends in Malang and Jambi, who have given me their support and love. I also thank all of them for their prayer (*do 'a*). I thank God Almighty Allah SWT, who always gives health and the ability to complete this research.

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Therefore, this research is the work of researchers as ordinary people, and of course, it has flaws. Therefore, the researcher will be very grateful and appreciate any criticism and suggestions to build better opportunities in the future. The researcher also hopes that this research can be useful for readers and serve as a source of reference and consideration in future research.

Malang, April 19, 2026.

ABSTRACT

Hasanah, Siti Uswatun (2026). Representation of Anxiety Disorders in Twitter Discourse: An Appraisal Analysis. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Nur Latifah, M.A., TESL.

Keywords: *anxiety disorders*, Twitter, Appraisal Theory, discourse analysis,

This study aims to analyze the representation of *anxiety disorders* in Twitter discourse and to identify the linguistic features used to represent *anxiety disorders* by applying the Appraisal Theory proposed by Martin and White (2005). This study employed a qualitative research method with a discourse analysis approach. The data consisted of 25 Twitter posts representing *anxiety disorders*. The data were collected through documentation and analyzed using the three appraisal systems, namely *Attitude*, *Engagement*, and *Graduation*. The findings reveal that *anxiety disorders* in Twitter discourse are predominantly represented through users' emotional experiences and subjective evaluations of their psychological conditions. Of the 25 data analyzed, 19 were categorized as *Attitude*, 2 as *Engagement*, and 4 as *Graduation*. The *Attitude* category was the most dominant, particularly the *Affect* subcategory, indicating that Twitter users tend to express sadness, fear, disappointment, emotional exhaustion, hopelessness, and the need for support and reassurance from others. Meanwhile, the *Engagement* category illustrates how users position their viewpoints through the *Entertain* and *Proclaim* subcategories, while the *Graduation* category intensifies evaluative meanings by emphasizing the degree of emotions and experiences expressed in the tweets. These findings demonstrate that Appraisal Theory effectively explains how linguistic choices are used to represent *anxiety disorders* in Twitter discourse through emotional expression, interpersonal positioning, and the intensification of evaluative meaning.

ABSTRAK

Hasanah, Siti Uswatun (2026). Representasi Gangguan Kecemasan dalam Wacana Twitter: Analisis Appraisal. Skripsi. Program Studi Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Nur Latifah, M.A., TESL.

Keywords: *anxiety disorders*, Twitter, Appraisal Theory, discourse analysis,

Penelitian ini bertujuan untuk menganalisis representasi *anxiety disorders* dalam wacana Twitter serta mengidentifikasi fitur kebahasaan yang digunakan untuk merepresentasikan *anxiety disorders* menggunakan teori Appraisal yang dikemukakan oleh Martin dan White (2005). Penelitian ini menggunakan metode penelitian kualitatif dengan pendekatan analisis wacana. Sumber data penelitian berupa 25 unggahan Twitter yang mengandung representasi *anxiety disorders*. Data dikumpulkan melalui teknik dokumentasi dan dianalisis menggunakan tiga sistem dalam teori Appraisal, yaitu *Attitude*, *Engagement*, dan *Graduation*. Hasil penelitian menunjukkan bahwa representasi *anxiety disorders* dalam wacana Twitter lebih banyak ditampilkan melalui pengalaman emosional dan evaluasi subjektif pengguna terhadap kondisi psikologis yang mereka alami. Dari 25 data yang dianalisis, ditemukan 19 data termasuk kategori *Attitude*, 2 data kategori *Engagement*, dan 4 data kategori *Graduation*. Kategori *Attitude* menjadi kategori yang paling dominan, khususnya subkategori *Affect*, yang menunjukkan bahwa pengguna Twitter cenderung mengekspresikan rasa sedih, takut, kecewa, kelelahan emosional, kehilangan harapan, serta kebutuhan akan dukungan dan kepastian dari orang lain. Sementara itu, kategori *Engagement* menunjukkan cara pengguna memosisikan pandangan mereka terhadap suatu informasi melalui subkategori *Entertain* dan *Proclaim*, sedangkan kategori *Graduation* memperkuat intensitas makna evaluatif melalui penggunaan unsur kebahasaan yang menegaskan tingkat emosi dan pengalaman yang dirasakan. Temuan penelitian ini menunjukkan bahwa teori Appraisal mampu menjelaskan bagaimana pilihan bahasa digunakan untuk merepresentasikan *anxiety disorders* dalam wacana Twitter melalui ekspresi emosi, posisi penulis terhadap suatu informasi, serta penguatan makna evaluatif.

الملخص

حسنة، سيني أوسواتون. ٢٠٢٦. تمثيل اضطرابات القلق في خطاب تويتر: تحليل باستخدام نظرية التقييم بحث جامعي. قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم (Appraisal).
TESL الإسلامية الحكومية مالانج. المشرفة: نور لطيفة، ماجستير،

، تحليل الخطاب، التمثيل (Appraisal Theory) اضطرابات القلق، تويتر، نظرية التقييم: الكلمات المفتاحية

هدف هذه الدراسة إلى تحليل تمثيل اضطرابات القلق في خطاب منصة تويتر، والتعرف على السمات اللغوية التي قدمها (Theory Appraisal) المستخدمة في تمثيل هذه الاضطرابات بالاعتماد على نظرية التقييم اعتمدت الدراسة المنهج النوعي باستخدام مدخل تحليل الخطاب. وتكونت (Martin and White (2005 منشوراً على منصة تويتر تمثل اضطرابات القلق. جمعت البيانات باستخدام أسلوب 25 بيانات الدراسة من Graduation و Engagement و Attitude: التوثيق، ثم خلّلت وفق الأنظمة الثلاثة في نظرية التقييم، وهي أظهرت نتائج الدراسة أن اضطرابات القلق في خطاب تويتر تُمثل بصورة رئيسة من خلال التعبير عن الخبرات الانفعالية والتقييمات الذاتية للحالة النفسية للمستخدمين. ومن بين 25 بيانات تم تحليلها، صُنّفت 19 وكانت فئة Graduation ، و 4 ضمن فئة Engagement ، و 2 ضمن فئة Attitude بيانات ضمن فئة ، مما يدل على أن مستخدم تويتر يميلون Affect هي الأكثر ظهوراً، ولا سيما الفئة الفرعية Attitude إلى التعبير عن الحزن والخوف وخيبة الأمل والإرهاق النفسي وفقدان الأمل، بالإضافة إلى حاجتهم للدعم فقد أوضحت كيفية عرض المستخدمين لوجهات نظرهم Engagement والطمأنينة من الآخرين. أما فئة تعزيز المعنى Graduation ، في حين أظهرت فئة Proclaim و Entertain من خلال الفئتين الفرعيتين وتبين نتائج التقييم من خلال تقوية درجة المشاعر والخبرات التي يعبر عنها المستخدمون في منشوراتهم تُعد إطاراً فعالاً في تفسير كيفية توظيف الخيارات (Appraisal Theory) هذه الدراسة أن نظرية التقييم اللغوية لتمثيل اضطرابات القلق في خطاب تويتر من خلال التعبير عن المشاعر، وإبراز موقف الكاتب، وتعزيز شدة المعنى التقييمي

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CHAPTER I

INTRODUCTION

A. Background of The Study

Over the past years, the increasing interest in the issues of anxiety disorders in the framework of social media could be explained by the fact that this platform allows a user to share his/her feeling freely, either via text, gestures, or even emoticons. Other than the communication tool, language is also used to show the psychological and emotional health of a person. Language is regarded as a social activity that actively constructs, generates, and modifies social connections and systems of understanding within society (Fairclough,2009) . This viewpoint describes how these virtual manifestations can connect personal experiences to broader cultural processes.

The problem of anxiety disorders on social media has been increasingly discussed over the past few years because social media provides users with an opportunity to express their feelings directly using words, expressions, or emoticons. Language is also a means of expressing the mental and emotional state of a person, besides being a communication tool. Fairclough (2009) observes that language is a social practice that shapes as well as describes reality. Consequently, the symptoms of anxiety disorders in the virtual world can be perceived as a personal problem and an element of a more significant social process.

To explore anxiety disorders, it is important to understand the importance of anxiety disorders and their impact on day-to-day activities. Anxiety disorders are

psychological problems that may significantly affect the quality of life but are often unnoticed. Anxiety disorders are not mere states of restlessness that may disrupt daily activity, affect the ability to concentrate, and affect the relations with other people. (Isnanahhh, 2022), in her book *I Have Anxiety*, was of the view that anxiety is a form of mental illness, caused by improper brain functioning, and that it brings about symptoms that disrupt normal living. This assertion illustrates how emotional, behavioral, and physical traits of an individual are affected by anxiety disorders. Interestingly, what people understand, feel, and share about anxiety, especially when it comes to language use and communication in this digital age, should be considered.

Twitter is a social media platform that many individuals with anxiety disorders use to share their issues and seek emotional comfort with other users. This condition has been found through research (Asari & Mukhoyyaroh, 2024). It was found that Twitter has a major role, as can be seen in the vast quantity of tweets with sentimental lamentations, hyperbolic ideas, and phrases such as, anxiety does not inquire about whether or not it is a good day. The pessimistic and distrustful words in such comments are indicative of the psychological condition of the consumer.

These days, Twitter is among the most widely used social networking sites, with a substantial daily rise in active users since the start of the COVID-19 epidemic.(Rezeki Syailendra Reza Irwansyah et al., 2020) . The peculiarities of Twitter, including the freedom of openness, intercourse, and up-to-date data, make this platform a dynamic online community space to discuss various topics, including issues of mental health. And their specific experiences with anxiety, both

in terms of how they reduce stress and comment on boxes. Viral started the group discussion. This demonstrates that Twitter is not only a means of communication but also a means of mirroring the psychological moods, especially the moods related to anxiety disorders.

The study of word choice, phrases, and sentence structure used to convey dread in tweets is covered in this research. Certain linguistic patterns can reveal a degree of worry because language is assumed to be a reflection of an individual's thoughts and emotions. Twitter was selected as the study's primary focus because it enables users to freely and randomly express their ideas and feelings through brief posts. In this instance, the wording used in each tweet reveals the participant's emotional and mental states. In order to comprehend how anxiety manifests itself in online communication patterns on Twitter, this study uses language analysis.

The approach of discourse analysis provides an in-depth way to understand how language use constitutes and displays social reality and the mental state of a person, with references to the phenomena of anxiety disorders on social media. Language is a means of communication as well as a portrayal of characteristics, emotions, and experiences (Apriyanto 2020). Twitter has brought people to share their views about anxiety disorders freely, and this indicates that language has an active role to play in creating a shared understanding of mental illness. This is associated with the study (Issaka et al., 2024) that found that people with anxiety disorders often use social media language to openly show their vulnerability to allow intimate experiences to be shared in public.

One of the theories used in this study is the Appraisal Theory proposed by (Peter R. R. White, 2005). This theory is part of Systemic Functional Linguistics (SFL), which focuses on how speakers or writers express feelings, attitudes, and evaluations through language. According to Martin and White, language is not only used to convey information, but also to show a person's position, emotions, and perception of an event. Appraisal Theory consists of three main subsystems: Attitude, Engagement, and Graduation. They help to discover how evaluative meaning is conveyed in a written work. Appraisal theory was used in this study to analyze how Twitter users express their experiences, feelings, and judgments about anxiety disorders through the uploads they share on Twitter.

Several previous studies indicate that Twitter has a significant impact on discussions about anxiety disorders. People can express their emotions, ideas, and psychological experiences through social media posts, and the language they use can be used to comprehend their mental health situations. According to (Alhazzaa & Curcin, 2025), Social media language usage patterns can be utilized to determine a user's mental health state, including Generalized Anxiety Disorders (GAD). (Mendu et al., 2020) Complement this assumption by showing how social media language and interaction patterns could be analyzed to identify indicators of mental health and personal well-being.

Social media language use not only allows people to communicate their feelings, but it also reveals how individuals view themselves digitally. Based on, (Zarate et al., 2023) People's language used on social media not only reflects their psychological condition but also shapes their self-image, which can be examined to

comprehend how they experience anxiety. Even though they are frequently expressed indirectly (Owen et al., 2020), it can be seen that depression and anxiety, as mental issues, can be related to the words used on Twitter, even though they may not be explicitly mentioned, which can assist in the early detection of the signs in the field of medical psychology. In addition (Dutta & De Choudhury, 2020) show how social media experiences associated with anxiety disorders appear not only in language use but also in social network patterns and user interaction, which offer a more complete picture of a person's anxiety situation.

Societal and cultural factors also have an impact on how mental health is expressed on Twitter. Based on (Pavlova & Berkers, 2020) Societal values and linguistic pressures have an impact on how mental health concerns are communicated on Twitter. In the opinion of (Delanys et al., 2022) There is stigma associated with mental illnesses because phrases connected to psychiatry on Twitter are frequently used outside of a medical setting and are frequently accompanied by unfavorable tones. This is similar to research by (Zhu et al., 2023) which suggests that judgements and prejudices play a significant role in how the general public perceives anxiety disorders on social media (El-Gayar et al., 2021). indicate that the COVID-19 pandemic has increased conversations regarding mental health on Twitter during times of crisis, particularly those pertaining to stress and anxiety. Meanwhile, (Huang et al., 2024) discovered that social media narratives regarding anxiety and depression also included attempts to get support from loved ones, ask for support, and convey encouraging sentiments to the audience.

Most previous research on anxiety on Twitter has concentrated on identifying symptoms of anxiety and mental health disorders from the perspective of user psychology. However, the research is still limited in explaining how language describes anxiety disorders. Therefore, language is seen as a social practice to shape meaning and experience. This research is in the realm of discourse analysis. Twitter was chosen as the subject of the study because it allows users to openly express their emotions and thoughts. Appraisal Theory, proposed by Peter R. R. White (2005) was used in this study to analyze how anxiety disorders are represented through the use of attitude, Engagement, and Graduation in Twitter discourse.

B. Research Question

1. How are anxiety disorders represented in Twitter discourse?
2. What linguistic features are used to represent anxiety disorders in Twitter discourse?

C. Significance of The Study

This study is expected to provide practical contributions and new perspectives for the public, mainly social media users, on how language builds a common understanding of anxiety disorders and how people express their mental conditions on social media. In addition, this study can also serve as a reference for future studies on the same topic, especially in discourse analysis, language representation, and social media use. Thus, this study can contribute to building a more positive digital environment that is sensitive to anxiety disorders.

D. Scope and Limitation

This study focuses on discourse analysis that explores how anxiety disorders are portrayed in tweets on Twitter. The data sources were obtained from public tweets containing the keyword daily anxiety. This analysis was conducted using Appraisal Theory proposed by Peter R. R. White (2005) to identify and analyze the use of Attitude, Engagement, and Graduation in the representation of anxiety disorders on Twitter.

This study has limitations because it only uses data from Twitter and is limited to public tweets based on specific keywords, so private conversations or private accounts are not included in the analysis. In addition, this study only examines tweets in English. It focuses more on linguistic aspects through a discourse analysis approach, so it does not examine in depth the psychological or medical aspects related to anxiety disorders. Furthermore, this study is also limited to information taken from Twitter between August and September 2025, with a total of around 25 tweets.

E. Definition Key of Term

1) Anxiety disorder

Anxiety disorders are mental issues that are associated with excessive fear, stress, and worrying that are always on going, affecting an individual's thoughts, feelings, and behaviors. It is not just a simple response to particular circumstances, as it can escalate and become an important issue that has significant impacts on daily activities, including how an individual thinks, relates with others, and even expresses their feelings and emotions, both directly and through social media as a way of communication.

2) Twitter / X

Twitter, which is now called X, is a text-based social media site that allows users to express their ideas, emotions, feelings, opinions, and experiences through text. Twitter's open nature, with direct and interactive characteristics, makes it a vital place for people to express their emotional and mental state of being, such as feelings of anxiety or other experiences, through direct or indirect ways by using selected words.

3) Discourse analysis

Discourse analysis is a method that can be applied to the examination of the formation of meaning in both social and psychological contexts. This method of analysis considers the use of language not just as a medium of communication but as a social act that mirrors the mental experiences, identities, social relationships, and beliefs of the people who are interacting with each other. In the realm of mental health in particular, discourse analysis has been applied to the examination of mental health issues such as anxiety disorders in digital communication modes such as Twitter.

CHAPTER II

LITERATURE REVIEW

As the theoretical foundation for this study, this chapter examines earlier theories and research on anxiety disorders, social media, and discourse analysis.

1. Discourse Analysis

Discourse analysis is an applied linguistic method that examines the use of language to convey meaning in social settings. Discourse analysis, as defined (Via Novelia Najmi¹, 2025) examines the relationship of the text to the social reality in which it is used, in addition to its grammatical structure. Language is a form of communication and is also a means of expressing and shaping reality, beliefs, and power structures in society and ways of communicating. Through this strategy, researcher are able to understand how meaning and value are generated through linguistic practice.

Discourse is a critical instrument that explains how the word-choice, the language style, and Internet communication determine the portrayal of a specific phenomenon, such as anxiety disorders, within the context of social media such as Twitter. Through discourse analysis, the researcher can determine how posts or tweets made by Twitter users about anxiety can be used to create anxiety disorders in the virtual community on a large scale, as well as capture the personal psychological conditions of the individuals. Discourse analysis, in turn, provides a valuable theoretical foundation of the given research as it explains how language on

Twitter identifies and socializes the experiences of users and forms a shared notions of anxiety disorders.

2. Appraisal Theory

One of the developments of Systemic Functional Linguistics (SFL) proposed by Peter R. R. White is Appraisal Theory. The goal is to study how speakers or writers use language to express feelings, attitudes, judgments, and evaluations. This theory focuses on the evaluative meaning in a text, namely how a person conveys his position, emotions, and views on a phenomenon. Through Appraisal Theory, researchers can identify different forms of evaluation used in language to represent social experiences, feelings, and judgments. Therefore, this theory is considered relevant for use in this study because it can help analyze how anxiety disorders are represented in Twitter discourse as well as identify the linguistic features that Twitter uses in expressing their experiences and views regarding anxiety disorders.

As explained by Peter R. R. White (2005), appraisal theory consists of three main systems: Attitude, Engagement, and Graduation. These three systems are used to analyze how the speaker or writer expresses the attitude, position, and intensity of evaluation in a text. Here is an explanation of these systems.

A. Attitude.

In Appraisal Theory, Attitude is a subsystem related to the expression of feelings, judgments, and evaluations conveyed by the speaker or writer towards a person, behavior, or phenomenon. This type of category is used to discover how

language embodies attitudes and perceptions. According to Martin and White (2005), attitudes consist of three main categories: Affect, Judgment, and Appreciation. Attitude can be used in the context of anxiety disorders to analyze the different types of evaluations that appear in Twitter posts related to experiences, behaviors, and conditions related to anxiety.

Example: “ I feel anxious every time I leave my house.”

“ I am too weak to deal with my anxiety.”

a. Affect.

Ekspresi emosi atau perasaan seseorang disebut affect. Dalam kategori ini, orang lain dapat menemukan bagaimana mereka mengungkapkan keadaan emosional mereka, baik berupa perasaan positif maupun negatif. Dalam kondisi kecemasan, emosi biasanya diungkapkan melalui ungkapan rasa takut, khawatir, cemas, stres, atau putus asa.

Example: “ I feel anxious every time I have to talk to people “

“ I’m constantly worried about things that haven’t even happened yet. ”

“Sometimes I feel completely overwhelmed by my anxiety.”

b. Judgment.

According to certain social norms, the perception of a person's behavior, character, or ability is known as judgment. According to this category, a person considers himself or someone else to be good, bad, capable, weak, brave, or

irresponsible. In discussions about anxiety disorders, negative self-assessments often come up.

Example: “I’m too weak to handle my anxiety.”

“She is brave for speaking openly about her mental health struggles.”

“ I feel like a failure because I can’t control my anxiety.”

c. Appreciation.

Conditions for certain phenomena, situations, experiences, or conditions are called appreciation. This category is used to show how a person assesses the quality or effect of something. In the case of anxiety, appreciation is often used to describe the experience of living with anxiety.

Example: “Living with anxiety is exhausting.”

“This constant fear is overwhelming.”

“Anxiety can be a frightening experience.”

B. Engagement

Engagement is an element of Appraisal Theory that functions to analyze the way the author or speaker expresses his point of view in a text. With engagement, it can be known whether a statement is given as a fact, a personal opinion, or considering the point of view of others. In other words, engagement shows how the writer positions himself or herself towards the information conveyed. Engagement

in social media such as Twitter can be seen from the use of words that indicate beliefs, doubts, or opinions about something. Therefore, this element helps researchers understand how Twitter users express their views on anxiety disorders

Example: “ I think my anxiety is getting worse lately “

“Many people believe that anxiety can affect daily activities.”

“ it seems that social media increases anxiety for some users.”

C. Graduation

In Theory Appraisal, graduation is used to assess the strength or intensity of a feeling, assessment, or opinion in a text. By using graduation, researchers can find out whether a phrase is conveyed with a strong or weak meaning. The two components of graduation are strength and focus. Strength refers to intensity or quantity, while focus refers to precision or category. Gradation was used in this study to assess how strongly Twitter users expressed their experiences and views on anxiety disorder

Example: “ I am very anxious about tomorrow “

- The word **very** reinforces anxiety

“ I am a little worried about my exam.”

- A **little** word weakens the level of worry.

“This is a real anxiety disorder.”

- The word **real** confirms that this condition really includes anxiety disorder.

“It is kind of an anxiety problem.”

- The word **kind of** indicates that the condition is only close to the category of anxiety.

3. Anxiety Disorders

Anxiety disorders are a type of psychological problem that is characterized by excessive amounts of fear, anxiety, and worry that are uncontrollable. According to her book, *I Have Anxiety* Isnanahhh (2022) indicates that poor brain activity in the regulation of emotional worry causes anxiety disorder, which subsequently affects the behavioral, psychological and medical health of an individual. Anxiety disorders are diagnosed through linguistics, which implies that the symptoms are determined by how an individual articulates their feelings in the form of language. As (Avram et al., 2024) note, often people with high anxiety repeat their emotional expressions, use negative-toned language, and use nonverbal expressions such as emotions to express their mental state.

In the present age of social media, many people have begun communicating about their experiences related to anxiety, especially on Twitter, which has become an important platform for users to express their thoughts and emotions. Beyond expressing personal feelings, these posts function as a means of self-expression and emotional support in online interactions. This phenomenon can be analyzed using Appraisal Theory, proposed by Martin and White (2005), which explains how

language is used to express evaluation, negotiate interpersonal meanings, and construct social relationships. Through the three appraisal systems Attitude, Engagement, and Graduation—users evaluate their emotions, position their viewpoints, and intensify the meanings conveyed in their tweets. Therefore, tweets about anxiety not only reflect users' emotional experiences but also demonstrate how linguistic choices are employed to represent anxiety disorders in Twitter discourse.

CHAPTER III

RESEARCH METHOD

This chapter explains the research method used to analyse the data. The researcher could also explain the strategies used to collect and examine the data.

a. Research Design.

In this study, the researcher employed a qualitative descriptive method; the analysis focuses on how anxiety illnesses are represented in Twitter discourse. Qualitative research uses descriptive data of written and spoken words and observed behaviors to understand social phenomena as a whole (Waruwu, 2024). This study applies Appraisal Theory proposed by Martin and White (2005), particularly the Attitude system, to analyze the feelings, evaluations, and attitudes expressed in tweets related to anxiety disorders. Through this qualitative approach, data were collected from public tweets, focusing on utterances, words, and phrases as the main objects of analysis. To grasp the idea and facets of discourse analysis and anxiety disorder, the researcher consulted a variety of books and journals during the study process.

b. Data and Data Sources

The data in this study consist of public tweets taken from the Twitter platform that contain expressions related to anxiety disorders. The keyword “anxiety daily” was used to search Twitter for the tweets. The researcher used this search to locate tweets from community and personal accounts, then they chose those that were pertinent to the object of the study. The period of data collection was August to September 2025. This period was chosen because it could illustrate the latest Twitter discussion about anxiety disorders. In addition, a two-month period is considered

sufficient to collect an adequate amount of data relevant to the research objectives and ensure that the analyzed data remains focused and manageable. Twitter's open and interactive nature, which permits users to openly express their emotional experiences and mental states through language, leads to its selection as a source of information. In order to comprehend how anxiety illnesses are portrayed in discourse, the collected data were then examined as words, phrases, sentences, emojis, and punctuation.

c. Research Instruments

The researcher is the main instrument in this study. Researchers have an important role in identifying the focus, gathering data, and evaluating and interpreting data in line with the research goals while using qualitative research methodologies. Public tweets obtained from the Twitter site by searching for “anxiety daily” served as the study data source. The researcher used Appraisal Theory proposed by Martin and White (2005), particularly the attitude system, to select and analyze tweets that were relevant to the research objectives. The analysis focused on identifying expressions of Affect, Judgment, and Appreciation in tweets in order to understand how anxiety disorders are represented in Twitter discourse.

d. Data Collection

Information for this study was gathered through documentation, namely by compiling written data from the Twitter platform. Data were collected from public tweets that featured expressions associated with anxiety disorders. The data was gathered during August and September of 2025 using the Twitter search function with the keyword “anxiety daily.” To make the data more accessible and compliant

with ethical standards, the tweets were exclusively gathered from public accounts and written in English.

The following steps were taken in the data collection procedure. Beginning with, the researcher looked for and analyzed public tweets that expressed emotional stress, worry, overthinking, and mental states associated with anxiety disorders. Second, a thorough analysis of the selected tweets was conducted to identify evaluative expressions related to anxiety disorders based on Appraisal Theory, particularly the Attitude system, including Attitude (Affect, Judgment, and Appreciation), Engagement, and Graduation. Third, pertinent information was recorded and transcribed so that it could be examined.

After data collection, the researcher selected tweets that match the research objectives. The selected tweets are those that contain expressions, experiences, feelings, or judgments related to anxiety disorders, overthinking, panic attacks, fear, and other emotional distress. Tweets that were not relevant to the study, such as advertisements, spam, or tweets that did not contain evaluative expressions related to anxiety disorders based on Appraisal Theory, were excluded from the data. Furthermore, the selected data is categorized based on the similarity in language usage and forms of expression that appear in the tweet. To facilitate the analysis process, the data is then arranged into tables and classified based on Appraisal Theory categories, namely Attitude (Affect, Judgment, and Appreciation), Engagement, and Graduation.

e. Data Analysis

The Appraisal Theory developed by Peter R. R White (2005) was used to analyze the data in this study to study the representation of anxiety disorders in conversations on Twitter. This theory is used to look at how Twitter users convey emotions, attitudes, and evaluations through their chosen language. According to evaluation theory, language serves to convey the speaker's feelings, judgments, and positions towards a situation or experience.

First, data analysis begins with reading and understanding each tweet selected as research data to understand its context and meaning. Furthermore, researchers found linguistic elements associated with anxiety disorders, such as word choice, repetition, punctuation, emojis, metaphors, and sentence structure. Furthermore, the data that has been collected is analyzed using three main subsystems of assessment theory: attitude, engagement, and graduation. The purpose of this analysis was to understand how Twitter users describe anxiety disorders as emotional, cognitive, and social experiences in online interactions.

CHAPTER IV

FINDINGS AND DISCUSSION

The data analysis based on the study's two research questions is presented in this chapter. The findings and the discussion are the two main sections of this chapter.

A. Findings

The findings from this research are presented in terms of the representation of anxiety disorders in the language used in Twitter conversations. The study is based on the linguistic variations used in the expression of feelings, mental experiences, and states of anxiety. The findings from this research show that the language used in the Twitter posts is not only a means of communication but also a means of expressing feelings and experiences of anxiety disorders.

1.1 Table classification of Twitter posts based on Appraisal Theory

No.	Appraisal Theory	Twitter Post	Date
1	Attitude	I wish I can repeat that moment.	25 August 2025
2	Attitude	I don't want anyone, I want u.	25 August 2025
3	Attitude	Each moment I live feels like a lie told to a god who doesn't care.	22 August 2025

4	Attitude	I never faked my love and care for someone.	21 August 2025
5	Attitude	Sorry because I can't make u happy.	17 August 2025
6	Attitude	Please understand that I'm trying, but my best is never good enough, no matter how hard I try.	9 August 2025
7	Attitude	We're all broken hearts with fake smiles.	29 August 2025
8	Attitude	Depression and Anxiety is not a joke.	10 September 2025
9	Attitude	I buried my dreams in a grave of forgotten promises.	3 September 2025
10	Attitude	I need answers when my heart is broken, not silence.	2 September 2025
11	Attitude	Being afraid of everything is valid too.	1 September 2025
12	Attitude	Do you feel lost?	22 September 2025
13	Attitude	☐ Single ☐ Taken ☒ Mentally tired of everything.	24 August 2025

14	Attitude	I just want someone to be sure about me.	30 August 2025
15	Attitude	Don't overshare just because someone is being nice to you.	13 August 2025
16	Attitude	Please, no more temporary people.	20 August 2025
17	Attitude	When it hurts, just sleep.	12 September 2025
18	Attitude	It hurts, but I know how to hide it.	19 September 2025
19	Attitude	I just feel like I am not needed.	24 September 2025
20	Engagement	It's okay, maybe I was expecting too much.	16 August 2025
21	Engagement	Anxiety can be managed tho. Don't let anyone fool you, not even yourself.	6 September 2025
22	Graduation	Everything feels so heavy lately.	22 August 2025
23	Graduation	Is it okay for me to rest now? It hurts so much.	3 September 2025
24	Graduation	Lord, please let the tables turn. I'm so tired. Let me experience genuine things in life.	21 September 2025

25	Graduation	I don't do revenge, but I can ignore your entire existence.	25 September 2025
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a. Attitude

In Appraisal theory, Attitude is used to show the author's evaluative attitude towards feelings, behaviors, and various phenomena that he experiences. Based on the results of the analysis, the Attitude category is the most dominant category found in the research data. This can be seen from the many uploads that contain emotional expressions, behavioral assessments, and evaluations of life experiences. The Attitude category is then classified into three subcategories, namely Affect, Judgment, and Appreciation.

Datum 1.

"i wish i can repeat that moment." (25.8.2025)

Because it expresses the author's feelings of longing and desire for his past experiences, the data is included in the Attitude category with the subcategory Affect. There is an expectation of repeating certain events that are considered memorable, as indicated by the phrase "wish i can repeat that moment". Since the phrase describes the writer's feelings, he was included in Affect, which focuses on the expression of feelings and emotions.

Datum 2.

"i don't want anyone, i want u" (25.8.2025)

Because it shows the author's feelings of affection and desire for someone, this data is categorized as Attitude with the subcategory Affect. According to the sentence, the writer only wants the intended person. This phrase falls under the subcategory of Affect because it reflects emotional attachment and personal feelings.

Datum 3.

"Each moment I live feels like a lie told to a god who doesn't care." (22.8. 2025)

Since this data contains a negative assessment of the author's life experience, it is included in the category of Attitude with the subcategory Appreciation. The "it feels like a lie" phrase indicates a perception of life that is considered meaningless or full of frustration. Because of its focus on the perception of a situation or experience, this data falls under the subcategory of Awards.

Datum 4.

"i never faked my love and care for someone." (21.8.2025)

This data is categorized as Attitude with a subcategory of Judgment because it shows an assessment of one's own behavior. The author states that their affection and concern for someone is natural and not invented. This phrase is included in the decision because it shows a positive assessment of a person's honesty and personality.

Datum 5.

“sorry because i can't make u happy”. (17.8.2025)

This data is included in the Attitude category and the Judgment subcategory because it contains an assessment of one's own abilities. This data shows a negative evaluation of one's capacity or ability, the characteristics of the decision, because the author feels guilty for not being able to make others happy.

Datum 6.

“please understand that i'm trying, but my best is never good enough, no matter how hard i try”. (9.8.2025)

The data shows a negative assessment of one's own efforts and abilities. "My best is never good enough" is a phrase that shows that the effort that has been put in has never been considered sufficient or satisfactory. In addition, the phrase "no matter how hard I try" shows how persistent the writer is. The statement indicates consideration of a person's capacity to meet certain expectations. Therefore, because this data focuses on self-ability assessments, they are included in the Attitude category with the Judgment subcategory.

Datum 7.

“We're all broken hearts with a fake smiles”. (29.8.2025)

This data shows the feelings of sadness and hurt experienced by the author. The phrase "broken hearts" indicates emotional pain or disappointment, while "fake smiles" describes an attempt to hide those feelings behind a smile. This phrase reflects the emotional state experienced by the writer and the people around him.

Therefore, this data is included in the category of Attitude with the subcategory of Affect because it expresses feelings and emotional states.

Datum 8.

“Depression and Anxiety is not a joke”. (10.9.2025)

This data shows an evaluation of mental health problems. The phrase "not funny" confirms that depression and anxiety are serious illnesses that should not be taken for granted or taken lightly. The author evaluates the phenomenon of mental health through these phrases. Therefore, this data is included in the Views category with the Rewards subcategory because it contains perceptions of a situation or event.

Datum 9.

“I buried my dreams in a grave of forgotten promises.”. (3.9.2025)

This data shows the author's despair and disappointment. "A grave of forgotten promises" indicates that the feeling comes from unfulfilled promises, while the phrase "buried my dreams" indicates that the author has buried his hopes or dreams. This phrase describes an emotional situation filled with disappointment and sadness. Therefore, because these data reveal the author's personal feelings, they are included in the Attitude category with the Affect subcategory.

Datum 10.

“I need answers when my heart is broken not silence”. (2.9.2025)

This data shows the author's feelings of sadness and disappointment when facing painful circumstances. "My heart is broken" expresses pain or loss, while "I need answers... Not Silence" shows the writer's hope for clarification rather than

ignorance. The statement indicates the author's emotional state. Therefore, because this data shows personal feelings and emotions, they are included in the Views category with the Affect subcategory.

Datum 11.

“Being afraid of everything is valid too.” (1.9. 2025)

The data shows the author's fear. The phrase "fear of all" indicates fear of various circumstances faced, while the phrase "also valid" indicates the author's attempt to accept these feelings as something natural. This statement indicates the emotional situation associated with fear and accepting one's own situation. Therefore, because this data shows personal feelings and emotions, they are included in the Views category with the Affect subcategory.

Datum 12

“Do you feel lost?” (22.9.2525)

This data shows the feelings of confusion and loss of direction experienced by the author. The phrase "feel lost" indicates an emotional state when a person feels that they have no purpose or certainty in life. Even though it is conveyed in the form of a question, the phrase still represents the emotional state that you want to convey or share with the reader. Therefore, this data is included in the Attitude category with the subcategory Affect because it reveals the author's feelings and emotional state.

Datum 13.

“☐ single ☐ taken ☒ mentally tired of everything” (24.8.2025)

This data shows the emotional condition in the form of mental fatigue experienced by the author. The phrase "mentally tired of everything" reveals that the author feels emotionally tired due to various things he faces. The use of the tick symbol (☑) also confirms that this condition is the state that best describes the author compared to the relationship status. This phrase reflects the feeling of tiredness and emotional distress that is being experienced. Therefore, this data is included in the Attitude category with the subcategory Affect because it expresses emotional states and personal feelings.

Datum 14.

"i just want someone to be sure about me." (30.8.2025)

This data shows the author's desire and expectation to get certainty from someone. The phrase "just want someone to be sure about me" reveals that the author expects confidence and commitment in a relationship. The phrase reflects the writer's emotional need to feel accepted and trusted by others. Therefore, this data is included in the Attitude category with the subcategory Affect because it expresses the author's personal feelings and desires.

Datum 15.

"Don't overshare just because someone is being nice to you." (13 Agustus 2025)

This data shows an assessment of a person's behavior in interacting with others. The phrase "Don't overshare" is a form of advice that directs readers not to share too much personal things just because someone is being nice. This expression reflects an evaluation of actions that are considered unwise in establishing social

relationships. Therefore, this data is included in the Attitude category with the Judgment subcategory because it contains an assessment of human behavior.

Datum 16.

“please, no more temporary people.” (20 Agustus 2025)

This data shows feelings of tiredness and disappointment with relationships that don't last long. The phrase "no more temporary people" expresses the author's hope that he will no longer meet people who are only temporarily present in his life. The phrase reflects the emotional state affected by the experience of a non-sedentary relationship. Therefore, this data is included in the Attitude category with the subcategory Affect because it expresses the author's personal feelings and emotions.

Datum 17.

“when it hurts, just sleep.” (12 September 2025)

This data shows the feelings of sadness and emotional exhaustion experienced by the author. The phrase "it hurts" expresses the existence of pain, both emotionally and psychologically, while the phrase "just sleep" indicates the author's desire to make sleep a way to avoid or relieve the pain. This statement reflects the emotional state that the author is experiencing. Therefore, this data is included in the Attitude category with the subcategory Affect because it expresses personal feelings and emotions.

Datum 18.

“it hurts, but i know how to hide it” (19 September 2025)

This data shows the hurt feelings experienced by the author, but it is not publicly disclosed to others. The phrase "it hurts" indicates the presence of emotional pain, while the phrase "i know how to hide it" indicates that the author chose to hide the feeling. This expression reflects the emotional state experienced as well as the author's efforts to cover up the pain felt. Therefore, this data is included in the Attitude category with the subcategory Affect because it expresses personal feelings and emotions.

Datum 19.

“i just feel like i am not needed.” (24 September 2025)

This data shows feelings of not being appreciated and not needed by others. The phrase "feel like I am not needed" expresses the author's perception that his existence is not considered important in the environment or relationship he is in. The phrase reflects an emotional state filled with disappointment, loneliness, and inferiority. Therefore, this data is included in the Attitude category with the subcategory Affect because it expresses personal feelings and emotions.

b. Engagement.

In Appraisal theory, engagement is used to show how the writer positions his views or opinions on information. Based on the results of the analysis, some of the data in this study are included in the Engagement category because it shows the author's attitude towards the information conveyed. The data is then classified into subcategories according to the characteristics of each speech.

Datum 20

“its okay, maybe i was expecting too much.” (16 Agustus 2025)

This data shows that there is room for possibility or uncertainty in the opinions conveyed by the author. The phrase "maybe I was expecting too much" indicates that the author does not express his opinion as a certainty, but as a possibility or conjecture as the cause of the disappointment he experienced. The use of the word "maybe" serves to weaken the certainty of the statement and opens up the possibility of other interpretations. Therefore, this data is included in the Engagement category with the Entertainment subcategory because the author conveys his views as one of the possibilities, not as absolute truth.

Datum 21

“Anxiety can be managed tho. Don't let anyone fool you, not even yourself.”

(6 September 2025)

This data shows the attitude of the writer who conveys a statement with a high level of confidence. The phrase "Anxiety can be managed tho" affirms that anxiety is a manageable condition, while the phrase "Don't let anyone fool you, not even yourself" reinforces this belief through the form of firm advice. This statement does not leave room for other possibilities or opinions, but rather indicates the author's confident position on the information conveyed. Therefore, this data is included in the Engagement category with the Proclaim subcategory because the author affirms his views as something that the reader can believe.

c. Graduation

In Appraisal theory, Graduation is used to indicate the level of intensity or emphasis on evaluative meaning in speech. Based on the results of the analysis, some of the data in this study are included in the Graduation category and are classified according to the subcategory used.

Datum 22.

“lord please let the tables turn, I’m so tired. let me experience genuine things in life” (21.9.2025)

This data shows a strengthening of the feelings of fatigue and hope conveyed by the author. The phrase "i'm so tired" shows the intensity of the fatigue experienced, while the phrase "let me experience genuine things in life" indicates a strong hope to gain a better life experience. The use of these phrases strengthens the evaluative meaning that the author wants to convey. Therefore, this data is included in the Graduation category with the Force subcategory because it shows an increase in intensity to the feelings and messages conveyed.

Datum 23.

“i don't do revenge, but i can ignore your entire existence.” (25 September 2025)

This data shows a strengthening of the attitude conveyed by the author. The phrase "ignore your entire existence" places a strong emphasis on the act of ignoring someone entirely. The use of the word "entire" serves to increase the intensity of the meaning so that the attitude conveyed sounds more emphatic and extreme. Therefore, this data is included in the Graduation category with the Force

subcategory because it uses linguistic elements that strengthen the evaluative meaning in speech.

Datum 24.

“everything feels so heavy lately” (22 Agustus 2025)

This data shows a strengthening of the feelings experienced by the author. The phrase "so heavy" serves to reinforce the intensity of the emotional burden felt, while the word "lately" indicates that the condition has been felt for a certain period of time. The use of the word "so" emphasizes the level of difficulty or pressure experienced by the author. Therefore, this data is included in the Graduation category with the Force subcategory because it shows an increase in intensity to the evaluative meaning conveyed.

Datum 25.

“Is it okay for me to rest now? It hurts so much” (3 September 2025)

This data shows a strengthening of the pain experienced by the author. The phrase "It hurts so much" reveals that the pain felt has a very high intensity. The use of the phrase "so much" serves to strengthen the evaluative meaning so that the reader can understand the magnitude of the suffering experienced by the author. Therefore, this data is included in the Graduation category with the Force subcategory because it uses linguistic elements that increase the intensity of meaning in speech.

F. Discussion

The results of the analysis show that anxiety disorders in Twitter discourse are represented by various expressions that reflect emotional states, personal experiences, and the way users consider their lives. The post shows feelings of sadness, fear, disappointment, emotional exhaustion, and loss of hope. They also express a desire to gain reassurance, attention, and support from others. While not all data shows anxiety, Twitter users can still describe the condition by using a choice of language that describes their psychological emotions. Therefore, the findings of this study answer the first question of the study: How are anxiety symptoms represented in Twitter discourse?, which suggests that anxiety symptoms are represented through emotional experiences and subjective evaluations of oneself as well as life experiences.

The results of this study support the research of Owen et al. (2020), who found that the language used on social media often indicates mental disorders such as anxiety and depression indirectly. In addition, these findings support the research of Alhazzaa and Curcin (2025) and Mendu et al. (2020), who found that the language a person uses on social media can indicate a person's mental health condition. In this study, Twitter users not only conveyed the psychological conditions they experienced, but also used language to express emotional experiences and construct meaning from the situations they were in. Additionally, these findings are in line with research conducted by Huang et al. (2024), who found that stories about anxiety on social media are often accompanied by a desire to gain support, attention, and understanding from others.

Based on the results of the analysis conducted using the evaluation theory of Martin and White (2005), it was found that three main systems—Attitude, Engagement, and Graduation—build a representation of anxiety disorders. With 19 data out of the total data analyzed, the Attitude category was the most dominant, followed by Graduation with 4 data and Engagement with 2. The Attitude category that dominates Twitter shows that users use more language to express their feelings, provide assessments of behavior, and evaluate life experiences related to their psychological condition.

The Affect subcategory in the Attitude category is the most common type of evaluation. This is shown by the many uploads that express fear, sadness, disappointment, loneliness, emotional exhaustion, and expectations for relationships with others. In addition, Appreciation is used to evaluate life experiences and phenomena related to mental health, while the Judgment subcategory is used to evaluate one's own behavior and abilities and those of others. The results showed that Twitter users were more likely to use evaluative language to express their emotional experiences rather than simply providing information about anxiety disorders. These results are in line with the opinion of Martin and White (2005), who stated that attitude is an evaluation system used to express feelings, assess behavior, and evaluate circumstances or experiences.

At the same time, the engagement category shows how the user views the information provided. The Interesting subcategory is indicated by the word "maybe", which indicates the possibility or uncertainty of an opinion. In contrast, the Statement subcategory is used when the author expresses his opinion expressly

and tries to convince the reader with the information conveyed. The results show that Twitter users not only reveal personal experiences but also build relationships with readers through their opinions.

In addition, the graduation category is used to increase the intensity of the evaluation of each graduation. The use of terms such as too heavy, too much, too tired, and throughout life shows that the feelings and attitudes you want to convey are getting stronger. By using Graduation, users can affirm the intensity of emotions and experiences they are experiencing. This makes the message conveyed stronger and easier for readers to understand.

Therefore, the findings of the study answer the second question of the study, namely what linguistic features are used to describe anxiety disorders in Twitter discourse? In other words, the linguistic features of assessment theory, namely attitude, engagement, and graduation, are used to describe anxiety disorders in Twitter discourse. These three systems work together to describe the user's psychological experience, with attitudes Therefore, this study supports the idea that evaluation theory can not only determine the type of language evaluation but also explain how language choice is used to describe anxiety disorders in Twitter discourse.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter contains conclusions and recommendations based on the research findings presented in the previous chapter. The conclusions are based on the first and second research questions, as well as a summary of the findings and discussion regarding forms of anxiety-related self-expression in Twitter users' tweets. Furthermore, the researcher provides several suggestions for future research seeking to develop similar studies.

A. Conclusion

Based on the study's findings, various forms of evaluative language that describe emotional experiences, assessments of oneself and others, and life experience evaluations, display anxiety disorders in Twitter users' posts. Twitter users often express their feelings through fear, sadness, disappointment, emotional exhaustion, loss of hope, and the need for support and reassurance from others. The choice of language used can describe experiences related to anxiety disorders, although not all posts explicitly mention the term anxiety. Therefore, this study answers the first research question, namely that anxiety disorders are represented in Twitter discourse through emotional experiences and subjective judgments conveyed by users.

Three evaluation categories—Attitude, Engagement, and Graduation—were identified to represent anxiety disorders, according to an analysis conducted using the evaluation theory proposed by Martin and White (2005). Of the 25 data analyzed, the attitude category dominated with 19 data, followed by graduation with

4 data, and engagement with 2. With the dominance of the Attitude category, especially the Affect subcategory, it shows that Twitter users use language more to express their emotions and psychological experiences. Meanwhile, the Engagement category shows how users position their views on the information conveyed, and the Graduation category increases the intensity of evaluative meaning so that the emotional experiences expressed feel stronger. Therefore, this study answers the second research question, namely that the representation of anxiety disorders in Twitter uploads is constructed using the linguistic features of Appraisal Theory, namely Attitude, Engagement, and Graduation.

Overall, this study shows that analytical theory can explain how Twitter users use language choices to indicate anxiety disorders through emotional expression, authors' positions towards information, and reinforcement of evaluative meaning. Thus, this study aids the study of discourse analysis by showing that the language of social media not only functions as a communication tool but also functions as a tool to enhance meaning.

B. Suggestion

Some recommendations can be taken from the research that has been conducted. In practical terms, this research can help mental health professionals understand how people show anxiety on social media. Thus, they can use this knowledge to offer more appropriate education or strategies. Social media users are expected to be more aware that the language they use can affect others and themselves, so they need to speak in a friendlier, more empathetic way. Academically, further research is suggested to use more data and be more diverse.

They should also be able to combine other techniques to make the researcher's results broader and more in-depth, and to provide a better understanding of the representation of anxiety on social media.

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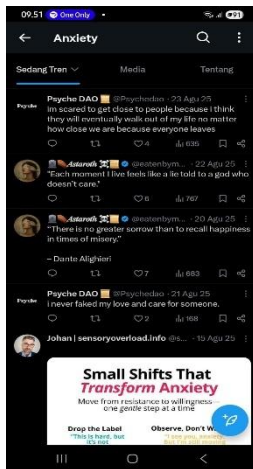
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