



## **“Suicide: Yay or Nay?” X Autobase Account as Safe Space for College Students**

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### **ARTICLE INFO**

#### **Article history**

Received : 25 Jan 2024

Revised : 31 May 2024, 25  
Nov 2024

Accepted : 25 Nov 2024

Available online : 30 Dec  
2024

#### **Keywords:**

Anonymity

Autobase account

X

Safe space

Trigger warning

### **A B S T R A C T**

Suicide incidents among college students have been increasing in the last decade before the turn of millennium. Since the young people are active users of social media, this research aims to map the topics of the college students' post to X (formerly Twitter) autobase account using content warnings ("TW", "trigger warning" and "CW", "Content Warning") to study sensitive or disturbing contents that may triggers trauma. Many college students in Indonesia created campus-based autobase accounts as a platform for sharing information both academic and non-academic, expressing opinions and feelings, socializing, etc. Its anonymous feature plays as a safe space so the users can be themselves on this platform, including posting sensitive contents. This research looked at autobase X accounts of three campuses in Indonesia. They are Institut Teknologi Bandung, Universitas Diponegoro, Semarang, and Universitas Gadjah Mada, Yogyakarta. This research is a netnographic research by collecting tweets containing trigger warnings from the autobase accounts of the three campuses, then grouping the tweets into topics. Using literature review related to the concepts of anonymity and safe space, it is found that autobase accounts with their anonymous feature is a platform with potential to be a safe space for college students to seek help, including helps for suicidal thoughts, mental health and self harm, sexual harassment, and express things that are considered taboo, especially in Indonesian culture, such as



LGBTQ+ issues. This is also an effort to acknowledge collective vulnerability among students that may need further intervention.

**To cite this article with  
APA Style:**

Chabibah, U. (2024). “Suicide: Yay or Nay?” X Autobase Account as Safe Space for College Students. *Profetik: Jurnal Komunikasi*, 17 (2), 348-368

## INTRODUCTION

Internet users in Indonesia have increased significantly in the last two decades. As of July 2021, online penetration in Indonesia reached 70%, which means 204 million people use the internet. Popular online activities are mobile messaging services and social media (Nurhayati-Wolff, 2023).

One of the most popular social media in Indonesia since its appearance in 2006 is Twitter or now renamed X. Indonesian Twitter users are in the top five among countries. Users even tripled compared to the pre-pandemic period in 2019. According to the data from We Are Social, Twitter users in Indonesia in 2022 will reach 18.45 million or equivalent of 4.23% of all Twitter users worldwide. Indonesia is just below the United States, Japan, India and Brazil (Rizaty, 2022).

The popularity of Twitter with its characteristics as a microblogging platform has appeared since the early years of its launch, following the popularity of Facebook which was also launched to the public in the same year, 2016. In a 2012 study, students in the United States ranked Twitter as the second most popular platform after

Facebook despite having only created Twitter accounts for less than a year. Interestingly, Twitter is in the first place for college students for its “24 hour log-on” option, beating out Facebook, LinkedIn, and MySpace (Ezumah, 2013).

As a microblogging platform with character limit—140 characters until 2017 and 280 characters until now—Twitter acts as an intermediary of information. The evolution of Twitter's features has increasingly prioritized the purpose of sharing information (Hughes & Palen, 2010) which has also been confirmed by its users as a platform that contains rich information (Araujo et al., 2015).

In addition, Twitter with its character limits makes the tweets are easy and fast to read, dynamic (information appears in real time), easy to access (as long as the devices connected to the network), rich and functional (allows users to post images, videos and links attached to content), organized (using hashtags that refer to particular subjects and sorted by the posting date), interactive (allowing users to view photos of other users, follow, reply to tweets, subscribe, and share messages with the retweet/quote tweet feature and save tweets with the



like/bookmark features), not invasive (compared to an instant messaging service), and provides options to be anonymous (using a pseudonym, nickname, or account name that does not refer to personal identity) (Kassens-Noor, 2012; Wakefield et al., 2011; Welch & Bonnan-White, 2012).

Twitter's popularity among teenage and student users is also in line with the needs and gratification they seek from this platform. Teenagers use media literacy practices—both traditional and contemporary—simultaneously on Twitter. They use Twitter to express themselves, communicate, maintain friendships, and share information (Gleason, 2016).

Meanwhile, for students, Twitter fulfills functions that are more complex and relevant to their college life. Twitter serves as a learning tool by sharing resources, awareness of current events, and advocacy efforts. Twitter facilitates networks between students, professionals, and educators (Anthony & Jewell, 2017). Students also use Twitter to share ideas, their activities, feelings, or just sharing their whereabouts (Pratiwi, 2013).

College life is a transition in many aspects. From children/adolescents to adulthood (18 years and older), and from middle school to college with different learning processes that need more analytical skill compared to high school or vocational school. Apart from that, many students in Indonesia come from different cities/islands, because universities are usually located in big cities. Upon their admittance to the university, they must adapt to a new environment, culture and language, given

the cultural diversity of Indonesia. Changes also include skill in managing allowance money, managing time for study, socializing and side jobs (for students doing part-time jobs), including managing stress and maintaining mental health since they are being away from family and starting life in a new environment.

This research aims to map topics that students post to their Twitter or X autbase accounts with content warnings (keywords: "TW", "trigger warning", "CW", and "Content Warning"). I use Taguette to map topics that are posted by students anonymously on autbase accounts using one of the four keywords above. The topics were then grouped, mapped, and analyzed based on the major themes found.

A Twitter autbase account can be created because Twitter's Application Programming Interface (API) is open to be accessed by third parties for free—Elon Musk took over Twitter in April 2022 and made policy changes regarding service prices, including the API. With APIs, developers and programmers can create applications that can read and write Twitter data. API data allows the creation of applications by third parties, such as for scheduling tweets, Twitter analysis platforms, and bot accounts (Hutchinson, 2023).

The use of this Twitter API that are widely used in Indonesia are autbase accounts or locally called *menfess* (*mention-confess*) accounts. Autbase accounts are so popular in Indonesia that this type of account is assumed to only exist in Indonesia. It is not known exactly when autbase accounts started being



used, but in 2016, the roleplayer (RP) community on Twitter used autobase accounts for seeking friends (Sangaji, 2022).

The autobase account allows users to send messages to the Direct Message (DM) of the autobase account. The message then will be posted automatically and appear on the Twitter timeline with the following conditions: the sender must follow and be followed back by the relevant autobase account. Messages sent via DM will appear automatically on the timeline anonymously (Aida, 2023).

This anonymous character seems to be an attractive feature for many users. In a study of student users of Yik Yak, a social media in the United States, Yik Yak is considered different from other social media. It has anonymous features and is location-limited—it can only be accessed by student users in their respective campuses. Some respondents called it “anonymous Twitter.” However, this Yik Yak anonymity raised mixed responses. Anonymity is seen as potentially providing a space where “people don't have to worry in speaking their minds” and “people can be themselves”. On the other hand, this anonymity is also thought to facilitate “offensive and extremely negative communications”. However, most research participants denied if the university monitored student activities and posts on Yik Yak (Vaterlaus, 2017).

Looking at the reasons supporting Yik Yak's anonymity, an autobase account can also be a safe space to express one's thoughts. Expressing anxiety, suicidal thoughts or the desire to articulate romantic feelings to someone are not easy to do for some people. Unlike Yik Yak which completely posts the text

automatically so hate speech and pornography can also appear, autobase accounts apply rules. However, hate speech on Twitter may need further research, especially on the habitus and the social groups who use pseudonymous and anonymous Twitter accounts (Wirawanda & Wibowo, 2018). Apart from that, there is a team behind an autobase account to monitor the posts that appear and even delete posts that violate the rules. Other anonymous social media platforms similar to Twitter's autobase accounts, such as Secret and Whisper, have acted as important tools for sharing ideas without fear of judgment. Thus, sometimes it is important to hide the users' identity to post taboo, sensitive messages (Fanti, 2017).

This research focuses on posts on three autobase accounts of ITB, UGM, and Universitas Diponegoro students that use trigger warning keywords. A trigger warning (with its various variations: content warning, TW, CW) is a short statement, written or verbal, that informs the audience about potentially unpleasant or disturbing content that is about to appear. This content warning appeared as acknowledgment of post-traumatic stress disorder (PTSD) in the late 1960s among Vietnam War veterans. “Triggers” are used primarily in support groups and enter popular discourse mainly through the internet and social media sites (Alexander, 2021).

Students' need for safe space and the use of trigger warnings on social media and on campus is not a childish act, but is an effort to overcome public trauma and collective vulnerability (Byron, 2017).



Survey from American College Health Association reveals that suicide is the leading cause of death among college students. However, there are massive barriers to seeking help such as mental health counseling and first aid needs (Raghavan, 2014). Thus, an autobase account has the potential to become an accessible, safe space for everyone to express themselves and their world view (Citron, 2016). Considering the *menfess* senders have gone through the verification process as active students in the relevant campus, it is possible to reach out students to provide help and intervention.

This research contributes to identifying contents with trigger warnings posted by students on autobase accounts. Anonymity as the main feature of an autobase account is a key factor that make this account a safe space for students to express themselves.

## METHODOLOGY

This research is a netnographic research. It is a qualitative research method that combines a series of ethnographic approaches, data analysis, ethical and certain representative practices carried out using social and cultural data that is shared publicly and free on the internet. Researchers collect the data on X, so this method is cheaper and faster compared to other data collection. Netnography also provides a clear picture of the content-rich world of social media communication, something that plays an increasingly important role in contemporary social phenomena (Kozinets, 2015). Netnography is an adaptation of ethnography, a standard research method in anthropology that

involves researcher observations, which literally means “writing about culture”.

Data was collected solely from Twitter or X, with previous observation for one year on student autobase accounts. After observing and comparing several student autobase accounts, 3 accounts were selected. They are student autobase accounts of the Institut Teknologi Bandung (@itbfess), Universitas Gadjah Mada, Yogyakarta (@UGM\_FESS), and Universitas Diponegoro, Semarang (@undipmenfess).

These three campus-based autobase accounts were selected based on their active interaction and popularity, including considering the number of followers and accounts being followed by them—an important consideration. The number of accounts followed by the autobase account is substantial to create active interaction on their timeline. The number of accounts followed by the autobase account determines how many accounts can send a message to the DM before it appears on the timeline. The more following, the merrier the autobase account.

After deciding to study three autobase accounts, the next thing to do is scraping tweets from them based on the keywords that have been determined to answer the research questions. The keywords are: “triggerwarning”, “trigger warning”, “TW”, and “CW”, where “TW” is the abbreviation of “trigger warning” and “CW” is the abbreviation of “content warning”. The time period of study was 1 January 2022 to 16 November 2023, with the aim to observe topics that were discussed by students during the pandemic and transition to epidemic from 2022 until the end of 2023.





For data scraping, this research uses Tweet Harvest which is publicly available for free on Google Colab. I use Tweet Harvest's script for data scraping on Twitter/X because the Twitter API cannot be accessed for free anymore. Tweet Harvest allows data scraping without an API and uses an authorization token instead. This token is uniquely owned by every X account user.

Using this script, I entered the keyword, the autobase account username, and post date period. Each keyword ("trigger warning", "trigger warning", "TW", and "CW") retrieved 100 tweets from each account. The period was divided into two, i.e. 1 January 2022-31 December 2022 and 1 January 2023-16 November 2023.

Tweets that were successfully retrieved from each account were then cleaned from contents that were not relevant. Irrelevant content that needs to exclude, for example, students from UGM and Diponegoro University sometimes use the abbreviation "tw" to say "know (from Indonesian language with Javanese dialect "tau")" and "cw" to say "boy/girl (cowok/cewek)". Therefore, tweets with these irrelevant meanings were excluded from research analysis.

Clean data then is grouped in Google Sheet with separate sheets based on the autobase account username. The data is then exported to Microsoft Word so it can be analyzed using Taguette. Every Ms. Word file uploaded to Taguette is named after the autobase account username, i.e. @itbfess, @UGM\_FESS, and @undipmenfess. Taguette allows researchers to create tags (topics) per autobase account to identify the topics posted by students.

## RESULTS AND DISCUSSIONS

Before elaborating the results of data scraping using Tweet Harvest and tagging/coding results using Taguette, below are the autobase account profiles for each campus. Profiles are presented with the year they were created, number of followers, number of following (accounts followed by the autobase account in question), and rules applied by each account.

### 1. @itb\_fess

The @itbfess autobase account is managed by students from Institut Teknologi Bandung (ITB) and based on its bio, it was created in June 2020. Per November 16, 2023, this account was followed by 102,000 accounts and followed 3,121 accounts. The account bio provides keywords to guide the sender's post based on a particular category.

The keywords applied on this account are "itb!" (general post), "maba!" (for freshman/post about first year in college), "bucin" (for love/romantic relationship post), "struggle" (for complaint, academic/life struggling), "aspiration" (for campus facility complaint, opinion), and "trigger warning!" (sensitive/disturbing content). The rules to use this account are provided and moderated in a separate X account, namely the @polisiitb.

The following posts are examples of the use of the keywords "trigger warning!" and "bucin!":

*trigger warning! suicide yay or nay?*  
(posted on @itbfess in February 23, 2023 at 11.15)

*Bucin! Ridho fsrd kriya 22 apa sudah ada yg mengisi hatimu? [Bucin! Ridho FSRD Kriya 2022, is there someone in your heart?]* (posted on @itbfess in December 11, 2023 at 8.03)

On this account, the users comply with the keyword guidelines and therefore not many irrelevant posts were found.

## 2. @UGM\_FESS

The @UGM\_FESS autobase account is managed by students of Universitas Gadjah Mada, Yogyakarta. Based on the bio, this account was also created in June 2020. As of November 16, 2023, this account was followed by 88,900 accounts and 5,652 accounts. The @UGM\_FESS account put a link to a set of rules for users. Among them, the condition to be followed back is sending a screenshot of the UGM Simaster (Academic Integrated Information System) account as proof of an UGM student. The sender must also have a minimum of 50 followers and have posted at least 100 tweets on his/her X account.

Based on the post category, @UGM\_FESS provides the following keywords guideline: “luv!” (for love/romantic relationship), “ugm\_fess” (general post), and “TW//CW” (trigger warning, sensitive/disturbing content). Examples are as follows:

*hidup lagi sibuk sibuknya dikejar deadline UAS, malah putus. Info menu makan siang yg cocok buat orang habis putus luv! [Have been very busy with the final exam deadlines, but we just break up. Please share me a lunch menu for ones with broken heart!]* (posted on

@UGM\_FESS in December 10, 2023 at 11.42)

*cw // ipk Is it okay dpt ipk semester ini ga nyentuh 3? :( sender klaster agro ugm\_fess [cw // GPA Is it okay to get a GPA under 3 this semester? :( I am a student in agro cluster ugm\_fess]* (posted on @UGM\_FESS account on July 23 2023 at 5.54).

## 3. @undipmenfess

The @undipmenfess autobase account is managed by students of Universitas Diponegoro, Semarang. Based on the bio, this account was founded in September 2019. As of November 16, 2023, this account was followed by 238,000 accounts and 9,984 accounts. On the bio there is a link to access the rules for the users. The rules include what kind of content can and cannot be sent to this autobase account, including guidelines for keywords and the days and times for sending messages based on a particular category. The keywords used in the @undipmenfess account are “-dips! (general post)”, “-lovedips!” (love/romantic relationship), “-creepydips!” (horror, supranatural content) and “-sellidips!” (campaign/marketing).

Interestingly, although the @undipmenfess accepts *menfess* with the keyword “cw (content warning)” and “tw (trigger warning)” for sensitive contents, this account prohibits user sending message that encourages or indicates self-harm and suicide. Instead, this account provides another account, @undipwadul\_ofc, for the Undip students who need someone to talk to (*wadul* is a Javanese word which means “speaking up, complaining, talking heart to heart”).

The following post is an example that uses the keyword “TW”. Note that the post does not mention the word “suicide” [or any alternatives in Indonesian language: *bunuh diri*, *bundir*] even though the post is about a suicide incident.

*-dips! TW// sedih, gak kenal tapi masih nangisin mba paragon :’(( nangis keinget sama mas lapangan tembak juga. Knp yaa. Aku sedih bgttt :(( [ -dips! TW// so sad, I don't know her but I cry for that Paragon girl:’(( I also cry because I remember the guy (committed suicide) in Lapangan Tembak. Why? I'm so sad :(( (posted on @undipmenfess in October 10, 2023 at 23.07)*

The next example is a post with the keyword “-selldips”, a unique keyword on the @undipmenfess. This keyword facilitates students to earn extra money by selling goods or providing transportation services through this account.

*-selldips! For sale tiket live project semarang 14 okt 2022 day1 festival yang mau bisa komen yaa, ada jadwal uts soalnya, thankyou [-selldips! For sale Project live ticket, Semarang 14 Oct 2022 day 1 festival, if you want it please drop your comment, I can not make it due to the mid-term exam, thank you (posted on the @undipmenfess in October 12 2022 at 15.16)*

Based on the four keywords (“triggerwarning”, “trigger warning”, “TW”, and “CW”) used to retrieve posts on three autobase accounts (@itbfess,

@UGM\_FESS, and @undipmenfess) from January 1, 2022 to November 16 2023, I obtained the following results.

Compared to @itbfess, clean data on @UGM\_FESS and @undipmenfess accounts differ significantly compared to their total (unclean) data. This is attributed to the keyword guide on @itbfess is clearer and simpler than the other two accounts. Apart from that, many students on @UGMFESS and @undipmenfess use the abbreviation “tw” which means “know” (from Indonesian with Javanese dialect “tau/w”) and “cw” for “boy/girl (cowok/cewek)”, which are irrelevant to the research. After analyzing the clean data using Taguette, I identified 17 topics. A post/tweet on X may contain more than one topic.



Table

No.	Account username	Number of post (unclean)	Number of post (clean)
1.	@itbfess	115	109
2.	@UGM_FESS	224	130
3.	@undipmenfess	255	159

1. The  
number of posts retrieved from each autobase account

*Source: Author's Data Processing (2023)*



Table 2. Tagging per topic from three campus-based autobase accounts

No	Tags (Topic)	@itbfess	@UGM_ FESS	@undip menfess	Total
1.	Academic issue	14	14	2	30
2.	Mental health issue	85	44	69	198
3.	Suicide, self-harm	48	13	6	67
4.	Culture, pop culture (games, movies)	5	6	4	15
5.	Explicit images (food, injured animals)	2	11	16	29
6.	Bullying, safety & violence (including sexual violence)	17	12	4	33
7.	Financial problems & loss	4	2	11	17
8.	LGBTQ+	12	19	3	34
9.	Relationship & family problems	5	10	14	29
10.	Health & hygiene	1	18	40	59
11.	Pandemic	2	-	-	2
12.	Pornography	7	-	3	10
13.	Religion & spirituality	-	2	-	2
14.	Weather	-	-	1	1
15.	Pets & veterinarians	-	-	11	11
16.	K-pop	-	-	13	13
17.	Cigarettes & alcohol	-	-	3	3

*Source: Author's Data Processing (2023)*



Below is a topic analysis for each autobase account.

#### 1. @itbfess

The five main topics posted by students on @itbfess are issues related to "mental health issue" (42.1%), "suicide, self harm" (23.8%), "bullying, safety & violence (including sexual violence)" (8.4%), "academic issue" (6.9%), and "LGBTQ+" (5.9%).

Compared to @UGM\_FESS and @undipmenfess, posts with the topics "mental health issue" and "suicide, mental health" on @itbfess were the highest. Some of posts about committing suicide on @itbfess were articulated casually as follows:

*trigger warning! terjun dari lt 6 cas yay or nay [trigger warning! jump from the 6th floor CAS building, yay or nay* (posted on @itbfess on March 28, 2023, at 16.25)

*trigger warning! bucin! depressed, wants to die bf >< doesn't know anything gf yay or nay* (posted on @itbfess on January 5, 2023, at 9.30)

More posts related to mental health issue and sexual violence are also worrying and require intervention, as shown in the following posts:

*trigger warning! Sexual harassment I was sexually harassed sama mahasiswa di salah satu jurusan ftmd tahun lalu, sampe sekarang ga berani speak up atau lapor ke siapa-siapa tadi di sisi lain aku ga ikhlas kalo liat dia hidup dengan tenang di saat aku masih di bayang-bayang trauma. What should I do? [trigger warning! // sexual harassment I was sexually harassed by one of the FTMD students*

*last year, until now I don't have courage to speak up or report it to anyone, but I don't want to see him living peacefully while I'm still here suffering the trauma. What should I do?]* (posted on @itbfess on June 18, 2023, at 9.50)

*Struggle! Trigger Warning! Osjur triggers something in me. I beg you to please be kind before judging and reconsider[ing] before giving unnecessary pressure. Also, someone reply with the ITB counseling booking tutorial, please. I need it desperately.* (posted on @itbfess on August 4, 2023, at 15.34)

Other topics such as family issues and sexual orientation also dominate as shown in Figure 1. It needs further observation to conclude that these issues are related to the ITB students' mental health conditions.

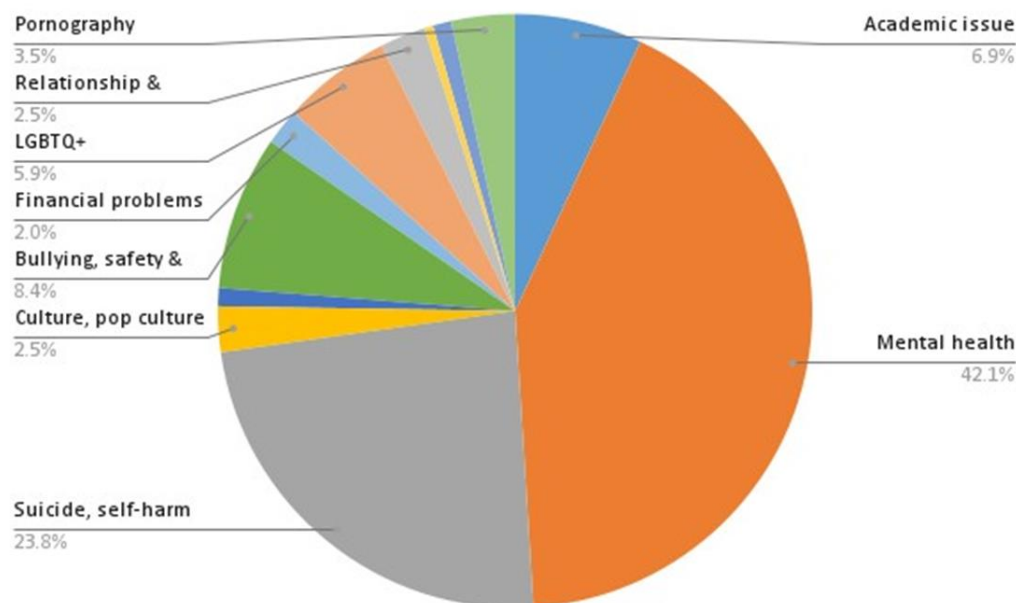


Figure 1: Topics posted by ITB students on @itbfess  
 Source: Author's data processing (2023)

## 2. @UGM\_FESS

Topics that are frequently posted by UGM students on the @UGM\_FESS include “mental health issue” (29.1%), “LGBTQ+” issues (12.6%), “health & hygiene” (11.9%), “academic issue” (9.3%), and posts about committing “suicide, self- harm” (8.6%).

Apart from the mental health issue which is also dominant among the ITB students physical health and hygiene problems are also noticeable among UGM students. This topic was not raised by the ITB students on their autobase accounts. The following is one of the posts on medical issues.

*ya? Soalnya ngga cuma 2-3 kali, malah setiap diare. Kl bab biasa ngga ada. [Ugm\_fess Tw cw // Disgusting Blood DEFECATION Lately I've been eating spicy food a lot. And it makes me suffer from diarrhea. But there's also blood with it. Is that okay? Or should I go to the doctor? The problem is, it's not just 2-3 times, it's every time when I suffer from diarrhea. There's no blood in regular poo (posted on @UGM\_FESS on June 19, 2023, at 13.50)*

*Ugm\_fess Tw cw // Disgusting Blood BAB akhir” ini aku sering makan pedes. Dan berimbas aku jadi diare. Tp diare ku ini tu keluar dar\*h nya. Itu ngga papa? Atau aku periksa aja*

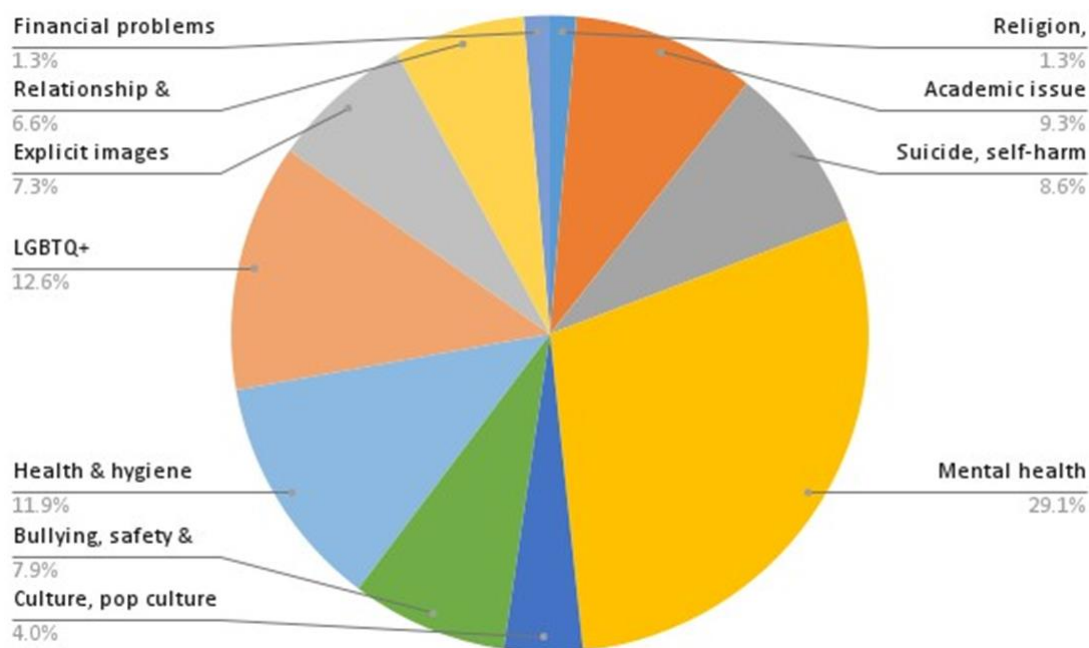


Figure 2: Topics posted by UGM students on @UGM\_FESS

Source: Author's data processing (2023)

Posts related to LGBTQ+ issues are also frequently appearing on the UGM autobase account. This issue may be related to the mental health condition of students from this group, as shown in the following post.

*CW // TW If I come out to the people closest to me that I'm bi[sexual], what will happen? luv I'm just tired, I almost cried every night since I realized this f\* thing was happening to me* (posted on @UGM\_FESS on September 26, 2023, at 23.19)

It needs further research to examine mental health conditions of the UGM students with LGBTQ+ issue. The university may make policies to ensure inclusivity and create a place that free from any discrimination, including sexual discrimination.

### 3. @undipmenfess

The most frequent topic posted by the Universitas Diponegoro students on their autobase account is “mental health issue” with a percentage of 33.8%. This topic is also dominant on the UGM and ITB autobase accounts.



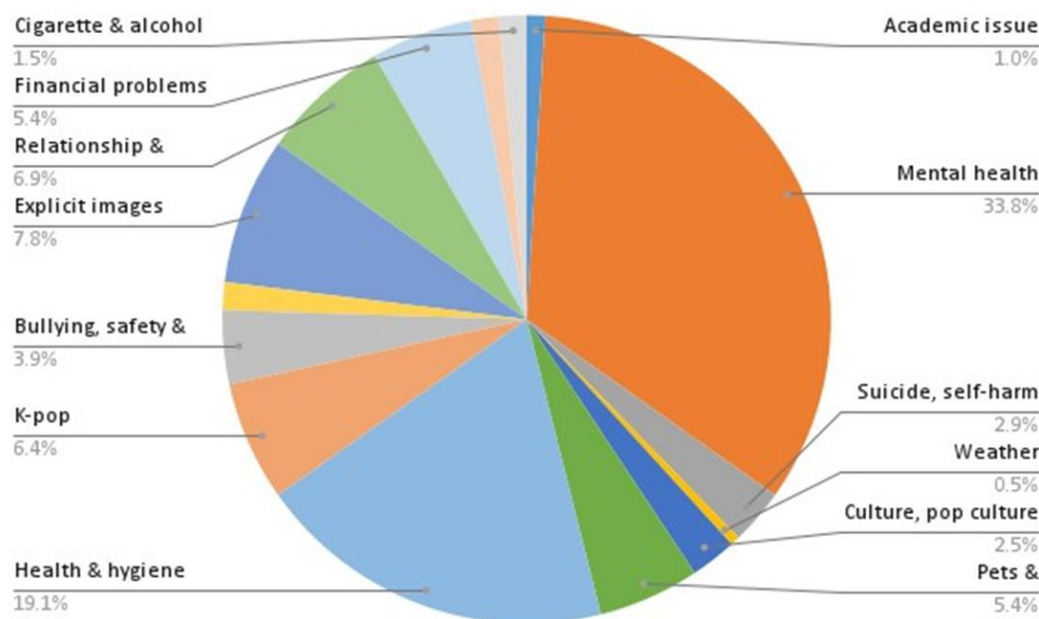


Figure 3. Topics posted by Universitas Diponegoro students on @undipmenfess

Source: Author's data processing (2023)

The following is a post related to mental health issues posted by a Universitas Diponegoro student.



*-dips! TW. Ternyata gaenak yaa hidup berdampingan dengan kecemasan dan depresi. Hidup dengan penuh ketakutan, putus asa, ke tidak berharga diri dllnya. Mungkin sekilas klo dr luar gaakan kelihatan. FYI gue udh bolak balik psikiater selama 2 tahun lebih. Dan hasilnya dosis obat gue nambah terus dari 1,2. Dan akhirnya sekarang udh 3 aja. Kadang gue ngerasa pengen nyeah aja gitu. Anyway, thanks yaa guys udh mau dengerin mf gue. Mohon maaf kalau ada yg ketriggered. [-dips! TW. It turns out that it's not okay to live with anxiety and depression. Living with fear, despair, low self-worth, etc. Maybe it won't be visible from the outside. FYI I've been going back and forth to psychiatrists for more than 2*

*years. And the result was that the dose of my drugs keeps increasing from 1 to 2. And now the dose is 3. Sometimes I feel like I just want to give up. Anyway, thanks guys for reading my message. Sorry if anyone was triggered.]* (posted on @undipmenfess on March 7, 2023, at 23.55)

Similar to findings on the @UGM\_FESS, the Universitas Diponegoro students also post complaints or seek information about “health & hygiene” (19.1%). The third topic frequently posted is contents featuring “explicit images (food, injured animals)” at 7.8%, relevant with posts about “pets & veterinarians” (5.4%), ranked fifth in the top 5 topics among the Universitas Diponegoro students. Many @undipmenfess users post topics about pets, injured/sick animals, and veterinarian info. These topics do not appear on @itbfess or @UGM\_FESS.

*Tw // luka -dips! Kitten di Teknik Lingkungan. Badannya ringkih banget, kaki depannya kayanya patah, badannya juga banyak lukanya. Ga tega liatnya. Harus gimana ya ga punya dana buat abwa ke vet sendiri soalnya :( [Tw // wound -dips! A kitten in Environmental Engineering. The kitten body was very frail, its front legs seemed to be broken, and it also had many wounds. I's hard to see it suffering. What should I do? I don't have money to take it to the vet? :/] (posted on @undipmenfess account on October 22, 2022, at 8.24)*

Therefore, I put “K-pop” in a separate category, apart from the topic of “culture, pop culture (films, games)” due to its distinctive nature in the @undipmenfess. Here are some posts about K-pop.

*-dips! cw // kpop guys ada yang suka stray kids terus mau ikut nobar ini ga di banyumanikk  pengen ikut tapi gaada temen:([ -dips! Cw // kpop Guys, is there anyone here likes Stray Kids and want to join me to watch the show in Banyumanikk  I want to come but I don't have company :/] (posted on @undipmenfess on June 12, 2023, at 20.05).*

However, “relationship & family issues” were in fourth position (6.9%). It needs further research to study the relations between this topic with mental health issues, the most frequent issue posted by the Universitas Diponegoro students.

Another interesting finding on @undipmenfess is the topic about K-pop (6.4%). This topic does not appear on @itbfess and @UGM\_FESS accounts. It is unknown why posts about K-pop on this autobase account should put a content warning for the audience.

Based on the grouping of topics on these three autobase accounts, there are five major topics posted by the ITB, UGM, and Universitas Diponegoro students using the keywords “trigger warning”, “TW”, or “CW”. The five topics are “mental health issue” (37.1%), “suicide, self-harm” (12.6%), “body health & hygiene” (11.1%), “LGBTQ+” (6.4%), and “bullying, safety & violence (including sexual violence)” amounting 6.2%. Figure 4 below displays other topics posted by students from all three campus-based autobase accounts.

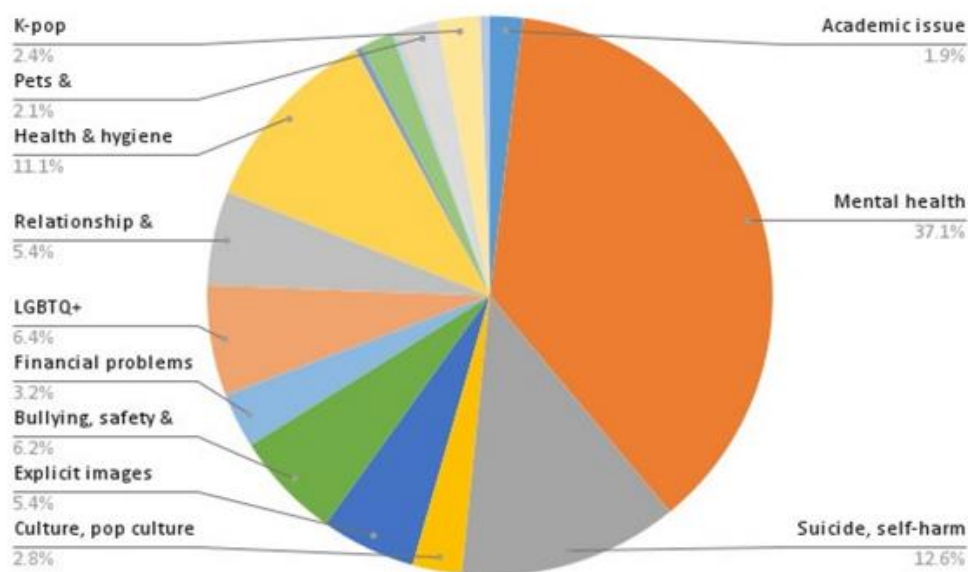


Figure 4. Topics discussed by students in the three autobase accounts (@itbfess, @UGM\_FESS, and @undipmenfess)

*Source: Author's data processing (2023)*

In a pilot study, it was reported that most college students suffer from serious mental health problems including depression, anxiety, self-harm attempts, and suicidal thoughts. Over time, the prevalence and severity of mental health problems among students has also increased. However, most of these problems are often undiagnosed and therefore untreated. One of the main reasons is the lack of reliable data (Tseng et al., 2016). The increasing prevalence and severity of mental health problems among students put risks to their health and academic achievement. First-year students reported higher rates of self-harm and serious suicidal thoughts, while senior students reported higher impact on their academic achievements due to the mental health problem (Wyatt et al., 2017). Factors that influence students' mental health include academic pressure, intellectual confidence, and new social relationships (Hunt & Eisenberg, 2010).

Although there is evidence suggesting that the COVID-19 pandemic increased the mental health crisis on college campuses, anxiety disorders among college students were already on the rise before COVID-19 (Vitagliano et al., 2023). This may be the reason why posts related to the pandemic in this study (1 January 2022-16 November 2023), did not appear specifically.

However, in Indonesia, most students reported experiencing moderate depression, very severe anxiety, and severe stress during the COVID-19 pandemic, during which the success of online education relies on basic technical skills, self-motivation, and a conducive learning environment (Romadhona et al., 2021). A study involving 314 Indonesian students found that 38% of students committed self-harm intentionally, and 21% among them reported attempted suicide (Tresno et al., 2012).

The high number of posts related to suicide is prominently found on @itbfess (23.8%). Despite this topic was detected small on @undipmenfess, suicidal intentions among Universitas Diponegoro students may not captured accurately using this research method which relies on keywords in their autobase account, considering that @undipmenfess prohibits posts mentioned "suicide" and other words with the same meaning (*bunuh diri*, *bundir*). The "suicide, self-harm" posts were also not ranked highest on @UGM\_FESS, but it still needs attention because it's on the top five major topics posted by the Universitas Gadjah Mada students.

Suicidal thoughts and depression among college students have increased since a decade before the turn of the millennium (Furr et al., 2001), with female students and Asian experiencing higher prevalence (Mortier et al., 2017). Depression, hopelessness, traumatic life events, sleep disturbances, disconnection from others, and poor quality of life increase the risk of suicide in college students (Li et al., 2020; Farabaugh et al., 2012).

In ASEAN countries, the high rate of suicide intentions and attempts among students is caused by factors such as childhood sexual abuse, depressive symptoms, poor academic performance, and socio-environmental factors (Peltzer et al., 2017). Meanwhile in Indonesia, factors that encourage teenagers to have the intention and attempt suicide include gender, age, loneliness, anxiety, tobacco and alcohol, and bullying (Putra et al., 2021). It needs intervention targets, especially highlighting the importance of cognitive-behavioral interventions to reduce suicidal thoughts and creating

hopes among college students (Li et al., 2020).

The young LGBTQ+ as a marginalized group also relies on social media in their daily experiences to navigate their lives through learning, participation, communication, and shaping identity in digital spaces. Social media has successfully been a safe space for LGBTQ+ students to explore sexuality and gender issues (Lucero, 2017). However, interventions through an online platform or digital application should cater the specific needs of students, e.g., safety, simplicity, credibility, and customizability (Melcher et al., 2022).

## CONCLUSION

The character of the autobase account with anonymity as its main feature provides an alternative space for students to express opinions, complaints, asking questions, and even expresses things that are considered taboo or embarrassing, without feeling afraid of others judgements. The high number of posts related to mental health issue (anxiety disorders, self-harm, lack of self-confidence, fear of the future, etc.) and suicidal thoughts in this study provides a preliminary finding for authoritative bodies to conduct research on a larger scale. The increasing prevalence of mental health issues and suicidal thoughts among students should be seriously treated by the university to help students achieve their academic goals.

The high number of posts related to LGBTQ+ on autobase accounts also shows that LGBTQ+ students as a marginalized group use anonymous social media platforms to navigate life on campus and to socialize. Campuses as a place to study can utilize this finding to

ensure the safety for all students so they are able to study without the fear of sexual orientation discrimination.

Safety, health and hygiene are also important topics that emerge in this research. Poor environmental conditions and quality of life can affect students' academic achievements so campus can help students through its relevant units or programs.

The autobase account is an alternative safe space for students to express many things, including those who need serious intervention for mental health issues, suicidal thoughts, safety, sexual violence and health. Further research needs to be conducted to provide interventions and help.

#### **DECLARATION OF COMPETING INTEREST**

I certify that there is no conflict of interest with any financial, personal, or other relationships with other people or organizations related to the material discussed in the manuscript.

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