

Background

Gen Z is vulnerable to self-diagnosis due to exposure to inaccurate mental health information on social media, without considering that each individual's condition is unique. Therefore, educational media such as digital comic strips are needed to increase self-understanding and encourage them to seek appropriate professional help.

Goals

This study aims to increase awareness among Gen Z youth about the dangers of self-diagnosis through educational digital comic strips to encourage professional consultation and build positive social support.

Self Diagnose Solution



Self Love



Social Support



Psychology Consultation



Journaling

Design Method

Emphasize

The research was conducted through observation, interviews, and surveys to understand self-diagnosis in Gen Z.

Define

This digital comic strip is created for Gen Z aged 15-20 as an educational tool about the dangers of self-diagnosis and the importance of seeking professional help.

Ideate

The visual keyword "Fascinating" and moodboard were defined based on survey results and field observations of Gen Z teenagers aged 15-20.

Prototype

This prototype is a digital comic strip showing three Gen Z teens facing self-diagnosis, guided by a school psychologist to deliver an educational message.

Testing

Students aged 19-20 gave positive feedback, suggesting improvements to the visual feed and comic storyline.

Not What You Think

Design Project

The digital comic strip "Not What You Think" highlights the self-diagnosis phenomenon that is prevalent among Gen Z teenagers. This story follows the journey of four teenage characters who try to understand their feelings and mental conditions independently, supported by their closest friends, and guided by their school counselor as their psychologist, to get to know themselves more honestly and accurately.

Findings

Generation Z is vulnerable to self-diagnosis due to exposure to mental health content on social media that isn't necessarily verified by professionals. This final project research project designed an educational digital comic strip on Instagram to raise awareness of the dangers of self-diagnosis and encourage seeking professional help.

