

# A study of online social stigma that affects the mental health of college students

Nitirat Maleewat<sup>1</sup>, Phattharasuda Jamjuree<sup>2</sup>, Parinya Siemuang<sup>3</sup>, Somsak Butsakorn<sup>4</sup>, Sunatcha Chaowai<sup>5</sup>, Napath Deemark<sup>6</sup>

The Faculty of Business Administration, Rajamangala University of Technology Krungthep: 2 Nang Linchee Road, Thung Maha Mek, Sathon, Bangkok, Thailand 10120

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## ABSTRACT

The purpose of this study is to study the role of being a publisher and forwarder of news through the use of technological tools as a medium for sharing information and exchanging opinions among students and to study the stigmatization of how online society affects students' mental health. In addition, to study ways to create measures to prevent behavior from being socially stigmatized online. The data was collected from the population, including students at Rajamangala University of Technology Krungthep. Faculty of Business Administration and the sample group included students at Rajamangala University of Technology Krungthep. Faculty of Business Administration, 700 people from 3,500 people. The basic statistics used are percentage (Percentage), mean (Mean), and standard deviation (Standard Deviation). Results from the study of online social stigma affect Sukjit, a student at the Rajamangala University of Technology Krungthep the conclusion of the research results is Students at the Rajamangala University of Technology Krungthep Faculty of Business Administration, 700 people from 3,500 people, from questionnaire responses and data analysis the overall average is at a high level.

## Corresponding Author

Parinya Siemuang

The Faculty of Business Administration, Rajamangala University of Technology Krungthep: 2 Nang Linchee Road, Thung Maha Mek, Sathon, Bangkok, Thailand 10120

Email: parinya.si@mail.rmutk.ac.th

## 1. INTRODUCTION

The role of online media in influencing people's lifestyles in the 4.0 era has caused the process of receiving information in a social dimension with a different behavior pattern than before (Purwanto et al, 2023). Today's news awareness is not limited to broadcast media, television radio, or just newspapers but news can be spread quickly through new media such as social media or the internet. It was also found that the general public plays a greater role as publishers and forwarders of news through the use of technological tools as a medium for sharing information, expressing emotion, and joining in exchanging opinions on political, economic, and social issues. Allowing users to express themselves through messages, including the use of symbols in various forms. To give meaning to things or people through photography, animation, or events that are published on various types of online media, such as Facebook, and determine the group culture leading to the expansion of the network to achieve both positive and negative acceptance. It is considered an area that promotes the exchange of diverse ideas to help develop society. However, in another aspect, it was found that this area has become a space used to bully others online. It used to be a part of bullying others on the internet. 20 percent of them knowingly forwarded

information, and 19 percent took other people's photos and edited them to make fun of them. While 26 percent viewed such behavior as just having fun, this form of behavior is considered a violation of the rights of others in online society. Whether it is threatening or intimidating others by expressing negative opinions through posting messages, images, or displaying symbols by groups of people in online communities acts as such behavior towards individuals who are being judged as violating social norms. Alternatively, creating a group to attack people they do not like, such as friends, actors, politicians, etc. This method is called "Online shaming," a form of social control that uses the internet and has left some victims suffering from judgmental and discriminatory insults from members of their online community. From knowing only certain aspects of information or from certain media outlets that have presentation formats that persuade online media users to follow, some people are stigmatized by society just by reading opinions that are passed around through official channels. Post a message And the barrage of attack messages that are satirical and violent, these behaviors increase feelings of anger and hate towards the people in the news. Until it became a witch-hunting movement (Vigilantism) by a group of online users (Internet Mob) whose goal is to remove people who violate the norm from society by causing that person to be ashamed of their existence because of such behavior that violates the rights of the individual. Said to create a social cycle in a new dimension, which, for the reasons mentioned above, is the cause of problems for many people, especially teenagers. or student age and is the source of this research.

## 2. OBJECTIVE OF RESEARCH

1. To study the role of being a publisher and forwarder of news through the use of technological tools as a medium for sharing information and exchanging opinions with students.
2. To study how online social stigma affects students' mental health.
3. To study guidelines for measures to prevent behavior from being socially stigmatized online.

## 3. LITERATURE REVIEW

Research on the study of how online social stigma affects the mental health of students at Rajamangala University of Technology Krungthep. To provide guidelines and benefits for this research study, the researcher has studied related documents and research to support the research. as follows: theories and concepts about social stigma, theories and concepts about mental health, related research

### The theory used in research Stigma vs. Forgiveness

The process of online shaming that results from the growing number of online groups uniting against individuals whose behavior deviates from social norms affects the perception of victims. Both psychologically cause people to be afraid or frightened of people in society and affect their lives and careers, including the feelings of people in their families. It is something that must be reviewed to help reduce the behavior of people in online society so that they are more aware of what the person they are accusing is about to receive. The concepts of stigma and forgiveness are taken to study and compare to see the differences and ways to adapt them to reduce the behavior of using violent messages to attack individuals in online society (Meisenbach, 2010). According to the concept of Braithwaite, (2000) has given the meaning of the word shaming is the process by which society shows its disapproval of the behavior of a person who has committed a crime and causes that person to feel shame.

When a person is ashamed Society will react in 2 ways: Stigmatic Shaming is an expression towards the perpetrator by labeling it because it is believed that the perpetrator with deviant behavior cannot correct the behavior. The concept of stigma and shame can be applied to the behavior in response to the person who has violated the behavior. Norms in online society are shown in Table 1.

**Table 1:** Compare the concept of stigma (stigmatic shaming) with the concept of forgiveness.

Topic	Stigmatic Shaming	Reintegrated Shaming
Format	Do it in public	Do it in private
Accusation	offender	wrongdoing behavior
Effects on the offender	hate punishment	Willing to listen and improve
Method	Use of violence and insults	Act politely and sincerely
Remorse	Don not know right and wrong.	feel guilty for one's actions

**Table 1:** Compare the concept of stigma (stigmatic shaming) with the concept of forgiveness. (Cont.)

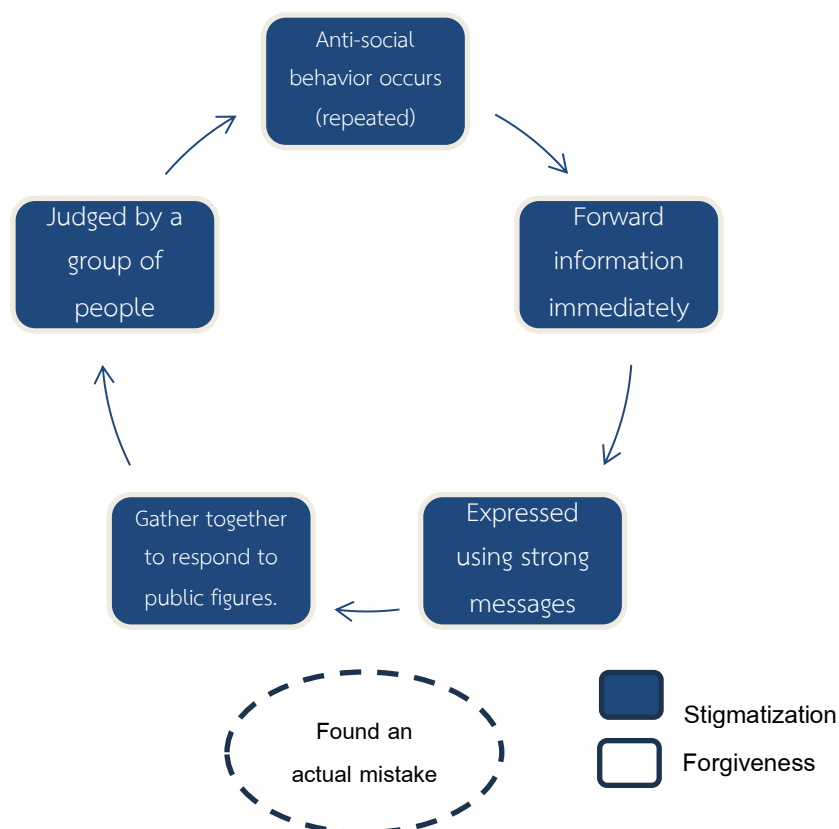
Topic	Stigmatic Shaming	Reintegrated Shaming
Communication between people in online communities and offenders	Lack of clear communication	Access the emotions of the offender
Effects on the offender	emphasizing the punishment	There is a chance to turn into a good person.
The rewards that offenders receive	Do not see value in yourself	reward
What the perpetrators learned	accumulate hate	Learned and improved
Relations with society	Rejected by society	Society forgives
Concept	Revenge	Restorative justice

Source: Adapted from The essence of Braithwaite's Shaming Theory (Kao, Huang & Wang, 2009, 468)

Table 1 shows a comparison between stigmatic shaming, which is a form of behavior that currently exists in online society based on the concept of revenge punishment, and behavior based on the concept of Reintegrative Shaming, which uses the principles of restorative justice to explain, found that Current forms of shaming are done publicly through social media, while more traditional forms of shaming are done publicly through social media. Reintegrative Shaming is a form that is done personally. There is a face-to-face discussion or warning that is not disclosed to the public. For example, people in online communities message the offender's private chat line to warn them of actions that violate social norms instead of posting messages for the general public to know. Notifying the police when finding wrongdoing instead of posting via online media will cause rights violations and harm to the person in question. In addition, the emphasis between the two concepts is different. The concept of stigma is blaming the person who committed the crime. This will cause the offender to feel resistance and hate towards being punished.

The concept of Reintegrative Shaming emphasizes the importance of the wrongdoing behavior rather than the individual, seeing that the individual is capable of improvement. Methods based on the concept of stigma (Stigmatization Shaming) are consistent with the behavior currently appearing on social media. It was found to release anger through the use of violent messages to the point of insulting and threatening. Lack of communication that understands both sides.

From the above concepts of stigma and forgiveness, it is evident that social control mechanisms create different effects of online shaming. Here we will present a diagram. "Online social control mechanisms comparison between stigma and forgiveness" to show the process and results that will occur from using both methods according to the diagram as follows.



**Figure 1:** Online social control mechanisms comparison between stigma and forgiveness

According to the Figure 1 shows, social control mechanisms compare the use of stigmatization and forgiveness for individuals who are shamed online. It starts when someone engages in illegal or anti-social behavior. The forms of expression of people in online communities that use stigmatizing methods will immediately transmit such information. While in the forgiveness method, the information will first be screened to see if it is reliable or not. And when information is forwarded to various online social groups Increasingly, this has caused an online social trend where there has been criticism of the story that has occurred and has been expressed using strong messages to blame the perpetrator until there is a widespread grouping together to respond to that person (Pubic). While the Forgiveness group tries to gather the facts. If it is found that an offense has been committed, it will not be publicly expressed, but it will be left to the officials in the judicial process to take further action, or if it is a warning, it will be expressed in private (Privacy) for protection. Violation of the rights and freedoms of that person makes the effects on individuals who are shamed online by the two methods different. Groups that were treated using stigmatizing methods do not have the opportunity to re-enter society because they are embarrassed by retaliation with violence from groups of people and have already been judged by society for their25rongdoingg. Meanwhile, the group that was treated using forgiveness will feel remorse and have the opportunity to rejoin society again.

In addition, criminalizing a person who has the habit of sharing false messages via social media, even if that message has been deleted by law, is still considered an offense because the offense has been completed according to Section 14 of the Act on Related Offenses. Against Computers (Issue 2) B.E. 2017, which mentions that the dissemination of false information or distorted information causing damage to individuals is considered an offense. As for editing or modifying another person's image which causes that person's reputation to be insulted, it is considered an offense according to Section 16 (Ratchkitcha, 2018), which from the above law is an important mechanism and measure to help prevent transmission. Another way to get information or bully other people in online society.

#### Population group and sample selection

The population includes students at Rajamangala University of Technology Krungthep. Faculty of Business Administration The sample group included students at the Rajamangala University of Technology Krungthep. Faculty of Business Administration, 700 people out of 3,500 people, using the calculation method of WG. Cochran, (1963) determined that the proportion was 20% with a confidence level of 95 and an error level of 3%.

Data collection tool, questionnaire (Questionnaire). Which is divided into Personal information including gender, age, occupation, income, and status} Online social stigma information, such as forwarding information online expression and suggestions

### **Theories and concepts about social stigma**

#### **Meaning of social stigma**

There are different definitions of social stigma (social stigma) as follows: social stigma is the refusal to accept or discriminate against individuals or groups based on perceived characteristics that serve to distinguish them from other members of society. Social stigma is often related to culture, gender, race, socioeconomic class, age, sexual orientation, sexuality, body image, and physical disability. Intelligence, or lack thereof, and health (Goffman, E. 1963) (Department of Disease Control, 2020) Social stigma refers to the social process that reduces the value of individuals exhibiting negative behaviors. Having a stereotypic attitude or discriminatory treatment of that person (Yanos et al, 2020) Social stigma or public stigma. It occurs when society or the public has negative thoughts or beliefs about a person or group of people. For example, social stigma around mental health may be an association between mental illness and danger. Alternatively, the belief is that people with mental illness lose control and harm others. From the variety and nature of social stigma, it can be concluded that Social stigma refers to the discriminatory treatment of a person or group of people by reducing their worth. In addition, choosing to treat a person or group of people

#### **Theories and concepts about mental health (Definition of mental health)**

There are different definitions of mental health (Mental Health) as follows: Mental health is the level of mental well-being. Mental health, or freedom from mental illness, is "the mental state of a person who is functioning at a satisfactory level of emotional and behavioral adaptability." From the perspective of positive psychology or holism, mental health may include the ability of a person to be happy with life and create a balance between life activities and efforts to achieve psychological flexibility. The World Health Organization states that mental health includes "subjective well-being. Perceived self-efficacy, autonomy, competence, intergenerational interdependence and awareness of intellectual and emotional self-efficacy, etc." WHO also states that an individual's well-being is embodied in the realization of his or her abilities. Dealing with the normal stresses of life working and engaging creatively with their community's cultural differences Subjective assessment and conflicting professional theories affect how "mental health" is defined (World Health Organization, 2014). (Research report on the review of knowledge about mental health, 2002) Mental health means a happy state of mind. Able to adapt to solve problems be creative, work, have knowledge, and feel good for yourself and others. Have mental stability Have emotional maturity, and live in a society and environment that can change (Thongchai Thawichachat, 1990). The meaning of mental health is the ability of a person to adapt to be happy and live well with society and the environment. Have good relationships with other people and live a comfortably balanced life. Including satisfying one's own abilities in this changing world without conflicts within the mind. The term mental health does not only mean the absence of symptoms of neurosis and psychosis.

From the variety and nature of mental health, it can be concluded that mental health refers to the state of our mind that is influenced by things around us. From food, and housing, to relationships between people, family, friends, lovers, and work friends.

## **4. RESEARCH METHOD**

Research on the study of how online social stigma affects the mental health of students at Rajamangala University of Technology Krungthep This is quantitative research (Quantity Research) with the population being students at Rajamangala University of Technology Krungthep. Faculty of Business Administration The sample group included students at Rajamangala University of Technology Krungthep. Faculty of Business Administration, 700 people from 3,500 people. The researcher used a sample from students at Rajamangala University of Technology Krungthep. Faculty of Business Administration using the sample selection method using calculation methods of WG. Cochran, (1963) determined that the proportion was 20% with a confidence level of 95 and an error level of 3%.

#### **Data collection**

The researcher took the created tool and had it checked for quality and then proceeded to collect data with the sample group by creating a questionnaire using Google Form to collect the data. By using students to answer a questionnaire on the study of online social stigma affecting the mental health of students at Rajamangala University of Technology Krungthep. Then proceed with data collection. The obtained data was analyzed to find research answers using basic statistical methods such as percentage (Percentage), mean (Mean), and standard

deviation (Standard Deviation) in the data analysis part. The researcher analyzed the data using a computer program. To check the completeness of the data obtained from the questionnaire survey on the study of online social stigma affecting the mental health of students at Rajamangala University of Technology Krungthep. Then save the information in the computer program. Then analyze for basic statistics such as percentage (Percentage), mean (Mean), and standard deviation (Standard Deviation).

## 5. RESULTS AND DISCUSSION

The researcher presented the results of the data analysis in order: Part 1, percentage, mean, and standard deviation of the questionnaire on the study of online social stigma affecting mental health. Students at Rajamangala University of Technology Krungthep and the results of the researcher's data analysis are presented in the following order:

Part 1: Percentage of the sample group classified by demographic characteristics of the questionnaire study of online social stigma affecting the mental health of students at Rajamangala University of Technology Krungthep. The results are shown in Table 2.

**Table 2.** Percentage of the sample classified by demographic characteristics.

Variable	Number (people)	Percentage
<b>1. Gender</b>		
Male	349	49.9%
Female	272	38.9%
LGBTQ	79	11.3%
<b>2. Age</b>		
15-20 years	57	8.1%
21-30 years	643	91.9%
31-40 years	-	-
41-50 years	-	-
51-60 years	-	-
More than 60 years	-	-
<b>3. Education Level</b>		
Bachelor's degree	700	100%
Master's degree	-	-
Doctoral degree	-	-
<b>4. Faculty</b>		
Faculty of Business Administration	700	100%
<b>5. Branches</b>		
Department of Finance and Financial Innovation	26	3.7%
Department of Modern Business Management major (General Management Subject Group)	291	41.6%
Department of Modern Business Management (Human Resource Management Subject Group)	72	10.3%
Department of Marketing (Marketing Management Subject Group)	75	10.7%
Department of Marketing (International Marketing and Logistics Group)	61	8.7%
Department of Aviation business	6	0.9%
Department of Property valuation	50	7.1%
Department of International Business Communication	28	4%
Department of Information System Innovation	35	5%
Department of Digital Start-up	15	2.1%
Department of Information Technology and Digital Business	14	2%
Department of Accounting	11	1.6%
Department of Business Administration	13	1.9%
Department of Marketing Management Finance	3	0.4%
<b>6. Career</b>		
University students	700	100%
Lecturers	-	-
Others	-	-

Variable	Number (people)	Percentage
<b>7. Income</b>		
0 – 15,000 THB	558	79.7%
15,001 – 30,000 THB	133	19%
More tha 30,001 THB	9	1.3%

The results from Table 2 found that 1) Gender, the highest number is male, accounting for 49.9 percent, and the lowest number is female, accounting for 38.9 percent, 2) Age, the highest number is 21-30 years, accounting for 91.9 percent, and The lowest number is 15-20 years old, accounting for 8.1 percent, 3) Educational level The highest number is Bachelor's degree, accounting for 100 percent, 4) The highest number is Faculty of Business Administration. Accounting for 100 percent, 5) The highest number of fields is the field of modern business management. (General Management subject group) accounted for 41.6 percent and the lowest number was Marketing, Management, and Finance, accounted for 0.4 percent, 6) Occupation, the highest number was student, accounted for 100 percent, and 7) Income, the highest amount was 0 – 15,000 baht, accounting for 79.7 percent, and the lowest amount is more than 30,001 baht, accounting for 1.3 percent.

Part 2 Results of the analysis of basic statistics of the sample group classified according to demographic characteristics of the questionnaire study of online social stigma affecting the mental health of students at Rajamangala University of Technology Krungthep. The results are shown in Table 3.

**Table 3:** Means and standard deviations of the sample classified by demographic characteristics.

Component	Number (people)	Min	Max	$\bar{X}$	SD	Level
1. To what extent do you play a role as a publisher and forwarder of messages through the use of technology?	700	242	9	3.9	0.99	A lot
2. How much role do you play in expressing yourself online?	700	263	6	3.8	0.87	A lot
3. To what extent do you think online social stigma affects mental health?	700	244	3	3.8	0.92	A lot
4. How much do you use online technology tools to exchange ideas?	700	278	6	3.8	0.87	A lot
5. To what extent do you think there is a difference between social stigma online and offline?	700	243	4	3.8	0.91	A lot
6. How much are you able to discern online social stigma?	700	256	5	3.7	0.90	A lot
7. To what extent have you experienced social stigma online?	700	230	23	3.7	1.04	A lot
8. To what extent do you think that various types of online media, whether Facebook?	700	279	27	3.9	1.06	A lot
9. How much do you use various types of online media, whether Facebook X or Instagram, in your daily life?	700	301	0	4.2	0.88	A lot
10. To what extent do you have guidelines for preventing socially stigmatizing behavior online?	700	252	6	3.9	0.95	A lot
Total				3.8	0.9	

The results from Table 3 found that the students' questionnaires Overall it is at a high level ( $\bar{x} = 3.8$ ) when considering each item. If 10 items were at a high level, the item with the highest average value was How much do you use various types of online media, whether Facebook, X, or Instagram, in your daily life ( $\bar{x} = 4.2$ ) and the item The lowest mean value is how much do you have the ability to distinguish online social stigma? To what extent have you experienced online social stigma? ( $\bar{x} = 3.7$ )

## 6. CONCLUSION

The results of the analysis of variables affecting online social stigma affect the mental health of students at Rajamangala University of Technology Krungthep. Overall it is at a high level ( $\bar{x} = 3.8$ ) when considering each item. If 10 items were at a high level, the item with the highest average value was how much do you use various types of online media, whether Facebook, X, or Instagram, in your daily life ( $\bar{x} = 4.2$ ) and the item The lowest mean value is how much do you have the ability to distinguish online social stigma? To what extent have you experienced online social stigma ( $\bar{x} = 3.7$ ) and is consistent with Ekkasit and Seksan, (2023) studied and researched lifestyle behavior. Stigma and Social Exclusion and Life Satisfaction with the Disclosure of gender identity of gay male students in the Northern Region The results of the study found that In this study, the students had more knowledge and behavior to prevent sexual risks than other populations. However, it is possible that some of the subjects were not aware of the risks. Receive too little information about risk opportunities. Not being willing to admit that they are at risk due to fear of contracting HIV or fear of revealing secrets to family or health care providers Makes you evaluate yourself as being in good health and not at any risk, as studies have found. Most MSM still assess their risk as low and seek HIV testing less often than other populations due to fear of contracting HIV. Fear of revealing secrets to service providers and family members they do not believe that they are at risk because they are still in good health and have not been sick.

Although all subjects in the study were self-disclosed, it was found that 10.2 - 22.8% experienced stigma and social exclusion, and 13.8 - 23.4% perceived stigma and social exclusion. Therefore, there may be many more gay students who have not come out and this study was not accessible for this reason. This increases the prevalence of experiences and perceptions of stigma and social exclusion. The lack of life satisfaction with revealing one's gender identity found in this study may be an understatement. A qualitative study of the effects of stigma and discrimination on adolescents found that Family influences Religion and society that do not accept homosexuality are the reasons for not revealing oneself. which results in mental health problems such as stress, depression, and suicide

The study has limitations: The 10 participants in the study were selected from 33 patients who completed the stigma scale. However, many of those who scored at the extremes did not request participation in the study. Therefore, we had to interview people who agreed but received the most extreme (high or low) scores, some of whom may have scores that were not very extreme. In addition, the interviews looked at stigma as one-dimensional. This is different from some quantitative research in the past that looked at stigma from two aspects: the stigma given by society; and stigma from the patient's perspective This research has not yet clearly analyzed gender differences in the impact of stigma. Changes in disease symptoms due to treatment and feelings of stigma nor did they measure patients' knowledge of the nature of tuberculosis. Therefore, it cannot be said that those who have better knowledge Is it better to feel less of a stigma or not fight this feeling. This finding is an important part of answering the question. Providing proper education about Vanrod (e.g., only two weeks of drug treatment prevents the patient from spreading the virus again) Will it help solve the problem of stigma or not? Research was done on people who received treatment. However, it was not done in people who missed treatment. These patients are interesting or are likely to be found to be highly stigmatized.

Strategies for reducing social stigma in the COVID-19 situation in this article are derived from an analysis of strategies or methods for reducing stigma against those who are socially stigmatized in various infectious diseases<sup>12,19,22</sup> together with a study of guidelines. Practices in the COVID-19 situation of various agencies or countries<sup>79-11,23</sup> by applying the concept of Cook et al.<sup>24</sup> who have divided the guidelines for reducing stigma into 3 levels: the intrapersonal level, the inter-personal level individual and structural level But because social stigma is related to people in society. and is caused by the knowledge and Attitude of people in society environmental factors should therefore be considered at two levels: the interpersonal level and the structural level. The results of the analysis were 4 important strategies, with details as follows: interpersonal level It is a strategy that aims to create a correct attitude or understanding about COVID-19 disease and methods of disease prevention that can be practiced. This will help reduce the fear of people in society to accept living together and have compassion for those who are infected or those who are at risk, consisting of 2 strategies:

1. Adjust the attitude of people in society It is a strategy to create a positive attitude or reduce the negative attitude of people in society who feel suspicious, and disgusted, and discourage people who have been infected and resist entering the quarantine area for people who are at risk. Becoming a positive attitude, that is, having understanding and feeling compassion accept living together By overlooking certain contexts that cause negative attitudes, such as being a person with a serious illness. Being a person traveling from a high-risk country lets us look at those people as having illnesses that need to be taken care of. Help to save lives requires an understanding of human values and sacrifice from those who live together in the same community or society



2. Create good practices in a new way of life. It is a strategy to create discipline and common practice among people in society. To prevent being infected and spreading the infection to other people, it consists of 1) practicing to prevent being infected and spreading the infection, including wearing a mask, washing hands, and eating hot food. Use your spoon. 2) Social distancing, avoiding crowded places and not socializing. Not meeting up to do activities and 3) Isolating from other people or self-quarantining. (self-quarantine) for 14 days when you know you are at risk. Which has good practices in the new way of life it will build your immunity. That reduces fear and strengthens self-confidence in not being infected by others. Make sure you do not blame or label other people. An important method for adjusting attitudes and creating good practices in a new way of life is providing accurate knowledge or information to people in society. Structural level it is a strategy that focuses on creating cooperation. Setting policies or measures that involve all sectors and people in society. It is a source of encouragement. To drive society in the desired direction, it consists of two strategies: 1. Create a supportive social network. It is a way to mobilize cooperation among all sectors of society to participate in caring for and helping each other, consisting of 1) giving agencies or influential people with ideas in society, such as government agencies of the Ministry of Public Health famous person Communicate information about those who are socially stigmatized to those in society who will listen. and inviting everyone to help reduce social stigma. 2) Organizing appreciation campaign activities Honor those who have made contributions or sacrificed in the COVID-19 situation as heroes, such as medical personnel. community volunteers to encourage and relieve discouragement from caring for infected people and reduce social stigma from people in society assuming they are at risk from being near infected people, and 3) organizing groups to create activities that reflect unity. Working together to fight against COVID-19, for example, the "Punsuk Cabinet" activity or inviting people to join in social activities through messages such as "Stay at home; stop the virus, for the nation". Having a social network that supports will help people in society to be open-minded. Reduce bias that occurs and build strength for each other and 2. Create a society of responsibility it is public communication that is open, straightforward, and does not create fear. Do not create hatred against infected people. Provide reliable health information, consisting of 1) Promote creative communication. It is communication that creates an understanding of the situation. Respect the value and dignity of human beings. By avoiding using words that create a feeling of division. Alternatively, calling names linked to places or groups of people who have been infected, such as "Wuhan pneumonia," or "boxing stadium group," but changing the name to "COVID-19 disease" or "COVID-19 infected people." "Instead of reporting information Use easy-to-understand language and avoid difficult medical terms. Avoid using hyperbolic language that creates fear. Alternatively, create hatred towards those who are infected and 2) refrain from spreading false information or rumors. By thoroughly checking, the facts about the information or stories received. Screen the reliability of information before it is forwarded to the public. You may use the concept "Be sure before sharing" or "Check before sharing" to prevent rights infringement and stigmatization of others. Including consideration of offenses due to the dissemination of false or distorted information that causes damage to other people. An important method for creating a supportive social network and creating social responsibility is campaigning and publicizing activities. Moreover, explain more facts through the mass media or online media

The above strategy is consistent with the causes and factors that cause social stigma. It covers personal changes that manifest in the form of stigmatization. In addition, changes in social conditions that affect stigma. Therefore, such strategies can be used to reduce social stigma in each society. However, this strategy should be adapted to the context of each society, such as Egypt. Which found that more than one-third of the number of doctors' Services were refused by bus drivers. Refused food delivery from restaurants Including rejecting doctors who come to live in the same community as nurses in Indonesia. Who had to stay in the hospital because neighbors refused to stay in a house nearby<sup>10</sup> this is unlike Thailand. There are no reports of social stigma against doctors and nurses in this way. On the contrary, it was found that public health personnel were praised and encouraged through many media channels. It can be said that strategies to reduce social stigma in each country may not be different. However, the implementation of strategies depends on the social context. and the policies of each country are important

### Suggestions

1. Because this research is a self-assessment regarding the study of how online social stigma affects the mental health of students at Rajamangala University of Technology Krungthep. In completing one questionnaire, there are still many methods of self-assessment. Therefore, there should be more research to study the results of using other forms of self-assessment.

2. Self-evaluation from answering questionnaires in this research is an evaluation after all content has been completed. The results of the assessment can be used to develop and improve the learning of some or some students who are interested in the assessment. Therefore, if anyone is interested in the evaluation answer the

questionnaire. Therefore, you should study the evaluation from questionnaire responses. So that those interested can receive feedback and use it to improve and develop their self-assessment next time.

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