

# The Phenomenon of Self-Harm Among Indonesian Youth and Its Implications in Guidance and Counseling

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## Abstract

The background of this study is the phenomenon of self-harm among teenagers today which is done to vent emotions because there are various problems that cannot be resolved properly. Problems that occur if not handled properly and create emotional stress can encourage teenagers to do self-harm. This study aims to describe the phenomenon of self-harm that occurs among teenagers in Indonesia and the causes of self-harm. This study uses a qualitative approach method with a literature study method. The data sources for this study are literature such as scientific articles and books. The data analysis technique used is a narrative review. The results of the study found that adolescence is a vulnerable period for self-harm due to various factors and problems that cannot be resolved properly such as stress, depression, anxiety and inability to control emotions. Related to this behavior, guidance and counseling services can be provided to reduce self-harm behavior such as information services, individual counseling services and group counseling services.

**Keywords:** Self Harm, Adolescents, Factors Causing Self Harm, Characteristics of Self Harm, Guidance and Counseling.

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## Introduction

Adolescence is a transitional period or transition from childhood to adulthood. This period begins when an individual experiences puberty or sexual maturity, marked by changes or transitions in hormonal, cognitive, physical, and psychosocial aspects (Santrock 2009). In line with the opinion (Hurlock 2006) that adolescence is a time when someone is in a period full of conflict, this is due to changes in body shape, behavioral patterns and social roles. This period is seen as a period full of conflict, because individuals who are unable to adapt to the changes that occur will often experience problems. The inability of adolescents to overcome their problems causes these negative emotions to be uncontrollable, adolescents often tend to do actions that are detrimental to themselves, such as hurting themselves, consuming drugs, committing social deviations and so on (Latipun & Notosoedirdjo 2014). Events in life make some individuals feel depressed and experience stress (Qomariah and Santi 2021). In this

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situation, individuals often vent their emotions negatively by hurting themselves or self-harming. According to (Walsh 2012) This self-harm behavior is considered a worrying condition because it causes tissue damage to the body so that if left untreated it will have a bad impact on the body's health, especially physical health.

Based on the research results of Tarigan & Aspari (2022), it shows that self-harm behavior is more often carried out by adolescents because adolescence is a period full of conflict so that it is vulnerable to self-harm. Furthermore, according to the YouGov Omnibus study in 2019 in Indonesia, more than a third (36.9%) of Indonesians have committed self-harm and in the category of young people (aged 18-25 years) as many as 7% with a routine frequency of committing self-harm.

Research result (Wibisono and Gunatirin 2018) explains that the factors causing self-harm behavior consist of social pressure related to the threat of social family disorganization and authoritarian parenting, as well as social acceptance and the need for prestige and self-esteem. This self-harm behavior is of course socially unacceptable (Walsh 2012).

Self-harm in adolescents this should not happen especially during adolescence individuals need to undergo education in developing self-potential. However, in reality there are still adolescents who choose negative emotional venting mechanisms when faced with a problem such as self-harm. It is hoped that through guidance and counseling services can reduce self-harm behavior in adolescents. This article is important to be written to support previous articles and as a reference for further research

## Method

This study uses a qualitative approach method with a literature study method that aims to describe the phenomenon of self-harm among Indonesian adolescents and its implications in guidance and counseling. The data sources for this study are literature such as scientific articles and books. The data analysis technique used is a narrative review, the first step taken in a narrative review is to collect relevant articles and make them references in discussing the topic or type of research.

## Results and Discussion

The results of the literature study are presented in accordance with the research objectives, namely to describe the phenomenon of self-harm in adolescents in Indonesia and its implications in guidance and counseling.

### 1. Self Harm Behavior

Self-harm is an act of intentionally harming oneself, this act is not done with the aim of committing suicide, but as a way to vent emotions that the individual feels are very painful (Romas 2012). This behavior causes bodily injury with the aim of releasing emotional suffering. According to Knigge in (Insani Pearl and Ina Savira 2022) forms of self-harm behavior that can be done by someone, namely as follows, cutting or scratching certain body parts, injuring oneself: hitting walls or other hard objects, burning certain body parts, breaking bones and disrupting wound healing. According to (Faried, Noviekayati, and Saragih 2019) A person who is unable to express the problems he is facing with words will usually make an effort to reduce emotional feelings by hurting himself.

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Individuals with self-harm behavior can come from feelings of hopelessness, depression due to various pressures, high impulsiveness, not being able to accept their physical condition, experiencing bullying or intimidation, high temperament and aggressiveness but difficult to express. According to (Tarigan and Apsari 2022) Factors that have the potential to cause adolescents to self-harm are loneliness, high levels of difficulty in responding to negative experiences and low levels of tolerance for the problems faced, emotional focus coping, external and internal, and communication patterns with parents.

Characteristics in behavior self-harm based on several previous studies, namely as follows:

- a. Negative emotions are emotional consistency or feelings that are negative in nature such as anxiety, stress, depression, lack of self-confidence, nervousness and excessive boredom (Klonsky and Jennifer 2007).
- b. Emotional skills, difficulties in controlling emotions, self-awareness and traumatic experiences can also cause individuals to engage in self-harm behavior (Klonsky and Jennifer 2007).
- c. Self derogation, is a tendency to underestimate oneself unrealistically, to laugh at one's own traits and actions unrealistically. This is usually done if the individual experiences depression or excessive anxiety. Self derogation is often associated with major depression (vandesboss 2015).

## 2. Self Harm Phenomenon

Research result (Fenty Zahara Nasution and Selly Angraini 2021) stated that the age of teenagers who are vulnerable to various problems and emotional control, causing them to easily hurt themselves intentionally but not to commit suicide. Along with that, the phenomenon of self-harm in Indonesia today can be seen from research conducted by (Paramita, Faradiba, and Mustofa 2021) that more than a third (36%) of Indonesians were found to have harmed themselves and of all respondents who reported having harmed themselves, almost half (45%) were teenagers.

The results of research conducted by (Amelia Azzahra, Sri Wahyuni, and Arneliwati 2023) towards adolescents, namely there is a relationship between academic stress and non-academic stress with self-harm behavior so that a way is needed to control the stress experienced and provide mental health support to a person so that self-harm behavior can be prevented. Research results (Azimatun Qonita et al. 2023) shows that the factors causing self-harm among adolescents include problems with emotional regulation, loneliness, and anxiety about various things.

Research result (Hail the Caliph 2019) shows that the form of self-harm behavior carried out by teenagers is carving, scratching, cutting the surface of the skin, hitting themselves, hitting the body on hard objects and not eating for almost a week. Factors that cause teenagers to do self-harm are feeling stressed to depression caused by the lack of ability to control negative emotions that are pent up in the individual due to several problems that occur. In line with that, the results of the study (Sibarani, Niman, and Widiatoro 2021) Shows a significant correlation between self-harm and depression.

The results of the research conducted (Hay and Meldrum 2010) stated that the cause of teenagers committing self-harm is poor social relationships and the negative emotions that individuals feel. And the research conducted (Zakaria and Theresa 2020) An individual's inability to express their negative emotions in words is one of the triggers for them to commit self-harm.

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### 3. Implications in Guidance and Counseling

Based on the phenomenon of self-harm that occurs among teenagers, there are several guidance and counseling services that can be provided by counselors related to self-harm behavior in teenagers, namely:

a. Information services

Information services are a type of guidance and counseling service that enables individuals to receive and understand information that can be used as material for consideration in decision making for the benefit of the individual (Mulyadi 2016). This information service has the function of providing clients with knowledge and understanding that is useful for the client's self-actualization (Richma Hidayati 2005).

b. Individual Counseling services

Individual counseling services are one of the services implemented to resolve problems experienced by clients (Fatchurrahman 2022). According to (Husni and Kunci nd) Individual counseling is a realization between a counselor and a client with the aim of solving the problems being faced by the client. The purpose of this service is to understand the problems faced by the client so that the client's perception and attitude can be developed in order to eradicate the problems faced.

c. Group Counseling Services

Group counseling services are used for personal development with the aim of discussing and solving problems experienced by each group member (Prayitno, Afdal, and Ifdil 2017). Group counseling services are a communication process with group dynamics as a very important aid in dealing with problems (Normanisa, Anwar, and Nurul Auliah 2020).

### Conclusion

Based on the results of the discussion, it is concluded that adolescence is a vulnerable period for self-harm due to various factors and problems that cannot be resolved properly such as stress, depression, anxiety and inability to control emotions. Related to this behavior, guidance and counseling services can be provided to reduce self-harm behavior such as information services, individual counseling services and group counseling services.

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