



The Effect of Emotional Dysregulation, Loneliness and Self-Compassion on Nonsuicidal Self-Injury Behavior on Overseas Students

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Abstract: News about the phenomenon of self-harm or nonsuicidal self-injury has been rampant in recent years. Nonsuicidal self-injury is a behavior that is often done to overcome negative or difficult feelings. Nonsuicidal self-injury is influenced by several factors including emotional dysregulation, loneliness and self-compassion. This study aims to determine whether there is an influence of loneliness and self-compassion on nonsuicidal self-injury behavior on overseas students in Java and Sumatra. The measuring instruments used are the Indonesian version of the Self-Harm Inventory (SHI), Difficulties with Emotion Regulation Scale (DERS16), De Jong Gierveld Loneliness Scale (DJGLS), Self-Compassion Scale Short Form (SCSSF), with analysis using JASP 0.18.3.0 for windows. The results shows that there is a significant influence between emotional dysregulation, loneliness and self-compassion on nonsuicidal self-injury behavior on overseas students in Java and Sumatra. These findings provide scientific evidence that emotional dysregulation, loneliness and self-compassion can be important factors influencing nonsuicidal self-injury behavior.

Keywords: Emotional dysregulation, Loneliness, Self-compassion, Nonsuicidal self-injury behavior, Overseas students

INTRODUCTION

Some conditions faced in life can cause negative emotional reactions such as sadness, anger, and fear. It is important for individuals to be able to manage and channeling the emotions in a good way. Positive ways for channeling emotion can lead to safer action, such as doing fun activities, talking to trusted people, and exercising. On the other hand, channeling emotion in a negative ways can lead to dangerous actions, both for oneself and others.

One of channeling negative emotions is non-suicidal self-injury or abbreviated as NSSI, which is the act of intentionally injuring oneself to relieve emotional suffering without the intention of committing suicide (Gunatirin & Wibisono, 2018). According to DSM V, this behavior is carried out repeatedly with the aim of reducing negative emotions, tension, anxiety, guilt, or interpersonal problems. This form of action can involve the use of knives, needles,

razors, and other sharp objects, burning the skin by rubbing or using cigarette butts. Individuals who commit non-suicidal self-injury are often unable to regulate their emotions well and choose to divert psychological pain with physical pain to gain satisfaction (Putri & Rahmasari, 2021).

Recently, the phenomenon of non-suicidal self-injury has been frequently reported, this behavior is often done to overcome negative feelings or emotional problems (Stanicke, Havind & Gullestad, 2018). Research by Sabrina and Afiatin (2023) showed that emotional dysregulation contributed 26.1% to the tendency of adolescents to engage in non-suicidal self-injury behavior. YouGov survey reported that 36% of Indonesians of all ages have done this behavior, and 7% of young Indonesians reported doing it often (Ho, 2019). Previous research shows that as many as 76% of students at various universities in Jakarta commit non-suicidal self-injury (Tresno et al., 2012). Non-suicidal self-injury behavior is found on the island of Sumatra with an average of 60% (Wahyudi & Netrawati, 2023).

Students often face various mental problems due to pressure in the process of becoming independent in life, which causes a high rate of this behavior among them. Students who live away from home face additional challenges in the form of new cultural and environmental transitions that can trigger various emotional reactions and anxiety (Pratiwi, Dahlan & Damaianti, 2019). Loneliness is a common challenge faced by overseas students, which is a feeling of distress due to inadequate social relationships (Kirwan et al., 2023). Loneliness is a subjective and negative experience that results from a cognitive evaluation of the appropriateness of the quantity and quality of existing relationships with the quality of desired relationships (Gierverld, Tilburg & Dykstra, 2010).

Some cases of non-suicidal self-injury are carried out as a form of self-punishment for actions that are considered inappropriate, and this often shows a lack of self-compassion (Hasmarlin & Hirmaningsih, 2019). Self-compassion is the ability to face difficult situations with understanding and acceptance (Neff, 2023). Based on these findings, it is important to improve understanding of the factors that support non-suicidal self-injury behavior. This study provides an overview of the risk factors for non-suicidal self-injurious behavior on overseas students. Therefore, the researcher proposes a study entitled "The Effect of Emotional Dysregulation, Loneliness, and Self-Compassion on Non-Suicidal Self-Injury Behavior on Overseas Students in Java and Sumatra"

METHOD

The research method used was purposive sampling with non-probability sampling techniques, involving 245 overseas students in Java and Sumatra who were in the emerging adult age range (18-29 years). The measuring instruments used were the Indonesian version of the Self-Harm Inventory (SHI) Scale, the Difficulties with Emotion Regulation Scale (DERS16), the De Jong Gierverld Loneliness Scale (DJGLS), and the Self-Compassion Scale Short Form (SCS -SF). with analysis using JASP 0.18.3.0 for windows.

RESULT AND DISCUSSION

In this study, out of 245 subjects, 46 were female students aged 19 years, followed by 37 female students aged 20 and 22 years, who were studying in Java and Sumatra. Hypothesis testing was carried out using simple linear regression and multiple regression. The result show that there was a significant influence of emotional dysregulation, loneliness and selfcompassion on non-suicidal self-injury behavior on overseas student in Java and Sumatra.

Tabel 1. Hypothesis Test

X1 and Y	31,474 > 1,28532	0,001 < 0,05
X2 and Y	10,065 > 1,28532	0,007 < 0,05
X3 and Y	-1,450 > 1,28532	0,025 < 0,05
X1 and X2 with Y	343,261 > 1,28532	0,001 < 0,05

Based on the results of the first hypothesis test, there is a significant influence between emotional dysregulation on non-suicidal self-injury behavior in a positive direction, which means that the higher emotional dysregulation of overseas students in Java and Sumatra, the higher the non-suicidal self-injury behavior. Emotional dysregulation is an individual's inability to control negative emotions and accept their emotional experiences, leading to the use of maladaptive strategies to deal with emotions (Grazt & Roemer, 2004). Good emotional regulation skills can reduce the likelihood of someone committing non-suicidal self-injury. Emotional dysregulation makes it difficult to deal with negative feelings or difficult times, so they tend to choose maladaptive ways to cope.

The results of the second hypothesis test show that there is a significant influence between the influence of loneliness on non-suicidal self-injury behavior on overseas students in Java and Sumatra with a positive direction, which means that the higher the loneliness, the higher the non-suicidal self-injury behavior. Loneliness is a subjective and negative experience that results from a cognitive evaluation of the appropriateness of the quantity and quality of existing relationships with the quality of desired relationships (Gierverld, Tilburg & Dykstra, 2010). Psychological discomfort due to lack of social relationships—both in terms of quality and quantity—can trigger this behavior (Tan et al., 2021). Research showed that loneliness was significantly felt by individuals who engaged in non-suicidal self-injury behavior.

Loneliness can lead to mental health disorders, including non-suicidal self-injury behavior (Kirwan et al., 2023). Individuals often feel empty and have no place to share their problems, so they channel negative emotions in this way (Lubis & Yudhaningrum, 2020). Individuals who try to do non-suicidal self-injury often feel lonely in family, romantic, and social relationships, feel empty and have no place to share problems, so they choose to channel negative emotions and feelings of pain through non-suicidal self-injury (Lubis & Yudhaningrum, 2020). The results of the third hypothesis test show that there is a significant influence between self-compassion on non-suicidal self-injury behavior on overseas students in Java and Sumatra with a negative direction, which means that the higher the self-compassion, the lower the non-suicidal self-injury behavior.

Self-compassion is an attitude of supporting oneself when experiencing suffering or pain, whether caused by personal mistakes and shortcomings or external life challenges (Neff, 2023). Low self-compassion triggers negative emotions, and leads non-suicidal self-injury behavior as a way to cope. Individuals are trapped in a vicious cycle of behavior (Khairunnisa, Ninin & Abidin, 2023). Non-suicidal self-injury behavior actually only provides temporary relief. When emotional problems reappear, individuals feel that this behavior is a way to calm themselves, so this behavior becomes repeated.

Model Summary - TOTAL N

Model R	R ²	Adjusted R ²	RMSE	
H ₀	0.000	0.000	0.000	12.758
H ₁	0.900	0.810	0.808	5.590

The results of the hypothesis test carried out by using multiple regression analysis techniques show that there was a significant influence of emotional dysregulation, loneliness and self-compassion on non-suicidal self-injury behavior of 81%. Nonsuicidal self-injury cases are one of the cases that should be addressed so that they do not continue to develop. To overcome this, overseas students should be able to better interpret the events that occur and regulate the emotions they feel. It is hoped that they will be able to have a greater sense of self-compassion, especially in situations far from home.

Actively interact socially both in the immediate and distant environment by utilizing communication media. Contacting mental health services both offline and online if you feel conditions that can trigger the urge to harm yourself. This can minimize the emergence of urges and behaviors of nonsuicidal self-injury. It is hoped that related agencies will be able to provide education on how to regulate emotions well, build interactions and how to love oneself and provide information about mental health services that can be contacted.

CONCLUSION

Based on multiple hypothesis testing, it is known that simultaneously (together) it was found that all variables predict nonsuicidal self-injury behavior on overseas students in Java and Sumatra of 81%. It is also known that partially there is a positive and significant influence between emotional dysregulation and nonsuicidal self-injury behavior. This means that the higher the emotional dysregulation, the higher the nonsuicidal self-injury behavior on overseas students in Java and Sumatra. Loneliness variable positively significant influence nonsuicidal self-injury behavior, it is known that the higher the loneliness, the higher the nonsuicidal self-injury behavior on overseas students in Java and Sumatra. Self-compassion give a significant influence on nonsuicidal self-injury behavior with a negative direction. This means that the higher the self-compassion, the lower the nonsuicidal self-injury behavior on overseas students in Java and Sumatra.

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