

## REFERENSI

- Abou Seif, N., Bastien, R. J.-B., Wang, B., Davies, J., Isaken, M., Ball, E., Pitman, A., & Rowe, S. (2021). Effectiveness, acceptability and potential harms of peer support for *Self-harm* in non-clinical settings: A systematic review. medRxiv. <https://doi.org/10.1101/2021.07.23.21261023>
- Alifiando, B. K., Pinilih, S. S., & Amin, M. K. (2022). Gambaran Kecenderungan Perilaku *Self-harm* pada Mahasiswa Tingkat Akhir Studi. *Jurnal Keperawatan Karya Bhakti*, 8(1), 9-15. <https://doi.org/10.56186/jkbb.98>
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77–101. <https://doi.org/10.1191/1478088706qp063oa>
- Brown, A. C., Latham, C., Danquah, A. N., Dunlop, B. J., & Taylor, P. J. (2022). "Cover up your arms, you're triggering people": A Mixed-Methods Investigation of Shame in those who Self-Injure. *Psychology and psychotherapy*, 95(3), 701–716. <https://doi.org/10.1111/papt.12394>
- Cação-Dias, B., Rothés, I., Carmo, C., Nunes, C., & Brás, M. (2026). Families of Young People Who *Self-harm*: A Mixed-Methods Systematic Review of Their Experiences and Needs. *Archives of suicide research : official journal of the International Academy for Suicide Research*, 1–32. Advance online publication. <https://doi.org/10.1080/13811118.2026.2666405>
- Carpenter, R. K., & Alloway, T. P. (2023). Exploring working memory, self-criticism, and rumination as factors related to *Self-harm*. *Psychological Reports*, 126(4), 1642-1660. <https://doi.org/10.1177/00332941221074258>
- Carpenter, R. W., Hepp, J., & Trull, T. J. (2023). Pain before, during, and after nonsuicidal self-injury: Findings from a large web study. *Journal of psychopathology and clinical science*, 132(8), 984-995. <https://doi.org/10.1037/abn0000853>
- Clapham, R., & Brausch, A. (2022). Emotion regulation deficits across the spectrum of *Self-harm*. *Death Studies*, 46(10), 2477-2484. <https://doi.org/10.1080/07481187.2021.1972366>
- Cox, J.A., Mills, L., Hermens, D.F. *et al.* A Systematic Review of the Facilitators and Barriers to Help-Seeking for *Self-harm* in Young People: A Systems Thinking Perspective. *Adolescent Res Rev* 9, 411–434 (2024). <https://doi.org/10.1007/s40894-024-00241-3>
- Dewi, F. I. R., Claudes, J., Nivia, O., & Saputro, B. E. (2024). *Adolescents' experiences of Self-harm: A case study*. *International Journal of Application on Social Science and Humanities*, 2(2). <https://doi.org/10.24912/ijassh.v2i2.31862>
- Dillon, K. H., Glenn, J. J., Dennis, P. A., Mann, A. J., Deming, C. A., Aho, N., Hertzberg, J. S., DeBeer, B. B., Meyer, E. C., Morissette, S. B., Gratz, K. L., Silvia, P. J., Calhoun, P. S., Beckham, J. C., & Kimbrel, N. A. (2022). Affective states and nonsuicidal self-injury (NSSI): Results from an ecological momentary assessment study of veterans with NSSI disorder. *Suicide & life-threatening behavior*, 52(2), 256-267. <https://doi.org/10.1111/sltb.12818>
- Ferrey, A. E., Hughes, N. D., Simkin, S., Locock, L., Stewart, A., & Kapur, N. (2023). Family members' experiences of supporting a relative who *Self-harms*: A qualitative study. *Journal of Family Studies*, 29(4), 1210-1225. <https://doi.org/10.1080/13229400.2023.2172245>
- Fortune, S., Sinclair, J., & Hawton, K. (2022). The role of family support in recovery following *Self-harm*: A qualitative investigation. *Social Psychiatry and Psychiatric Epidemiology*, 57(9), 1781-1792. <https://doi.org/10.1007/s00127-022-02288-7>
- Garbutt, K., Rennoldson, M., & Gregson, M. (2023). Shame and self-compassion connect childhood experience of adversity with harm inflicted on the self and others. *Journal*

- of Interpersonal Violence, 38(11-12), 7193-7214. <https://doi.org/10.1177/08862605221141866>
- Garbutt, K., Rennoldson, M., & Gregson, M. (2023). Shame and self-compassion connect childhood experience of adversity with harm inflicted on the self and others. *Journal of Interpersonal Violence*, 38(11-12), 7193-7214. <https://doi.org/10.1177/08862605221141866>
- Gunnarsson, N. V. (2020). The self-perpetuating cycle of shame and self-injury. *Humanity & Society*, 45(3), 313-333. <https://doi.org/10.1177/0160597620904475>
- Gunnarsson, N. V. (2021). The scarred body: A personal reflection of self-injury scars. *Qualitative Social Work*, 21(1), 37-52. <https://doi.org/10.1177/1473325021990868>
- Gonçalves, S., Vieira, A.I., Machado, B.C. *et al.* Non-suicidal self-injury in Portuguese college students: relationship with emotion regulation, resilience and self-compassion. *Curr Psychol* 43, 7877–7886 (2024). <https://doi.org/10.1007/s12144-023-04985-4>
- Grove, J. L., Carlson, S. E., Parkhurst, K. A., O'Neill, J. C., & Smith, T. W. (2023). Nonsuicidal self-injury, sleep quality, and shame response to a laboratory stress task. *Journal of clinical psychology*, 79(3), 871–885. <https://doi.org/10.1002/jclp.23450>
- Hidayatullah, H. T., Setiyowati, A. J., Simon, I. M., Indriyati, R., & Mattingly, M. T. (2024). Psychological dynamics among adolescents with *Self-harm* behavior based on rational emotive behavior therapy. *Jurnal Kajian Bimbingan dan Konseling*, 9(2), 122-137. <https://doi.org/10.17977/um001v9i22024p122-137>
- Kementerian Kesehatan Republik Indonesia. (2023). *Survei Kesehatan Indonesia Tahun 2023 dalam angka*. Badan Kebijakan Pembangunan Kesehatan.
- Kim, S. Y., Minjung, K., & Lee, D. H. (2023). Differences in mental health, suicidal behavior, and psychological variables based on non-suicidal self-injury and suicidal ideation. *Korean Journal of Counseling and Psychotherapy*, 35(2), 527-556. <https://doi.org/10.23844/kjcp.2023.05.35.2.527>
- Kinciniene, O., Sambaras, R., Lesinskaite, A., Zilinskaite, V., & Lesinskiene, S. (2023). Psychosocial aspects of deliberate physical suicide attempts by children and adolescents. *Clinical Pediatrics*, 62(8), 885-893. <https://doi.org/10.1177/00099228221145106>
- Kioseoglou, G., Fox, J. R. E., & Easter, A. (2024). The role of self-criticism and shame in nonsuicidal self-injury: A systematic review. *Current Psychology*. <https://doi.org/10.1007/s12144-024-05827-5>
- Koenig, J., Lischke, A., Bardtke, K. *et al.* Altered psychobiological reactivity but no impairment of emotion recognition following stress in adolescents with non-suicidal self-injury. *Eur Arch Psychiatry Clin Neurosci* 273, 379-395 (2023). <https://doi.org/10.1007/s00406-022-01496-4>
- Kusnandi, N. N., Aini, N. Q., Fatiha, F., & Azmi, W. (2026). Life Experiences Of Individuals With Avoidant Personality: A Phenomenological Study In Guidance And Counseling. *Jurnal Bimbingan Dan Konseling Pandohop*, 6(1), 134-143. <https://doi.org/10.37304/pandohop.v6i1.24624>
- Kusumadewi, A. F., Yoga, B. H., Sumarni, S., & Ismanto, S. H. (2020). *Self-harm* Inventory (SHI) Versi Indonesia Sebagai Instrumen Deteksi Dini Perilaku *Self-harm*. *Jurnal Psikiatri Surabaya*, 8(1), 20-25. <https://doi.org/10.20473/jps.v8i1.15009>
- Laporte N, Ozolins A, Westling S, Westrin Å, Wallinius M. Clinical Characteristics and *Self-harm* in Forensic Psychiatric Patients. *Front Psychiatry*. 2021;12(August). <https://doi.org/10.3389/fpsy.2021.698372>.

- Li, Y., Xu, F., Yi, Z. *et al.* Effect of sense of self on nonsuicidal self-injury in college students: a regulated mediating model. *BMC Public Health* 24, 3116 (2024). <https://doi.org/10.1186/s12889-024-20633-3>
- Liao, C., Hou, Y., Li, D., Yang, D., & Li, Y. (2026). The association between self-concept, self-concept clarity, and self-injurious thoughts and behaviors (SI, SA, and NSSI): A three-level meta-analysis. *Journal of psychiatric research*, 195, 1-12. <https://doi.org/10.1016/j.jpsychires.2026.01.024>
- Liu J, Li J, Zhou M, Liu H, Fan Y, Mi S and Tang Y (2023) Non-suicidal self-injury in adolescents with mood disorders and the roles of self-compassion and emotional regulation. *Front. Psychiatry* 14:1214192. <https://doi.org/10.3389/fpsy.2023.1214192>
- McDonald, G., O'Brien, L., & Jackson, D. (2022). Guilt, shame and secrecy: Experiences of families supporting young people who *Self-harm*. *BMC Psychiatry*, 22, 112. <https://doi.org/10.1186/s12888-022-03797-0>
- McManus, S., Hassiotis, A., Jenkins, R., Dennis, M., Aznar, C., & Appleby, L. (2023). Functional impairment and quality of life among individuals with *Self-harm* behaviour. *Journal of Affective Disorders*, 330, 178-186. <https://doi.org/10.1016/j.jad.2023.03.044>
- Mirichlis, S., Hasking, P., Boyes, M., Lewis, S. P., & Hon, K. (2024). Does the decision to disclose non-suicidal self-injury align with decision-making frameworks of personal information disclosure? A directed content analysis. *Qualitative Research in Medicine & Healthcare*, 8(1), 12318. <https://doi.org/10.4081/qrmh.2024.12318>
- Narullita, D., & Yuniati, E. (2024). Pengaruh psikoedukasi (comprehensive model) dan Mindfulness Based Cognitive Therapy (MBCT) terhadap self concept dan life satisfaction remaja dengan self harm. *Journal of Nursing Practice and Education*, 5(1), 100-109. <https://doi.org/10.34305/jnpe.v5i1.1432>
- Nearchou, F. (2024). *Self-harm* in young people: Investigating the role of resilience and posttraumatic stress related to the COVID-19 pandemic. *Journal of Child & Adolescent Trauma*, 17, 103-114. <https://doi.org/10.1007/s40653-022-00511-z>
- Norman, H., Marzano, L., Oskis, A., & Coulson, M. (2022). "My Heart and My Brain Is What's Bleeding, These Are Just Cuts." *An Interpretative Phenomenological Analysis of Young Women's Experiences of Self-harm*. *Frontiers in Psychiatry*, 13, 914109. 1-7. <https://doi.org/10.3389/fpsy.2022.914109>
- Rini, R. (2022). Perilaku Menyakiti Diri Sendiri: Bentuk, Faktor, dan Keterbukaan dalam Perspektif Perbedaan Jenis Kelamin. *IKRA-ITH Humaniora: Jurnal Sosial dan Humaniora*, 6(3), 115-123.
- Sari, R., & Akerpia, R. K. (2024). Harga Diri dan Self-Injury: Sebuah Studi pada Individu dengan Riwayat Adverse Childhood Experiences. *Jurnal Psikologi*, 3(1), 13. <https://doi.org/10.47134/pjp.v3i1.5118>
- Sheehy, K., Noureen, A., Khaliq, A., Dhingra, K., Husain, N., Pontin, E. E., Cawley, R., & Taylor, P. J. (2019). An examination of the relationship between shame, guilt and *Self-harm*: A systematic review and meta-analysis. *Clinical Psychology Review*, 73, 101779. <https://doi.org/10.1016/j.cpr.2019.101779>
- Silke, C., Brady, B., Devaney, C., O'Brien, C., Durcan, M., Bunting, B., & Heary, C. (2023). Youth suicide and *Self-harm*: Latent class profiles of adversity and the moderating roles of perceived support and sense of safety. *Journal of Youth and Adolescence*, 52, 1255-1271. <https://doi.org/10.1007/s10964-023-01762-1>
- Störkel, L.M., Karabatsiakakis, A., Hepp, J. *et al.* (2021). Salivary beta-endorphin in nonsuicidal self-injury: an ambulatory assessment study. *Neuropsychopharmacol.* 46, 1357-1363. <https://doi.org/10.1038/s41386-020-00914-2>

- Tamalawe, C. G. (2019). Konsep diri pada remaja kelas x di SMA Kristen Dharma Mulya Surabaya. *Jurnal Keperawatan*, 12(1), 40-48.
- Tarigan, T., & Apsari, N. C. (2022). Perilaku *Self-harm* Atau Melukai Diri Sendiri Yang Dilakukan Oleh Remaja (*Self-harm Or Self-Injuring Behavior By Adolescents*). *Focus Jurnal Pekerjaan Sosial*, 4(2), 213. <https://doi.org/10.24198/focus.v4i2.31405>
- Townsend, M. L., Miller, C. E., Matthews, E. L., & Grenyer, B. F. S. (2021). Parental Response Style to adolescent *Self-harm*: Psychological, social and functional impacts. *International Journal of Environmental Research and Public Health*, 18(24), 13407. <https://doi.org/10.3390/ijerph182413407>
- Widyaningrum, D. A., & M. A. P. (2024). Literatur Review: Faktor yang Mempengaruhi Non-Suicidal Self-Injury (NSSI) pada Remaja. *Jurnal Keperawatan Dirgahayu*, 6(1), 56-62. <https://doi.org/10.52841/jkd.v6i1.443>
- Woodley, S., Hodge, S., Jones, K., & Holding, A. (2021). How Individuals Who *Self-harm* Manage Their Own Risk-'I Cope Because I *Self-harm*, and I Can Cope with my *Self-harm*'. *Psychological reports*, 124(5), 1998-2017. <https://doi.org/10.1177/0033294120945178>
- Xu, L., Chen, Y., Liu, M., He, H., Shen, Y., & Xie, J. (2025). Association of Cognitive Function, Quality of Life, and Sleep Disorders in Children With Depression. *Actas espanolas de psiquiatria*, 53(4), 693-700. <https://doi.org/10.62641/aep.v53i4.1866>
- Zhang, Y., Gong, L., Feng, Q., Hu, K., Liu, C., Jiang, T., & Zhang, Q. (2024). Association between negative life events through mental health and non-suicidal self-injury with young adults: Evidence for sex moderate correlation. *BMC Psychiatry*, 24, 466. <https://doi.org/10.1186/s12888-024-05880-3>
- Zhu, S., Lee, P. H., & Wong, P. W. C. (2021). Investigating prolonged social withdrawal behaviour as a risk factor for *Self-harm* and suicidal behaviours. *BJPsych Open*, 7(3), 90. <https://doi.org/10.1192/bjo.2021.48>