

PENGALAMAN WANITA *EMERGING ADULTHOOD* DENGAN *NONSUICIDAL SELF-INJURY*: *INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS*

Sanchia Dida Zadiat Al-Haya¹, Muhammad Zulfa Alfaruqy²

^{1,2}Faculty of Psychology, Universitas Diponegoro,
Prof. Mr. Sunario, Street, Tembalang, Semarang, Indonesia 50275

sanchiazdtwork@gmail.com

Abstrak

Perilaku melukai diri sendiri tanpa disertai niat bunuh diri atau disebut dengan *Nonsuicidal Self-Injury* (NSSI) merupakan perilaku yang sengaja dilakukan oleh seseorang untuk menyalurkan rasa sakit atau tekanan emosional yang dialami. *Self-injury* banyak dijumpai di kalangan muda, termasuk pada kalangan beranjak dewasa (*emerging adulthood*) dan lebih banyak dilakukan oleh wanita. Penelitian ini bertujuan untuk memahami pengalaman wanita *emerging adulthood* yang melakukan *nonsuicidal self-injury*. Penelitian ini melibatkan tiga wanita *emerging adulthood* berusia 18 hingga 25 tahun yang pernah atau secara berkala melakukan NSSI. Proses pengambilan data dilakukan dengan *in-depth interview* dengan bimbingan pada wawancara semi terstruktur. Hasil wawancara akan dianalisis menggunakan metode *interpretative phenomenological analysis*. Berdasarkan hasil analisis data diperoleh sembilan tema superordinat, yaitu (1) *trust issue* akibat masalah interpersonal, (2) ketidakpuasan dalam menyalurkan emosi, (3) *self-injury* sebagai bentuk penyaluran emosi, (4) manifestasi dan gejala *self-injury*, (5) perasaan lega sesaat setelah *self-injury*, (6) rasa khawatir setelah *self-injury*, (7) koping positif untuk menghentikan *self-injury*, (8) dukungan sosial membantu penghentian *self-injury*, dan (9) hikmah yang diraih dari pengalaman. Melalui penelitian ini, dapat diketahui bahwa pengendalian diri subjek untuk berhenti melakukan NSSI dapat bermula dari kesadaran diri subjek bahwa perilaku NSSI merugikan, harapan dan usaha untuk berhenti melakukan NSSI, serta dukungan sosial yang diterima.

Kata kunci: *nonsuicidal self-injury*, wanita, *emerging adulthood*

EMERGING ADULTHOOD WOMEN'S EXPERIENCE WITH NONSUICIDAL SELF-INJURY BEHAVIOR: INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS

Sanchia Dida Zadiat Al-Haya¹, Muhammad Zulfa Alfaruqy²

^{1,2}Faculty of Psychology, Universitas Diponegoro,
Prof. Mr. Sunario, Street, Tembalang, Semarang, Indonesia 50275

sanchiazdtwork@gmail.com

Abstract

Self-injury behavior without suicidal intent or Nonsuicidal Self-Injury (NSSI) is a behavior that is intentionally done to express emotional distress. Self-injury behavior is often found among young people, including emerging adults, and often found among woman. This study aims to understand the experiences of emerging adult women who do nonsuicidal self-injury. This study involved three emerging adult women aged 18 to 25 years who ever had or regularly had NSSI. The data collection process was carried out by in-depth interview with semi-structured interview guidelines. The data will be analyzed using an interpretative phenomenological analysis method. Based on the results of data analysis, nine superordinate themes were obtained, including (1) trust issues due to interpersonal problems, (2) dissatisfaction in expressing emotions, (3) self-injury as a form of expressing emotions, (4) manifestations and sensations of self-injury, (5) a feeling of relief immediately after self-injury, (6) worries after self-injury, (7) positive coping to cease self-injury, (8) social support to cease self-injury, and (9) lessons learned from experience. Through this research, it can be seen that the subject's self-control to cease NSSI can begin from the subject's self-awareness that NSSI behavior is detrimental, hopes and efforts to cease NSSI, and social support obtained.

Keywords: nonsuicidal self-injury, women, emerging adulthood