

## ABSTRAK

**Latar belakang:** Gangguan *kecemasan* adalah salah satu bentuk gangguan kejiwaan yang paling umum terjadi. Gangguan *kecemasan* memiliki usia onset yang relatif lebih dini dibanding gangguan mental lainnya. Dewasa muda dengan gangguan *kecemasan* berada pada peningkatan risiko gangguan kecemasan berkepanjangan, depresi, ketergantungan zat, dan perilaku *self-harm*.

**Tujuan:** Mengetahui hubungan antara tingkat *kecemasan* terhadap perilaku *nonsuicidal self-injury*; beserta faktor demografi (usia, jenis kelamin, kondisi ekonomi, status tempat tinggal, status pernikahan orang tua, dan indeks prestasi kumulatif) pada mahasiswa Fakultas Kedokteran Universitas Diponegoro.

**Metode:** Studi belah lintang dengan sampel sebanyak 100 mahasiswa Fakultas Kedokteran Universitas Diponegoro yang memenuhi seluruh kriteria inklusi dan eksklusi, dengan pemilihan sampel melalui *consecutive sampling*. Pengambilan data menggunakan kuesioner karakteristik responden, *Zung Self-rating Anxiety Scale* (ZSAS), dan *Self-harm Inventory* (SHI). Analisis data dengan uji Koefisien Kontingensi, uji Lambda, dan uji Spearman.

**Hasil:** Dari 100 mahasiswa yang menjadi subjek penelitian, seluruhnya berada dalam kategori usia dewasa muda dan mayoritas berjenis kelamin perempuan. Sebanyak 63% responden memperoleh uang saku > Rp 2.000.000,00/bulan, 76% tinggal sendiri, dan 91% memiliki orang tua berstatus menikah. Seluruh mahasiswa memiliki IPK >2.50. Sebanyak 54% responden mengalami cemas ringan, 37% responden mengalami cemas sedang, dan 7% responden mengalami cemas berat. Didapatkan 10% responden memiliki risiko perilaku NSSI.

**Kesimpulan:** 1) Terdapat hubungan positif dengan korelasi kuat antara tingkat *kecemasan* dengan perilaku *nonsuicidal self-injury*. 2) Ditemukan hubungan bermakna antara status tempat tinggal dengan tingkat *kecemasan*. 3) Ditemukan hubungan bermakna antara status pernikahan orang tua dengan perilaku *nonsuicidal self-injury*

**Kata kunci:** Dewasa muda, Anxiety, *Non-suicidal Self-Injury*, NSSI, Self-harm.

## ABSTRACT

**Background:** Anxiety disorders are among the most common mental health disorders, often manifesting at an early age compared to other mental health conditions. Young adults with kecemasan disorders face an increased risk of persistent kecemasan, depression, substance dependence, and self-harm behaviors.

**Objective:** To investigate the relationship between kecemasan levels and nonsuicidal self-injury (NSSI) behaviors, along with demographic factors (age, gender, economic status, living arrangements, parental marital status, and cumulative grade point average) among students at the Faculty of Medicine, Diponegoro University.

**Methods:** A cross-sectional study was conducted involving 100 students from the Faculty of Medicine, Diponegoro University, who met all inclusion and exclusion criteria. Participants were selected using consecutive sampling. Data were collected through respondent characteristic questionnaires, the Zung Self-rating Anxiety Scale (ZSAS), and the Self-harm Inventory (SHI). Data analysis involved the Coefficient of Contingency test, Lambda test, and Spearman's correlation.

**Results:** Out of the 100 students studied, all were classified as young adults, with the majority being female. 63% of respondents received an allowance exceeding IDR 2,000,000 per month, 76% lived independently, and 91% had parents who were married. All students had a cumulative grade point average above 2.50. 54% of respondents experienced mild kecemasan, 37% experienced moderate kecemasan, and 7% experienced severe kecemasan. 10% of respondents were at risk of NSSI behaviors.

**Conclusion:** 1) There is a positive and strong correlation between kecemasan levels and nonsuicidal self-injury behaviors. 2) A significant relationship was found between living arrangements and kecemasan levels. 3) A significant relationship was found between parental marital status and nonsuicidal self-injury behaviors.

**Keywords:** Young adults, Anxiety, Non-suicidal Self-Injury, NSSI, Self-harm.