

Factors Causing Self-Injury Behavior in Students Studying at Private Universities in Pekanbaru City

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Abstract

The objective of this study is to ascertain the impact of the six elements of good corporate governance on the financial performance of state-owned enterprises (SOEs), with risk management acting as a moderating variable. This study employs annual reports on state-owned enterprises (SOEs) listed in Appendix II of the Minister of State-Owned Enterprises Regulation Number PER/MBU/03/2021. The sampling technique employed was purposive sampling, with a research sample comprising 57 SOEs selected from all SOEs for the 2018-2022 period. The data were analyzed using panel data regression analysis with the STATA 17. The results indicated that the Shareholder Aspect had a positive and significant effect on the financial performance of SOEs. In contrast, the aspects of Commitment to Sustainable GCG Implementation, Board of Commissioners, Board of Directors, Disclosure and Transparency of Information, and other factors had no significant effect on the financial performance of SOEs. The findings indicate that risk management exerts a positive and significant influence on the relationship between the Board of Directors aspect and the financial performance of SOEs. Conversely, risk management exerts a negative and insignificant influence on the relationship between the Commitment to Sustainable GCG Implementation aspect, the Board of Commissioners, disclosure and transparency of information, and other factors and the financial performance of SOEs.

Keywords students, teenagers, self-injury.

INTRODUCTION

Adolescence is a developmental stage that is full of problems. An individual's inability to solve a problem can cause distress. This distress causes negative emotions or negative affects, such as sadness, disappointment, despair, depression, helplessness, frustration, anger, revenge and other negative emotions (Safaria and Saputra, 2009).

This is in accordance with what was stated by Estefan and Wijaya (2014), if an individual is able to provide a positive emotional response, then that individual is able to control his emotions and will not drag on in his emotions, so that the individual is able to adjust to his emotions and is able to quickly felt happiness within him. Meanwhile, an individual who gives a negative emotional response to their problem will channel their emotions towards the problem by hurting themselves because they believe that they can provide momentary calm and be able to free them from the psychological pain they are experiencing.

Self-injury is behavior that harms oneself intentionally, without any intention of committing suicide. This behavior includes cutting parts of the skin using a knife or razor, hitting oneself, burning certain body parts and even cutting certain body parts. This was done without any intention of committing suicide (Shabrina, 2011).



Based on the initial interview conducted on January 15, 2021, the informant said that "why I did this behavior was because I really felt lonely because I also felt like there was no one to talk to, no one to listen to, and no one who was right to be able to understand and understand, bro." This is also reinforced by the results of research conducted by Hidayati and Muthia (2015) which stated that 7.5% of a person's desire to harm themselves in adolescents is influenced by loneliness. This could be because individuals who feel lonely will receive low and unsatisfying social support. Then, 92.5% are influenced by other factors that can cause someone to hurt themselves.

Another thing was also discovered from the results of the initial interview conducted by the researcher on January 15, 2021, the informant said that it was found that "the reason why I did this self-injury was initially because I was holding back my own feelings, bro. So, because I often hold back my feelings, I slowly feel like I'm turning into someone who could be called apathetic, bro, like I don't care about my surroundings." This is confirmed by Sutton (2005) who revealed that the factors that cause a person to engage in self-injury behavior are psychological factors, namely feeling unable to hold back emotions and feeling trapped, stressed, low self-esteem, unable to express or reveal feelings, feeling empty or empty. , feelings of depression inside that cannot be tolerated after losing a loved one, wanting special attention from loved ones, feeling hopeless, unable to face reality, feeling useless, feeling that life is getting very difficult, frustrated and experiencing depression .

From several studies, it cannot be denied that there are perpetrators of self-harm in Indonesia. Research conducted by Estefan and Wijaya (2014), the results of the study showed that the informant made a unique appreciation of a problem in his life by scratching physical wounds on his body to relieve the hurt he felt so that there was a change in the response experienced by the informant in solving his problem in a way that maladaptive, namely committing self-injury.

Based on the explanation above, researchers are interested in conducting research related to self-injury behavior in more depth. The aim of this research is to determine self-injury behavior that occurs in students. Therefore, researchers will conduct research entitled Factors Causing Self-Injury Behavior in Students Studying at Private Universities in Pekanbaru City.

LITERATURE REVIEW

Self Injury

Self-injury is listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR) as a symptom of borderline personality disorder and depressive disorders. It is sometimes related to a history of mental illness, trauma and abuse, including emotional abuse, sexual abuse, eating disorders or psychological characteristics such as low self-esteem or perfectionism, however statistical analysis is very difficult because many people who self-harm cover up their wounds (Cutter, 2008).

According to Klonsky and Jenifer (2007), self-injury is an act of intentionally hurting oneself, not with the intention of committing suicide, but simply to release painful emotions. Many individuals do it because this mechanism works and can even cause addiction. Self-

injury itself will only provide temporary relief and will not solve the root of the problem felt, so someone who has done it will tend to do it again with increasing frequency.

Walsh (2007) said that there are other terms for self-injury, namely Self Harm (SH), Self Inflicted Violence (SIV), and Self Mutilation (SM) although the last definition is considered inaccurate by most people, especially those who practice self-injury. In a broader sense, self-injury also includes other phenomena related to self-harm, but the aim of the perpetrator's actions is to overcome or eliminate uncomfortable emotions or feelings.

METHOD

Qualitative research method with a case study approach. Sampling in the research used a purposive sampling technique. The data collection techniques used by researchers were observation and interviews as well as using recorders and using psychological testing tools, namely graphic tests (DAP/ Draw A Person Test). The analysis technique used by researchers is the Miles and Huberman model data analysis technique.

RESULTS AND DISCUSSION

The research was conducted on 3 informants studying at private universities, the first informant (MO) was 22 years old. The second informant (FR) is 19 years old, the third informant (WMD) is 21 years old. Research was also carried out on informants with the aim of making the data produced stronger, each informant was taken from 2 people closest to the three informants.

Results of Informant Data Analysis 1

Based on the results of interviews conducted with informants regarding the factors that cause self-injury behavior in students studying at private universities in Pekanbaru City, the informant is the fourth of four siblings. The age gap between the first informant and his older brother and sister is quite large. The informant only had a mother figure who took care of him since he was little, while his father figure had long passed away. The first informant lives in one of the areas in Pekanbaru City, namely on Jln. H. Imam Munandar (Harapan Raya) NO. 304, Bukit Raya District, Pekanbaru City. The mother of the first informant is busy as a trader in an area not far from where the informant lives. The informant is currently studying at the Faculty of Psychology, Riau Islamic University. The informant first carried out self-injury behavior when he was 18 years old and the last time the informant carried out this behavior was in January 2021.

Based on the results of the interview obtained, the first informant felt that his mother treated him differently from his older brother and sister. The informant also felt that his mother did not have time for him because his mother was busy working, which caused the informant to feel a lack of love, attention and support from his mother. The busyness of the mother and other family members is what makes the informant less close to his family. Apart from that, the informant also had a painful experience in his past, namely being beaten by a member of his family.



Based on the results of the interview, it was found that there were several feelings that emerged before the first informant carried out the self-injury behavior, namely feelings of sadness, disappointment, anger and feelings of very deep hurt. This feeling is the most dominant feeling when the informant carries out self-injury behavior. This feeling was also visible when the informant answered questions during the interview. During the interview, the informant looked like he was crying when answering questions related to family problems and other problems. Apart from that, there are other things that trigger informants to carry out self-injury behavior, namely problems and conflicts that occur in their lives. It was these problems and issues that were then buried by the first informant.

Based on the results of the DAP personality test that have been analyzed, the informant is an individual who has a personality type that tends to be closed (introverted). Informants tend to experience depression, get frustrated easily, suppress their past and need more attention. The informant is also controlled by feelings, this is what makes the informant have several emotions that dominate him.

Based on the results of the interview obtained, the informant admitted that there were no other people who encouraged the informant to carry out self-injury behavior and the informant also said that he had not seen or imitated the same behavior carried out by other people.

Results of Informant Data Analysis 2

From the results of interviews conducted with the second informant, the informant was the third of three siblings. The second informant was only raised by his mother since he was a child, while the informant's father did not know what his situation and conditions were like. The second informant lives in one of the housing complexes on Jln. Suka Karya, Tampan District, Pekanbaru City. The second informant's mother is busy as a worker in Pekanbaru City, apart from that, the second informant's mother is busy taking care of plants such as flowers when she is at home. The informant is currently studying at the Faculty of Psychology, Riau Islamic University.

The self-injury behavior carried out by the second informant lasted for two years, while the cutting behavior carried out by the informant lasted for the past year. The second informant said that the last time he engaged in self-injury was when he was 18 years old, to be precise, on August 31, 2020.

Based on the results of the interviews obtained, the informant felt that there were several descriptions of his mother's figure. The informant said that there were times when his mother's figure was a good figure and there were times when his mother's figure was a bad figure. According to the informant, his mother became a bad figure when her mother told her children, her mother preferred to tell her in a way that was hurtful. The informant also felt that his mother figure could be said to be less than what a parent should do, this made the informant feel a lack of love, support and attention from his mother figure. However, the informant said that his interactions with his mother figure and other family members were quite close. The informant also said that he had a painful experience in his past, namely seeing his own parents' divorce.

Based on the results of the interview, it was found that there were several feelings before the informant carried out self-injury behavior, namely feelings of anger and sadness. These feelings of anger and sadness are the most dominant negative feelings when he engages in self-injury behavior. Apart from that, the informant also said that these two negative emotions were what triggered the informant to carry out self-injury behavior.

Based on the results of the DAP personality test which have been analyzed by psychologists, the informants are individuals who have personality traits that tend to be closed. Informants tend to experience depression and get frustrated easily. And the informant is also controlled by feelings and there are several emotions that dominate him.

Based on the results of the interview, it was found that the absence of other people encouraged the informant to carry out self-injury behavior. The informant also admitted that this behavior was purely his own fault and that the informant had not seen or imitated examples of behavior carried out by other people.

Results of Informant Data Analysis 3

Based on the results of interviews conducted with the third informant, the informant was the first child of three siblings. The first informant has one younger brother and one younger sister. Since childhood, the informant was only raised by his grandparents who were in the village. When the informant entered Senior High School (SMA), the informant decided to continue his studies in Pekanbaru City and return to live with his parents. The third informant lives in one of the rows of shophouses on Jln. Soekarno Hatta, Pekanbaru City. The shophouse was where the informant's parents worked as restaurant traders and was also the place where the informant lived. The third informant is currently studying at one of the universities in Pekanbaru City, namely Riau Islamic University, majoring in Psychology.

The first informant carried out self-injury behavior when he was still in high school or at that time the informant was still 16 years old and the last time the informant carried out this behavior was when he was 21 years old. The form of self-injury behavior carried out by the informant during his 5 years as a perpetrator of self-injury included cutting himself using sharp objects around him.

Based on the results of the interviews obtained, the informant said that his mother was the type of mother who did not care about her children. The informant's mother always liked to take out all her problems on her children, after that the informant also said that her mother liked to get angry so she could say inappropriate words. With a mother's character like that, the informant is not at all with her mother and her family members. The informant also admitted that there were many painful experiences in his past, including family problems, friendship problems and love problems.

Based on interviews, it was found that there were feelings before he carried out the self-injury behavior, namely feelings of anger and disappointment. This feeling is the most dominant negative emotion in the informant. Apart from that, there are several things that trigger informants to carry out self-injury behavior, namely problems, especially problems with their mother.



Based on the results of the DAP personality test which have been analyzed by psychologists, the informant is an individual whose personality tends to be open; the informant tends to experience frustration and the informant does not have emotional balance.

Based on the results of the interview, the informant admitted that there were other people who encouraged him to carry out self-injury behavior. When the informant was in high school, the informant saw his friends getting tattoos using pins and needles, this is what made the informant imitate and emulate this behavior and thus carry out self-injury behavior.

The results show that there are several factors that cause self-injury behavior in students, including family factors, psychological factors, personality factors and social environmental factors. According to Martison (1999), there are several factors that cause a person to engage in self-injury behavior, namely family factors, this includes a lack of role in expressing emotions and a lack of communication between families. Based on the results obtained from the three informants, all three had similarities regarding the parenting style provided by their respective parents, namely the lack of role of both parents of each informant, such as a lack of affection, lack of attention, lack of support, and being too liberating to the informant. The lack of role of both parents is the thing that the three informants dislike the most. This is in line with what Monty (2005) explains that parenting styles play an important role in the initial formation of self-injury behavior, this is because a child's resilience is based on his application to the situation in his family. Apart from the lack of role of parental parenting, self-injury behavior is also caused by painful experiences in the past. According to Conterio (in Monty, 2005) explains that most perpetrators of self-injury have experienced abuse in their past, whether physical, emotional or sexual, so they are generally less able to control their emotions and tend to face many problems in the future. The first informant experienced violence that happened to him by one of the first informant's family, the second informant experienced a painful experience in his past, namely seeing his parents divorce, and the third informant experienced a painful experience in his past, namely abuse that happened to him. Thus, making the third informant feel traumatized. This is in accordance with the opinion of Maidah (2013) who explains that the factors causing self-injury behavior are due to traumatic experiences in the past originating from the family, such as divorce between parents and experiencing violence.

Second is the psychological factor. According to Martison (1999), there are several factors that cause self-injury behavior, namely psychological factors. Psychological factors are one of the factors that originate from the presence of uncomfortable emotional forces and the inability to overcome them. The three informants have similarities in psychological factors, namely the feeling of discomfort in themselves which is caused by the feelings harbored by the three informants. The three informants felt these suppressed feelings in the form of negative emotions, such as disappointment, sadness, hatred and anger. The negative emotions that existed in the three informants were the strong motivator for the three informants to carry out self-injury behavior because of the difficulty in expressing the psychological pain that the informants felt. The above is in line with the results of Klonsky's (2007) study which states that self-injury behavior carried out by individuals is one of the

most frequently used strategies to relieve excessive negative emotions in an individual. These emotions tend to appear before the individual carries out self-injury behavior.

Another opinion was also expressed by Maidah (2013) who said that self-injury behavior is a form of channeling negative emotions resulting from the psychological pain felt by the perpetrator which is difficult to express in words. Apart from that, Alderman (2000) said that the self-injury behavior carried out by the three informants was a form of relief from the pressure on their bodies. The perpetrators will feel pressure in their body and feel tension that disturbs their comfort. For self-injury perpetrators, this is a way in which they try to get rid of all their negative emotions by carrying out self-injury behavior.

There are several situations that support the three informants in carrying out self-injury behavior. The first informant and third informant said that the situation that encouraged him to carry out self-injury behavior was when he was experiencing a problem, while the second informant said that the situation that encouraged him to carry out self-injury behavior was caused by the feelings of pressure he felt and the lack of space for him to talk about the problems he is facing. Seeing the conditions and situations that encourage the three informants to carry out self-injury behavior, the three informants need the social support they receive. This is in accordance with research conducted by Wichstrom (2009), factors that can save individuals who carry out self-injury behavior can be seen from the individual's satisfaction with the social support received, meaning that if individuals who carry out self-injury behavior receive good social support, then the individual's desire to carry out self-injury behavior will decrease. Another opinion was also expressed by Ronka, et al (2013) who said that if an individual has people who are supportive and trustworthy, it is very important, this is because it can reduce the individual's risk of carrying out self-injury behavior. If the individual does not have these people, then the risk of someone carrying out self-injury behavior is higher. Third is the personality factor. According to Martison (in Maidah, 2013) explains that personality factors are factors that originate from within the individual himself, such as personality type, a person's mood, low self-esteem, difficulty communicating feelings, and the existence of rigid thought patterns from the individual himself.

Apart from interviews and observations, the researcher also gave psychological tests to the three informants using the DAP (Draw A Person Test) to determine the personality aspects of the three informants. Through the results of this psychological test, it was discovered that there were traits related to self-injury behavior in the three informants. There are several criteria related to self-injury behavior which can be seen from the results of the interpretation of the three informants' personality test tools. From the analysis of the DAP test, it can be seen that the first informant and the second informant have similarities in personality type, namely the individual who has a personality type tends to be closed (introvert), while the third informant has an open personality type (extrovert). This is in accordance with the opinion expressed by Martison (in Maidah, 2013) who said that someone who has an introverted personality type has a greater tendency to engage in self-injury behavior compared to someone who has an extroverted personality type. However, based on the results of research conducted by Faried, et al (2018) it is stated that there is no



relationship between an introverted personality and a person's tendency to engage in self-injury behavior. Apart from that, there are many other similarities in the results of the personality test analysis of the three informants. The three informants are individuals who tend to experience depression or stress, are easily frustrated, emotions dominate the three informants.

The presence of the most dominant emotion made the three informants do not have balance in their emotions, making these emotions unstable. Based on the results of interviews conducted by the three informants, all three admitted that the most dominant emotions when they carried out self-injury behavior were sadness, disappointment and anger. The above is reinforced by the Non-Suicidal Self-Injury (NSSI) diagnostic criteria in the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) that self-harm behavior carried out intentionally is related to negative feelings or thoughts such as depression, anger, and sadness. The last factor is the social environmental factor. Based on the results of interviews conducted with the three informants, there was one informant who admitted that he carried out self-injury behavior because he imitated other people's behavior, namely the third informant. The third informant admitted that he carried out this behavior because when the third informant entered high school, the informant saw the informant's friends doing one of the trends at that time, namely carving initials using pins on certain parts of the body. This makes the informant have a desire to carry out the same behavior as his friends have done. In accordance with research conducted by Favazza (2012) which states that there is a motivating factor for a person to carry out self-injury behavior, namely the process of imitating Non-Suicidal Self-Injury behavior from the media and other people. Apart from that, the results of research presented by Steinberg, Anderson, and Huebner (in Batubara, 2016) prove that there is a tendency for individuals to take information from the media without a filtering process, as well as following the behavior of peers that should not be done.

CONCLUSION

This research involved three informants who were students studying at a private university in Pekanbaru City, three informants were female, the location of the research was conducted at a private university in Pekanbaru City. Interviews were conducted in accordance with mutual agreement between researchers and informants. The interview with the first informant was conducted at the informant's house, the interview with the second informant was conducted at the Psychodiagnostic Laboratory, Faculty of Psychology, Riau Islamic University, and the interview with the third informant was conducted at one of the informant's friends' houses. The method used in this research is a qualitative research method. Based on the results of interviews conducted with three informants, several factors were identified that caused the three informants to engage in self-injury behavior.

The first factor is the family factor. From the results obtained, the three informants felt that the role of the parent figure, especially the mother figure of each informant, was lacking, such as lack of attention, lack of affection, and lack of social support from parents. This is one of the things that the three informants dislike most about their mother. Apart from that,

there were painful experiences in the past which made the three of them feel quite deep trauma such as violence, divorce of their parents, and abuse.

The second factor is the psychological factor, from the results obtained, the three informants had feelings that made them feel uncomfortable with themselves, this was due to the feelings they harbored within themselves. These feelings take the form of negative emotions such as anger, sadness and disappointment. Apart from that, the three informants felt a feeling of pressure when facing a problem, whether it was a problem with family, friends or the opposite sex. The three informants admitted that the negative emotions they harbored, and this situation were one of the things that encouraged them to carry out self-injury behavior.

The third factor is the personality factor, from the results of the DAP personality test it was found that the first informant and the second informant had a personality type that tended to be closed (introvert) while the third informant had an open personality type (extrovert). Apart from that, the three informants have other similarities, including that the informant is an individual who tends to experience depression, is easily frustrated, and has emotions that dominate. This dominating emotion is what causes the three informants to experience an emotional imbalance.

The fourth factor is the social environmental factor. From the results obtained there was one informant who admitted that the behavior he carried out was motivated by imitating the behavior of other people, namely the third informant. The third informant imitated self-injury behavior that originated from a trend when he was still in high school. The trend when he was in high school was to carve names using pins on certain parts of the body so that blood would bleed and cause wounds on the part of the body being carved.

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