

**PENGARUH *CHILDHOOD MALTREATMENT TRAUMA*
TERHADAP KECENDERONGAN *BORDERLINE PERSONALITY
DISORDER* PADA MAHASISWA**

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INTISARI

Borderline personality disorder adalah gangguan kepribadian serius yang ditandai oleh disregulasi emosi, ketidakstabilan dalam hubungan interpersonal, dan perilaku menyakiti diri sendiri. Faktor utama yang berkontribusi pada perkembangan BPD adalah trauma masa anak, yang sering kali disebabkan oleh pola asuh yang tidak tepat atau kekerasan dari orang tua. Data menunjukkan bahwa prevalensi BPD cukup tinggi di kalangan remaja akhir dan dewasa awal, termasuk di kalangan mahasiswa, yang menghadapi tekanan psikologis tambahan selama masa transisi pendidikan tinggi. Pengalaman *childhood maltreatment* memiliki dampak signifikan pada perkembangan BPD, dan memahami hubungan ini penting untuk intervensi dan pencegahan lebih lanjut terhadap mahasiswa. Penelitian ini bertujuan untuk mengetahui pengaruh dari *childhood maltreatment trauma* terhadap kecenderungan *borderline personality disorder* pada mahasiswa. Penelitian ini melibatkan seluruh mahasiswa yang ada di Indonesia dengan rentang usia minimal 18 tahun dengan menggunakan instrument CTQ-SF dan BPI-T20 dan dianalisa dengan uji regresi linear sederhana.

Hasil penelitian menunjukkan, bahwa terdapat pengaruh antara variabel *childhood maltreatment trauma* terhadap kecenderungan *borderline personality disorder* pada mahasiswa, dimana adanya pengaruh yang cukup antara *childhood maltreatment trauma* terhadap kecenderungan *borderline personality disorder*. Aspek *general pathology* menjadi aspek tertinggi pada mahasiswa dengan kecenderungan BPD dengan persentase sebesar 60.1%, *fear of closeness* sebesar 39.4%, dan *self-destructive behavior* sebesar 14%. Praktisi kesehatan mental diharapkan dapat memberikan tindakan preventif berupa penerapan program intervensi berbasis keluarga.

Kata Kunci: *Borderline Personality Disorder, Childhood Maltreatment Trauma, Mahasiswa*

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1. Peneliti
 2. Dosen Pembimbing I
 3. Dosen Pembimbing II

**THE EFFECT OF CHILDHOOD MALTREATMENT TRAUMA
ON THE TENDENCY OF BORDERLINE PERSONALITY
DISORDER IN COLLEGE STUDENTS**

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ABSTRACT

Borderline personality disorder (BPD) is a serious personality disorder characterized by emotional dysregulation, instability in interpersonal relationships, and self-harming behaviors. A primary factor contributing to the development of BPD is childhood trauma, often caused by inappropriate parenting or violence from parents. Data indicate that the prevalence of BPD is relatively high among late adolescents and young adults, including university students, who face additional psychological pressures during the transition to higher education. Childhood maltreatment experiences have a significant impact on the development of BPD, and understanding this relationship is crucial for further intervention and prevention efforts among university students. This study aims to examine the influence of childhood maltreatment trauma on the tendency of borderline personality disorder among university students. The research involved all university students in Indonesia aged 18 and above, using the Childhood Trauma Questionnaire-Short Form (CTQ-SF) and the Borderline Personality Inventory-Twenty (BPI-T20), analyzed with simple linear regression.

The results of the research show that there is an influence between the childhood maltreatment trauma variable on the tendency for borderline personality disorder in students, where there is a sufficient influence between childhood maltreatment trauma on the tendency for borderline personality disorder. The general pathology aspect is the highest aspect in students with BPD tendencies with a percentage of 60.1%, fear of closeness at 39.4%, and self-destructive behavior at 14%. Mental health practitioners are expected to be able to provide preventive action in the form of implementing family-based intervention programs.

Keywords: *Borderline Personality Disorder, Childhood Maltreatment Trauma, Students*

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 3. *Supervisor II*