

**PENGARUH DISREGULASI EMOSI TERHADAP KECENDERUNGAN
PERILAKU *NON-SUICIDAL SELF-INJURY* (NSSI) PADA MAHASISWA
DI JEMBER**

Madanta Maulidan Shabrin¹, Panca Kursistin Handayani²,

Ria Wiyatfi Linsiya³

Universitas Muhammadiyah Jember

madantaaa@gmail.com

Fakultas Psikologi, Universitas Muhammadiyah Jember

INTISARI

Perilaku *Non-Suicidal Self-Injury* (NSSI) pada mahasiswa menjadi salah satu permasalahan kesehatan mental yang semakin banyak ditemukan. Penelitian ini bertujuan mengetahui pengaruh disregulasi emosi terhadap kecenderungan perilaku NSSI pada mahasiswa di Kabupaten Jember. Penelitian ini menggunakan pendekatan kuantitatif asosiatif dengan analisis uji regresi linear sederhana. Sampel terdiri dari 105 mahasiswa berusia 18–25 tahun yang berstatus aktif di Kabupaten Jember dan memiliki riwayat melukai diri, dengan pemilihan jumlah sample menggunakan teknik *accidental sampling*. Instrumen yang digunakan yaitu *Difficulties in Emotion Regulation Scale* (DERS) oleh Gratz & Roemer (2004) yang diadaptasi ke versi Indonesia oleh Masdar (2021) dan *Inventory of Statements About Self-Injury* (ISAS) oleh Klonsky (2007) yang diadaptasi ke versi Indonesia oleh Dewi dan Ariana (2021). Hasil uji reliabilitas menunjukkan $\alpha = 0,632$ pada DERS dan $\alpha = 0,852$ pada ISAS. Hasil uji deskriptif menunjukkan 58,10% responden memiliki kecenderungan NSSI kategori tinggi, dengan aspek *Affect Regulation* sebagai aspek tertinggi sebesar 83,81%. Disregulasi emosi berada pada kategori tinggi sebesar 50,48%, dengan aspek *Strategies* sebagai aspek tertinggi sebesar 83,81%. Hasil regresi menunjukkan $p < 0,001$ ($< 0,05$), sehingga terdapat pengaruh signifikan disregulasi emosi terhadap kecenderungan NSSI. Disregulasi emosi memberikan kontribusi sebesar 38,3%, sedangkan 61,7% dipengaruhi faktor lain. Penelitian selanjutnya disarankan menggunakan *probability sampling*, mengkaji faktor lain, dan memperluas populasi penelitian.

Kata kunci: dewasa awal , disregulasi emosi, mahasiswa, *Non-suicidal self-injury*.

***THE EFFECT OF EMOTION DYSREGULATION ON THE TENDENCY OF
NON-SUICIDAL SELF-INJURY (NSSI) BEHAVIOR AMONG UNIVERSITY
STUDENTS IN JEMBER REGENCY***

Madanta Maulidan Shabrin¹, Panca Kursistin Handayani²,

Ria Wiyatfi Linsiya³

Universitas Muhammadiyah Jember

madantaaa@gmail.com

Faculty of Psychology, Muhammadiyah University of Jember

ABSTRACT

Non-Suicidal Self-Injury (NSSI) among university students is an increasingly recognized mental health concern. This study aimed to examine the effect of emotion dysregulation on the tendency toward NSSI among university students in Jember Regency. A quantitative associative approach with simple linear regression analysis was employed. The sample consisted of 105 active university students aged 18–25 years in Jember Regency who had a history of NSSI, selected using accidental sampling. The instruments used were the Difficulties in Emotion Regulation Scale (DERS), adapted into Indonesian by Masdar (2021), and the Inventory of Statements About Self-Injury (ISAS), adapted into Indonesian by Dewi and Ariana (2021). Reliability testing showed $\alpha = 0.632$ for DERS and $\alpha = 0.852$ for ISAS. Descriptive analysis showed that 58.10% of respondents had a high tendency toward NSSI, with Affect Regulation being the highest aspect (83.81%). Emotion dysregulation was also categorized as high in 50.48% of respondents, with Strategies being the highest aspect (83.81%). Regression analysis showed $p < 0.001$ (< 0.05), indicating a significant effect of emotion dysregulation on NSSI tendency. Emotion dysregulation contributed 38.3% to NSSI tendency, while 61.7% was influenced by other factors. Future research is recommended to use probability sampling, examine other contributing factors, and expand the population to obtain more representative results.

Keywords: *emerging adulthood, emotion dysregulation, Non-Suicidal Self-Injury (NSSI), university students.*