

## DAFTAR PUSTAKA

Adult Psychiatric Morbidity Survey. (2024). *Self-harm and mental health in England: Findings from APMS 2024*. Diambil kembali dari NHS Digital.

Alfianika, N. (2018). *Metodologi penelitian*. Deepublish.

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). *American Psychiatric Publishing*.

Azwar, S. (2017). *Metode penelitian psikologi (Edisi ke-2)*. Pustaka Pelajar.

Buresova, I. B. (2015). Self-harm and coping strategies: A review. *Journal of Education, Psychology and Social Sciences*, 3(2), 1-11.

Cole, P. M. (2008). Emotion dysregulation as a risk factor for psychopathology. In T. Beauchaine & S. P. Hinshaw (Eds.). *Child and adolescent psychopathology*, 256-298.

Cybulski, L. A.-G. (2024). Risk factors for nonfatal self-harm and suicide among adolescents: Two nested case-control studies conducted in the UK Clinical Practice Research Datalink. *Journal of Child Psychology and Psychiatry*.

Dewi, K. &. (2021). Adaptasi Inventory of Statements About Self-Injury (ISAS) versi Indonesia. *Jurnal Psikometri Indonesia*, 5(1), 31-42.

Farida Hidayati, M. F. (2021). Prevalensi dan Fungsi Melukai Diri Sendiri pada. *Fakultas Pendidikan Psikologi Universitas Negeri Malang*, 172-179.

Favazza, A. R. (1989). Female habitual self-mutilators. *Acta Psychiatrica Scandinavica*, 283-289.

Favazza, A. R. (1998). *Bodies under siege: Self-mutilation and body modification in culture and psychiatry (2nd ed.)*. Johns Hopkins University Press.

Ghozali, I. (2018). *Aplikasi analisis multivariate dengan program IBM SPSS 25*. Badan Penerbit Undip.

Gratz, K. L. (2003). Risk factors for and functions of deliberate self-harm: An empirical and conceptual review. *Clinical Psychology: Science and Practice*, 10(2), 192-205.

Gratz, K. L. (2004). Multidimensional assessment of emotion regulation and dysregulation: Development, factor structure, and initial validation of the DERS. *Journal of Psychopathology and Behavioral Assessment*, 26, 41-54.

Gross, J. J. (2002). Emotion regulation: Affective, cognitive, and social consequences. *Psychophysiology*, 39, 281-291.

Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological Inquiry*, 26(1), 1-26.

Hidayati, N. S. (2022). Non-suicidal self-injury among Indonesian university students: Prevalence and contributing factors. *Jurnal Psikologi Klinis dan Kesehatan Mental*, 11(1), 34-45.

James, R. L. (2025). From prevalent to personal: How social exposure predicts attitudes toward non-suicidal self-injury and what prevalence reveals. *Frontiers in Psychology*.

Jember, D. S. (2025, Juni 21). *Dinas Sosial Jember lakukan asesmen dan evakuasi klien dengan gangguan depresi*. Diambil kembali dari PPID Kabupaten Jember.

Kementerian Pemberdayaan Perempuan dan Perlindungan Anak Republik Indonesia, Badan Pusat Statistik, & Kementerian Kesehatan Republik Indonesia. (2014). *Survei Kekerasan terhadap Anak Indonesia Tahun 2013*.

Diambil kembali dari Kementerian Pemberdayaan Perempuan dan Perlindungan Anak Republik Indonesia.

Kementerian Kesehatan Republik Indonesia. (2024). *Survei Kesehatan Indonesia (SKI) 2023*. Diambil kembali dari Kementerian Kesehatan Republik Indonesia.

Klonsky, E. D. (2007). Self-injury: A research review for the practitioner. *Journal of Clinical Psychology*, 63(11), 1045-1056.

Klonsky, E. D. (2009). Assessing functions of non-suicidal self-injury: Psychometric properties of the ISAS. *Journal of Psychopathology and Behavioral Assessment*, 31, 215-219.

Lurigio, A. J. (2024). Nonsuicidal self-injury among young adults and adolescents: Historical, cultural and clinical understandings. *Social Work in Mental Health*, 22(1), 122-148.

Macklem, G. L. (2008). *Practitioner's guide to emotion regulation in school-aged children*. Springer.

Masdar, F. (2021). Adaptasi Difficulties in Emotion Regulation Scale (DERS) versi Indonesia. *Jurnal Psikologi Ulayat*, 4(2), 150-162.

Nabila, S. &. (2025). Non-suicidal self-injury pada mahasiswa Jabodetabek: Tinjauan prevalensi dan faktor risiko. *Jurnal Psikologi Indonesia*, 14(1), 22-33.

Nock, M. K. (2009). Why do people hurt themselves? New insights into the nature and functions of self-injury. *Current Directions in Psychological Science*, 18(2), 78-83.

Nock, M. K. (2010). Self-injury. *Annual Review of Clinical Psychology*, 339-363.

Nurrahmah, K. d. (2021). *Statistika sosial dan penelitian*. Deepublish.

Pebriani, W. H. (2025). Hubungan regulasi emosi dengan perilaku self-harm pada mahasiswa keperawatan. *Jurnal Keperawatan Dharma Husada*, 12(1), 44-52.

Pusat Penelitian dan Pengembangan Kesehatan, Badan Penelitian dan Pengembangan Kesehatan, Kementerian Kesehatan Republik Indonesia. (2022). *Laporan Survei Identifikasi Tingkat Kesehatan Jiwa Masyarakat Indonesia (SITBI) Tahun 2020–2021*. Diambil kembali dari Kementerian Kesehatan Republik Indonesia.

Putri, A. R. (2021). Disregulasi emosi pada perempuan dewasa awal yang melakukan self-injury. *Character: Jurnal Penelitian Psikologi*, 8(2), 131-143.

Rosa. (2022, November 27). *Kasus mahasiswa di Jember nyaris akhiri hidupnya, psikolog: Jangan sepelekan ciri-ciri depresi*. Diambil kembali dari Kompas.com.

Sabrina, F. &. (2023). Peran disregulasi emosi terhadap kecenderungan melakukan perilaku non-suicidal self-injury pada remaja. *Gadjah Mada Journal of Psychology*, 9(2), 112-125.

Sabrina, F. &. (2024). Regulasi emosi dan kecenderungan self-injury pada wanita dewasa awal yang putus cinta. *Jurnal Cendekia Ilmiah*, 3(4), 90-102.

Safuruddin, Q. A. (2025). Pengaruh disregulasi emosi terhadap kecenderungan NSSI pada mahasiswa Makassar. *Jurnal Cendekia Ilmiah*, 4(2), 55-67.

Santrock, J. W. (2011). *Life-span development (13th ed.)*. McGraw-Hill.

Santrock, J. W. (2019). *Life-span development (17th ed.)*. McGraw-Hill Education.

Sekaran, U. &. (2016). *Research Methods for Business: A Skill-Building Approach (7th ed.)*. John Wiley & Sons.

Simons, J. S. (2005). The Distress Tolerance Scale: Development and validation of a self-report measure. *Motivation and Emotion*, 29(2), 83-102.

Sugiyono. (2019). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.

Survei Mahasiswa Internasional. (2025). *Global university mental health and self-harm survey report*. Diambil kembali dari International Association for Youth Mental Health.

Tormoen, A. J. (2020). Non-suicidal self-injury in adolescence: Longitudinal associations with psychological distress and rumination. *Child and Adolescent Psychiatry and Mental Health*.

Walsh, B. (2006). *Treating self-injury: A practical guide*. Guilford Press.

World Health Organization. (2024). *Mental Health Atlas 2024*. Diambil kembali dari World Health Organization.

YouGov. (2019). *A quarter of Indonesians have experienced suicidal thoughts*. Diambil kembali dari YouGov.