



Self-Injury in Adolescents: Is There a Role for Self-Forgiveness?

Indah Pradipta Acintya Fatah¹, Herlan Pratikto², Suhadianto³

^{1,2,3} Faculty of Psychology, University of 17 August 1945 Surabaya, Surabaya, Indonesia

*Corresponding Author : Indah Pradipta Acintya Fatah, indieytha@gmail.com

ABSTRACT

The purpose of this study was to examine the relationship between *Self-Forgiveness* and *Self-Injury* behavior tendencies in adolescents. The subjects in this study were 110 adolescents with male and female genders domiciled in Surabaya with criteria aged 12-21 years. The sampling technique in this study is using *Incidental Sampling*. The data analysis technique in this study used *IBM Statistics version 25 for Windows*. The results of the correlation test of *the non-parametric technique Spearman Rho* with a correlation coefficient of -0.480 were obtained with a significance level of 0.000 (<0.01). In the results of the correlation test of this study, it can be concluded that there is a negative correlation with a strong level of relationship between *the variables Self-Forgiveness and Self-Injury*. This means that the higher the Self-Forgiveness, the lower the tendency of Self-Injury behavior in adolescents and vice versa, the lower the Self-Forgiveness, the higher the tendency of *Self-Injury* behavior in adolescents.

Keywords: Adolescent ; *Self-Forgiveness*; *Self-Injury*

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INTRODUCTION

The inability of individuals to solve life problems causes feelings of pressure due to problems experienced both inside and outside themselves, so this can cause negative emotions which if not processed properly can produce distress as a form of incompatibility caused by low resistance to distress and low emotional control (Kurniawaty, 2012). Therefore, the way of solving or handling a problem will be different for each individual, this is due to the experience experienced by the individual in childhood. How an individual channels his emotions is influenced by the formation of a person's personality and the patterns of his environment (Hurlock, 2000).

One form of problem-solving mechanism that can be done by an individual is coping. Coping done by individuals to solve problems can be a positive activity. Conversely, for individuals who cannot cope well and are unable to regulate their emotions properly, usually tend to solve the problems they face by hiding their feelings and not channeling the emotions they are feeling. Some people choose to channel their emotions in negative ways, such as using drugs, drinking or alcohol and also hurting themselves (Maidah, 2013).

Perpetrators of self-injury is an attempt to reduce the emotional problems they are feeling. For the perpetrators, it feels better to feel physical pain than to feel pain mentally or emotionally. Self-injury abusers commit acts to intentionally injure themselves for reasons to ease tension so that they can feel calmer than the uncomfortable feelings that result from perceived rejection. The

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feeling of calm itself is only temporary, because the act of self-harm does not actually solve the problem (Kurniawaty, 2012).

There is a tendency when someone hurts or harms himself or others that are contrary to the values or principles that exist in society or when accepting the consequences for the mistakes we have made, there is a possibility that the individual will have negative emotions and negative views of himself which includes feelings of shame and guilt in themselves and cause self-hatred when doing bad things or feeling negative emotions that can encourage someone to hurt themselves is believed by the perpetrator as a form of venting negative emotions that exist within him (Woodyatt and Wenzel, 2013).

In addition, the tendency of self-injury is also caused by several factors according to Martinson (1999) consisting of family factors, biochemical, psychological and personality influences. The characteristics of individuals who self-injure are conceptualized as a reflection of how individuals perceive themselves (Westers, 2012). When a person is unable to deal with the resentment within himself when faced with a mistake he has made, it shows a lack of self-forgiveness in that individual (Enright and Human Development Study Group, 1996). Self-forgiveness or low self-forgiveness in individuals can be one of the causes for self-injury as a way to eliminate unwanted feelings or unpleasant feelings or feelings of emptiness (empty) in individuals (Westers, 2012).

Self-Forgiveness is an ability that can change feelings of guilt and hatred in us, because in the end the ability to forgive ourselves can help individuals repair anger and hatred in themselves so that individuals can develop a more positive view of thinking so that it is hoped that individuals will have a better perception of themselves which can later improve the individual's mental health condition said (Woodyatt, 2017). The high level of self-forgiveness is associated with a decrease in the tendency to self-injury and suicidal thoughts (Clare et al., 2019).

Self-forgiveness is needed when individuals are in conditions that are contrary to self-concept or cultural and moral values resulting in prolonged negative feelings such as shame, regret and guilt (Woodyatt and Wenzel, 2013). Therefore, researchers are interested in conducting research related to self-injury with self-forgiveness in adolescents.

METHOD

This study uses quantitative methods with a correlational approach to observe the relationship between two or more variables. The variables used in this study are Self-Forgiveness as an independent variable (X), and Self-Injury as a dependent variable (Y).

The research subjects in this study were 110 adolescents domiciled in Surabaya who were collected with the Incidental Sampling technique. The characteristics of the subjects of this study are: 1). Adolescents, 2). Male or female, 3.) Aged 12-21 years, 4) Domiciled in Surabaya. This research was conducted on December 1 – 24, 2022.

In this study the Self-Injury scale was measured using the scale proposed by Walsh (2006). The scale used to measure Self-Forgiveness is the Self-Forgiveness scale proposed by McCullough (2000).

The statistical data analysis technique used in this study is the Spearman Rho analysis technique. Spearman Rho is a non-parametric statistical data analysis that links between an independent variable (X) and one dependent variable (Y).

RESULT

The subjects of this study were adolescent boys and girls domiciled in Surabaya. The subjects collected amounted to 110 people, of which 86 people were women and the remaining 24 were men. The age range of subjects who filled the research scale was 12-21 years, namely 12 years a total of 1



person, 13 years a total of 1 person, 14 years a total of 3 people, 15 years of 1 person, 16 years of 9 people, 17 years of 2 people, 18 years of 5 people, 19 years of 26 people, 20 years of 27 people and 21 years of 35 people.

Table 4.1 Spearman Rho Correlation Test Results

Spearman Rho	-0.480
Sig. (2-tailed)	0,000

Based on the table, it shows that the high and low self-forgiveness is negatively related to the high and low self-injury in adolescents aged 12-21 years in Surabaya, meaning that the higher the self-forgiveness, the lower the self-injury carried out, and vice versa, the lower the self-forgiveness, the higher the self-injury carried out by adolescents aged 12-21 years in Surabaya. This means that the stated research hypothesis is accepted.

DISCUSSION

This research is a correlational research that connects the two variables. The dependent variable in this study is Self-Injury and the independent variable in this study is Self-Forgiveness. Based on the research data that has been analyzed, a significant negative relationship between self-forgiveness and self-injury was obtained. This means that the lower the self-forgiveness, the higher the tendency of self-injury behavior carried out by adolescents aged 12-21 years who live in the city of Surabaya. That is, individuals who have self-forgiveness that is not good, will have a tendency to carry out self-injury behavior towards themselves. Vice versa, if individuals have good self-forgiveness, then they can minimize the tendency to do self-injury behavior towards themselves.

Based on the results of data analysis using Spearman Rho showed that there was a significant negative relationship with a correlation coefficient value of -0.480 with a significance level of 0.000 (<0.01). Most of the self-injury rates of subjects in this study were in the moderate category with a percentage of 59% or as many as 65 people. At the level of self-forgiveness, most subjects were in the medium category with a percentage of 75% or as many as 83 people.

ACKNOWLEDGEMENTS

Thank you to the authors who supported the author in conducting this research, parents, respondents, supervisors, and the Faculty of Psychology, University of 17 August 1945 Surabaya for the opportunity that had been given so that the author was able to complete this research well. Not to forget, the author also expressed his gratitude to other parties who have provided assistance, both in the form of material and moral, for the smooth running of this research.

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