

GAMBARAN KONTROL DIRI PADA PELAKU NON-SUICIDAL SELF INJURY USIA EMERGING ADULTHOOD DI YOGYAKARTA

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ABSTRAK

Non-suicidal Self Injury (NSSI) adalah perilaku melukai diri sendiri yang disengaja tanpa disertai niat untuk bunuh diri, dilakukan untuk menyalurkan rasa sakit atau tekanan emosional yang dialami. NSSI banyak dijumpai di kalangan muda, termasuk pada kalangan beranjak dewasa (emerging adulthood). Salah satu faktor yang mempengaruhi perilaku NSSI adalah kontrol diri. Penelitian ini bertujuan untuk mengetahui gambaran kontrol diri pada pelaku non-suicidal self injury usia emerging adulthood di Yogyakarta. Penelitian ini menggunakan metode kualitatif dengan rancangan studi kasus. Teknik pengambilan data berupa wawancara dan observasi yang disusun berdasarkan tiga aspek kontrol diri (kontrol perilaku, kontrol kognitif, dan mengontrol keputusan) milik Averill (1973) serta studi dokumentasi. Subjek yang terlibat dalam penelitian ini berjumlah tiga orang pelaku non-suicidal self injury usia emerging adulthood (18-29 tahun) yang diperoleh dengan teknik purposive sampling. Hasil penelitian ini menunjukkan bahwa gambaran kontrol diri ketiga subjek dipengaruhi oleh faktor eksternal yaitu permasalahan keluarga, karir, dan pendidikan. Pada aspek kontrol perilaku ketiga subjek belum mampu mengontrol perilakunya ketiganya memilih melukai diri ketika merasakan emosi negatif. Ketiga subjek memiliki kontrol kognitif yang cukup baik karena dapat mengolah informasi yang didapatkan mengenai NSSI dan ketiganya memiliki kesadaran untuk mencari bantuan profesional. Pada aspek mengontrol keputusan hanya 2 dari 3 subjek yang memiliki keinginan untuk berhenti dari perilaku NSSI. Saat ini masing-masing subjek memiliki alternatif kegiatan yang lebih positif agar tidak melakukan NSSI.

Kata Kunci: *Emerging Adulthood, Kontrol Diri, Non-Suicidal Self Injury, NSSI.*

DEPICTION OF SELF CONTROL IN NON-SUICIDAL SELF INJURY DOERS DURING EMERGING ADULTHOOD IN YOGYAKARTA

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ABSTRACT

Non-suicidal Self Injury (NSSI) is intentional self-injury behavior without the intention of committing suicide, carried out to channel the pain or emotional stress experienced. NSSI is often found among young people, including emerging adulthood. One of the factors that influences NSSI behavior is self-control. This study aims to determine the description of self-control in perpetrators of non-suicidal self-injury in emerging adulthood in Yogyakarta. This research uses a qualitative method with a case study design. Data collection techniques were carried out using interviews and observations based on Averill's (1973) three aspects of self-control (behavioral control, cognitive control, and decision control) as well as documentation studies. The subjects involved in this research were three perpetrators of non-suicidal self-injury aged emerging adulthood (18-29 years) who were obtained using a purposive sampling technique. The results of this research show that the self-control picture of the three subjects is influenced by external factors, namely family, career and education problems. In the behavioral control aspect, the three subjects were unable to control their behavior, all three chose to injure themselves when they felt negative emotions. The three subjects had fairly good cognitive control because they could process the information obtained regarding NSSI and all three had the awareness to seek professional help. In the aspect of controlling decisions, only 2 out of 3 subjects had the desire to stop NSSI behavior. Currently, each subject has alternative, more positive activities so as not to engage in NSSI.

Keywords: *Emerging Adulthood, Self control, Non-Suicidal Self Injury, NSSI.*