

**DISKREPANSI DIRI
PADA REMAJA PELAKU *SELF-INJURY* DI YOGYAKARTA**

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ABSTRAK

Terdapat beberapa perilaku egatif pada remaja dalam mengatasi stress, salah satunya adalah perilaku melukai diri sendiri. hal ini disebut juga bagian dari strategi coping strees. Penelitian ini bertujuan untuk mengetahui bagaimana diskrepansi diri pada remaja pelaku self injury di Yogyakarta. Metode yang digunakanya itu metode kualitatif, pengambilan data dilakukan dengan wawancara, observasi dan dokumentasi. Subjek penelitian berjumlah dua orang, yaitu remaja pelaku self injury di Yogyakarta. Berdasarkan hasil penelitian dapat disimpulkan bahwa terdapat diskrepan si diri pada kedua subjek, hal tersebut dikarenakan adanya kesenjangan antara actual self, ideal self, ough self, own self dan signifikan other.

Kata Kunci: *Strategi Coping Stress, Self Injury, Diskrepansi Diri.*

SELF-DISCREPANCY AMONG ADOLESCENT PERPETRATORS OF SELF-INJURY IN YOGYAKARTA "

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ABSTRAK

There are several negative behaviors in adolescents in dealing with stress. One of them is self-injury, which is also known as a part of coping stress strategies. This study aims to determine how self-discrepancy among adolescent perpetrators of self-injury in Yogyakarta. The method used is a qualitative method with interviews, observation, and documentation as data collection methods. The research subjects were two teenagers who were self-injurers in Yogyakarta. Based on the results of the study, it can be concluded that there is self-discrepancy in both subjects, this is due to the gap between actual self, ideal self, good self, own self and significant other.

Keywords: *Strategi Coping Stress, Self Injury, Discrepancy Self*