

Self Harm in Polytechnic Students of the Ministry of Health of East Kalimantan in 2025

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ABSTRACT

Background: Self-harm behavior is a serious concern among college students who face high academic pressure, dense study loads, and strict time demands. This study aimed to identify and describe factors contributing to self-harm behavior among Nursing and Midwifery students at Poltekkes Kemenkes Kaltim in 2025.

Methods: This descriptive study used a qualitative approach with deep interview technique. The sample consisted of 104 respondents selected through purposive sampling. Data collection used questionnaires and observations. Data validity was ensured through observation persistence and triangulation techniques.

Results: The study found that 59 respondents (56.7%) had a tendency toward self-harm behavior. The majority were female (47.7%), aged 15-20 years (50.85%), in semester 4 (44%), and with parental income of Rp.1,000,000-Rp.5,000,000 (60.2%). Common behaviors included self-blame, neglecting wounds, reckless driving, and self-hitting.

Conclusion: Self-harm behavior among students requires immediate attention. This research contributes to understanding self-harm behavior so that perpetrators can seek psychological treatment before it develops into actual suicide attempts.

ABSTRAK

Latar Belakang: Perilaku self-harm merupakan masalah serius di kalangan mahasiswa yang menghadapi tekanan akademik tinggi, beban studi padat, dan tuntutan waktu yang ketat. Penelitian ini bertujuan untuk mengetahui dan mendeskripsikan faktor yang berkontribusi terhadap perilaku menyakiti diri sendiri (self-harm) pada mahasiswa Keperawatan dan Kebidanan Poltekkes Kemenkes Kaltim tahun 2025.

Metode: Jenis penelitian ini adalah penelitian deskriptif dengan pendekatan kualitatif menggunakan teknik deep interview. Sampel berjumlah 104 responden dengan teknik purposive sampling. Teknik pengumpulan data menggunakan kuesioner dan observasi. Keabsahan data menggunakan teknik ketekunan pengamatan dan triangulasi.

Hasil: Hasil penelitian menunjukkan 59 responden (56,7%) memiliki kecenderungan perilaku self-harm. Mayoritas berjenis kelamin perempuan (47,7%), usia 15-20 tahun (50,85%), semester 4 (44%), dan pendapatan orang tua Rp.1.000.000-Rp.5.000.000 (60,2%). Perilaku yang banyak dilakukan meliputi menyalahkan diri sendiri, tidak mengobati luka, mengemudi ugal-ugalan, dan memukul diri sendiri.

Kesimpulan: Perilaku self-harm pada mahasiswa memerlukan perhatian segera. Penelitian ini berkontribusi dalam pemahaman perilaku self-harm sehingga pelaku dapat segera mencari penanganan psikologis agar tidak berkembang ke arah percobaan bunuh diri secara nyata.

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INTRODUCTION

Problems always arise in various forms and levels of complexity. When there is a discrepancy in a situation between the actual state and the goal, and the situation contains an obstacle for someone to achieve the goal, problems will arise. Problems are challenges in living life, especially in modern times like this, life challenges will be more difficult. Humans are required to be able to survive in the midst of economic, moral, and educational crises. The inability to solve problems causes distress. This

distress can cause negative emotions or negative affect, such as sadness, disappointment, hopelessness, depression, helplessness, frustration, anger, resentment, and other negative emotions (Safaria & Saputra, 2015).

College student age is included in the emerging adulthood phase (18-25 years) and has significant potential to experience psychological instability during the transition period, caused by a series of changes that occur. High study loads and dense lecture activities at every level of education can increase the risk of stress in students. It is common for them to experience difficulties in adapting, and as a response, some students may avoid or even engage in dangerous behavior, such as self-harm, which is considered a coping mechanism to relieve the pressure they feel.

Self-harm is a form of behavior carried out by individuals to overcome emotional pain by hurting themselves, done intentionally but not with the intention of committing suicide. Self-harm is usually done as a form of emotional release that is too painful to express in words (www.selfharm.com). The International Society for Study Self-Harm defines self-harm as deliberate self-injury behavior that causes direct damage to the body, for purposes other than social sanctions and without suicidal intent (Whitlock et al., 2019).

Self-harm behavior is a secret thing for the perpetrators. Subjects do not want others to know that they are self-harm perpetrators because of shame and fear of other people's assumptions that they are stupid and fear that people around them will avoid them. Although self-harm is a very confidential matter among the perpetrators, self-harm is very interesting to discuss and research. This study aims to identify and describe the factors that contribute to self-harm behavior among Nursing and Midwifery students at Poltekkes Kemenkes Kaltim in 2025.

METHOD

Types of Research

This research used a descriptive approach with a qualitative case study method. According to Salim (2021), case study research is an approach to study, explain, or interpret a case in its context naturally without intervention from outside parties. This type of case study approach was chosen to obtain in-depth understanding of situations and meanings of the subjects studied, emphasizing process over results, context over specific variables, and aimed at discovering something rather than confirmation needs (Alsa, 2024).

Research Location and Time

This research was conducted at Poltekkes Kemenkes Kalimantan Timur. The research was carried out from June to November 2025.

Population and Sample

The sample in this study consisted of 104 respondents selected using purposive sampling technique. Purposive sampling is a data source sampling technique with certain considerations. These considerations include people who are considered to know best about what we expect or perhaps as rulers so that it will make it easier for researchers to explore the object or social situation being studied.

Data Collection

Data collection was carried out using questionnaires and observation methods. In qualitative research, the researcher becomes the key instrument of interaction. The researcher's interaction with informants is expected to obtain information that can reveal problems completely. Data validity was ensured through observation persistence in the field and triangulation techniques.

Data Processing and Analysis

Data analysis was conducted descriptively. The unit of analysis in this study was self-harm behavior, while the sub-unit of analysis included student self-harm perpetrators as respondents, friends of subjects as informants, and psychologists as experts. Through these sub-units of analysis, information

related to self-harm behavior was explored, including background, dynamics, forms, causes, impacts, and characteristics of self-harm behavior.

RESEARCH RESULTS

Univariate analysis in this study includes age, gender, parental income, study program, and semester characteristics.

Table 1. Characteristics (n=59)

Respondent Characteristics	n	Percent (%)
Age		
15-20 Years	30	50.85
21-25 Years	26	44.07
26-30 Years	3	5.08
Gender		
Male	37	72.9
Woman	67	47.7
Semester		
Semester 2	21	85.7
Semester 4	50	44.0
Semester 6	23	65.2
Semester 8	10	40.0

Based on Table 1, it can be interpreted that the majority of respondents who have a tendency toward self-harm behavior are dominated by the age characteristic of 15-20 years with a total of 30 respondents with a percentage of 50.85% of the total 59 respondents who have a tendency toward self-harm behavior. The research results show that the majority of respondents who have a tendency toward self-harm behavior are female, totaling 32 respondents with a percentage of 47.7% of the total female respondents. Furthermore, it can be interpreted that respondents who have a tendency toward self-harm behavior are dominated by semester 4 with a total of 22 respondents with a percentage of 44% of the total semester 4 respondents.

Table 2. Self-Harm Behavior Tendency

Self-Harm Tendency	n	%
No Self-Harm Tendency	45	43.30
Has Self-Harm Tendency	59	56.70

Based on Table 2 above, the results of research conducted on students at Poltekkes Kemenkes Kaltim found that 45 respondents (43.3%) did not have a tendency toward self-harm behavior, while 59 respondents (56.7%) had a tendency toward self-harm behavior.

DISCUSSION

In this study, the results showed that female students had a tendency toward self-harm behavior compared to males. This is in line with research conducted by Agustin et al. (2019) that female students are more likely to engage in self-harm because, in essence, women are more oriented toward feelings compared to men. In addition, changes in physical and psychological conditions experienced by both male and female genders also have an influence, where psychological changes include patterns of thought and feelings, and social changes include changes in roles experienced by students.

The research results found that the majority of respondents who had a tendency toward self-harm behavior were aged 15-20 years. This research is in line with research conducted by Hawton et al.

(2007) which found that most respondents with self-harm behavior were women aged 15-19 years. Students usually start from the age of 18-25 years, included in the late adolescent and early adult groups. Age development is an important demographic aspect that needs to be observed because in general, self-harm perpetrators occur in adolescence in the early 20s, because there are many life conflicts and changes in responsibility (Rizqi T., 2012).

Research results showing the semester characteristics of students who have a tendency toward self-harm behavior are mostly semester 4 with a total of 22 respondents with a percentage of 44% of the total semester 4 respondents. In the research of Hamdan-Mansour et al. (2021), it was found that the factors of self-harm behavior in students are students who have problems with psychological academic, administrators, and student responsibilities. College assignments that continue to increase will result in burnout or fatigue both physically, mentally, and emotionally so that it can cause stress in students (Christiana, 2020).

The behaviors most commonly carried out by students at Poltekkes Kemenkes Kaltim were mostly self-blame for every problem, followed by behavior of never treating wounds experienced, then reckless driving, and the fifth most common was hitting oneself. According to Linehan (2020), factors causing self-harm are family factors and unhealthy social environment where perpetrators live, including growing up in a chaotic family, lack of affection or attention, having experienced domestic violence, poor communication within the family, expressing personal experiences that are not responded to well and often punished or belittled, and expressing painful feelings responded to with indifference.

CONCLUSIONS AND SUGGESTIONS

Based on research on the tendency of self-harm behavior in students at Poltekkes Kemenkes Kaltim that has been carried out, it can be concluded: (1) Characteristics of respondents who experience a tendency toward self-harm behavior are dominated by the age range of 15-20 years; (2) Characteristics of respondents who experience a tendency toward self-harm behavior are dominated by female gender with a total percentage of 64.4%, while males 35.6%; (3) Characteristics of respondents who experience a tendency toward self-harm behavior are dominated by semester 4 with 50 respondents with a percentage of 48.1%; (4) The description of the tendency toward self-harm behavior in students at Poltekkes Kemenkes Kaltim is that 45 respondents with a percentage of 43.3% do not have a tendency toward self-harm behavior, while 59 respondents have a tendency toward self-harm behavior with a percentage of 56.7%.

This research recommends that educational institutions should develop counseling and guidance programs for students with self-harm behavior tendencies. For Poltekkes Kemenkes Kaltim, it is hoped that there will be more outreach regarding mental health especially for students. For parties who wish to carry out similar research, further research on how to free oneself from self-harm behavior is needed so that research on self-harm behavior can be perfected.

Author's Contribution Statement:

Gajali Rahman: Conceptualization, Methodology, Investigation, Project Administration, Resources, Formal Analysis, Writing – Original Draft, Writing – Review & Editing, Supervision. Tini: Conceptualization, Methodology, Investigation, Data Curation, Validation, Writing – Review & Editing. Lukman Nulhakim: Methodology, Investigation, Data Curation, Formal Analysis, Writing – Review & Editing, Validation.

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