

## Emotion Regulation Strategies in Early Adult Women Who Have Been Involved in Non-Suicidal Self Injury Behavior

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### Abstract

Non Suicidal Self-Injury (NSSI) is a concerning issue, particularly prevalent among young adult women, and is often used as a coping mechanism for intense emotions. Using a phenomenological approach, this study employs interviews and thematic analysis to explore emotion regulation strategies among survivors of NSSI. Participants employed techniques such as self-reflection, seeking social support, and expressing their emotions. External factors such as social pressure and hormonal cycles posed challenges in emotion management. Feelings of rejection, interpersonal issues, and traumatic experiences were key NSSI triggers. The study highlights the significance of social support and tools like the "emotion wheel" in regulating emotions. It recommends tailored emotion regulation strategies and provides insights for effective interventions to address NSSI among young adult women.

**Keywords:** emotion regulation, non-suicidal self-injury, young adult women, phenomenological approach.

### Abstrak

Non-Suicidal Self-Injury (NSSI) adalah masalah yang memprihatinkan, terutama lazim di kalangan wanita dewasa muda, sering digunakan sebagai mekanisme koping untuk emosi yang intens. Menggunakan pendekatan fenomenologis dengan wawancara dan analisis tematik, penelitian ini mengeksplorasi strategi regulasi emosi di antara penyintas NSSI. Peserta menggunakan strategi seperti refleksi diri, mencari dukungan sosial, dan mengekspresikan emosi. Faktor eksternal seperti tekanan sosial dan siklus hormonal menimbulkan tantangan dalam manajemen emosi. Perasaan penolakan, masalah interpersonal, dan pengalaman traumatis adalah pemicu utama NSSI. Studi ini menggarisbawahi pentingnya dukungan sosial dan alat seperti "roda emosi" dalam regulasi emosi. Ini merekomendasikan strategi regulasi emosi yang disesuaikan dan memberikan wawasan untuk intervensi yang efektif untuk mengatasi NSSI di kalangan wanita dewasa muda.

**Kata kunci:** regulasi emosi, melukai diri sendiri non-bunuh diri, wanita dewasa muda, pendekatan fenomenologis.

### Info Artikel

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## INTRODUCTION

Cases of self-harm among young adult women, which have recently gained significant media attention, require special attention (Kumparan.com, 2024). Non-Suicidal Self-Injury (NSSI) refers to behaviors that involve destroying, harming, or damaging one's own body tissues directly and intentionally without the intent to die, often including actions such as self-cutting (Brown et al., 2022). A survey on mental health issues among individuals in the transitional age group revealed that 75.3% of adolescents aged 16-24 years engaged in self-harm behaviors (Kaligis et al., 2021). Another survey on self-harm behaviors among individuals aged 18-24 years in Indonesia indicated that 39.3% of adolescents reported engaging in self-harm during the COVID-19 pandemic (Liem et al., 2022). In 2022, the aggregate prevalence rate was 22.0% over a lifetime and 23.2% over the past 12 months. When classified by gender, the prevalence of non-suicidal self-injury was significantly higher among women (25.4%) compared to men (22.0%). Subgroup analysis showed that women had a higher prevalence of non-suicidal self-injury (Xiao et al., 2022).

NSSI is considered the most immediate pathological approach to emotion regulation and stress tolerance, providing quick but temporary relief from intrusive thoughts, feelings, and emotions (Poudel et al., 2022). Several factors associated with NSSI include high levels of negative and unpleasant thoughts and feelings (De Luca et al., 2023); poor communication and problem-solving skills (Poudel et al., 2022); experiences of abuse, maltreatment, hostility, and harsh criticism during childhood; inadequate or excessive emotional responses to stress; and a need for self-punishment (Calvete et al., 2022). Additionally, modeling behavior based on exposure to NSSI among peers, on the internet, such as YouTube posts, and in the media contributes to this issue. Increasing emotional and psychological pressure among individuals, particularly amid stress related to social, educational, or occupational expectations, can lead individuals to seek unhealthy ways to alleviate that pressure. Individuals engaged in non-suicidal self-injury exhibit very high levels of emotional dysregulation, and these feelings drive them to engage in NSSI to improve their mood (Simonsson et al., 2021). Enhancing knowledge about the underlying processes of non-suicidal self-injury is crucial for the development of prevention and early intervention strategies to reduce the risk of non-suicidal self-injury and future suicide (Ardhiani & Retnowati, 2022). Poor emotion regulation is a core process underlying NSSI behavior (Sorgi et al., 2021). This aligns with findings from Esposito et al. (2023), which reveal that individuals involved in NSSI exhibit very high levels of emotional dysregulation, and these feelings motivate them to engage in NSSI to improve their mood.

NSSI during adolescence can have long-term and far-reaching developmental consequences, manifesting as anxiety, depression, and suicidal behavior later in life, as well as increasing the burden on society and families (Calvete et al., 2022). Individuals who repeatedly engage in NSSI and experience demoralization due to their inability to control it are at risk of attempting suicide (Ardhiani & Retnowati, 2022). Elevated levels of emotional dysregulation can diminish an individual's capacity to manage behavioral risks in the context of urges or cues (e.g., substances, food) that lead to such behaviors (Sorgi et al., 2021). This study employs a phenomenological approach to provide a deeper understanding of the emotional regulation experiences of young adult women who have engaged in NSSI, focusing on the major themes that emerge.



The aim of this research is to understand the emotion regulation strategies employed by young adult women who have engaged in NSSI and to identify the factors that influence healthy emotion regulation in this population. Previous studies have often focused on emotional dysregulation in general rather than on specific strategies (e.g., cognitive reappraisal, acceptance). Therefore, it is essential for researchers to investigate the specific emotion regulation strategies that are most effective in preventing NSSI, to provide information for more targeted interventions.

## RESEARCH METHODS

In this study, the researcher employs a qualitative method, specifically a phenomenological approach, which focuses on understanding the everyday life and intersubjective world of the research participants. The aim is to describe and reveal the meanings of concepts or phenomena based on the consciousness experienced by several individuals. Phenomenology is conducted in a natural setting, allowing for an unrestricted interpretation and understanding of the phenomenon being studied, and the researcher is not bound by specific frameworks when analyzing the data obtained.

The phenomenological approach used in this study is since the data collected are latent, encompassing events and data that surface, including the daily behavioral patterns of young adult women. This research deeply explores the experiences of young adult women, focusing on how emotion regulation occurs among those who have engaged in NSSI behavior.

The selection of participants in this study employed a purposive sampling technique, which involves choosing individuals based on specific considerations and objectives. In this research, the focus is on young adult women who have engaged in NSSI behavior, aged 18-25 years, and who have ceased such behaviors for at least the past year. The study includes a total of two young adult female participants.

Data were obtained through interviews, observations, and documentation using a voice recorder, which were then transcribed verbatim. Following this, the data were organized and subjected to thematic analysis. This study utilized the data analysis model proposed by Huberman and Miles. The data analysis process was facilitated by the MAXQDA software, which involved organizing the data, categorizing it, and identifying themes to derive meaning. The data collected by the researcher were summarized and then elaborated upon in accordance with the research questions, presented in a systematic and clear manner.

## RESULT AND DISCUSSION

Based on the results of the interviews conducted, both participants employed several strategies to manage their emotional turmoil. The strategies used to regulate emotions included reflecting on their emotions by calming themselves down, taking time to rest, paying attention to their feelings and emotions, recognizing and identifying the emotions they were experiencing, and labeling each emotion and feeling they experienced, making it easier for them to understand themselves. Participants also reflected on their experiences by recalling the good things in their lives, reflecting on their needs, and maintaining a mindset that helped them to be stronger in the face of emotional turmoil. This is consistent with the participant's statements:



The process is usually I reflect on myself, like I take time to separate myself, introspection of myself is really alone, and then I think like this is what I can do this before, so how about this? (Verbatim R1, line 69)

I face it evaluating it by contemplating (Verbatim R1, Line 79)

After that, I broke up with them and I did a lot of reflection about understanding myself, about understanding what emotions I felt, labeling them and then trying to identify what the cause was and look again into myself about what I really felt" (Verbatim R2, Line 54)

If the mind is calm, the emotions are more stable, I continue to do the things that I like, a lot, if it's simple, cleaning the room, or washing the motorbike, or also sharing. When I'm sad... I'm tired of trying to take the time to share with the people around me who really need it, playing with friends makes friends laugh is also healing me, also going for walks" (Verbatim R1, Line 133)

Sometimes overthinking also means it's a sign that something is wrong and not okay with my feelings" (Verbatim R2, Line 54).

To identify what the feeling is, I usually use the emotion wheel, the emotion wheel then I identify what the feeling is that I feel" (Verbatim R2, Line 68).

It's still the same, first recognize the emotion if the causes (Verbatim R2, Line 124).

Then after I knew, for example, I understood that for example I was disappointed and then I was sad" (Verbatim R1, Line 69).

About understanding what emotions I feel (Verbatim R2, Line 50)

I realized that the emotion arose because of a need within me to be fulfilled (Verbatim R2, Line 68).

So I realize that for example, I am surrounded by people who are happy to have me, which means that I am here and my parents are also grateful to have a child like me even though I am not doing anything. (Verbatim R1, line 77)

I try to realize that I'm surrounded by good people...so" (Verbatim R1, Line 77).

Remember eee the good things that he did that is when he showed affection (Verbatim R2, Line 50)

Then after I know, for example, I understand that for example I was disappointed and then I was sad, now I need validation whether it is true or not that for example I was treated like this, I was disappointed and then I felt sad (Verbatim R1, Baris 69)

Because I also realize that life is about process So what I feel may be this process but surely I will be able to get through it (Verbatim R1, Line 87)

Because everything is about time like everything will definitely pass well as long as it is faced not avoided (Verbatim R1, Line 95).

The strategy to be able to survive is definitely a mindset that I try to have the thought that so far so far I can survive, which means I can and am strong to face the difficulties ahead...(Verbatim R1, Line 135)

My life is given by God and God must have plans and tasks that God wants to give me, there must be an advantage in me that God wants to use so I remember that (Verbatim R2, Line 120).



*Prosesnya tuh biasanya aku refleksi diri sendiri gitu kak kayak aku ambil waktu buat aku pisah intropeksi diri aku sendiri benar-benar sendirian terus aku mikir kayak ini tadi aku bisa lakuin ini jadi gimana ya Ini gimana ya... (Verbatim R1 , Baris 69)*

*Aku menghadapinya mengevaluasinya dengan merenung (Verbatim R1 , Baris 79)  
Kan setelah itu saya putus dari mereka dan saya banyak melakukan refleksi gitu kan tentang memahami diri saya sendiri tentang memahami emosi apa yang saya rasakan memberi labelnya lalu kayak mencoba mengidentifikasi apa penyebabnya dan melihat lagi kedalam diri saya tentang apa sih sebenarnya yang saya rasakan” (Verbatim R2, Baris 54)*

*Kalau pikiran itu tenang emosinya lebih stabil terus ngelakuin hal-hal yang aku suka banyak sih kalau sederhananya beres-beres kamar atau cuci motor atau juga berbagi.. Ketika aku lagi sedih... aku lagi kesel aku berusaha untuk menyempatkan waktu untuk berbagi ke orang-orang sekelilingku yang yang benar-benar membutuhkan, main sama teman-teman bikin teman-teman ketawa itu juga healingnya aku, juga jalan-jalan gitusih kak” (Verbatim R1, Baris 133)*

*Kadang overthinking juga itu berarti itu pertanda emang lagi ada yang salah dan nggak baik-baik saja sama perasaan saya” (Verbatim R2, Baris 54)*

*Untuk mengidentifikasi itu perasaan apa biasanya saya pakai emotion wheel, emotion wheel lalu saya identifikasi itu tuh sebenarnya perasaan apa sih yang saya rasakan” (Verbatim R2, Baris 68)*

*Masih sama pertama dikenali dulu emosinya kalau penyebab-penyebabnya apa (Verbatim R2, Baris 124)*

*Terus setelah aku tahu misal aku paham kalau misalnya aku tuh dikecewakan terus aku sedih” (Verbatim R1 , Baris 69)*

*Tentang memahami emosi apa yang saya rasakan (Verbatim R2, Baris 50)*

*Saya sadar emosi itu muncul karena kebutuhan dalam diri saya untuk dipenuhi (Verbatim R2, Baris 68)*

*Jadi kek sadar kalau misalnya aku tuh dikelilingi orang-orang yang memang senang punya punya aku begitu maksudnya aku di sini terus orang tuaku juga bersyukur mungkin punya anak kayak aku walaupun aku enggak gimana-gimana. (Verbatim R1 , baris 77)*

*Aku berusaha menyadari kalau aku tuh dikelilingi orang-orang baik...gitu” (Verbatim R1, Baris 77)*

*Ingat-ingat eee hal-hal baik yang dia lakukan yaitu saat dia menunjukkan kasih saying (Verbatim R2, Baris 50)*

*Terus setelah aku tahu misal aku paham kalau misalnya aku tuh dikecewakan terus aku sedih nah aku butuh validasi bener nggak sih kalau misalnya aku diperlakukan seperti ini aku kecewa terus aku ngerasa sedih itu benar atau enggak (Verbatim R1, Baris 69)*

*Karena aku juga sadar kalau hidup itu soal proses Jadi yang aku rasain mungkin ini prosesnya tapi pasti aku bakal bisa lewatinnya (Verbatim R1, Baris 87)*

*Karena semua tuh soal waktu kayak semua tuh pasti bakal terlewati dengan baik gitu asal dihadapi bukan dihindarin (Verbatim R1 , Baris 95)*

*Strateginya untuk bisa tetap bertahan yang pasti mindset aku berusaha untuk punya pemikiran bahwa sejauh ini sejauh ini tuh aku bisa loh bertahan berarti*



*aku bisa dan kuat untuk menghadapi kesulitan-kesulitan di depan nanti gitu... (Verbatim R1, Baris 135)*

*Hidup saya ini dikasih sama Tuhan dan Tuhan pasti punya rencana dan tugas lah yang pengen Tuhan berikan ke saya pasti ada satu kelebihan dalam diri saya yang Tuhan mau pakai gitu saya ingat itu (Verbatim R2, Baris 120)*

Then, the participants employed another strategy by seeking support, including both social support from family, friends, and partners, as well as informational support, where they attempted to find information on YouTube, psychology articles, and educated themselves about their emotional needs and how to manage their turbulent emotions. Participants also sought support and help from professional experts such as psychologists. This is consistent with the participants' statements:

So I told the closest people who already knew me very well and this I believed (Verbatim R1, Line 69)

My best friend is probably one of the ones who really helps me to manage emotional processes and can process emotions until now... (Verbatim R2, Line 126)

There is a friend of mine who can give me input to think more clearly, think more calmly (Verbatim R2, Line 86)

If there is an opportunity and you can call your parents at home (Verbatim R2, Line 70)

Usually I look for the people closest to me and ask for a hug and then cry but most often I look for my boyfriend and I ask for a hug... (Verbatim R2, Line 54)

What is clear is that the support from them when I was still unclear was still at its peak, now these closest people were there for me to calm this emotion first like that (Verbatim R2, Line 90)

Just listening to me is enough, so I don't feel like that's what the people closest to me usually do" (Verbatim R2, Line 90)

Sometimes I ask for advice from friends, not friends, but rather my close friends if my partner sometimes likes to go to my mom for stories about it and what kind of behavior should we behave (Verbatim R2, Line 72)

First, if for example I can still handle it myself, that is, I search on Google I open psychology today (Verbatim R2, Line 70)

We humans have to continue to learn and improve, so slowly I learn from watching youtube from my friends, my best friends who can give me input to think more clearly, think more calmly, there is also my partner and like he is given input like that, how to manage those emotions to manage their feelings so that they don't explode and don't harbor their feelings..." (Verbatim R2, Line 86) "I also have counseling to a psychologist but very rarely" (Verbatim R2, Line 88)

*Jadi aku cerita ke orang-orang yang terdekat yang sudah kenal aku banget dan ini aku percaya gitu (Verbatim R1, Baris 69)*

*Sahabat saya mungkin termasuk yang sangat membantu saya untuk mengelola proses emosi dan bisa mengolah emosi sampai sekarang... (Verbatim R2, Baris 126)*



*Ada teman saya sahabat saya yang bisa memberikan saya masukan untuk berpikir lebih jernih berpikir lebih tenang (Verbatim R2, Baris 86)*

*Kalau kesempatan ada kesempatan dan bisa gitu telepon orang tua sih di rumah (Verbatim R2, Baris 70)*

*Biasanya saya cari orang-orang yang terdekat saya lalu minta peluk lalu nangis tapi yang paling sering saya cari pacar saya dan saya minta peluk...(Verbatim R2, Baris 54)*

*Yang jelas support dari mereka ketika saya lagi masih nggak jelas masih emosinya lagi memuncak gitu nah orang-orang terdekat ini ada untuk saya menenangkan emosi ini dulu kayak gitu (Verbatim R2, Baris 90)*

*Mendengarkan saya aja itu saya rasa sudah cukup sih jadi saya enggak ngerasa sendiri itu yang biasanya dilakukan oleh orang-orang terdekat saya” (Verbatim R2, Baris 90)*

*Kadang saya minta saran dari teman-teman eh bukan teman-teman sih lebih ke sahabat dekat saya kalau pasangan saya kadang suka ke mama untuk cerita-cerita hal itu dan kita kira-kira harus bersikap seperti apa (Verbatim R2, Baris 72)*

*Pertama kalau misalnya saya masih bisa handle sendiri yaitu saya search di Google saya buka-buka psychology today (Verbatim R2, Baris 70)*

*Kita manusia yang harus terus belajar dan improve ya jadi yang pelan-pelan saya belajarlah belajar dari nonton-nonton youtube dari ada teman saya sahabat saya yang bisa memberikan saya masukan untuk berpikir lebih jernih berpikir lebih tenang ada juga pasangan saya dan kayak dia dikasih-kasih masukan kayak gitu gimana caranya untuk mengelola emosi itu untuk mengatur perasaan biar nggak meledak-ledak dan tidak memendam juga perasaannya itu...” (Verbatim R2, Baris 86) “ saya juga ada konseling ke psikolog cuman jarang banget” (Verbatim R2, Baris 88)*

The next strategy used by the participants to regulate their emotions was to prioritize themselves first and try to keep themselves busy, doing things they liked and enjoyed. They also learned to express their feelings by accepting the feelings that arose, communicating their emotions, and waiting for the right moment to express them. This is consistent with the participants' statements:

*I started looking for something busy and motivating myself, the sadness became like a distraction. (verbatim r1, line 75)*

*The strategy that I usually do to prevent these things or thoughts from appearing is that I try to think about myself first, prioritize myself, what I want, I listen to it, and then I also have to work on it, like usually try to rest well and then try to anticipate stress (verbatim r2. line 128) After I know the cause of my stress, the first thing I do is listen to songs, line 128)*

*After I know the cause of my stress, then I look for coping, usually the first thing I do is listen to this song, songs that raise my mood because it turns out to really affect me and I just found that it turns out that if I'm sad but if I hear songs that like raise my mood, songs that are about gratitude, it turns out to really affect me (verbatim r1, line 85).*



Learning to communicate what I feel what I think like that, trying not to suppress those emotions and trying to channel those emotions in ways that are more acceptable and by the environment..." (verbatim r2, line 130)

So if I'm sad, I can just be sad first but after that so that I don't get down, I try to realize that I'm surrounded by good people... (verbatim r1, line 77)

So after I let it out after I'm sick, it makes me feel more relaxed (verbatim r1, line 91)

For example, if I'm really sad about someone's sadness, I escape to listen to sad songs too so that I cry and just let it out because it's also just tiktok, sis, so looking for content is like thinking about whether it's from what captions that people have to make sad so that can make you cry while listening to the sad song (verbatim r1, line 93), line 93)

Yes, it's time for me to do it first even though the mood is a little bit bad but I still try to give the best and not show it anyway and when it's finished, I process it again and try to talk to my partner (verbatim r2, line 100).

*Aku mulai cari kesibukan terus motivasi diri sendiri sedihnya tuh jadi kayak teralihkan aja. (verbatim r1 , baris 75)*

*Strategi yang biasa saya lakukan untuk mencegah hal-hal itu atau pemikiran itu muncul adalah ya saya mencoba untuk memikirkan diri saya dulu mengutamakan diri saya apa yang saya mau itu saya dengarkan lalu juga saya harus mengusahakan hal itu kan kayak biasanya coba untuk istirahat dengan baik lalu mencoba untuk mengantisipasi stress (verbatim r2, baris 128)*

*Setelah aku tahu penyebab aku stres baru aku cari kopingnya gimana caranya, biasanya yang pertama kali aku lakukan adalah dengar lagu ini lagu-lagu yang naikin mood karena itu ternyata ngaruh banget kak dan aku baru menemukan itu ternyata kalau aku lagi sedih tapi kalau aku dengar lagu yang kayak naikin mood lagu-lagu yang tentang kebersyukuran gitu ternyata pengaruh banget ya (verbatim r1 , baris 85)*

*Belajar mengkomunikasikan apa yang saya rasa apa yang saya pikirkan kayak gitu mencoba untuk untuk nggak memendam emosi emosi itu dan mencoba mengalirkan emosi-emosi itu dengan cara-cara yang lebih bisa diterima dan oleh lingkungan..." (verbatim r2, baris 130)*

*Jadi kalau sedih ya aku bisa sedih dulu aja tapi setelah itu supaya enggak terpuruk terus aku berusaha menyadari kalau aku tuh dikelilingi orang-orang baik...gitu (verbatim r1 , baris 77)*

*Kak jadi setelah aku luapin setelah aku sakit lebih bikin plong aja gitu (verbatim r1, baris 91)*

*Kalau misalnya aku sedih banget masalah sedihnya orang gitu aku tapi pelariannya dengar lagu galau juga supaya aku nangis dan terluapkan aja gitu karena kan juga cuman tiktok ya kak jadi cari-cari konten itu kayak mikirin entah itu dari apa ya caption-caption yang orang harus bikin sedih gitu yang bisa bikin nangis terus sambil dengerin lagu galau gitu kan (verbatim r1 , baris 93)*

*Ya udah saya waktunya asdos ya asdos dulu lakukan dulu meskipun mood-nya agak sedikit agak jelek tapi saya tetap coba untuk kasih yang terbaik gitu dan nggak menunjukkan itu sih dan ketika sudah selesai baru saya proses lagi dan coba bicarakan ke pasangan saya (verbatim r2, baris 100)*



Several situations experienced by the participants made it difficult for them to regulate their emotions and feelings properly. Vulnerable situations where participants found it harder to think clearly, such as being in situations with too much pressure, the female hormonal cycle, where participants felt more sensitive and reactive before and during menstruation, lack of rest, and situations where participants had a lot of work to be completed immediately. Additionally, participants found it more challenging to regulate their emotions when they tended to blame themselves for the adverse situations they faced. The addictive nature of NSSI also became a challenge for participants in trying to regulate their emotions in a healthier way. This is consistent with the participants' statements:

In conditions of lack of rest and not being able to think or too stressed and a lot of work so too much to think about so overwhelm (Verbatim R2, Line 72)

For example, when I want to menstruate, the restaurant's hormones and estrogen are reduced and it makes me a bit stressed ... more sensitive (Verbatim R2, Line 60)

I also pay attention to my hormonal cycle it can also affect (Verbatim R2, Line 58)

The thing that becomes an obstacle is that for example, in conditions of lack of rest and not being able to think (Verbatim R2, Line 72)

After doing the cutting, I felt like the feelings were released and then it became an addiction (Verbatim R1, Line 49)

My feelings are more sensitive when I want to menstruate, you must have experienced it too, right, like being sensitive and then it's easy to feel like people say a little something to bring feelings that are like ih why is that, (Verbatim R1, Line 61)

Last week I was feeling negative emotions, maybe because I was about to menstruate too and became more sensitive (Verbatim R2, Line 100)

I've done my best but that person still seems to have less respect for me, I think that's the problem with me. (Verbatim R1, Line 49)

Yes, it's okay, yes, because I too have a heart, sis, like my heart is filled with feelings of worthlessness and uselessness... (Verbatim R1, Line 73)

It's like justifying and tolerating everything that people do to me because what I feel is that I deserve to be treated like that. (Verbatim R1, Line 73)

It's like aligning and tolerating everything that people do to me because what I feel is that I deserve to be treated like that. (Verbatim R1, Line 73)

Even though the wrong person is like mentally, it's just me because if I'm not you, it's me who's wrong (Verbatim R1, Line 72)

Even though they say like no you've been good to me but even if I make a mistake that maybe they think is the most it's okay, but according to me doing anything that makes me feel like it's wrong but according to my thoughts, I will definitely do it again... (Verbatim R1, Line 53)

*Dalam kondisi kurang istirahat dan ndak bisa mikir atau terlalu stress dan banyak pekerjaan jadi terlalu banyak yang harus dipikirkan jadi overwhelm (Verbatim R2, Baris 72)*



*Misalnya mau mau haid itu kan hormon restoran sama estrogen kan berkurang dan itu kayak bikin saya agak stress... lebih sensitif (Verbatim R2, Baris 60)*

*Saya perhatiin juga siklus hormonal saya itu juga bisa ngaruh (Verbatim R2, Baris 58)*

*Hal yang jadi kendala yaitu si misalnya Emang dalam kondisi kurang istirahat dan ndak bisa mikir (Verbatim R2, Baris 72)*

*Setelah ngelakuin cutting itu aku kayak terlampiaskan gitu perasaannya terus jadi candu gitu kak (Verbatim R1, Baris 49)*

*Perasaan saya itu lebih sensitif kalau mau menstruasi kak, kakak pasti pernah mengalami juga kan kayak sensitif terus gampang baper orang ngomong sedikit apa ke bawa perasaan yang kayak ih kok gitu, gitu (Verbatim R1, Baris 61)*

*Minggu lalu saya lagi merasakan emosi negatif yang mungkin karena mau haid juga dan jadi lebih sensitif (Verbatim R2, Baris 100)*

*Aku sudah melakukan yang terbaik tapi orang itu kok kayaknya tetap apa ya kayak kurang respect sama aku aku mikir kayak gitu kan memang masalahnya tuh di aku gitu.. (Verbatim R1, Baris 49)*

*Ya udah oke iya karena terlalu nih pernah ada hati nih kak ya kayak hatiku tuh dipenuhi sama perasaan enggak berharga enggak berguna.. (Verbatim R1, Baris 73)*

*Kayak mewajarkan dan memaklumi semua yang orang lakuin ke aku karena yang aku rasakan ya udah emang aku pantas saja digituin gitu. (Verbatim R1, Baris 73)*

*Padahal yang salah orang itu kayak mental aja jadi aku karena kalau saya bukan kamu kok yang salah aku yang salah (Verbatim R1, Baris 72)*

*Meskipun mereka bilang kayak enggak kamu tuh udah baik-baik sama aku tapi sedikitpun aku ngelakuin kesalahan yang mungkin menurut mereka paling itu enggak apa-apa, tapi menurut aku ngelakuin pokoknya apapun yang bikin aku merasa kayaknya salah gitu tapi yang menurut pemikiran aku aja itu pasti aku bakal ngelakuin lagi bakal ngelakuin lagi gitu... (Verbatim R1, Baris 53)*

Based on what the participants experienced, several factors contributed to triggering them to engage in self-injury (NSSI) at that time, including feeling unaccepted, unseen, problems in romantic relationships, family problems, unpleasant past experiences, and feelings of anger towards themselves. R1 and R2 revealed that at that time, there was a buildup of emotions and feelings that they wanted to express immediately but did not know how. Participants stated that the longer they suppressed these emotions, the more uncomfortable they felt, and it felt like they were going to explode. Then, they started self-injuring to release their emotions and temporarily distract themselves from the painful feelings that arose. Participants also stated that feeling neglected triggered them to engage in NSSI, where they did it to get attention. This is consistent with the participants' statements:

At that time with my ex, I felt ignored and unappreciated, like I wasn't listened to, so it was really because he couldn't understand me even though it seemed like I had done my best for them (Verbatim R2, Line 42)



Like eee recently last year it was a romance too, I was made to relapse it was like I wasn't considered it was like useless so I remembered the first time I did it and then I ended up doing it again, sis (Verbatim R1 , Line 53)

If after the first love problem, it's like I'm already like that in my family, I automatically look for a place where I can be well received and considered like no, you're not that burdened, but when I find a partner but my partner does it the other way around, then I do it again (Verbatim R1, Line 53)

Why did I end up doing NSSI the first time because at that time I had a problem in my family that made me feel like I didn't belong (Verbatim R1, Line 47).

Then at that time it happened that they had a big fight until it was like deciding who to choose until there was a point that I was like why did it come to this (Verbatim R1, Line 49)

At that time with my ex, I felt ignored (Verbatim R2, Line 41)

I actually felt that other people didn't pay attention to me (Verbatim R2, Line 39)

Because I felt like I was not cared for by the people closest to me, especially at that time with my ex, I felt neglected and not valued, I felt like I was not listened to like that (Verbatim R2, Line 41)

Then I wanted other people to be cared for like that too, like I wanted to just let it out there (Verbatim R2, Line 39)

It's more like angry sad upset don't know what to do then like I just want to hit my head because like sometimes there is a little bit of self-reproach also disappointed with myself too (Verbatim R2, Line 39)

I don't understand how to get angry I have to get angry with who and then get upset with who I have to not accept it to whom (Verbatim R1, Line 47)

Well from there I often blame myself, but I don't know how to vent (Verbatim R1, Line 49) "But I can't get angry at the person I can't vent the emotion so I hurt myself, so. (Verbatim R1, Line 49)

When I'm angry, if I'm irritated because I don't know if for example someone is wrong, then I have to be angry like what should I be like, so instead of getting angry, I'm just silent but irritated, the irritation inside is usually like that cutting with it, I feel like I'm hurting but yes, the pain outside is neglected inside so it's not so felt. (Verbatim R1, Line 53)

At that time I felt really emotional, really really upset, so upset that I didn't know what to do and wanted to explode, but I didn't know how to maintain it if it was a problem when I sliced my hand, it was like I just wanted to get my emotions out there (Verbatim R2, Line 39)

When they pay less attention to me, I feel like I don't get enough affectionate attention (Verbatim R2, Line 45).

*Waktu itu sama mantan saya itu saya ngerasa diabaikan dan nggak dihargain merasa nggak didengerin kayak gitu aku jadinya emang sih kan karena dia nggak bisa ngertiin saya Padahal kayak saya udah melakukan yang terbaik gitu untuk mereka (Verbatim R2, Baris 42)*

*Kayak eee yang baru-baru tahun lalu itu jadi percintaan juga aku dibikin relapse itu kayak kayak nggak dianggap itu kayak nggak berguna gitu jadi keingat yang*



*pertama kali aku lakuin terus akhirnya aku lakuin lagi gitu sih kak (Verbatim R1 , Baris 53)*

*Kalau setelahnya yang pertama masalah cinta kayak kan aku di keluarga sudah seperti itu otomatis aku tuh mencari tempat di mana aku bisa diterima dengan baik dan dianggap kek enggak loh kamu tuh nggak nggak sebeban itu gitu-gitu, tetapi di saat aku menemukan pasangan tapi pasanganku melakukannya sebaliknya nah itu aku lakuin lagi (Verbatim R1 , Baris 53)*

*Kenapa akhirnya aku melakukan NSSI itu pertama kali karena pada saat itu aku ada masalah gitu di keluarga yang bikin aku tuh ngerasa kayak nggak pantes (Verbatim R1 , Baris 47)*

*Terus waktu itu kejadiannya mereka berantem hebat sampai yang kayak memutuskan untuk mau pilih siapa gitu sampai ada di titik itu aku yang kayak kok sampai kayak gini sih (Verbatim R1 , Baris 49)*

*Waktu itu sama mantan saya itu saya ngerasa diabaikan (Verbatim R2, Baris 41)  
Aku tuh sebenarnya ngerasa orang lain nggak perhatiin aku (Verbatim R2, Baris 39)*

*Karena saya ngerasa kayak saya nggak diperhatiin sama terutama orang-orang terdekat saya yang waktu itu sama mantan saya itu saya ngerasa diabaikan dan nggak dihargain merasa nggak didengerin kayak gitu (Verbatim R2, Baris 41)*

*Lalu aku pengen orang lain diperhatiin kayak gitu juga kayak kayak pengen pengen ngeluapinnya itu kesitu aja (Verbatim R2, Baris 39)*

*Lebih ke marah sedih kesel nggak tahu gimana lalu kayak pengen aja pukul kepala karena kayak kayak kadang ada rasa sedikit kesel sama diri sendiri juga kecewa sama diri sendiri juga (Verbatim R2, Baris 39)*

*Aku enggak enggak ngerti cara cara aku marah itu aku harus marah sama siapa gitu terus kesel sama siapa aku harus enggak terimanya tuh ke siapa (Verbatim R1 , Baris 47)*

*Nah dari situ aku sering menyalahkan diri sendiri, tapi aku tidak tahu caranya untuk melampiaskan (Verbatim R1 , Baris 49)*

*Tapi aku nggak bisa marah ke orangnya aku nggak bisa melampiaskan emosi itu jadinya melukai diriku sendiri, gitu. (Verbatim R1 , Baris 49)*

*Kalau lagi marah kalau lagi kesel karena aku tuh nggak tahu kalau kalau misalnya orang salah, terus aku tuh harus marahnya itu harus kayak gimana ya gitu daripada aku marah jadi kayak aku diam aja tapi kesel, kesalnya di dalam biasanya kayak gitu cutting dengan itu kan aku ngerasa kayak perih tapi ya udah perihnya di luar yang di dalam terabaikan jadi gak begitu kerasa. (Verbatim R1 , Baris 53)*

*Waktu itu aku ngerasanya tuh benar-benar emosi banget benar-benar Kesel banget kesalnya tuh sampai yang bingung mau ngapain gitu dan pengen meledak gitu rasanya cuma nggak tahu kayak ketahanan kalau yang masalah waktu iris tangan itu rasanya kayak kayak Pengen aja gitu buat ngeluarin emosi di situ (Verbatim R2, Baris 39)*

*Ketika mereka kurang memperhatikan saya, saya merasa kurang mendapat apa ya perhatian afeksi (Verbatim R2, Baris 45)*



Currently, participants have developed alternative ways to manage their emotions and feelings, aside from NSSI. The participants were able to stop engaging in NSSI due to several factors, including feeling loved by their loved ones and partners, and not wanting to hurt the feelings of those they care about. The participants' increasing self-awareness and ability to find meaning in life as they grew older also contributed to their decision to stop engaging in NSSI. Another factor was the participants' efforts to control themselves and use alternative strategies to manage their emotional turmoil. This is consistent with the participants' statements:

I don't want to do those things anymore (Verbatim R2, Line 52)

Surely God has a plan for me to be present in this world (Verbatim R2, Line 114)

I still survive because I feel that I have a purpose in my life to help others (Verbatim R2, Line 114)

I remember my dreams that are usually my motivation and the people who love me are usually my motivation (Verbatim R2, Line 120)

Because I know when I do that it will either hurt my partner the people closest to me or even myself (Verbatim R2, Line 52)

If I also remember that I have people who love me it is one of the ways that can make me help me to prevent doing even thinking that I can prevent. . (Verbatim R2, Line 128)

It needs to be worked on and it needs to be practiced many times because I have also heard from lecturers from people who are more experienced, even though he likes to help others like that he himself even until he is old he also has to keep practicing to manage his emotions and keep practicing to regulate himself so I think this is a process that really has to be worked on and familiarized with and it's not easy to have that skill... (Verbatim R2, Line 94)

The way to control the first one is that I realize first I remember that it is just one of my ways to vent my emotions (Verbatim R2, Line 112)

I realize that it is important for me to be able to manage my emotions well because by managing my emotions well my relationship with the people around me can be more harmonious and my responsibilities can also be completed better... (Verbatim R2, Line 112). (Verbatim R2, Line 126)

The impact is not good when I hurt myself because it also hurts the people I care about... (Verbatim R2, Line 92)

I don't want to do that anymore and don't want to hurt the people I love because I myself when I see people I love doing that I feel hurt... (Verbatim R2, Line 112)

Now I try to control all my feelings to not think too much about why people say not to carry feelings too much. " (Verbatim R1, Line 131)

*Saya nggak mau lagi melakukan hal-hal itu (Verbatim R2, Baris 52)*

*Pasti Tuhan punya rencana lah untuk saya hadir di dunia ini (Verbatim R2, Baris 114)*

*Saya tetap bertahan karena saya merasa kalau saya itu punya tujuan dari hidup saya punya tujuan untuk membantu orang lain (Verbatim R2, Baris 114)*

*Saya ingat mimpi saya itu yang biasanya motivasi saya dan orang-orang yang sayang sama saya biasanya jadi motivasi saya (Verbatim R2, Baris 120)*



*Karena saya tahu ketika saya melakukan hal itu itu akan entah melukai pasangan saya orang-orang terdekat saya atau bahkan diri saya sendiri (Verbatim R2, Baris 52)*

*Kalau juga saya ingat terus kalau saya punya orang-orang yang sayang sama saya itu termasuk salah satu cara yang bisa bikin saya membantu saya lah untuk mencegah melakukan bahkan memikirkan itu bisa saya cegah.. Gitu (Verbatim R2, Baris 128)*

*Perlu diusahakan dan perlu berlatih berkali-kali karena saya pernah denger juga dari dosen dari orang yang lebih berpengalaman lah walaupun dia suka membantu orang lain kayak gitu dia sendiri pun sampai usianya sudah tua dia juga harus terus berlatih untuk mengelola emosinya terus berlatih untuk meregulasi dirinya gitu jadi menurut saya ini proses yang beneran harus diusahakan dan dibiasakan gitu dan enggak gampang memiliki skill itu... gitu (Verbatim R2, Baris 94)*

*Cara untuk mengendalikan yang pertama saya sadar dulu saya ingat dulu kalau hal itu cuman salah satu cara saya untuk meluapkan emosi (Verbatim R2, Baris 112)*

*Saya sadar saya penting untuk bisa mengelola emosi dengan baik karena dengan mengelola emosi dengan baik hubungan saya dengan orang-orang di sekitar saya bisa jadi lebih lebih apa ya lebih harmoni dan aktivitas tanggung jawab saya juga bisa diselesaikan dengan lebih baik... gitu... (Verbatim R2, Baris 126)*

*Dampaknya nggak baik gitu loh ketika saya melukai diri saya karena itu juga melukai orang-orang yang saya sayangi... (Verbatim R2, Baris 92)*

*Saya nggak mau ngelakuin itu lagi dan nggak mau nyakitin orang-orang yang saya sayang karena saya sendiri kalau melihat orang saya sayang ngelakuin hal itu saya merasa ikut sakit... (Verbatim R2, Baris 112)*

*Sekarang tuh aku berusaha untuk kontrol semua perasaanku itu untuk enggak enggak terlalu mikir kenapa kata orang untuk gak terlalu bawa perasaan." (Verbatim R1, Baris 131)*

Some forms of NSSI exhibited by the participants included hitting themselves on the head, punching walls, cutting, and intentionally consuming large amounts of coffee to induce pain. R1 revealed that she used to drink excessive amounts of coffee to trigger stomach pain. R1 also stated that she used to hit her head to calm down from disturbing thoughts. R1 stated that she couldn't express her anger towards the person who made her feel angry, and instead released her frustration through cutting. R2 stated that she used to hurt herself by injuring her hands and hitting her head. This is consistent with the participants' statements:

*Like the first thing I did was cutting. (Verbatim R1, Line 42)*

*I have a history of stomach acid, you know how the body reacts when the stomach acid is rising. Now I deliberately drink a lot of coffee so that I get sick. So that my heart doesn't hurt but my body does (Verbatim R1, Line 44)*

*At that time, I cut my hand and hit my head... (Verbatim R2, Line 35)*

*Or I sometimes get so upset that I like to hit myself (Verbatim R1, Line 44)*

*But if I hit the body, it's more to the head, sometimes if the head is noisy (Verbatim R1, Line 44)*



If for example I'm upset, I can't get angry at the person but I always do other things like cutting or not I hit the wall (Verbatim R1, Line 44)  
"cutting-cutting, at first cutting using needles at home. Then, from there ... That's what first triggered me to start cutting because after I did the cutting, I felt like I vented my feelings (Verbatim R1, Line 49)  
It really hurts when feelings are not accepted so I do the cutting (Verbatim R1, Line 55)  
So I do the cutting so that the one who is hurt will just let me (Verbatim R1, Line 53)

*Kayak yang pertama kali saya lakuin itu cutting gitu kak. (Verbatim R1 , Baris 42)*

*Saya ada riwayat asam lambung, kayak kan tau kayak gimana sih reaksi tubuh saat asam lambungnya sedang naik gitu. Nah saya tuh secara sengaja minum kopi banyak-banyak supaya saya itu sakit. Supaya hati saya gak sakit tapi badan saya yang sakit (Verbatim R1 , Baris 44)*

*Pas itu sampai luka-lukain tangan saya sama pukulin kepala.. (Verbatim R2, Baris 35)*

*Atau engga saya kadang saking keselnya tuh saya suka mukul-mukul diri saya sendiri (Verbatim R1 , Baris 44)*

*Tapi kalau mukul tubuh itu lebih ke kepala aja sih kadang kalau kepalanya berisik gitu (Verbatim R1 , Baris 44)*

*Kalau misalnya saya lagi kesel saya nggak bisa marah ke orangnya tapi saya selalu hal lain kayak cutting atau enggak saya mukul-mukul tembok (Verbatim R1, Baris 44)*

*"cutting-cutting ya awalnya cuttingnya pakai jarum yang ada di rumah gitu. Terus, dari situ.. Itu sih yang pertama kali memicu aku buat mulai cutting-cutting itu karena aku setelah ngelakuin cutting itu aku kayak terlampiaskan gitu perasaannya (Verbatim R1 , Baris 49)*

*Kan sakit banget ya kalau perasaan gak diterima itu jadi aku lakuin cutting itu (Verbatim R1 , Baris 55)*

*Jadi itu aku lakuin cutting dengan supaya yang tersakiti itu biar aku aja (Verbatim R1, Baris 53)*

The following is an overview of the participants in this study.

**Table 1.**  
Overview of Research Participants

| Partisipan     | R1     | R2     |
|----------------|--------|--------|
| Name / Initial | B      | R      |
| Gender         | Female | Female |
| Age            | 22     | 22     |



|                                  |                                                          |                                |
|----------------------------------|----------------------------------------------------------|--------------------------------|
| <b>Domicile</b>                  | Salatiga                                                 | Salatiga                       |
| <b>Regional Origin</b>           | Salatiga                                                 | Metro, Bandar Lampung          |
| <b>Relationship</b>              | Single                                                   | In relationship                |
| <b>Job</b>                       | Private Employee                                         | Mahasiswa                      |
| <b>Last Time Performing NSSI</b> | May 2023                                                 | July 2023                      |
| <b>Types of NSSI</b>             | Scratching hands, hitting head, drinking too much coffee | Scratching hands, hitting head |

The following table shows the results of the thematic analysis of this study:

**Table 2.**  
MAXQDA Analysis Results

| Theme                         | Category                | Sub Category                                                                    |
|-------------------------------|-------------------------|---------------------------------------------------------------------------------|
| Emotion Regulation Strategies | Reflection              | Calm down, rest, remember good things, self-needs, mindset                      |
|                               | Finding Support         | Friends, Moms, Girlfriends, Friends                                             |
|                               | Information             | Youtube, internet, psychologist,                                                |
|                               | Focusing on antecedents | Listen to gratitude songs, clean up the room, wash the motorbike, go for a walk |
|                               | Expressing emotions     | Sad, angry, angry, tired, laughing.                                             |
|                               | Vulnerable conditions   | A lot of work, menstruation, lack of rest, opium                                |



|                                      |                                             |                                                                                                     |
|--------------------------------------|---------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Challenges of emotion regulation     | Self-blame tendency                         | The problem is with me, I'm the one at fault, it's useless                                          |
| NSSI Triggers                        | Don't know how to channel emotional turmoil | Not accepted, not considered, romance, family, resentment in oneself, attention, affection, ignored |
| Motivating Factors for Stopping NSSI | Loved ones                                  | Not wanting to hurt a loved one                                                                     |
|                                      | Remembering the purpose of life             | Plans, helping others, advantages                                                                   |
|                                      | Self-control                                | Think of what people say, bring feelings                                                            |
| NSSI Behavioral Forms                | How to hurt yourself                        | Hitting yourself<br>Cutting<br>Hitting the wall                                                     |

Emotion regulation refers to the process by which individuals manage and respond to their emotional experiences (Gross, 1998). Effective emotion regulation is associated with better mental health outcomes, while difficulties in this area can lead to maladaptive behaviors, including NSSI. The phenomenological approach in this study focused on exploring the triggers, feelings, and factors that influenced the participants' understanding of their emotional regulation processes through in-depth interviews, documentation, and thematic analysis, resulting in rich and detailed narratives from the participants. The results of this study show that young adult women who have engaged in Non-Suicidal Self-Injury (NSSI) experience complex and interconnected psychological dynamics. Many women who engage in NSSI struggle with emotion regulation, leading to impulsive behavior to cope with overwhelming feelings (Lutz et al., 2023). Several key themes emerged from the data analysis, including emotion regulation strategies, challenges in managing emotions, and factors that trigger NSSI.

Participants in this study employed various strategies to manage their emotions, including self-reflection, seeking social support, and prioritizing their own needs. Self-reflection emerged as one of the most frequently used strategies, where participants took time to contemplate their feelings and seek a deeper understanding of the emotions they experienced.

This indicates that despite facing difficulties in emotion regulation, they continued to strive for healthier ways to cope with emotional turmoil. The study also identified various challenges that participants faced in managing their emotions. Vulnerable conditions, such as social pressure, hormonal cycles, and lack of social support, contributed to difficulties in emotion regulation. For instance, participants reported



feeling more sensitive and easily triggered by negative emotions before menstruation, highlighting the interaction between biological and psychological factors in their experiences. The findings of this study revealed that feelings of unacceptance, issues in interpersonal relationships, and traumatic experiences were primary triggers for NSSI behavior. Participants often reported using NSSI to alleviate the emotional pressure they experienced due to feelings of worthlessness and dissatisfaction in social relationships. This highlights the significance of social support in the emotion regulation process, suggesting that an inability to manage emotions can lead individuals to engage in risky behaviors.

The findings of this study align with previous research indicating that women are more vulnerable to NSSI than men. Research by Esposito et al. (2023) found that individuals engaged in NSSI exhibited high levels of emotion dysregulation, supporting the results of this study. The connection to Maslow's Hierarchy of Needs Theory: Maslow's theory posits that individuals have needs structured in a hierarchy, ranging from physiological needs to safety needs, social needs, esteem needs, and self-actualization needs. In the context of this study, young adult women who have engaged in NSSI may experience failures in meeting their social and esteem needs. The inability to obtain social support and recognition from others can lead them to feel worthless, which in turn drives NSSI behavior to cope with emotional pain. One novel finding from this study is the importance of using tools such as the "emotion wheel" to help participants recognize and identify their emotions. This tool proved effective in providing structure for individuals to understand their feelings and reduce the risk of NSSI. Innovations in the approach to using this tool could serve as recommendations for future interventions, providing a more structured way for individuals to comprehend their emotions and mitigate the risk of NSSI. These findings suggest that an education-based approach to emotion regulation can have a positive impact on reducing self-injurious behavior.

NSSI is often employed as a maladaptive coping strategy to alleviate negative emotions such as sadness, anxiety, and anger (Sorgi et al., 2021). This behavior may provide temporary relief, but ultimately perpetuates a cycle of emotional stress. The presence or absence of social support plays a crucial role in the psychological dynamics of NSSI. Women with strong social networks are less likely to engage in self-injurious behavior (Wang et al., 2020). Conversely, social isolation can exacerbate feelings of worthlessness and emotional pain, increasing the likelihood of NSSI. Many women report feeling unsupported or misunderstood by friends and family, which can trigger self-injurious behavior (Daukantaite et al., 2021). Numerous women involved in NSSI have a history of trauma, significantly affecting their ability to regulate emotions. Experiences of abuse, neglect, or significant life stress can lead to increased emotional stress and a higher risk of NSSI (Calvete et al., 2022). Struggles with identity and self-esteem are also common among young adult women. Feelings of inadequacy and social pressure can contribute to the development of NSSI as a means of expressing internal pain or exerting control over one's body (Esposito et al., 2023). Unmet needs for social attachment and esteem can contribute to emotion dysregulation and NSSI behavior. Maslow's Hierarchy of Needs Theory provides a useful framework for understanding how unmet needs can contribute to maladaptive behaviors such as NSSI. When individuals fail to meet these basic needs, they may resort to maladaptive coping strategies, including NSSI, to manage their emotional pain. Interventions should focus on enhancing emotion regulation skills



and building social support networks; programs that teach coping strategies and provide safe spaces for expression can help reduce the risk of NSSI.

Increasing awareness of NSSI and its psychological foundations can help reduce stigma and encourage individuals to seek assistance. Educational initiatives targeting young women can promote healthier coping mechanisms and emotional resilience. The psychological dynamics of NSSI among young adult women are highly complex, involving emotion regulation, social factors, and individual experiences. Understanding these dynamics is crucial for developing effective interventions that address the root causes of NSSI and support the mental health of this vulnerable population.

## CONCLUSION

The dynamics of emotion regulation among young adult women engaged in NSSI behavior reveal complex psychological dynamics. They employ various emotion regulation strategies, such as self-reflection and seeking social support, to cope with the emotional turmoil they experience. However, they also face significant challenges in managing their emotions, often triggered by external factors such as social pressure and hormonal cycles. Feelings of unacceptance, issues in interpersonal relationships, and traumatic experiences are primary triggers for NSSI behavior. The inability to meet social and esteem needs, as outlined in Maslow's Hierarchy of Needs Theory, contributes to the increased risk of NSSI among participants. The findings of this study align with previous research indicating that women are more vulnerable to NSSI and that poor emotion regulation is a major risk factor. This study also highlights the importance of social support in the emotion regulation process. The use of tools such as the "emotion wheel" has proven effective in helping participants recognize and identify their emotions. It is also recommended to develop emotional education programs in schools and communities, as well as to establish support groups for young adult women experiencing difficulties with emotion regulation. Furthermore, it is essential to enhance the accessibility of mental health services and launch awareness campaigns to reduce the stigma associated with NSSI. Through the implementation of these interventions, a more supportive environment can be created, thereby reducing the risk of NSSI behavior in the community. This study has limitations related to the number of participants and geographical location, which may limit the generalizability of the findings. Additionally, this study is cross-sectional; thus, it cannot capture changes in emotion regulation and NSSI behavior over time.

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