

ABSTRAK

Penelitian ini bertujuan untuk melihat faktor yang mempengaruhi perilaku NSSI pada mahasiswa dari keluarga *broken home*. Penelitian ini menggunakan penelitian kualitatif dengan pendekatan fenomenologi. Subjek dalam penelitian ini berjumlah tiga mahasiswi dengan kriteria sebagai pelaku NSSI aktif berdasarkan DMS V-TR yang diambil menggunakan teknik *Snowball sampling*. Metode pengumpulan data menggunakan teknik observasi, wawancara, dan observasi. Fokus penelitian mencakup tiga faktor utama: *distal risk factor*, *general risk factors* dan *spesifik risk factors*. Hasil penelitian menunjukkan bahwa ; (a) *Distal Risk Factor* yaitu *familial hostility/ criticism*, yaitu konflik dengan orang tua, pertengkaran dalam keluarga, dan konflik dengan saudara. (b) *General Risk Factors* : *high aversive emotions*, yaitu reaksi negatif dan berlebihan ketika merespon stress, *poor distress tolerance* sebagai pengalihan emosi, *poor social problem-solving*, penghindaran sosial yang dilakukan individu sebagai penyelesaian masalah. (c) *Spesifik Risk Factor* : yaitu *social learning*, melalui teman dan media tiktok, *pain analgesia* pengurangan rasa sakit fisik, *social signaling* sebagai cara berkomunikasi secara nonverbal, pragmatis, pelaku menganggap NSSI sebagai rutinitas, dan menciptakan rasa bersalah terhadap diri sendiri atau *self-punishment*. Kesimpulan penelitian yaitu, adanya pengaruh sosial media dan lingkungan pertemanan, pengurangan rasa sakit, pengalihan emosi dan kurangnya perhatian orang terdekat hingga perilaku NSSI ini terjadi.

Kata Kunci : *Broken home, NSSI, Mahasiswa*

ABSTRACT

This research aims to look at the factors that influence NSSI behavior in students from Broken home families. This research uses qualitative research with a phenomenological approach. The subjects in this study were three students with criteria of being active NSSI perpetrators based on DSM V-TR, by using snowball sampling technique. Data collection methods used was observation, interview and documentation. The research focuses on three main factors: distal risk factors, general risk factors, and specific risk factors. The results show that three factors cause of self injury which are; (a) Distal Risk Factor; which is hostility/criticism in the family, which includes conflict with parents, conflict within the family, and conflict with siblings. (b) General Risk Factors; high aversive emotions, negative reactions when responding to stress, poor stress tolerance as emotional distraction, poor social problem solving, social avoidance carried out by individuals as problem solving. (c) Specific Risk Factor: social learning which influences with a history of NSSI and exposure the media, pain analgesia, reduction of physical pain caused. Social signaling is a way of communicating non-verbally, pragmatig, the perpetrator considers NSSI as routine, and creates feelings of guilt towards oneself is self-punishment. The conclusion of this research is that there is the influence of social media and the friendship environment, there is a reduction in pain, less emotion and reduced attention from those closest to them until this NSSI behavior occurs.

Keywords: Broken home, NSSI, College Students