



## Daftar Pustaka

- Adrian, M., Zeman, J., Erdley, C., Lisa, L., & Sim, L. (2011). Emotional dysregulation and interpersonal difficulties as risk factors for nonsuicidal self-injury in adolescent girls. *Journal of Abnormal Child Psychology*, 39(3), 389–400. <https://doi.org/10.1007/s10802-010-9465-3>
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders: DSM-5*. American Psychiatric Publishing.
- Andover, M. S., & Morris, B. W. (2014). Expanding and clarifying the role of emotion regulation in nonsuicidal self-injury. *The Canadian Journal of Psychiatry*, 59(11), 569–575. <https://doi.org/10.1177/070674371405901102>
- Arifin, I. A., Soetikno, N., & Dewi, F. I. (2021). Kritik diri sebagai mediator pada hubungan konsep diri dan perilaku nonsuicidal self-injury remaja korban perundungan. *Jurnal Muara Ilmu Sosial, Humaniora, Dan Seni*, 5(2), 317. <https://doi.org/10.24912/jmishumsen.v5i2.9973.2021>
- Baetens, I., Claes, L., Martin, G., Onghena, P., Grietens, H., Van Leeuwen, K., Pieters, C., Wiersema, J. R., & Griffith, J. W. (2013). Is nonsuicidal self-injury associated with parenting and family factors? *The Journal of Early Adolescence*, 34(3), 387–405. <https://doi.org/10.1177/0272431613494006>
- Baetens, I., Andrews, T., Claes, L., & Martin, G. (2015). The association between family functioning and NSSI in adolescence: The mediating role of depressive symptoms. *Family Science*, 6(1), 330–337. <https://doi.org/10.1080/19424620.2015.1056917>
- Badan Pusat Statistik. (2020). <https://www.bps.go.id/pressrelease/2021/01/21/1854/hasil-sensus-penduduk-2020.html>
- Bailen, N. H., Green, L. M., & Thompson, R. J. (2019). Understanding emotion in adolescents: a review of emotional frequency, intensity, instability, and clarity. *Emotion Review*, 11(1), 63–73. <https://doi.org/10.1177/1754073918768878>
- Bariola, E., Gullone, E., & Hughes, E. K. (2011). Child and adolescent emotion regulation: The role of Parental Emotion Regulation and expression. *Clinical Child and Family Psychology Review*, 14(2), 198–212. <https://doi.org/10.1007/s10567-011-0092-5>



Brown, T. B., & Kimball, T. (2012). Cutting to Live: A Phenomenology of self-harm. *Journal of Marital and Family Therapy*, 39(2), 195–208. <https://doi.org/10.1111/j.1752-0606.2011.00270.x>

Brown, R. C., Heines, S., Witt, A., Braehler, E., Fegert, J. M., Harsch, D., & Plener, P. L. (2018). The impact of child maltreatment on non-suicidal self-injury: Data from a representative sample of the general population. *BMC Psychiatry*, 18(1). <https://doi.org/10.1186/s12888-018-1754-3>

Cipriano, A., Cella, S., & Cotrufo, P. (2017). Nonsuicidal self-Injury: A systematic review. *Frontiers in Psychology*, 8. <https://doi.org/10.3389/fpsyg.2017.01946>

D'Agostino, A., Covanti, S., Rossi Monti, M., & Starcevic, V. (2017). Reconsidering emotion dysregulation. *Psychiatric Quarterly*, 88(4), 807–825. <https://doi.org/10.1007/s11126-017-9499-6>

Dewi, D. S., & Ariana, A. D. (2021). Pengaruh kepribadian narsistik terhadap perilaku non-suicidal self-injury pada remaja broken home. *Buletin Riset Psikologi dan Kesehatan Mental (BRPKM)*, 1(1), 87. <https://doi.org/10.20473/brpkm.v1i1.24639>

Emery, A. A., Heath, N. L., & Rogers, M. (2017). Parents' role in early adolescent self-injury: An application of self-determination theory. *School Psychology Quarterly*, 32(2), 199–211. <https://doi.org/10.1037/spq0000204>

Favazza, A. (2012). Nonsuicidal self-injury: How categorization guides treatment. *Current Psychiatry*. 11.

Fox, K. R., Franklin, J. C., Ribeiro, J. D., Kleiman, E. M., Bentley, K. H., & Nock, M. K. (2015). Meta-analysis of risk factors for nonsuicidal self-injury. *Clinical Psychology Review*, 42, 156–167. <https://doi.org/10.1016/j.cpr.2015.09.002>

Ghasemi, A., & Zahediasl, S. (2012). Normality tests for statistical analysis: A guide for non-statisticians. *International Journal of Endocrinology and Metabolism*, 10(2), 486–489. <https://doi.org/10.5812/ijem.3505>

Glassman, L. H., Weierich, M. R., Hooley, J. M., Deliberto, T. L., & Nock, M. K. (2007). Child maltreatment, non-suicidal self-injury, and the mediating role of self-criticism. *Behaviour Research and Therapy*, 45(10), 2483–2490. <https://doi.org/10.1016/j.brat.2007.04.002>

Glenn, C. R., & Klonsky, E. D. (2010). A multimethod analysis of impulsivity in nonsuicidal self-injury. *Personality Disorders: Theory, Research, and Treatment*, 1(1), 67–75. <https://doi.org/10.1037/a0017427>



Grandclerc, S., De Labrouhe, D., Spodenkiewicz, M., Lachal, J., & Moro, M.-R. (2016). Relations between nonsuicidal self-injury and suicidal behavior in adolescence: A systematic review. *PLOS ONE*, 11(4). <https://doi.org/10.1371/journal.pone.0153760>

Gratz, K. L., & Roemer, L. (2004). Multidimensional Assessment of Emotion Regulation and dysregulation: Development, factor structure, and initial validation of the difficulties in emotion regulation scale. *Journal of Psychopathology and Behavioral Assessment*, 26(1), 41–54. <https://doi.org/10.1023/b:joba.0000007455.08539.94>

Hankin, B. L., & Abela, J. R. Z. (2011). Nonsuicidal self-injury in adolescence: Prospective rates and risk factors in a 2 ½year longitudinal study. *Psychiatry Research*, 186(1), 65–70. <https://doi.org/10.1016/j.psychres.2010.07.056>

Hendren, R. L. (1990). Stress in adolescent. In L. E. Arnold (Ed.), *Childhood Stress* (pp. 248–264). essay, Wiley.

Hilt, L., Hanson, J. L., Pollak, S. D., Brown, B., & Prinstein, M. J. (2011). Emotion Dysregulation. In *Encyclopedia of Adolescence* (pp. 160–169). essay, Elsevier Science.

Ho, K. (2019). *Seperempat Orang Indonesia Pernah Memiliki Pikiran Untuk Bunuh Diri*. YouGov. Retrieved August 22, 2022, from [https://id.yougov.com/id/news/2019/06/26/seperempat-orang-indonesia-pernah-memiliki-pikiran/#:~:text=Lebih%20dari%20sepertiga%20\(36%25\),7%25%20sering%20melukai%20diri%20sendiri](https://id.yougov.com/id/news/2019/06/26/seperempat-orang-indonesia-pernah-memiliki-pikiran/#:~:text=Lebih%20dari%20sepertiga%20(36%25),7%25%20sering%20melukai%20diri%20sendiri)

Hooley, J. M. (2008). Self-harming behavior: Introduction to the special series on non-suicidal self-injury and suicide. *Applied and Preventive Psychology*, 12(4), 155–158. <https://doi.org/10.1016/j.appsy.2008.08.001>

Hooley, J. M., & Franklin, J. C. (2017). Why do people hurt themselves? A new conceptual model of nonsuicidal self-injury. *Clinical Psychological Science*, 6(3), 428–451. <https://doi.org/10.1177/2167702617745641>

ISSS. (2018). *What is self-injury?* ISSS. Retrieved August 22, 2022, from <https://www.itriples.org/what-is-nssi>

Kaligis, F., Ismail, R. I., Wiguna, T., Prasetyo, S., Indriatmi, W., Gunardi, H., Pandia, V., & Magdalena, C. C. (2021). Mental health problems and needs among transitional-age youth in Indonesia. *International Journal of Environmental Research and Public Health*, 18(8), 4046. <https://doi.org/10.3390/ijerph18084046>



Kalra, A. (2016). The odds ratio: Principles and applications. *Journal of the Practice of Cardiovascular Sciences*, 2(1), 49. <https://doi.org/10.4103/2395-5414.182992>

Khan, A., & Ungar, M. (2021). Resilience to self-harm. *Crisis*. <https://doi.org/10.1027/0227-5910/a000831>

Klonsky, E. D., Oltmanns, T. F., & Turkheimer, E. (2003). Deliberate self-harm in a nonclinical population: prevalence and psychological correlates. *The American journal of psychiatry*, 160 (8), 1501–1508. <https://doi.org/10.1176/appi.ajp.160.8.1501>

Klonsky, E. D. (2006). The functions of deliberate self-injury: A review of the evidence. *Clinical Psychology Review*, 27(2), 226–239. <https://doi.org/10.1016/j.cpr.2006.08.002>

Klonsky, E. D. (2009). The functions of self-injury in young adults who cut themselves: Clarifying the evidence for affect-regulation. *Psychiatry Research*, 166(2-3), 260–268. <https://doi.org/10.1016/j.psychres.2008.02.008>

Klonsky, E. D., & Glenn, C. R. (2009). Assessing the functions of non-suicidal self-injury: Psychometric properties of the inventory of statements about self-injury (ISAS). *Journal of Psychopathology and Behavioral Assessment*, 31(3), 215–219. <https://doi.org/10.1007/s10862-008-9107-z>

Klonsky, E. D., Walsh, B., Lewis, S. P., & Muehlenkamp, J. J. (2011). *Nonsuicidal self-Injury*. Hogrefe Pub.

Klonsky, E. D., May, A. M., & Glenn, C. R. (2013). The relationship between nonsuicidal self-injury and attempted suicide: converging evidence from four samples. *Journal of abnormal psychology*, 122 (1), 231–237. <https://doi.org/10.1037/a0030278>

Klonsky, E. D., Victor, S. E., & Saffer, B. Y. (2014). Nonsuicidal self-injury: what we know, and what we need to know. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 59 (11), 565–568. <https://doi.org/10.1177/070674371405901101>

Kortge, R., Meade, T., & Tennant, A. (2013). Interpersonal and intrapersonal functions of deliberate self-harm (DSH): A Psychometric Examination of the inventory of statements about self-injury (ISAS) scale. *Behaviour Change*, 30(1), 24–35. <https://doi.org/10.1017/bec.2013.3>

Levy, S. (2022, January 24). *Introduction to problems in adolescents - pediatrics*. MSD Manual Professional Edition. Retrieved February 6, 2022, from



<https://www.msdmanuals.com/professional/pediatrics/problems-in-adolescents/introduction-to-problems-in-adolescents>

Liem, A., Prawira, B., Magdalena, S., Siandita, M. J., & Hudiyana, J. (2022). Predicting self-harm and suicide ideation during the COVID-19 pandemic in Indonesia: A nationwide survey report. *BMC Psychiatry*, 22(1). <https://doi.org/10.1186/s12888-022-03944-w>

Martin, J., Bureau, J.-F., Cloutier, P., & Lafontaine, M.-F. (2011). A comparison of invalidating family environment characteristics between university students engaging in self-injurious thoughts & actions and Non-Self-Injuring University Students. *Journal of Youth and Adolescence*, 40(11), 1477–1488. <https://doi.org/10.1007/s10964-011-9643-9>

Masdar, M. (2017). (rep.). *Hubungan Antara Regulasi Emosi dengan Resilience pada Penyalah Guna NAPZA di Lembaga Pemasyarakatan Narkotika Klas II A Yogyakarta* (pp. 26–145). Yogyakarta, Indonesia: Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan UGM.

McKenzie, K. C., & Gross, J. J. (2014). Nonsuicidal self-injury: An Emotion Regulation perspective. *Psychopathology*, 47(4), 207–219. <https://doi.org/10.1159/000358097>

Miguel, F. K., Giromini, L., Colombaroli, M. S., Zuanazzi, A. C., & Zennaro, A. (2016). A Brazilian investigation of the 36- and 16-item difficulties in emotion regulation scales. *Journal of Clinical Psychology*, 73(9), 1146–1159. <https://doi.org/10.1002/jclp.22404>

Mullins-Sweatt, S. N., Lengel, G. J., & Grant, D. M. (2013). Non-suicidal self-injury: the contribution of general personality functioning. *Personality and mental health*, 7(1), 56–68. <https://doi.org/10.1002/pmh.1211>

Mulyanti, H., Supriana, M., & Yusuf, S. (2020). Emotion Regulation in Adolescents. *Advances in Social Science, Education and Humanities Research*.

Neumann, A., van Lier, P. A., Gratz, K. L., & Koot, H. M. (2010). Multidimensional Assessment of Emotion Regulation difficulties in adolescents using the difficulties in emotion regulation scale. *Assessment*, 17(1), 138–149. <https://doi.org/10.1177/1073191109349579>

Nock, M. K., & Prinstein, M. J. (2004). A functional approach to the assessment of self-mutilative behavior. *Journal of Consulting and Clinical Psychology*, 72(5), 885–890. <https://doi.org/10.1037/0022-006x.72.5.885>



Nock, M. & Joiner, T. & Gordon, K. & Lloyd-Richardson, E. & Prinstein, M. (2006). Non-suicidal self-injury among adolescents: Diagnostic correlates and relation to suicide attempts. *Psychiatry research*. 144. 65-72. <https://doi.org/10.1016/j.psychres.2006.05.010>.

Nock, M. K. (2009). Why do people hurt themselves? *Current Directions in Psychological Science*, 18(2), 78–83. <https://doi.org/10.1111/j.1467-8721.2009.01613.x>

Nock, M. K. (2010). Self-injury. *Annual Review of Clinical Psychology*, 6(1), 339–363. <https://doi.org/10.1146/annurev.clinpsy.121208.131258>

Ose, S. O., Tveit, T., & Mehlum, L. (2021). Non-suicidal self-injury (NSSI) in adult psychiatric outpatients – a nationwide study. *Journal of Psychiatric Research*, 133, 1–9. <https://doi.org/10.1016/j.jpsychires.2020.11.031>

Pusdatin Kementerian Kesehatan RI. (2015). *Situasi Kesehatan Reproduksi Remaja*. Kementerian Kesehatan RI.

Pusdatin Kementerian Kesehatan RI. (2018). *Kekerasan pada Anak dan Remaja*. Kementerian Kesehatan RI

Rotolone, C., & Martin, G. (2012). Giving up self-injury: A comparison of everyday social and personal resources in past versus current self-injurers. *Archives of Suicide Research*, 16(2), 147–158. <https://doi.org/10.1080/13811118.2012.667333>

Santrock, J. W. (2016). *A topical approach to life-span development* (8th ed.). McGraw-Hill Education.

Serafini, G., Canepa, G., Adavastro, G., Nebbia, J., Belvederi Murri, M., Erbuto, D., Pocai, B., Fiorillo, A., Pompili, M., Flouri, E., & Amore, M. (2017). The relationship between childhood maltreatment and non-suicidal self-injury: A systematic review. *Frontiers in psychiatry*, 8, 149. <https://doi.org/10.3389/fpsyg.2017.00149>

Swannell, S. V., Martin, G. E., Page, A., Hasking, P., & St John, N. J. (2014). Prevalence of nonsuicidal self-injury in nonclinical samples: Systematic Review, meta-analysis and meta-regression. *Suicide and Life-Threatening Behavior*, 44(3), 273–303. <https://doi.org/10.1111/sltb.12070>

Tatnell, R., Kelada, L., Hasking, P., & Martin, G. (2013). Longitudinal analysis of adolescent NSSI: The role of intrapersonal and interpersonal factors. *Journal of Abnormal Child Psychology*, 42(6), 885–896. <https://doi.org/10.1007/s10802-013-9837-6>



Tresno, F., Ito, Y., & Mearns, J. (2012). Self-injurious behavior and suicide attempts among Indonesian College students. *Death Studies*, 36(7), 627–639. <https://doi.org/10.1080/07481187.2011.604464>

Turner, B. J., Austin, S. B., & Chapman, A. L. (2014). Treating nonsuicidal self-injury: a systematic review of psychological and pharmacological interventions. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 59(11), 576–585. <https://doi.org/10.1177/070674371405901103>

Vigfusdottir, J., Dale, K. Y., Gratz, K. L., Klonsky, E. D., Jonsbu, E., & Høidal, R. (2020). The psychometric properties and clinical utility of the Norwegian versions of the deliberate self-harm inventory and the inventory of statements about self-injury. *Current Psychology*. <https://doi.org/10.1007/s12144-020-01189-y>

Wiguna, T., Minayati, K., Kaligis, F., Ismail, R. I., Wijaya, E., Murtani, B. J., & Pradana, K. (2021). The effect of cyberbullying, abuse, and screen time on non-suicidal self-injury among adolescents during the pandemic: A perspective from the mediating role of stress. *Frontiers in Psychiatry*, 12. <https://doi.org/10.3389/fpsyg.2021.743329>

Wolff, J. C., Thompson, E., Thomas, S. A., Nesi, J., Bettis, A. H., Ransford, B., Scopelliti, K., Frazier, E. A., & Liu, R. T. (2019). Emotion dysregulation and non-suicidal self-injury: A systematic review and meta-analysis. *European psychiatry : the journal of the Association of European Psychiatrists*, 59, 25–36. <https://doi.org/10.1016/j.eurpsy.2019.03.004>

World Health Organization. (t.t.). *Adolescent Health*.  
<https://www.who.int/southeastasia/health-topics/adolescent-health>

Yiğit, İ., & Guzey Yiğit, M. (2019). Psychometric properties of Turkish version of difficulties in emotion regulation scale-brief form (Ders-16). *Current Psychology*, 38(6), 1503–1511. <https://doi.org/10.1007/s12144-017-9712-7>

You, J., Ren, Y., Zhang, X., Wu, Z., Xu, S., & Lin, M. P. (2018). Emotional dysregulation and nonsuicidal self-injury: A meta-analytic review. *Neuropsychiatry*, 08(02). <https://doi.org/10.4172/neuropsychiatry.1000399>

Zimmer-Gembeck, M. J., & Skinner, E. A. (2010). Review: The development of coping across childhood and adolescence: An integrative review and critique of research. *International Journal of Behavioral Development*, 35(1), 1–17. <https://doi.org/10.1177/0165025410384923>

Zimmermann, P., & Iwanski, A. (2014). Emotion regulation from early adolescence to emerging adulthood and middle adulthood. *International Journal of*



UNIVERSITAS  
GADJAH MADA

Peran Disregulasi Emosi terhadap Kecenderungan Melakukan Perilaku Non-Suicidal Self-Injury  
(NSSI)  
pada Remaja

VANDA AZMI SABRINA, Prof. Dr. Tina Afiatin, M.Si., Psikolog

Universitas Gadjah Mada, 2022 | Diunduh dari <http://etd.repository.ugm.ac.id/>

*Behavioral Development*, 38(2), 182–194.  
<https://doi.org/10.1177/0165025413515405>