

**Peran *Perceived Social Support* Terhadap Kecenderungan *Non-Suicidal Self-Injury* (NSSI) Pada Mahasiswa**

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**Abstrak**

*Non-suicidal self-injury* (NSSI) adalah perilaku melukai diri sendiri secara sengaja tanpa bertujuan untuk bunuh diri. Dukungan sosial diduga dapat menjadi salah satu faktor protektif dari perilaku NSSI. Namun, literatur yang membahas dinamika kedua variabel tersebut pada populasi mahasiswa di Indonesia masih terbatas. Maka dari itu, penelitian ini bertujuan mengkaji peran *perceived social support* (dukungan sosial yang dirasakan) terhadap kecenderungan NSSI pada mahasiswa. Partisipan (N =110) merupakan mahasiswa berusia 18-24 tahun (laki-laki = 33, Perempuan = 77). Pengambilan data dilakukan menggunakan skala Multidimensional Scale of Perceived Social Support (MSPSS) dan Inventory of Statement About Self-Injuries (ISAS). Hasil analisis regresi linier sederhana menunjukkan tidak adanya hubungan signifikan antara *perceived social support* dan NSSI ( $r = 0,257$ ,  $p > 0,05$ ). Hal tersebut kemungkinan disebabkan pengaruh faktor internal yang lebih kuat dibandingkan eksternal, adanya stigma, kurangnya kesadaran, serta frekuensi dan tingkat keparahan perilaku NSSI.

**Kata kunci:** *non-suicidal self-injury*, *perceived social support*, mahasiswa

### *Abstract*

*Non-suicidal self-injury (NSSI) is the act of deliberately injuring oneself without aiming for suicide. Social support is assumed to be one of the protective factors of NSSI. However, literature discussing the dynamics of these two variables in the Indonesian student population is still limited. Therefore, this study examines the role of perceived social support on NSSI tendencies in university students. Participants (N =110) were college students aged 18-24 years (male = 33, female = 77). Data were collected using the Multidimensional Scale of Perceived Social Support (MSPSS) and the Inventory of Statement About Self-Injuries (ISAS). The simple linear regression analysis results showed no significant relationship between perceived social support and NSSI ( $r = 0.257, p > 0.05$ ). Potential explanations of this finding are that internal factors influenced NSSI more strongly than external ones, stigma, lack of awareness, and the NSSI frequency and severity.*

**Keywords:** *non-suicidal self-injury, perceived social support, university students*