

## INTISARI

**Latar Belakang:** Mahasiswa sering mengalami kesulitan dalam menangani emosi dengan baik (disregulasi emosi). Individu dengan tingkat disregulasi emosi yang tinggi cenderung akan menggunakan *nonsuicidal self-injury* sebagai bentuk pengelolaan emosi dan pengaruh negatif. Penelitian mengenai hubungan disregulasi emosi dengan *nonsuicidal self-injury* pada mahasiswa ilmu keperawatan belum pernah dilakukan.

**Tujuan Penelitian:** Mengetahui hubungan antara disregulasi emosi dengan *nonsuicidal self-injury* pada mahasiswa Ilmu Keperawatan FK-KMK UGM.

**Metode:** Penelitian ini merupakan penelitian analitik korelasional dengan rancangan *cross sectional*. Populasi penelitian yaitu mahasiswa Ilmu Keperawatan FK-KMK UGM angkatan 2021, 2022, 2023, 2024. Jumlah sampel sebanyak 130 mahasiswa yang didapatkan melalui *convinient sampling*. Kuesioner yang digunakan adalah *Difficulties in Emotion Regulation Scale* (DERS) dan *Self Harm Inventory* (SHI). Analisis data menggunakan uji korelasi *Spearman Rank*.

**Hasil:** Mahasiswa Ilmu Keperawatan FK-KMK UGM sebagian (59,2%) mengalami disregulasi emosi. Mayoritas responden (77,7%) tidak melakukan NSSI. Disregulasi emosi berbeda signifikan hanya berdasarkan kategori angkatan, sementara NSSI tidak memiliki perbedaan yang signifikan berdasarkan karakteristik responden (usia, jenis kelamin, angkatan, dan tempat tinggal). Analisis uji korelasi antara disregulasi emosi dengan *nonsuicidal self-injury* menunjukkan koefisien korelasi ( $r$ ) 0,496 dengan nilai *significancy* ( $p$ )=0,001.

**Kesimpulan:** Terdapat hubungan yang signifikan dengan kekuatan hubungan sedang dan arah positif antara disregulasi emosi dengan *nonsuicidal self-injury* pada mahasiswa Ilmu Keperawatan FK-KMK UGM.

**Kata kunci:** Disregulasi emosi, mahasiswa keperawatan, *nonsuicidal self-injury*

## ABSTRACT

**Background:** *College students often experience difficulties in handling emotions well (emotion dysregulation). Individuals with high levels of emotional dysregulation tend to use nonsuicidal self-injury as a form of emotional management and negative influence. Research on the relationship between emotion dysregulation and nonsuicidal self-injury in nursing science students has never been done.*

**Objective:** *To find out the relationship between emotion dysregulation and nonsuicidal self-injury in Nursing Science students of FK-KMK UGM.*

**Methods:** *This study is a correlational analytic study with a cross sectional design. The study population was Nursing Science students of FK-KMK UGM batch 2021, 2022, 2023, 2024. The sample size was 130 students obtained through convenient sampling. The questionnaires used were Difficulties in Emotion Regulation Scale (DERS) and Self Harm Inventory (SHI). Data analysis using Spearman Rank correlation test.*

**Results:** *Some Nursing Science students of FK-KMK UGM (59.2%) experienced emotion dysregulation. The majority of respondents (77.7%) did not perform NSSI. Emotional dysregulation is significantly different only based on the class category, while NSSI has no significant difference based on the characteristics of the respondents (age, gender, class, and place of residence). Correlation test analysis between emotion dysregulation and nonsuicidal self-injury showed a correlation coefficient ( $r$ ) of 0.496 with a significance value ( $p$ )=0.001.*

**Conclusion:** *There is a significant relationship with moderate relationship strength and positive direction between emotional dysregulation and nonsuicidal self-injury in Nursing Science students of FK-KMK UGM.*

**Keywords:** *Emotion dysregulation, nursing students, nonsuicidal self-injury*