

Peran *Flourishing* terhadap Perilaku *Non-Suicidal Self-Injury* (NSSI) yang Dimoderatori oleh *Self-Compassion* pada Dewasa Muda

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Abstract. Non-suicidal self-injury (NSSI) requires attention due to its potential to disrupt one's life functioning and increase the risk of suicide. Research on protective factors of NSSI is relatively limited, particularly among young adults in Indonesia. Flourishing is considered as a psychological resource that may predict individuals' vulnerability to NSSI, whereas self-compassion is potential to be protective factor that may moderate the relationship between flourishing and NSSI. Therefore, this study aimed to examine the moderating role of self-compassion in the relationship between flourishing and NSSI behaviors. A total of 420 participants aged 18 to 40 years without a history of suicidal behavior in the past two years completed an online survey. The instruments used included The PERMA-Profiler, Non-Suicidal Self-Injury Functional Scale (NSSI-FS) Part I, and the Self-Compassion Scale. Moderation analysis using regression showed that self-compassion did not moderate the relationship between flourishing and NSSI behaviors. However, self-compassion demonstrated a significant direct protective role against NSSI. Furthermore, self-compassion was found to mediate the relationship between flourishing and NSSI behaviors in this study. These findings provide preliminary insights into the role of flourishing in NSSI behaviors and the protective mechanisms of self-compassion among Indonesian young adults, highlighting the urgency of psychological interventions focused on strengthening psychological resources to prevent engagement in NSSI.

Keywords: flourishing, self-compassion, NSSI behavior, emotion regulation, adaptive coping

Abstrak. Perilaku melukai diri tanpa niat bunuh diri perlu mendapat perhatian karena berisiko mengganggu keberlangsungan hidup seseorang, bahkan risiko bunuh diri. Studi mengenai faktor protektif NSSI relatif terbatas, terutama pada individu dewasa muda di Indonesia. Rendahnya *flourishing* dapat memprediksi kerentanan individu terhadap NSSI, sedangkan *self-compassion* berpotensi sebagai faktor protektif yang memoderasi hubungan antara *flourishing* dan NSSI. Oleh karena itu, penelitian ini bertujuan menguji peran *self-compassion* sebagai moderator dalam hubungan antara *flourishing* dan perilaku NSSI. Individu usia 18–40 tahun (N = 420) tanpa riwayat perilaku bunuh diri dalam dua tahun terakhir berpartisipasi dalam penelitian ini melalui survei daring. Instrumen penelitian meliputi *The PERMA-Profiler*, *Non-Suicidal Self-Injury Functional Scale* (NSSI-FS) Bagian I, dan *Self-Compassion Scale*. Hasil analisis moderasi dengan regresi menunjukkan *self-compassion* tidak memoderasi, namun memediasi hubungan antara *flourishing* dan perilaku NSSI. Selain itu, perilaku NSSI ditemukan lebih tinggi pada individu dengan riwayat diagnosis psikologis, serta tingkat *flourishing* dan *self-compassion* lebih tinggi pada laki-laki, individu berpendidikan tinggi, dan yang sudah menikah. Temuan memberikan kontribusi awal dalam memahami peran *flourishing* terhadap perilaku NSSI dan mekanisme faktor protektif *self-compassion* terhadap NSSI pada dewasa muda di Indonesia, serta menyoroti urgensi intervensi psikologis yang berfokus pada penguatan sumber daya psikologis untuk mencegah NSSI.

Kata kunci: flourishing, self-compassion, perilaku NSSI, regulasi emosi, coping adaptif