

HUBUNGAN JENIS KELAMIN DENGAN TINDAKAN *SELF-HARM* PADA PASIEN RAWAT INAP DI BANGSAL PSIKIATRI RUMAH SAKIT UMUM PUSAT DR. SARDJITO

INTISARI

Latar belakang: *Self-harm*, atau perilaku menyakiti diri, merupakan masalah serius dalam psikiatri yang semakin berkembang. Setiap tahun ada 14 juta peristiwa *self-harm* di dunia yang dapat menyebabkan kunjungan ke rumah sakit. *Self-harm* merupakan prediktor kematian akibat bunuh diri. Studi di negara Barat mendapatkan prevalensi *self-harm* lebih tinggi pada perempuan, sedangkan beberapa studi di negara non-Barat tidak menunjukkan perbedaan besar antara kedua jenis kelamin tersebut. Secara umum, data epidemiologi berbasis rumah sakit tentang kejadian *self-harm* di Indonesia terbatas dan diperlukan untuk mendukung perencanaan dan evaluasi intervensi pencegahan *self-harm* dan bunuh diri. RSUP Dr. Sardjito merupakan rumah sakit rujukan tertinggi untuk Daerah Istimewa Yogyakarta dan Jawa Tengah bagian selatan dengan fasilitas rawat inap psikiatri.

Tujuan penelitian: Untuk menganalisis hubungan jenis kelamin dengan tindakan *self-harm* pada pasien yang menjalani rawat inap di bangsal psikiatri Rumah Sakit Umum Pusat dr. Sardjito selama periode 1 Januari – 31 Desember 2023.

Metode: Penelitian ini adalah penelitian observasional analitik dengan rancangan *cross-sectional*. Penelitian ini menggunakan data sekunder dari rekam medis pasien yang menjalani rawat inap di bangsal psikiatri RSUP Dr. Sardjito selama periode 1 Januari – 31 Desember 2023 dengan teknik *total population sampling*. Sebanyak 487 entri rekam medis yang memenuhi kriteria inklusi dan eksklusi dianalisis menggunakan uji Chi-square dan regresi logistik. Tingkat signifikansi statistik ditetapkan pada $p < 0,05$.

Hasil: Sebanyak 158 (32%) admisi rawat inap di bangsal disertai dengan keluhan *self-harm* dengan rasio *self-harm* antara laki-laki dan perempuan sebesar 1 : 3,9. Hasil analisis menunjukkan bahwa terdapat hubungan yang bermakna antara variabel jenis kelamin dengan keberadaan tindakan *self-harm* saat admisi rawat inap ($\chi^2 = 11.781$; $p = 0,000598$).

Kesimpulan: Terdapat hubungan signifikan antara jenis kelamin dan *self-harm* secara bivariat. Perempuan memiliki proporsi tindakan *self-harm* yang lebih tinggi dibandingkan laki-laki. Oleh karena itu, intervensi pencegahan *self-harm* perlu mempertimbangkan faktor jenis kelamin sebagai salah satu aspek penting dalam pelayanan kesehatan mental.

Kata kunci: jenis kelamin, rawat inap, rumah sakit, *self-harm*

**THE ASSOCIATION BETWEEN SEX AND SELF-HARM BEHAVIORS
AMONG INPATIENTS IN THE PSYCHIATRIC WARD OF DR.
SARDJITO GENERAL HOSPITAL
ABSTRACT**

Background: Self-harm is a serious and increasingly recognized problem in psychiatry. Each year, there are approximately 14 million self-harm incidents worldwide that may result in hospital visits. Self-harm is a predictor of death by suicide. Studies in Western countries have found a higher prevalence of self-harm among females, whereas several studies in non-Western countries have not shown a substantial difference between the two sexes. In general, hospital-based epidemiological data on self-harm in Indonesia are limited and are needed to support the planning and evaluation of self-harm and suicide prevention interventions. Dr. Sardjito General Hospital is the highest-level referral hospital for the Special Region of Yogyakarta and southern Central Java, with inpatient psychiatric facilities.

Objective: To analyze the association between sex and self-harm among patients admitted to the psychiatric ward of Dr. Sardjito General Hospital during the period of January 1–December 31, 2023.

Methods: This study was an analytic observational study with a cross-sectional design. Secondary data were obtained from the medical records of patients admitted to the psychiatric ward of Dr. Sardjito General Hospital during the period of January 1–December 31, 2023, using a total population sampling technique. A total of 487 medical record entries that met the inclusion and exclusion criteria were analyzed using the Chi-square test and logistic regression. Statistical significance was set at $p < 0.05$.

Results: A total of 158 (32%) inpatient admissions to the psychiatric ward were accompanied by complaints of self-harm, with a male-to-female self-harm ratio of 1:3.9. The analysis showed a significant association between sex and the presence of self-harm at the time of inpatient admission ($\chi^2 = 11.781$; $p = 0.000598$).

Conclusion: There was a significant bivariate association between sex and self-harm. Females had a higher proportion of self-harm behaviors compared to males. Therefore, self-harm prevention interventions should consider sex as an important factor in mental health care services.

Keywords: sex, inpatient care, hospital, self-harm