

Peran Kesejahteraan Spiritual Dalam Memoderasi Hubungan Antara Kesepian Dan *Non-Suicidal Self-Injury* Pada *Emerging Adulthood*

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Abstrak

Emerging adulthood merupakan fase transisi dari usia remaja menuju dewasa. Fase ini penuh tantangan karena banyaknya perubahan dalam aspek kehidupan, sehingga rentan memicu stres dan masalah psikologis, termasuk *non-suicidal self-injury* (NSSI). Kesepian menjadi salah satu faktor risiko pada usia ini yang sering mendorong individu menggunakan NSSI sebagai strategi koping maladaptif. Kesejahteraan spiritual dapat berfungsi sebagai faktor protektif dalam meminimalisir perilaku NSSI. Penelitian ini menguji peran kesejahteraan spiritual dalam memoderasi hubungan kesepian dan NSSI pada *emerging adult*. Partisipan penelitian ini sebanyak 358 orang berusia 18-29 tahun yang tidak pernah memiliki ide atau upaya melakukan bunuh diri selama satu tahun terakhir, dipilih menggunakan teknik *convenience sampling*. Validitas konstruk diuji menggunakan *Confirmatory Factor Analysis* (CFA) dan uji hipotesis dilakukan menggunakan *macro PROCESS model 1* Hayes. Hasil analisis menunjukkan bahwa kesejahteraan spiritual berperan sebagai moderator dalam hubungan kesepian dan NSSI pada *emerging adulthood*. Analisis tambahan berupa analisis regresi ganda menunjukkan bahwa peran kesejahteraan spiritual berkontribusi lebih besar dibandingkan peran kesepian terhadap kecenderungan NSSI. Temuan ini menyoroti pentingnya kesejahteraan spiritual dalam meminimalisir perilaku NSSI pada *emerging adulthood*.

Kata kunci: *emerging adulthood, kesepian, kesejahteraan spiritual, non-suicidal self-injury*

The Role of Spiritual Well-Being in Moderating the Relationship between Loneliness and Non-Suicidal Self-Injury in Emerging Adulthood

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Abstract

Emerging adulthood is a transitional period between adolescence and adulthood. This phase is full of challenges due to the many changes in various aspects of life, making it prone to stress and psychological problems, including non-suicidal self-injury (NSSI). Loneliness is one of the risk factors at this age that often drives individuals to use NSSI as a maladaptive coping strategy. Spiritual well-being can serve as a protective factor in minimizing NSSI behavior. This study examines the role of spiritual well-being in moderating the relationship between loneliness and NSSI in emerging adults. The participants in this study were 358 people aged 18-29 years who had never had suicidal ideation or attempts in the past year, selected using convenience sampling. Construct validity was tested using Confirmatory Factor Analysis (CFA) and hypothesis testing was conducted using Hayes' PROCESS model 1 macro. The results of the analysis showed that spiritual well-being acts as a moderator in the relationship between loneliness and NSSI in emerging adulthood. Additional multiple regression analysis showed that the role of spiritual well-being was greater than loneliness in NSSI tendencies. These findings highlight the importance of spiritual well-being in minimizing NSSI behavior in emerging adulthood.

Key words: *emerging adulthood, loneliness, spiritual well-being, non-suicidal self-injury*