SOCIAL MEDIA DISORDER SEBAGAI MEDIATOR HUBUNGAN ANTARA DISTRES PSIKOLOGIS DAN NON-SUICIDAL
SELF-INJURY PADA REMAJA SMA DI YOGYAKARTA
Windhy Monica, Dr. dr. Ronny Tri Wirasto, Sp.KJ(K) dan Dr. dr. Andrian Fajar Kusumadewi, M.Sc., Sp.KJ(K)
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INTISARI

Latar belakang: Prevalensi perilaku menyakiti diri tanpa niat bunuh diri atau *non-suicidal self-injury* (NSSI) dilaporkan tinggi pada populasi umum remaja di dunia. Distres psikologis merupakan salah satu faktor risiko yang konsisten terkait dengan terjadinya NSSI. Distres psikologis yang dialami remaja juga telah diteliti berhubungan dengan peningkatan intensitas penggunaan media sosial yang mengakibatkan *social media disorder* (SMD). Secara teoritis, remaja yang mengalami distres psikologis menggunakan media sosial sebagai respon terhadap afek negatif yang dirasakan. Apabila hal tersebut terjadi berulang dan terus-menerus, maka dapat berkembang menjadi pola perilaku maladaptif melalui siklus gratifikasi-kompensasi serta kemampuan kontrol diri yang menurun, sehingga remaja lebih berisiko melakukan perilaku impulsif dan berisiko seperti NSSI.

Tujuan penelitian: Penelitian ini menguji peran *social media disorder* sebagai mediator hubungan antara distres psikologis dan NSSI pada remaja SMA di Yogyakarta.

Metode penelitian: Penelitian ini merupakan studi potong lintang (*cross-sectional*) dengan subjek penelitian adalah siswa SMA di Yogyakarta. Sejumlah empat sekolah negeri berpartisipasi dalam penelitian dengan total responden sebanyak 372 siswa. Setelah dilakukan *stratified random sampling* terkumpul 193 sampel data yang dianalisis. Distres psikologis, SMD, dan NSSI diukur menggunakan instrumen yang telah divalidasi. Data karakteristik responden dikumpulkan menggunakan kuesioner demografik. Analisis untuk mengetahui korelasi antara distres psikologis, SMD, dan NSSI menggunakan uji *Spearman*. Analisis untuk menguji efek langsung dan tidak langsung melalui mediator menggunakan regresi mediasi dengan pendekatan *PROCESS Macro Hayes.*

Hasil penelitian: Terdapat korelasi positif yang signifikan antara distres psikologis dengan SMD ($r_s = 0{,}553$; $p < 0{,}001$), distres psikologis dengan NSSI ($r_s = 0{,}558$; $p < 0{,}001$), serta SMD dengan NSSI ($r_s = 0{,}421$; $p < 0{,}001$). Hasil analisis regresi mediasi didapatkan efek tidak langsung distres psikologis terhadap NSSI melalui SMD sebagai mediator adalah signifikan (B = 0,0728, 95% CI [0,005 - 0,157]).

Kesimpulan: Distres psikologis berkorelasi positif dan cukup kuat terhadap SMD dan NSSI. Adanya SMD berperan sebagai mediator parsial dalam hubungan antara distres psikologis dan perilaku menyakiti diri.

Kata Kunci: distres psikologis, *non-suicidal self-injury,* remaja, *social media disorder*

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SOCIAL MEDIA DISORDER AS A MEDIATOR IN THE ASSOCIATION BETWEEN PSYCHOLOGICAL DISTRESS AND NON-SUICIDAL SELF-INJURY AMONG SENIOR HIGH SCHOOL ADOLESCENTS IN YOGYAKARTA

ABSTRACT

Background: Non-suicidal self-injury (NSSI) represents a significant mental health concern among adolescents worldwide. Psychological distress has been consistently identified as a key risk factor for NSSI. Emerging evidence also suggests that psychological distress is associated with excessive and maladaptive social media use, potentially culminating in social media disorder (SMD). From a theoretical perspective, adolescents experiencing psychological distress may engage in social media use as a coping response to negative affect. When such behavior becomes repetitive and dysregulated, it may evolve into maladaptive patterns through gratification–compensation cycles and impaired self-regulatory control, thereby increasing vulnerability to impulsive and high-risk behaviors such as NSSI.

Objective: This study aimed to examine the role of social media disorder as a mediator in the relationship between psychological distress and NSSI among senior high school adolescents in Yogyakarta.

Methods: A cross-sectional study was conducted among senior high school students in Yogyakarta. Four public high schools participated, yielding an initial sample of 372 respondents. Using stratified random sampling, 193 participants were included in the final analysis. Psychological distress, social media disorder, and NSSI were assessed using validated self-report instruments, while demographic characteristics were collected via a structured questionnaire. Associations among variables were analyzed using Spearman's rank correlation. Mediation analyses were performed to estimate direct and indirect effects using Hayes' PROCESS macro.

Results: Psychological distress was positively and significantly correlated with social media disorder ($r_s = 0.553$, $p < 0.001$) and non-suicidal self-injury ($r_s = 0.558$, $p < 0.001$). Social media disorder was also significantly associated with NSSI ($r_s = 0.421$, $p < 0.001$). Mediation analysis revealed a significant indirect effect of psychological distress on NSSI through social media disorder (B = 0.0728, 95% CI [0.005–0.157]), indicating partial mediation.

Conclusion: Psychological distress demonstrates a strong positive association with both social media disorder and non-suicidal self-injury among adolescents. Social media disorder partially mediates the relationship between psychological distress and NSSI, underscoring the role of maladaptive social media use as a potential behavioral pathway linking emotional distress to self-injurious behavior.

Keywords: adolescents, non-suicidal self-injury, psychological distress, social media disorder