

Systematic Literature Review: Self-Harm in Indonesia and Its Influencing Factors

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Abstract:

Adolescence is a transitional period that experiences a variety of significant changes. The existence of various pressures and challenges can cause adolescents to experience negative feelings which ultimately choose to engage in self harm behavior. There are several factors that cause self harm behavior. The purpose of this study is to gain an in-depth understanding of the behavior and forms of self harm and the factors that cause self harm. The study was conducted using Systematic Literature Review (SLR) through the PRISMA method (Preferred Reporting Items for Systematic Reviews and Meta-analysis). The keywords used are self harm behavior, factors causing self harm, obtained 10 journal articles that match the inclusion criteria. Self harm behavior is done as an emotional response that cannot be expressed. It can take the form of self-mutilation, scratching, head banging, cutting, burning, drug abuse, tattooing and piercing, and even self-poisoning. Factors that cause self-harm behavior can be divided into two types, namely internal factors (Loneliness, Feelings of anxiety, Anger and guilt, Stress and depression, Communication problems, Low self-esteem, No self-confidence, Bipolar disorder and psychosocial problems, Parenting, Hatred, Gender, Skin color, Personality, Trauma, Loss, Genetics, Feeling like a failure, Parental neglect, Putting others first, Sadness), and external factors (Bullying, Social failure, Social and economic status, Sexual abuse victim, Internet, media, and cell phone use, Rejection from peers). Self harm behavior needs immediate prevention and management because if it is not treated immediately it will lead to suicide. There are 26 factors that cause self harm behavior.

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INTRODUCTION

Adolescence is a very important transitional process in a person's life, because in this phase substantial changes occur at the physical, psychological, and social levels (Hanan et al., 2024). This adolescent phase is often understood as a critical phase, synonymous with storms and pressures, such as conflicts, problems in social relationships, and mood swings in adolescents (Saputra et al., 2022). According to Hanan (2024) explains that adolescents who experience inability to handle their problems can result in negative emotions that cannot be controlled so that they often cause actions, one of which is self-harm.

Thesalonika (2021) explains that self harm or self-harm behavior is a behavior that is carried out to resolve the burden that adolescents feel emotionally and hurt in the form of self-harm but not to make suicide attempts. The act of self harm itself is not actually included in mental disorders but is a form of failure of a person in maintaining a coping mechanism to experience stress (Nasution, 2021). Chan, et all 2016 in Nasution (2021) this self harm behavior will not all end in suicide but has a 68 times risk of attempting suicide.

WHO (2018) explains that self-harm is the second leading cause of death in the world in the age range of 18-29 years. The results of a survey conducted by YouGov Omnibus in June 2019 explained that 36.9% of Indonesians have hurt themselves intentionally. Of this percentage, the highest prevalence was found in the age group of 18-24 years old. From this demographic, 45% of respondents have committed self-harm, which means that 5 out of young people there are 2 children who have committed self-harm, while 7% of respondents have committed self-harm with regular frequency (Widyawati & Afif, 2021).

It shows above are certainly quite alarming, although the data shows a significant increase, but in Indonesia it is currently difficult to find updated data on self-harm. Therefore, it is very important to know about self-harm behavior and the factors that influence the occurrence of self harm as a form of prevention of self-harm actions, especially in adolescents.

METHOD

The research method used is a Systematic Literature Review (SLR) through the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analysis) method using four stages, namely identification, screening, feasibility and acceptable results. Literature used for Systematic Literature Review (SLR) is obtained by searching electronic databases online.

Object of Research

Self harm behavior in adolescents is an object that will be examined in this study by considering several things about self harm, among others: 1). Self harm behavior is still an important problem in the field of health and many of the community, 2). There are many factors that influence the occurrence of self harm in adolescents.

Research Question

It is proposed to adjust the needs related to the research theme. There are three research questions (RQ) that are the focus of this study, namely:

RQ1 : What research design is used in the research methodology?

RQ2 : What is self harm in adolescents and the forms of self harm that are often committed by adolescents?

RQ3 : What factors influence the occurrence of self harm in adolescents between 2020 - 2024?

Search Process

The second stage after the research question, and continued with the search process stage, namely the stage of searching for sources/literature tailored to the research question. At the search process stage, searches are carried out through online sites.

QA1 : Are articles/journals published in health journals with a time span of 2020 - 2024?

QA2 : Do articles/journals mention self harm behavior in adolescents?

QA3 : Does the article/journal discuss the factors that influence adolescent self harm?

Inclusion and Exclusion Criteria

Inclusion and exclusion criteria are intended to provide a decision from the data that has been collected whether it is feasible or not to be used as a data source. Data that is considered appropriate to be selected as a data source in this study, if it meets the following criteria:

1. Eligible data used are articles/journals published in health journals that have a time span of 2018-2024.
2. The data used are journals obtained online
3. Data used in the form of journals that discuss self harm behavior.
4. The data used are journals that discuss the factors that influence the occurrence of self harm in adolescents.

Quality Assessment

The quality assessment stage is intended to ensure the quality of the data collected that will be used in this research. To determine whether the data collected is of high quality or not, an evaluation is carried out through questions.

Data Collection

Data collection at this stage is collecting the data needed in the research and will be analyzed in the next process. The stages of data collection in this study are as follows:

1. Open the online journals page
2. Type in the "search" menu the type of data (journal) that discusses "factors that influence the occurrence of self harm in adolescents".
3. On the filter menu, set the time range of articles/journals published, type the time range between 2020 - 2024. From the filter results, data is obtained in the form of articles/journals published in the time range between 2020 - 2024.

Data Analysis

The data that has been collected will be analyzed at this stage. The results of the analysis conducted will answer all research questions that have been set previously, namely:

1. Articles/journals published in health journals with a time span of 2020 - 2024
QA1: Are articles/journals published in health journals with a timeframe of 2020 - 2024?
QA2: Do articles/journals mention adolescent self harm behavior?
QA3: Does the article/journal discuss factors that influence adolescent self harm?
2. The article/journal discusses the factors that influence the occurrence of self harm in adolescents.
3. Articles/journals mentioning self-harm behavior in adolescents.

Documentations

In the documentations stage, the data that has been collected and analyzed is documented in the form of a paper in accordance with the format specified in the intended electronic journal.

RESULT

Search Process Results and Inclusion and Exclusion Criteria

Articles were screened based on inclusion and exclusion criteria. The flow of article screening is presented in Fig. 1 below.

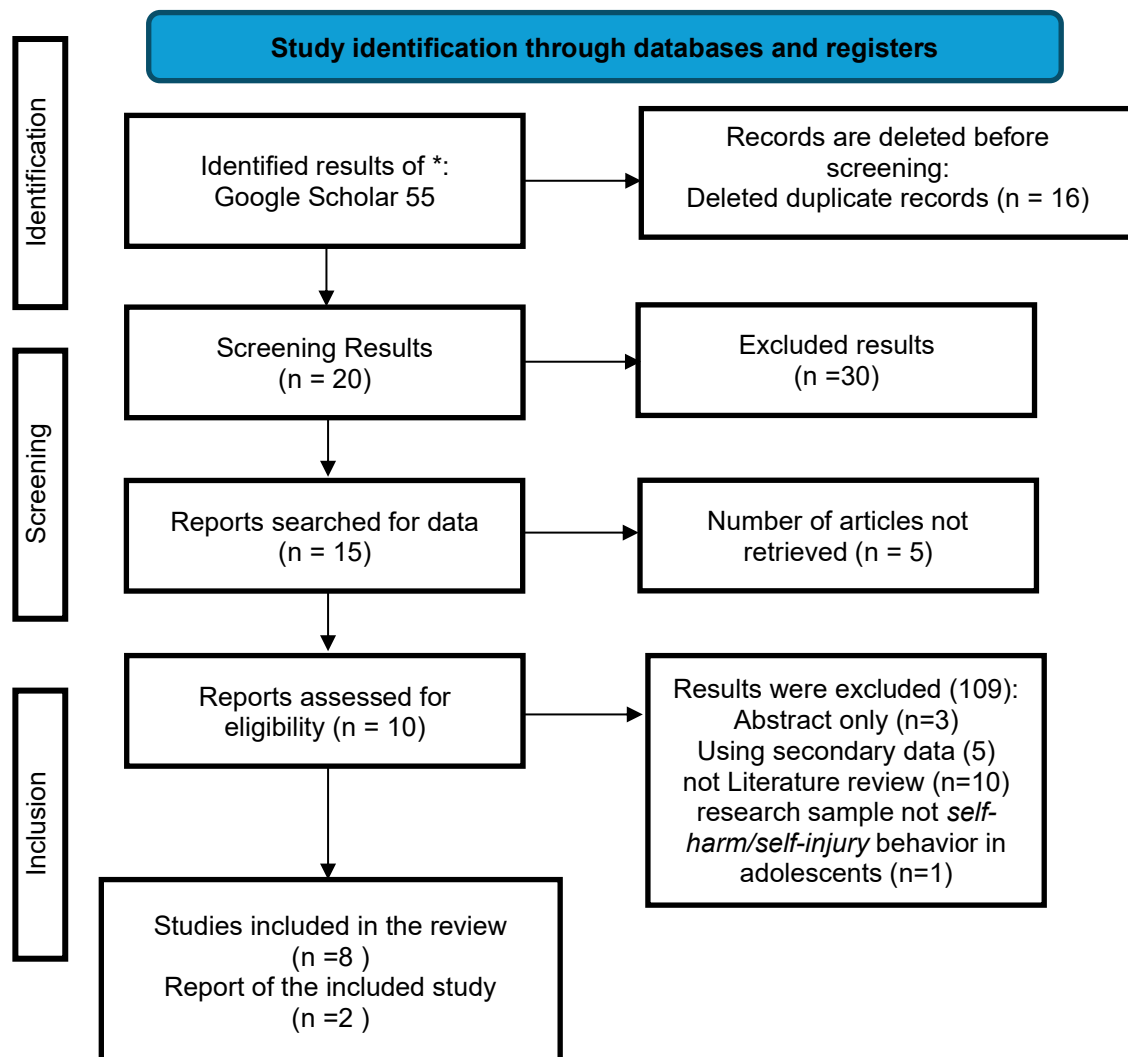


Figure 1. The flow of article screening

Based on the selection results, a total of 10 articles/journals were produced and also after going through the search process stage in accordance with the inclusion and exclusion criteria, namely: articles/journals that have been published in the time span between 2020 - 2024 and discuss the factors that influence the occurrence of self harm in adolescents. The collected articles/journals are grouped based on the type of journal as follows.

Table 1. Categorization of Articles by Journal Type

No.	Journal Type	Year	Total
1	Journal of Social Humanitis and Education	2024	1
2	Mandala Journal of Psychology	2024	1
3	Journal of Guidance and Counseling	2024	1
4	Research Articles Faculty of Psychology Universitas Airlangga	2024	1
5	Dirgahayu Nursing Journal	2024	1
6	Psychology Bulletin	2024	1
7	Islamic Education and Counseling Journal	2023	1
8	Journal of Tropical Biology	2023	1
9	Research Article Faculty of Health Sciences 'Aisyiyah University Yogyakarta	2022	1
10	Social Worker Journal	2021	1

Quality Assessment Results

Table 2. Quality Assessment Results

No.	Author	Research Title	Year	QA1	QA2	QA3	Results
1	Atiyah Faridah Hanan, Ati Kusumawati, Tanisa Eka Putri, and Tiwi Oktaviani	The Importance of Social Support on Self Harm Behavior in Adolescents who Feel Lonely	2024	Yes	Yes	Yes	Accepted
2	Ida Maya Teresa Wryeza, Luh Kadek Pande Ary Susilawati.	Factors Affecting Self - injury in Adolescents	2024	Yes	Yes	Yes	Accepted
3	Silvie Mil, Nurul Fadhilah, Fetriyah Amanda, Fakhira Alyaa, Nadia Dwinanda, Ikfina Kamalia	Analysis of Self harm Dimensions in Islamic View	2024	Yes	Yes	Yes	Accepted
4	Rachma Adinda Putri, Dian Kartika Amelia Arbi	Literature Review: The Effect of Social Media Use on Non Suicidal Self Injury Behavior	2024	Yes	Yes	Yes	Accepted
5	Dian Anisia Widyaningrum, Mega Arianti Putri	Literature Review: Factors Affecting Non Suicidal Self Injury (NSSI) in Adolescents	2024	Yes	Yes	Yes	Accepted
6	Rima Hariati	Neurocognitive Functioning in Adolescents with Self-injurious Behavior: A narrative literature review	2024	Yes	Yes	Yes	Accepted
7	Almas Azimatun Qonita, Aisyah Shidiqoh, Ridla Surya Ramadlani, Weidya Cahya Wulandari, Anisa Agustanti	Factors Driving Self Harm in Female Teenage Santri	2023	Yes	Yes	Yes	Accepted
8	M. Fardi Anugrah, Khaula Karima, Ni Made Sri Padma Puspita, Nurul Aulia Binti Amir, Agustine Mahardika	Self Harm and Suicide in Adolescents	2023	Yes	Yes	Yes	Accepted
9	Chinthia Ghayatry Rolanda Aswin Pohan, Sutejo	Self Harm Behavior in Depressed Adolescents	2022	Yes	Yes	Yes	Accepted
10	Thesalonika, Nurliana Cipta Apsari	Self-harm behavior by adolescents	2021	Yes	Yes	Yes	Accepted

Data Analysis

Various research questions (Research Question) will be answered through this stage regarding self-harm behavior and factors that influence the occurrence of self-harm in adolescents for the time period from 2020 to 2024.

Table 3. Findings of Systematic Literature Review of Self-Harm Behavior and Factors that influence the occurrence of self harm in adolescents

No.	Authorship	Research Title	Research Method	Results
1	Hanan et al. (2024)	The Importance of Social Support to Self-Harm Behavior in Teenagers who feel lonely	a. Research design: literature study/literature study b. Place of research: - c. Sample Size: -	Self harm behavior carried out by adolescents can be in the form of self-harm and is a form of an emotional response that aims to relieve pain and achieve a temporary sense of spaciousness. One of the factors that influence the occurrence of self harm behavior is the loneliness experienced by adolescents. Where this form of loneliness is in the form of feelings of isolation, despair and experiencing obstacles in resolving negative feelings.
2	Wryeza and Luh Kadek (2024)	Factors Influencing Self-Injury in Adolescents	a. Research design: literature study b. Place of research: - c. Sample Size: -	Self harm behavior is a form of behavior in the form of deliberately self-harming activities which can be in the form of incisions in the limbs, which aim to reduce the stress experienced by adolescents due to the problems experienced. In addition, this self harm can also be done to reduce the level of anger or emotion or painful circumstances that require other people to help solve the problems faced. Factors that influence self harm behavior are divided into 2 (two) types, namely: a). Internal factors, in the form of one's personality, feeling lonely, anxious, angry, and sad, and trauma. B). External factors, in the form of relationships between parents and adolescents, parental communication patterns, influences from television, songs, and other media.
3	Mil et al. (2024)	Analysis of Self harm Dimensions in Islamic View	a. Research design: Literature Review b. Place of research: - c. Sample Size: -	Self harm behavior is a form of behavior that intentionally or not injures parts of the body where this behavior is not in accordance with the existing culture in Indonesia. Forms of self-harm behavior that usually often occur in the form of incisions, tattoos, piercings, body modification, drug abuse, self-poisoning. Factors that cause self harm behavior to occur, reviewed from the Biopsychosocial model includes 5 dimensions, namely: Environmental dimension, Biological dimension, Cognitive dimension, Behavioral dimension and Affective dimension.
4	Princess and Dian (2024)	Literature Review: The Effect of Social Media Use on Non Suicidal Self Injury Behavior	a. Research design: Literature Review b. Place of research: - c. Sample Size: -	The rise of digital literacy on social media regarding self harm behavior has a negative impact in the form of triggering adolescents to try to do self harm. This form of self-harm behavior can be in the form of self-harm, drug abuse, burning limbs, cutting limbs without the desire to commit suicide and done intentionally or not.
5	Widyaningrum and Mega (2024)	Literature Riveiew: Factors Affecting Non Suicidal Self	a. Research design: Literature Review b. Place of research: - c. Sample Size: -	Self harm behavior can also be interpreted as Non Suicidal Self Injury (NSSI) which means that self harm behavior is a form of behavior that intentionally or not carries out acts of injury to body parts where this behavior is not

No.	Authorship	Research Title	Research Method	Results
		Injury (NSSI) in Adolescents		in accordance with the culture that exists in Indonesia. Self harm behavior is influenced by 2 things, namely: a). Internal factors in the form of biological (gender, sleep dysfunction, endocrine system disorders and others, negative emotions, b). External factors in the form of problems originating from family, bullying, victims of sexual abuse.
6	Hariati (2024)	Neurocognitive Functioning in Adolescents with Self-Harming Behavior: A narrative literature review	a. Research design: narrative literature review b. Place of research: c. Sample Size: -	Self harm / cell injury behavior occurs in the form of self-harm. This can be caused by a lack of emotion regulation, coping strategies, and low self-esteem, and an increased chance of adolescents experiencing loneliness, as well as stress and depression. Bipolar and personality disorders can also lead to self-harm behavior in adolescents. Neurocognitive function has yet to be recognized as one of the factors that can influence adolescents in making decisions to commit self harm.
7	Qonita et al. (2023)	Factors Driving Self Harm in Female Teenage Santri	a. Research design: Literature Review b. Place of research: - c. Sample Size: -	Young female students who live in boarding schools do not rule out the possibility of committing self-harm behavior. The factors that influence the occurrence of self-harm behavior include: emotion regulation, loneliness, anxiety, biological factors (genetic).
8	Anugrah et al. (2023)	Self Harm and Suicide in Adolescents	a. Research design: Literature Review b. Place of research: - c. Sample Size: -	Self harm behavior is one of the leading mental health problems among adolescents worldwide. This self-harm behavior is not physically dangerous but if it is separated from suicidal intentions. Forms of self harm behavior that are usually carried out by adolescents are slicing the skin, drinking poison, scratching, hitting the head against the wall, hitting themselves, and even burning themselves. Self harm behavior is influenced by several factors including: psychological, psychosocial, and sociodemographic factors.
9	Pohan and Sutejo (2022)	Self Harm Behavior in Depressed Adolescents	a. Research design: Literature Review b. Place of research: - c. Sample Size: -	This self harm behavior is mostly carried out by adolescents as a form of expressing negative or uncomfortable feelings felt by adolescents in the form of self-harm and leads to suicidal behavior. The factors that cause self harm are the loneliness experienced by adolescents, the pressure that is felt and cannot be overcome, adverse events, social status.
10	Thessalonika and Nuliana (2021)	Self-harm behavior by adolescents	a. Research design: Literature Review b. Place of research: - c. Sample Size: -	Self harm behavior is defined as a form of behavior that is carried out due to emotional distress or pain that is felt which is vented in the form of making injuries to the limbs. The most common self harm behavior done by adolescents is in the form of cutting their arms using razor blades. Factors that influence self harm behavior include: a). Internal factors (response from hatred,

No.	Authorship	Research Title	Research Method	Results
				parenting, parental communication patterns, insecurity, low self-esteem. b). External factors (prioritizing others in their activities, social relationships and communication with others.

RQ1: Research design used in research methodology

In the data analysis related to research question (RQ1) regarding the research design used, the results obtained grouping articles/journals according to research design. Based on the findings of the 10 journals taken as references, all of them use the methodology of literature review.

RQ2: What is self-harm in adolescents, and the forms of self-harm that are often committed by adolescents?

In RQ2 (Research Question 2) regarding self-harm behavior in adolescents and forms of self-harm that are often done by adolescents, as follows.

Table 4. Self-Harm Behavior in Adolescents and Forms of Self-Harm Often Performed by Adolescents

No.	Self harm behavior and forms of self harm	Research Articles/Journals	Total
1	Conscious or unconscious self-harming behavior	(2), (3), (4), (5)	4
2	Self-injurious behavior that is an emotional response	(1), (7), (9), (10)	4
3	Incision (slicing of the arm) on a limb	(2), (3), (8), (9), (10)	5
4	Scratching yourself	(8)	1
5	Banging your head against the wall	(8)	1
6	Drug abuse	(3), (4)	2
7	Tattoos and piercings	(3),	1
8	Cutting off limbs	(4)	1
9	Self-burning	(4), (8)	2
10	Self-poisoning	(3), (8)	2

RQ3: What factors influence the occurrence of self-harm in adolescents between 2020 - 2024

In RQ3 (Research Question 3) regarding what factors influence the occurrence of self-harm in adolescents between 2020 and 2024, as follows.

Table 5. Factors that influence the occurrence of self-harm behavior in adolescents

No.	Factors that influence the occurrence of self-harm behavior in adolescents	Research Articles/Journals	Total
Internal Factors			
1	Personality	(1)	1
2	Anxious	(8), (9)	2
3	Anger and guilt	(3), (5), (7)	3
4	Sad	(7), (9)	2
5	Trauma	(9)	1
6	A sense of loss	(3)	1
7	Not confident	(3), (10)	2
8	Loneliness	(1), (3), (6), (7)	4
9	Feeling Failed	(3), (5)	2
10	Low self-esteem	(5), (6), (10)	3
11	Parental neglect	(5)	1
12	Communication	(2), (5), (10)	3
13	Anxiety, Stress and depression	(6), (7), (8)	3
14	Bipolar disorder and psychosocial issues	(6), (8)	2

No.	Factors that influence the occurrence of self-harm behavior in adolescents	Research Articles/Journals	Total
15	Gender	(5)	1
16	Skin color	(8)	1
17	Hatred	(3), (9), (10)	3
18	Parenting	(2), (5), (10)	3
19	Genetic	(7)	1
20	Putting others first	(10)	1
External factors			
1	Bullying	(4), (6),	2
2	Failure in social relationships	(1), (3), (4),	3
3	Social and economic status	(4), (9),	2
4	Victims of sexual harassment	(6)	1
5	Use of internet, media, and cell phones	(2), (3),	2
6	Rejection from peers	(1), (2),	2

Based on the data above, self-harming behavior is a form of self-harming activity that is carried out consciously (intentionally) or not as a response to negative emotional expressions felt by adolescents. Forms of self-harm behavior can include cutting (razor blades) limbs, scratching, banging heads, cutting, burning, drug abuse, tattooing and piercing, and even poisoning themselves.

Factors that influence the occurrence of self-harm behavior based on data analysis from 10 journals that have passed the selection are divided into 2 types:

1. Internal factors include loneliness, anxiety, anger and guilt, stress and depression, communication problems, low self-esteem, no self-confidence, bipolar disorder and psychosocial problems, parenting, resentment, gender, skin color, personality, trauma, loss, genetics, feeling like a failure, parental neglect, putting others first, sadness.
2. External factors include bullying, failure in social relationships, social and economic status, difficulties at school or work, victims of sexual harassment, use of the internet, media, and cell phones, and rejection from peers.

DISCUSSION

Self-harming behavior is a serious problem in Indonesia and is always increasing. From the 10 relevant and eligible journals above, it explains that this self-harm behavior is a form of expression of adolescents' painful feelings towards all forms of things faced during their growth and development process in the form of self-harm without any intention to commit suicide. This statement is in line with the results of research from Hanan et al. (2024), Wryeza and Luh Kadek (2024), Mil et al. (2024), Widyaningrum and Mega (2024), Qonita et al. (2023), Pohan and Sutejo (2022), and Thesalonika and Nuliana (2021), which explain that self-harm behavior is carried out by adolescents who experience negative emotional feelings intentionally without any desire to commit suicide.

Forms of self-harm behavior that are often carried out by adolescents are: self-mutilation, scratching, head banging, cutting, burning, drug abuse, tattooing and piercing, and even self-poisoning Hanan et al (2024), Wryeza and Luh Kadek (2024), Mil et al. (2024), Widyaningrum and Mega (2024), Qonita et al. (2023), Pohan and Sutejo (2022), Thesalonika and Nuliana (2021), Anugrah et al. (2023), and Hariati (2024).

Loneliness

Adolescents experience loneliness more often with a result of about 25% than children and experience feelings of loneliness every day. Loneliness experienced by adolescents is an

unfavorable emotional response, and if felt continuously, it can lead to anxiety, despair, depression, dissatisfaction, and other forms of negative feelings. This will have an impact on adolescent development (Yudhaningrum, 2020). Thesalonika and Nuliana (2021) explain that the reason most often expressed by adolescents to do self-harm is that adolescents feel lonely. This happens because adolescent individuals feel ostracized and fail to make social connections.

Anxiety, anger, and sadness

Anxiety, anger, and sadness are forms of negative emotions that arise in adolescents who tend to be suppressed so as not to be shown on the surface, so that they look for alternatives to express negative feelings in the form of self-harm behavior (Wryeza et al., 2024).

Guilt and low self-esteem

Feelings of guilt experienced by adolescents arise due to negative emotions that come from self-awareness, reflection, and evaluation of behaviors that should not be done by adolescents but appear suddenly due to the impetus of incompatible events between behavior and values, norms, and morals in society (Utami and Martha, 2016). Sometimes this guilt is experienced by some adolescents for a longer period of time. Guilt that continues and deepens is referred to as a guilt complex. Guilt complex can stimulate the emergence of low self-esteem and shame towards oneself (Dr. Firdaus, 2019). This low self-esteem can trigger self-harm behavior (Putri and Eko, 2020).

Parenting and Parental Neglect

Overprotective and permissive parenting patterns trigger the emergence of self-harm behavior in adolescents (Widyaningrum and Mega, 2024). Anugrah et al. (2023) explain that forms of parenting that tend to intervene in the formation and activities of adolescents, expectations that are too high for adolescents, strict rules and protection, and parental neglect have an important role in stimulating the emergence of self-harm behavior in adolescents. Likewise, the condition of the parents' household that is not harmonious can also cause self-harm.

Communication

In this case, the communication pattern between adolescents and parents is especially important. Wryeza et al. (2024) explained that the lack of communication between children and parents makes it difficult for adolescents to find solutions to the problems they face, so that in the end, they choose to engage in self-harming behavior as an alternative to venting adolescent emotions. Communication patterns with a consensual model where parents encourage adolescents to be more open to parents so that they can control adolescents, prevent conflict, and reduce the desire for self-harm behavior in children (Thesalonika and Nuliana, 2021).

Gender and Skin Color

In research by Anugrah et al. (2023), it was explained that the incidence of self-harm in adolescent girls is higher than that of boys. This is because adolescent girls have more difficulty in solving problems and have not been able to get social support from people in their environment (Widyaningrum and Mega, 2024). Anugrah et al. (2023) added that in skin color, adolescents who have white skin color tend to engage in more self-harm behavior.

This may be related to the way women's problem-solving tends to be more difficult than men's and to less social support from those around them.

Use of the internet, media, and cell phones

Diane et al. in Widaywati and Afif (2024) explain that social media is one of the causes that can lead to self-harm behavior. This happens because of the existence of social media that displays self-harm behavior, which will become a role model for adolescents because adolescents tend to have an attitude of imitating what they see.

Bullying

Bullying that occurs in adolescents has an impact on the ability of adolescents to control the negative emotions they feel. Adolescents who do not have skills in negative emotion management will find ways to vent emotions, judge themselves, and express these feelings, one of which is self-harm behavior (Putri and Dian, 2024).

Socioeconomic Status

Widyaningrum and Mega (2024) explained that the socio-economic status of parents will have an impact on children's acceptance in their environment, where it is not uncommon for status differences to still be a differentiator in the friendship environment.

Failure in social relationships and rejection from peers

Hay and Meldrum (2010) in Hanan et al. (2024) explain that adolescents engage in self-harm behavior due to failure in social relationships and negative feelings. Friend support has a significant role in the stages of adolescent development, where rejection from friends who eventually experience loneliness can cause self-harming behavior (Hanan et al., 2024).

Victims of Sexual Harassment

Widyaningrum and Mega (2024) explained that victims of sexual harassment can trigger self-harm behavior in adolescents.

CONCLUSION

Self-harm behavior in adolescents is often done just to vent negative emotions in the form of cuts, scratches, head banging, self-burning, tattoos, piercings, and others, intentionally (consciously) or unintentionally. Factors that cause self-harm behavior can be divided into two types, namely internal factors (Loneliness, Feelings of anxiety, Anger and guilt, Stress and depression, Communication problems, Low self-esteem, No self-confidence, Bipolar disorder and psychosocial problems, Parenting, Resentment, Gender, Skin color, Personality, Trauma, Loss, Genetics, Feeling of failure, Parental neglect, Putting others first, Sadness), and external factors (bullying, failure in social relationships, Social and economic status, Difficulties at school or work, Victim of sexual harassment, Use of internet, media, and cell phones, Rejection from peers).

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