



Increasing Self-Compassion and Self-Regulation in Adolescents to Prevent Self-Injury

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Abstract

The purpose of this research is to determine the influence of self-compassion and self-regulation on the proclivity to self-injury in teenage junior high school students in Surabaya, East Java, Indonesia. The study sample size was 319 people. The self-injury inclination scale, self-compassion scale, and self-regulation scale were employed. SPSS-assisted multiple regression is a data analysis approach. The findings revealed that: 1) the known Sig. (2-tailed) value between self-compassion (X1) and self-injury (Y) tendency was 0.00 0.05, indicating a significant correlation between self-compassion variables and self-injury tendency variables; 2) has a Sig. (2-tailed) of 0.00 0.05 between self-compassion variables and the variable tendency of self-injury, indicating a significant correlation between self-regulation and self-injury tendency. The coefficient of determination, or R Square, is 0.779, which equals 77.9%. Thus, self-compassion and self-regulation work together to reduce the likelihood of self-injury by 77.9%. Other variables influenced 22.1% of the results.

Keywords: Multiple regression, self-injury, self-compassion, self-regulation

Introduction

Adolescence still has a lot to discover about various facets of life. The awareness and appreciation a person has of himself and the physical, social, and cultural surroundings. It turns out that adolescence is a fairly fundamental aspect of personality and has a significant impact on how he will behave as an adult. Adolescence is thus, on the one hand, a stage in the maturation of the human psyche that serves as a transition from the childhood stage to the adult stage. Researchers are primarily interested in studying adolescents who purposefully damage themselves since doing so considerably increases the chance of suicide (e.g., Hawton Zahl, Weatherall, & Owens, 2003; Horrocks, Owens, & House, 2002) and because self-harm is linked to a number of psychological illnesses.

People who struggle with life issues and social issues, such as being the target of bullying at school or feeling under pressure from others, are more likely to engage in self-injurious conduct. Conflicts with loved ones, romantic partners, or close friends, as well as sexual identity difficulties, can also lead to self-harming behavior. Sufferers would believe that by harming themselves, they might remind themselves that they are still alive and experience emotions similar to those of other people.

Self-harmers frequently have no recognizable symptoms. He typically engages in this self-harm behavior alone, away from public view. Self-injurious behavior puts one's life in danger and raises the possibility of suicide. Self-injury offenders frequently require hospitalization due to their careless actions,

or they may pass away or become permanently disabled as a result.

Nock (in Estefan and Wijaya, 2014) stated that there are 4 (four) main reasons for a person to self-injure, including to relieve tension or stop bad feelings, feel something, even pain, to communicate with others and show that individuals suffer a lot, and to make others stop bothering him. It was determined that the ability to control oneself or practice self regulation is a factor in self-injurious conduct. The capacity for self-love (self-compassion) affects a person's propensity to self-harm or self-injury.

When a teen has self-compassion, they tend to enable personality quirks to coexist with a calmer attitude, which makes it easier for them to understand their own emotions. Teenagers will ignore and deny the condition they are experiencing, however, if they lack self-compassion. Additionally, self-compassion is crucial in assisting teenagers to avoid negative ideas when they feel helpless, fail at something, and search for a way to ease their misery. On the other hand, they don't usually overstate it, which keeps them in trouble longer. Self-kindness, selfjudgment, common humanity, isolation, mindfulness, and over-identification are some of the elements of self-compassion. The welfare of others in daily life will be affected by one's ability to be compassionate toward or toward oneself. People are not prone to punishing themselves by feeling resentment, embarrassment, or envy (Armstrong, 2010).

Students must be independent and have a strong sense of self in order to deal with a variety of issues. Self-regulation is the process through which students implement methods by controlling their own cognition, metacognition, and motivation. One's capacity to activate and support repetitively planned, methodical, and repetitious thoughts (cognition), feelings (affection), and actions (actions) that are focused on reaching a goal is demonstrated by their level of self-regulation.

Material and Methods

This research design falls under the category of cross-sectional research because all variables are tested simultaneously on a sample or population. Self-comparison (X1), self-regulation (X2), and tendency to self-injure (Y) were the three variables examined. 319 junior high school students from various Surabaya schools made up the research sample. The self-injury propensity scale, which has 24 items with a reliability coefficient of 0.89, the self-compassion scale, which has 20 items with a reliability coefficient of 0.86, and the self-regulation scale, which has 18 items with a reliability coefficient of 0.76, are the three instruments that were used. Multiple regression is the data analysis method employed through the SPSS software.

Results and Discussion

In situations where other independent factors are controlled, this study uses partial correlation analysis to find the direct correlation between independent and dependent variables. To confirm the importance of the correlation between the dependent and independent variables, single and simultaneous correlation calculations are carried out prior to computing partial correlation.

This association study looked at how self-control and self-compliance impacted pupils at Surabaya Junior High School's propensity for self-harm. The following table displays the correlation between the study's variables.

Table 1: Correlations of All Variables

		Selfcompassion (X1)	Selfregulation (X2)	Selfinjury (Y)
selfcompassion (X1)	Pearson Correlation	1	.446**	-.883**
	Sig. (2-tailed)		.000	.000
	N	319	319	319
selfinjury (Y)	Pearson Correlation	-.883**	-.398**	1
	Sig. (2-tailed)	.000	.000	
	N	319	319	319

Correlation is significant at the 0.01 level (2-tailed).

According to the above table, self-compassion is adversely connected with a propensity for self-injury, with a correlation coefficient of -0.883. H0 is rejected because of this association since Sig. (2-tailed) is 0.00 < 0.05. As a result, it may be concluded that the likelihood of self-harm is strongly inversely connected with self-compassion. That is, the tendency to harm oneself decreases as self-compassion increases.

With a correlation value of -0.398 and a Sig. (2-tailed) of 0.00 < 0.05, it is also evident from the correlation table above that there is a substantial negative association between self-

regulation and self-injury inclinations, rejecting H0. Thus, it may be claimed that the likelihood of self-harm is negatively connected with self-regulation. That is, the tendency to harm oneself decreases as self-regulation increases.

The impact of self-regulation and self-compassion on self-injury inclinations was also investigated in this study. The following regression analysis summary table displays the linear regression equation:

Conclusion

Following up on these findings, numerous significant conclusions were drawn following data analysis and debate. The likelihood of self-injury is significantly inversely correlated with self-compassion, to start. This indicates that a person's propensity for self-harm decreases with increased levels of self-compassion.

Second, there is a link between self-regulation and a propensity for self-harm that is unfavorable. This indicates that a person's propensity to harm oneself decreases with increased self-regulation.

Last but not least, self-compassion and self-regulation were the two independent factors that significantly influenced self-injury tendencies, with a F count of 557.953 higher than the F of the table. The r² (r square) test revealed that self-compassion and self-control contributed 77.9% and 22.1%, respectively, to self-injury tendencies affected by other variables. Thus, enhancing self-compassion and self-regulation might be learned or advised in order to prevent self-injury inclinations.

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