



THE RELATIONSHIP OF ANXIETY AND SELF-HARM TENDENCIES IN FINAL YEAR STUDENTS

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ABSTRACT

Final year students often experience high academic pressure which can cause anxiety, if not handled it can lead to self-harm behavior. Therefore, this study aims to determine the relationship between anxiety and self-harm tendencies in final year students at the Faculty of Health Sciences, Muhammadiyah University of Surakarta. The instruments used in this research were the Zung Self Rating Anxiety Scale and Self-Harm Inventory with validity and reliability values between 0.397-0.906. Respondents in this study involved final year students from the Faculty of Health Sciences, Muhammadiyah University of Surakarta, totaling 246 students using purposive sampling techniques. The research results show that there is a relationship between anxiety and self-harm behavior in final year students, with a significant value (p -value) = 0.000, which shows a weak correlation with a value of $r = 0.493$. Using the Spearman Rho test, the results of research conducted by researchers show a significant relationship between anxiety and self-harm tendencies in final year students. In conclusion, the higher the level of anxiety, the greater the possibility of students committing self-harm.

Keywords: anxiety; self-harm; students

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INTRODUCTION

According to Article 74 of Law number 17 of 2023, mental health is a condition in which a person can develop physically, mentally, spiritually and socially so that they are aware of their own abilities, can overcome stress, can work productively, and are able to provide contribution to their community. Adequate mental health will directly affect an individual's health, so it is very important to provide appropriate screening before problems worsen, especially anxiety (Windarwati et al., 2023). Anxiety is a feeling of fear about something that is caused because the individual feels threatened by the existence of something (Lutfian et al., 2022). The inability to overcome anxiety will have a serious impact on an individual's mental well-being (Setyananda et al., 2021). So it can be concluded that mental health, especially those related to anxiety, can affect an individual's mental well-being if they cannot control or overcome it.

Anxiety is the most common mental disorder with the highest percentage (Suhartini et al., 2022). The results of the 2013 Riset Kesehatan Dasar (Rikesdas) show that around 14 million people in Indonesia, or 6% of the population aged 15 years, experience mental emotional disorders and symptoms of anxiety (DepkesRI, 2014). According to 2018 Riset Kesehatan Dasar (Rikesdas) data, emotional mental disorders with symptoms of depression and anxiety are very common among people aged 15 to 24 years. There is a 6.2% percentage of depression, which has the potential to lead to suicide or self-harm (Rikesdas, 2018). Based on these data, it can be seen that there was an increase from the 2013 to 2018 Rikesdas of 2%, so it is necessary to conduct research on the variables that affect a person's mental health,

especially anxiety that refers to cases of self-harm or suicide. As many as 80-90% of cases that occur in 10,000 people or equivalent to one suicide case every hour due to depression or anxiety (Handayani et al., 2022). A higher level of education places greater pressure on students which can increase feelings of anxiety (Asif et al., 2020). Final year students experience anxiety at all universities in Indonesia, including health students who understand health (Naspufah, 2022).

Anxiety describes a state of worry, restlessness, and discomfort which can be accompanied by various physical complaints (Tamah et al., 2019). Excessive or continuous anxiety will become a serious problem and will affect a person's mental well-being (Rahmy & Muslimahayati, 2021). Almost everyone will experience anxiety at some point in their life (Yuniartika et al., 2023). Previous research shows that students with high levels of anxiety tend to experience difficulties in solving problems during lectures (Asif et al., 2020). The impact of other experiences of anxiety can vary, for example self-harm or attempted suicide (Patsali et al., 2020). Self-harm is a psychological term which means a person's behavior of hurting and injuring themselves regardless of whether or not there is a desire to commit suicide by using various methods (Kusumadewi et al., 2020). According to a survey conducted by You Gov Omnibus in 2019 of 1,018 Indonesians, it was found that 36% of Indonesians had experienced self-harm. This self-harm phenomenon is often found among young people. Data shows that 7% of young Indonesians often injure themselves, with a prevalence of more than two in five people (45%) having injured themselves (Al-Haya & Alfuruqy, 2024). Behavior self-harm is a form of self-harm such as hurting and injuring oneself which is carried out with the aim of overcoming painful feelings or emotional stress without the desire to die (Tarigan & Apsari, 2022). The actions taken aim to calm the unpleasant feelings that arise from the problems felt within him. Someone who is unable to express what they are facing with words or other activities, usually tries to relieve their emotional feelings by hurting and injuring themselves (Faried et al., 2019).

Final year students often experience high academic pressure which can cause anxiety (Djoar & Anggarani, 2024). It is very normal to feel anxious when in a stressful or threatening situation (Safaniah & Yuniartika, 2024). Anxiety that is not treated will become a risk factor for committing self-harm or self-harm behavior. This is the reason why this research aims to determine the relationship between anxiety and self-harm tendencies in final year students at the Faculty of Health Sciences, University Muhammadiyah of Surakarta.

METHOD

This research uses a quantitative approach based on data collection, interpretation and presentation of research findings through graphs, tables or charts. Participants will be asked about variables using a questionnaire (Mailaffayza & Arbi, 2023). The instruments used in this research were the Zung Self Rating Anxiety Scale and Self-Harm Inventory with validity and reliability values between 0.397-0.906. Respondents in this study involved final year students from the Faculty of Health Sciences, Muhammadiyah University of Surakarta, totaling 246 students using purposive sampling techniques. This research uses univariate analysis and bivariate analysis using the Spearman-Rho correlation test. The ethical principles applied in this research are anonymity, confidentiality, balancing harm and benefits, and justice. Data analysis is carried out when all the data research has been successfully collected from respondents.

RESULTS

The results of this research are data on respondent characteristic and the results of univariate analysis and bivariate analysis

Table 1.
Respondent Characteristics (n=246)

Respondent Characteristics		f	%
Gender	Man	30	12.2
	Woman	216	87.8
Age	19 years	3	1.2
	20 years	86	35.0
	21 years	130	52.8
	22 years	25	10.2
	23 years	2	0.8
The People Jobs	Swasta	111	45.1
	PNS	86	35.0
	Lainnya	49	19.9
Organization	Active	72	29.3
	No	174	70.7
Friend Support	Support	238	96.7
	Not Supported	8	3.3

Table 1 shows that the respondents involved in this research were 246 final year students of the Faculty of Health Sciences, Muhammadiyah University of Surakarta. The majority of respondents were female (87.8%), with domination aged 21 years (52.8%), parent's work as private employees (45.1%), inactive organizational activity (70.7%), and support from friends (96.7%).

Table 2.
Univariate Analysis (n=246)

Univariate Analysis		f	%
Axienty	No Axienty	210	85.4
	Mild Axienty	29	11.8
	Moderate Axienty	7	2.8
	Severe Axienty	0	0
Self-Harm Behavior	Not self-harm	194	78.9
	Mild Self-harm	41	16.7
	Severe Self-harm	11	4.5

Table 2 shows that the majority of final year students have no anxiety (85.4%) and no behavior self-harm the majority of final year students do not self-harm (78.9%).

Table 3.
Bivariate Analysis (n=246)

Anxiety	Behavior self-harm			Total	P Value	R
	Not self-harm	Mild Self-harm	Severe Self-harm			
Not Anxiety	180	25	5	210	0,000	0,493
Mild Anxiety	9	16	4	29		
Moderate Anxiety	5	0	2	7		
Severe Anxiety	0	0	0	0		

Table 3 shows that the relationship between anxiety and tendencies self-harm final year students showed no anxiety or no self-harm as many as 180 respondents, self-harm mild as many as 25 respondents, and self-harm weight as many as 5 respondents. Then for mild anxiety and not self-harm 9 respondents, self-harm mild as many as 16 respondents and self-harm weight as many as 4 respondents. Then for moderate and no anxiety self-harm 5 respondents, self-harm light no and self-harm 2 respondents had severe anxiety, for severe anxiety there was none at all. There is a relationship between anxiety and self-harm behavior in final year students with a significant value ($p\text{-value} = 0.000 < \alpha 0.05$) with a weak correlation, namely $r = 0.493$.

DISCUSSION

Final year students often face situations and problems that cause anxiety and difficulties, such as working on a thesis or final assignment. These tasks are considered the most challenging challenges during college, so they can cause stress and anxiety (Dinanty & Prihartanti, 2024). According to research conducted by (Siregar, 2024) symptoms of anxiety include feelings of fear, anxiety and excessive worry about certain situations or objects. To understand anxiety, it is important to look at its underlying mechanisms involving the perception of threat and uncertainty. According to research conducted by (Zalukhu & Rantung, 2020) it shows that the impacts that can arise from anxiety include unreasonable fear, worry and anxiety, which can lead to withdrawal from the environment, difficulty concentrating in activities, difficulty eating, irritability, decreased control emotions, difficulty sleeping, and difficulty thinking.

Students in young adulthood often face situations and problems that cause distress and difficulty, causing students to become stressed and take action self-harm (Shafira & Hargiana, 2022). This self-harm action aims to vent and reduce the negative emotions felt within the individual (Patra et al., 2023). According to research conducted by (Matud et al., 2020) shows that individuals aged between 18 and 29 years are at higher risk of experiencing mental disorders. This is not only caused by the inability to control and regulate emotions, but is also influenced by the students own personality. According to National Alliance on Mental Illness in 2009, one of the consequences of emotional disorders that is common in the country is the occurrence of self-harm, with or without the intention to end life (Shafira & Hargiana, 2022). According to research (Verenisa et al., 2021) found that stopping bad feelings, punishing yourself, and avoiding unpleasant behavior are the reasons most students engage in self-harm behavior. Students who carry out self-harm at a mild level do not rule out the possibility that they are doing this as a way to deal with the stress they are experiencing (Sembiring & Mustikasari, 2024).

According to research conducted by (Paramita, 2024) the results showed that the causes of behavior self-harm students is their attempt to overcome their negative emotions, such as depression, stress and anxiety that they experience as a result of the various problems they face. Some of these problems include disharmony in the family, lack of attention or affection from the family, having problems with other people such as in romantic relationships or friendships, and experiencing academic pressure such as not understanding courses correctly. This is also in line with research conducted by (Shafira & Hargiana, 2022) which showed that the majority of nursing students in their research were women in the young adult age or phaseemerging adulthood experiencing self-harm behavior, such as self-harm, suicide attempts, suicide threats, and suicidal thoughts. In this category, the level of behavior self-harm higher compared to other categories.

Based on research conducted by researchers, the results showed that there was a correlation between anxiety and the tendency to self-harm in final year students at the faculty of health sciences, Muhammadiyah University of Surakarta. This is in line with research conducted by (Darwin et al., 2023) the results showed that there is a strong positive correlation between anxiety levels and behavior non-suicidal self-injury. This is in line with research conducted by (Rossianah, 2024) that the higher the level of anxiety, the more likely they are to commit acts of self-harm and conversely, if the level of anxiety experienced is low then the tendency to engage in self-harming behavior will also be low.

CONCLUSION

The results of the research that has been carried out by researchers by conducting univariate statistical tests and bivariate to test the relationship between anxiety and the tendency selfharm produces anxiety in final year students, the majority of whom have no anxiety (85.4%), behavior self harm in final year students, the majority did not self-harm (78.9%) and for the test spearman rho the result obtained is the value (p-value) $0.000 < \alpha 0.05$ with a weak correlation, namely the value $r = 0.493$, which means that H_0 is rejected, this implying that there is a positive or meaningful relationship between anxiety and the tendency self-harm in final year students. So it can be concluded that the higher the level of anxiety, the higher the tendency to take action self-harm.

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