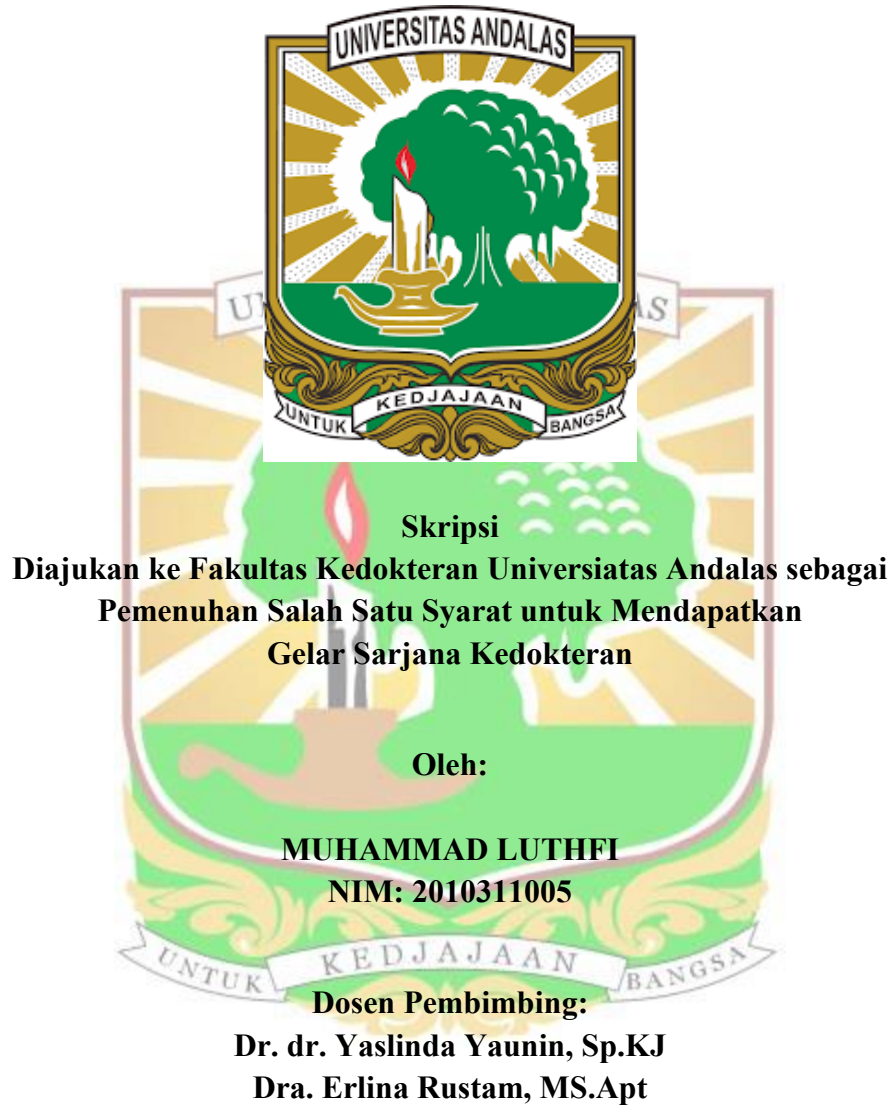


**PREVALENSI DAN FAKTOR RISIKO *SELF-INJURY* PADA MAHASISWA  
FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS  
ANGKATAN 2021 DAN 2022**



**FAKULTAS KEDOKTERAN  
UNIVERSITAS ANDALAS  
PADANG  
2024**

## ABSTRACT

### *Prevalence and Risk Factors for Self-Injury in Faculty of Medicine Students of Andalas University Batches 2021 and 2022*

By

**Muhammad Luthfi, Yaslinda Yaunin, Erlina Rustam, Rini Gusya Liza, Ilmiawati, Yulistini**

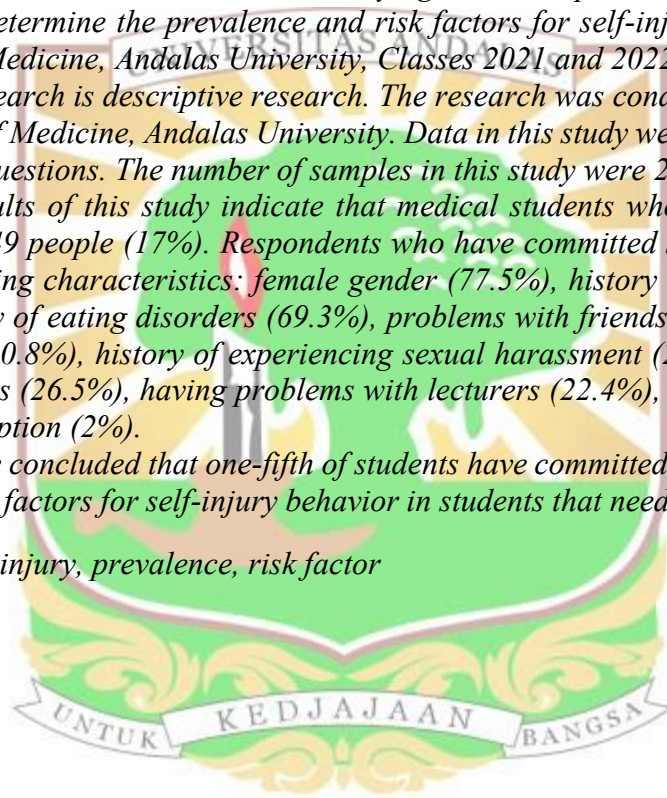
*Self-injury is a mental health disorder experienced by many adolescents and young adults. Risk factors that can encourage self-injury behavior are gender, age, behavioral disorders, mental disorders, bullying, and interpersonal problems. This study aims to determine the prevalence and risk factors for self-injury in students of the Faculty of Medicine, Andalas University, Classes 2021 and 2022.*

*This research is descriptive research. The research was conducted on students of the Faculty of Medicine, Andalas University. Data in this study were collected using questionnaire questions. The number of samples in this study were 288 students.*

*The results of this study indicate that medical students who have committed self-injury are 49 people (17%). Respondents who have committed self-injury tend to have the following characteristics: female gender (77.5%), history of sleep disorders (79.6%), history of eating disorders (69.3%), problems with friends (49%), history of being bullied (40.8%), history of experiencing sexual harassment (26.5%), history of mental disorders (26.5%), having problems with lecturers (22.4%), smoking (10.2%), alcohol consumption (2%).*

*It can be concluded that one-fifth of students have committed self-injury. There are various risk factors for self-injury behavior in students that need to be considered.*

**Keywords:** *Self-injury, prevalence, risk factor*



## ABSTRAK

### Prevalensi dan Faktor Risiko *Self-Injury* pada Mahasiswa Fakultas Kedokteran Universitas Andalas Angkatan 2021 dan 2022

Oleh  
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*Self-injury* merupakan gangguan kesehatan mental yang banyak dialami oleh remaja dan dewasa muda. Faktor risiko yang dapat mendorong terjadinya perilaku *self-injury* yaitu jenis kelamin, usia, gangguan perilaku, gangguan mental, perundungan, dan permasalahan interpersonal. Penelitian ini bertujuan untuk mengetahui prevalensi dan faktor risiko *self-injury* pada mahasiswa Fakultas Kedokteran Universitas Andalas Angkatan 2021 dan 2022.

Penelitian ini merupakan penelitian deskriptif. Penelitian dilakukan pada mahasiswa Fakultas Kedokteran Universitas Andalas. Data pada penelitian ini dikumpulkan dengan menggunakan pertanyaan kuesioner. Jumlah sampel pada penelitian ini sebanyak 288 orang mahasiswa.

Hasil penelitian ini menunjukkan bahwa mahasiswa kedokteran yang pernah melakukan *self-injury* sebanyak 49 orang (17%). Responden yang pernah melakukan *self-injury* cenderung memiliki karakteristik berikut, yaitu berjenis kelamin perempuan (77,5%), riwayat gangguan tidur (79,6%), riwayat gangguan makan (69,3%), permasalahan dengan teman (49%), riwayat mengalami perundungan (40,8%), riwayat mengalami pelecehan seksual (26,5%), riwayat gangguan mntal (26,5%), memiliki permasalahan dengan dosen (22,4%), merokok (10,2%), konsumsi alkohol (2%).

Dapat disimpulkan bahwa seperlima mahasiswa pernah melakukan tindakan *self-injury*. Terdapat berbagai faktor risiko perilaku *self-injury* pada mahasiswa yang perlu diperhatikan.

**Kata Kunci:** *Self-injury*, prevalensi, faktor risiko