

SKRIPSI

**HUBUNGAN *PARENTAL ATTACHMENT* DENGAN *SELF-HARM* PADA
SISWA MAN 2 KOTA PADANG**

Penelitian Keperawatan Jiwa Komunitas



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Hubungan *Parental attachment* dengan *Self-harm* pada Siswa Man 2 Kota Padang

ABSTRAK

Self-harm pada remaja merupakan salah satu permasalahan psikologis yang perlu mendapat perhatian serius karena dapat berdampak negatif terhadap kesehatan mental dan perkembangan individu. Salah satu faktor yang diduga berhubungan dengan *self-harm* adalah *parental attachment*. Penelitian ini bertujuan untuk mengetahui hubungan antara *parental attachment* dengan *self-harm* pada siswa kelas XII MAN 2 Kota Padang. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek penelitian berjumlah 208 siswa kelas XII MAN 2 Kota Padang yang dipilih menggunakan teknik *propotional stratified random sampling*. Instrumen yang digunakan dalam penelitian ini adalah *Inventory of Peer and Parental attachment* (IPPA) untuk mengukur *parental attachment* dan *Self-harm Inventory* (SHI) untuk mengukur *self-harm*. Analisis data dilakukan menggunakan uji *korelasi Spearman's rank rho*. Hasil analisis menunjukkan adanya hubungan negatif yang signifikan antara *parental attachment* dan *self-harm* dengan nilai koefisien korelasi sebesar $r_s = -0,343$ dan nilai signifikansi $p = 0,000$ ($p < 0,005$). Temuan ini menunjukkan bahwa semakin tinggi tingkat *parental attachment*, maka semakin rendah kecenderungan *self-harm* pada siswa. Dengan demikian, *parental attachment* memiliki peran penting dalam menurunkan risiko *self-harm* pada remaja. Hasil penelitian ini diharapkan dapat menjadi dasar bagi orang tua dan pihak sekolah dalam upaya pencegahan *self-harm* melalui penguatan hubungan emosional antara orang tua dan anak.

Kata kunci: *parental attachment*, *self-harm*, remaja, siswa MAN

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The Relationship Between Parental attachment and Self-harm Among Students of MAN 2 Kota Padang

ABSTRACT

Self-harm among adolescents is a psychological problem that requires serious attention because it can negatively affect mental health and individual development. One factor that is assumed to be related to self-harm is parental attachment. This study aimed to examine the relationship between parental attachment and self-harm among twelfth-grade students of Islamic Senior High School 2 Kota Padang. This study employed a quantitative approach with a correlational design. The research subjects consisted of 208 twelfth-grade students of Islamic Senior High School 2 Kota Padang who were selected using a proportional stratified random sampling technique. The instruments used in this study were the Inventory of Peer and Parental attachment (IPPA) to measure parental attachment and the Self-harm Inventory (SHI) to measure self-harm behavior. Data were analyzed using Spearman's rank rho correlation test. The results showed a significant negative relationship between parental attachment and self-harm, with a correlation coefficient of $r_s = -0.343$ and a significance value of $p = 0.000$ ($p < 0.05$). These findings indicate that higher levels of parental attachment are associated with lower tendencies of self-harm among students. Therefore, parental attachment plays an important role in reducing the risk of self-harm in adolescents. The results of this study are expected to serve as a basis for parents and schools in preventing self-harm through strengthening emotional relationships between parents and children.

Keywords: parental attachment, self-harm, adolescents, Islamic Senior High School students