

SKRIPSI

**HUBUNGAN STRES AKADEMIK DAN RESILIENSI DENGAN PERILAKU
SELF-HARM PADA MAHASISWA KEPERAWATAN UNIVERSITAS
ANDALAS**

Penelitian Keperawatan Jiwa



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Hubungan Stres Akademik dan Resiliensi dengan Perilaku *Self-Harm* Pada
Mahasiswa Keperawatan Universitas Andalas

ABSTRAK

Self-harm adalah perilaku menyakiti diri tanpa adanya ide bunuh diri yang dipengaruhi oleh berbagai faktor resiko, salah satunya stres akademik. stres yang tidak diimbangi dengan resiliensi yang baik dapat meningkatkan kecenderungan *self-harm* sebagai koping maladaptif. Penelitian ini bertujuan untuk mengetahui hubungan stres akademik dan resiliensi dengan perilaku *self-harm* pada mahasiswa Keperawatan Universitas Andalas. Penelitian ini menggunakan pendekatan *cross sectional* pada mahasiswa Keperawatan Universitas Andalas dengan sampel 452 responden menggunakan teknik *Incidental Sampling*. Instrument yang digunakan dalam penelitian ini adalah *The Perception of Academic Stress Scale* (PASS), *Connor Davidson-Resilience Scale* (CD-RISC) dan *Self Harm Inventory* (SHI). Analisis data menggunakan uji rank spearman. Hasil penelitian didapatkan nilai tengah stres akademik (55,00), resiliensi (71,00) dan *self-harm* (0,50). Hasil penelitian menunjukkan adanya hubungan signifikan antara stres akademik dan perilaku *self-harm* ($p = 0,000$) dan ($r = 0,466$) yang artinya berkekuatan sedang dan arah positif. Semakin tinggi stres akademik maka semakin tinggi kecenderungan *self-harm*. Terdapat hubungan signifikan antara resiliensi dan perilaku *self-harm* ($p = 0,000$) dan ($r = -0,387$) yang artinya berkekuatan lemah dan arah negatif. Semakin tinggi resiliensi maka semakin rendah perilaku *self-harm*. Diharapkan mahasiswa mengelola stres akademik melalui perencanaan tugas dan manajemen waktu serta memperkuat kontrol diri melalui latihan regulasi emosi seperti latihan pernapasan atau *self-talk positif* untuk mencegah perilaku *self-harm*.

Kata Kunci: Mahasiswa Keperawatan, Resiliensi, *Self-Harm*, Stres Akademik

Daftar Pustaka: 93 (1984-2025)

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*The Relationship Between Academic Stress and Resilience with Self-Harm Behavior
in Nursing Students at Andalas University*

ABSTRACT

Self-harm is self-harming behavior without suicidal ideation, influenced by various risk factors, one of which is academic stress. Stress that is not balanced with good resilience can increase the tendency to self-harm as a maladaptive coping strategy.. This research aims to find out the relationship between academic stress and resilience with self-harm behaviour in nursing students of the University of Andalas. This study used a cross-sectional approach on nursing students of the University of Andalas with a sample of 452 respondents using the Incidental Sampling technique. The instruments used in this study were The Perception of Academic Stress Scale (PASS), the Connor Davidson-Resilience Scale (CD-RISC) and the Self Harm Inventory (SHI). The data analysis used the rank spearman test. The results obtained a median of academic stress (55.00), resilience (71.00) and self-harm (0.50). The results of the study showed a significant association between academic stress and self-harm behavior ($p = 0.000$) and ($r = 0.466$) meaning moderate strength and positive direction. The higher the academic stress, the higher the tendency to self-harm. There is a significant relationship between resilience and self-harm behavior ($p = 0.000$) and ($r = -0.387$) which means weak strength and negative direction. The higher the resilience, the lower the self-harm. Students are expected to manage academic stress through task planning and time management as well as strengthen self-control through emotion regulation exercises such as breathing exercises or positive self-talk to prevent self-harm behavior.

Keywords: Academic Stress, Nursing Students, Resilience, Self-Harm

Reference: 93 (1984-2025)