

SELF INJURY IN ADOLESCENTS THAT MAY DISTURB THE MENTAL HEALTH

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Abstract: The 2019 coronavirus disease (COVID-19) has greatly affected lives around the world. Isolation, contact restrictions, and economic shutdowns impose a complete change in the psychosocial environment in affected countries. Such actions have the potential to significantly threaten the mental health of children and adolescents. One of the impacts on mental health is doing self-injury. Self Injury is a form of behavior that is done by individuals to deal with pain emotionally by injuring themselves, done on purpose but not to commit suicide. Self Injury aims to change negative emotions into positive emotions in the perpetrator. The results showed that self-injury behavior, family background, and environment influence the formation of personality related to self-injury behavior, namely introvert personality, low self-esteem, rigid thought patterns, and difficulty communicating feelings. The form of self-injury that was carried out by the subject was cutting the wrists and pulling out large amounts of hair forcibly. Self-injury is carried out shortly after the perpetrator experiences an event that causes negative emotions and can occur as a result of a recalling process that causes negative emotions in a situation of solitude. Self-injury is an iceberg phenomenon that is common in the normal population and in patients who are clinically diagnosed as having mental disorders. This behavior has an increasing trend and can lead to suicide if not handled properly. Early detection and prevention of self-injury behavior are important to prevent premature death due to suicide.

Keywords: self injury, teenager, introvert, mental disorder, pandemic.

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INTRODUCTION

The age range for adolescents according to WHO provisions are 10-19 years. Regulation of the Minister of Health of the Republic of Indonesia number 25 of 2014 states that adolescents are residents aged 10-18 years. Meanwhile, based on BKKBN (2015) adolescents are someone aged 10-24 years and not married.

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Adolescent development consists of biological, cognitive, psychosocial, mental, and emotional development. Biological development such as brain development and hormones (Jahja, 2015).

Parents often do not know or understand the changes that have occurred so they do not realize that their child has grown into a teenager, no longer a child who is always being assisted (Fellinger et al., 2009). Parents become confused in dealing with the emotional and behavioral lability of adolescents so that it is not uncommon for conflicts to occur between the two. The existence of a protracted conflict is a stressor for adolescents that can cause a variety of complex problems both physical, psychological, and social, including education. This condition if not treated immediately can continue into adulthood and can develop into a more negative direction.

Adolescence is a stage in life where a person must adapt to many changes that can increase stress and affect the present and future. It is very important to be able to identify possible adverse risks early so that appropriate interventions to improve mental health can be provided to them.

Every individual has different problems as well as how to solve them. Some individuals can solve their problems well while some of these individuals are sometimes unable to solve the problems they are facing. The inability to solve problems causes distress. This distress can cause negative emotions or negative effects. For example sadness, disappointment, hopelessness, depression, helplessness, frustration, anger, revenge, and other negative emotions (Safaria and Saputra, 2009: 13).

There are many ways for someone to channel their emotions. Channeling emotions can be done positively or negatively. Examples of channeling emotions positively include doing activities that you like, such as sports, watching movies, going out with friends, reading books, or other positive activities. In contrast, some individuals choose to channel in negative ways, for example by consuming drugs, drinking alcoholic beverages, or by hurting themselves (Self Injury).

Self Injury is a form of behavior performed by individuals to deal with pain emotionally by injuring themselves, done on purpose but not to commit suicide. Self Injury is usually done as a form of outlet or channel of emotions that are too painful to express in words. This is by the opinion of Grantz (in Kanan et al, 2008: 68) that self-injury behavior is often seen as a way of managing emotions in which a person does not know how to express too painful feeling. If the self-injury continues, it will turn into an attempt to commit suicide

Individuals who injure themselves usually keep their self-injurious behavior a secret because they are ashamed and afraid of the assumption of other people who will judge them as stupid and are afraid that the people around them

will stay away from them (Maidah, 2013). Until now, many ordinary people think that self-injurious behavior is manipulative behavior and is only done to seek attention (Clarke and Whittaker, 1999).

According to Hartanto (in Romas (2012)), adolescents who have psychological disorders injure themselves are rarely known in general. Individuals feel ashamed to admit this psychological disorder. The reason for not admitting openly self-harm is because the individual has a closed or introverted personality. Personality factors with introvert personality types have a greater tendency to self-injury than extrovert personality types. This opinion is by research from Maidah (2013), which states that Self Injury behavior is influenced by family background and the environment that shapes personality. Personality related to Self Injury behavior is an introverted personality.

Self-injury behavior patterns are very dependent on a person's emotional condition. Besides, low self-esteem, rigid thought patterns, and difficulty communicating feelings are supporting factors for someone to do self-injury. The inability to communicate and express feelings can be self-defeating. One treatment that can be taken is expressive writing therapy.

Self injury committed by adolescents will interfere with their mental health, in which mental health or mental health is an important aspect in realizing overall health. Mental health is just as important as physical health. There is no health without mental health, as defined by the World Health Organization (WHO) that "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

According to the Mental Health Foundation in America (1999 in Dwivedi & Harper, 2004), mentally healthy children can; (a) develop psychologically, emotionally, creatively, intellectually, and spiritually; (b) takes the initiative, develops and maintains the continuity of satisfying personal relationships; (c) take advantage of the solitude and enjoy it; (e) become aware of others and empathize with them; (f) play and learn; (g) develop a sense of right and wrong and (h) deal with problems and adversities and learn from these events, in ways appropriate to their age.

Mental health is a fundamental component of the definition of health. Good mental health enables people to realize their potential, cope with the stresses of normal life, work productively, and contribute to their communities. Therefore, the existence of mental health disorders cannot be underestimated, because the number of cases at this time is still quite alarming.

Mental disorders are one of the global health challenges that have a significant impact due to the high prevalence and severe suffering borne by individuals, families, communities, and countries (Kohn, Saxena, Levav, & Saraceno, 2004). Many factors can trigger mental-emotional problems in

adolescents, namely the family environment, peer environment, school environment, community environment, and social media (Santrock, 2012).

Another factor that influences adolescents in doing self-injury is psychological factors, because they feel uncomfortable, such as feeling lonely, not being noticed, and feeling depressed. This is by the opinion of Ronka (2013), which states that adolescents who have supportive and trustworthy people around them are very important because, without these people, adolescents have a higher risk of injuring themselves.

METHOD

This paper is a situation analysis using literature studies. A literature study is a research that prepares using data collection methods by retrieving data from the library, reading, taking notes, and processing research materials. Sources of information include several WHO activity reports, previous research on mental health topics, and related regulations and policies. This includes journals and related articles from electronic media using the keywords "mental health", "mental disorders", "COVID-19 pandemic" and "Self-injury in adolescents" which are the main subjects of this study. Information obtained as data and findings are collected, managed, then critically reviewed. The unit of analysis is Self Injury in adolescents.

FINDINGS AND DISCUSSIONS

Definition of Self-Injury

The International Society for Study of Self Injury defines Self Injury as intentionally self-injuring behavior that results from indirect damage to the body, for non-social sanction purposes and without the intention of suicide (Whitlock et al, 2009: 1).

Self-injury by definition is a behavior carried out without suicidal intent, although it may be related to suicidal behavior in certain important ways (The International Society for Self-Injury Study, 2007).

According to Mazelis (2008: 1) Self Injury is intentionally injuring one's own body as a way of dealing with emotional problems and stress. People injure themselves not to create physical pain, but to soothe deep emotional pain.

Maidah (2013) also found that self-injurious behavior is a form of channeling negative emotions as a result of the psychological pain felt by the perpetrator which is difficult to express in words. Some situations that are felt to be supportive of self-harm are loneliness and feelings of discrimination from the environment and feelings of being ignored.

Self-injury is a form of behavior performed by individuals to deal with pain emotionally, this behavior is done very deliberately but the individual does not intend to commit suicide. Self-injury is also a form of self-defense mechanism that a person uses to deal with emotional pain, self-emptiness, loneliness, loss, and satisfying the desire to punish oneself by causing wounds to the body (Klonsky, in Kurniawaty, 2012).

The Covid - 19 Pandemic and Mental Health

COVID-19 is a new disease that has become a pandemic. This disease should be watched out for because the transmission is relatively fast, has a mortality rate that cannot be ignored, and there is no definitive therapy. Until recently, this could only be fought with a strong and healthy human immune system. The new coronavirus (COVID-19), which was first reported in Wuhan, China, in December 2019, immediately began spreading around the world. In March 2020, the World Health Organization declared a global pandemic as the number of confirmed COVID-19 cases grows internationally. Currently (27 July 2020), there are more than 16 million confirmed cases of COVID-19 and more than 600,000 deaths in 216 countries worldwide (World Health Organization, nd). As the COVID-19 outbreak has occurred internationally, widespread closures, travel bans, and social distancing protocols have been implemented to reduce its spread.

The COVID-19 pandemic outbreak has affected people around the world socially, mentally, physically, psychologically, and economically. It is still necessary to increase support for health workers, manufacturing capabilities, and strengthening essential medical supplies. Regular communication and advice through trusted experts to the public should be prioritized for positive results. Community solidarity in responding to the COVID-19 pandemic can reduce fear and anxiety. Social isolation related to quarantine has an impact on people's mental health. Digital health is a promising tool in dealing with a community mental health crisis. Understandably, the mental health of people confined in their homes during the COVID-19 quarantine needs more attention. There are increased levels of anxiety and depression that arise while in quarantine but gain confidence in how the government is dealing with the problem.

Many argue that mental health problems will increase globally in response to a pandemic (Gunnell et al., 2020; Holmes et al., 2020), and some even argue that the psychological impact will be as important as the physical health impact of COVID-19, especially for vulnerable populations (Galea et al., 2020; Ornell, Schuch, Sordi, & Kessler, 2020). The impact on mental health includes stress, loneliness, rejection, anxiety because of their health status, insomnia, obsessive-compulsive problems, alcohol use, self-harm, panic, avoidance, and fear of

meeting other people, fear of death (Thanatophobia), fear of being arrested. , psychosomatic and stigmatizing.

Importance of Discussion of Self – Injury

Self-injurious behavior was once thought of as a means of seeking attention, an attempted suicide, or an act committed simply to imitate; but currently, it is no longer valid. Besides, some teenagers also choose to self-injure as compensation for their feelings of failure, disappointment with others, and lack of communication with their parents (Larsen, 2009). We can relate these factors to loneliness, where they do not have someone to share their worries and disappointments with and feelings of loneliness due to a bad relationship with their parents.

Apart from being a dangerous behavior, self-injurious behavior can be considered as a predictor of the emergence of suicidal thoughts (Kirchner, et al., 2011; Lasgaard, et al., 2011) which is one of the causes of death in adolescents and recently the case is found to be increasing (BBC, 2010). This is where this behavior is very dangerous for the mental health of the individual.

Research Data

Eleonora Iob, Andrew Steptoe, and Daisy Fancourt in 2020, with the title “Abuse, self-harm and suicidal ideation in the UK during the COVID-19 pandemic” explained in their observations 4,121 participants (9%) surveyed reported experiencing psychological or physical abuse, 7,984 participants (18%) reported experiencing suicidal thoughts or self-harm in the first month of the lockdown and 2,174 participants (5%) reported self-harm at least once since the start of the lockdown in the UK.

Anirotul Qoriah and Aftina Husna in 2020, with the title "Mental Health Issues during COVID-19 Pandemic: Directions for Future Research" explained that the Covid-19 pandemic affects individuals and society as a whole through several mechanisms: economic effects, social distancing, and isolation. , family relationships, health-related behavior, disruption of social services, disruption of education and transportation, social disorders, and psychosocial effects. Therefore the psychological response to the impact of Covid-19 has a unique role in shaping attitudes and behavior due to unstable mental health in the long term, increased levels of loneliness, depression, use of alcohol and dangerous drugs, self-harm, suicidal behavior. expected and anticipated.

Rizza Choirunissa, Siti Syamsiah, Intan Ratna Komal in 2020, with the title "Analysis of Early Detection of Adolescent Mental Health in the Covid-19 Pandemic Period," explained in his observations of 93 respondents, that the most pro-social behavior problems were respondents in the normal category, namely as many as (90.32%). Then the emotional problems most of the

respondents were in the normal category (61.29%), most of the conduct problems were in the normal category (82.80%).

James Olding, Sophia Zisman, Carole Olding, Kathleen Fan in 2020, with the title "Penetrating trauma during a global pandemic: changing patterns in interpersonal violence, self-harm and domestic violence in the Covid-19 outbreak" explained in his observations that the social restrictions imposed in response to Covid-19 has resulted in greater isolation from all individuals and impact on the mental health of individuals. Cases arising from self-harm during the 2020 social restriction (lockdown) are increasing. Of the 7 patients identified, 4 of them (57%) sustained self-harm, an increase from previous years (20% and 0% for 2019 and 2018).

Meiqi Xin, Sitong Luo, Rui She, Yanqiu Yu, et al in 2020, with the title "Negative Cognitive and Psychological Correlates of Mandatory Quarantine During the Initial COVID-19 Outbreak in China" explained in his observations with an online cross-sectional survey conducted among 24,378 students from 26 universities in 16 cities in China (1–10 February 2020) that moderate to severe depression, SHSI, self-harm/suicide and emotional distress due to COVID-19 were significantly higher among quarantined participants than participants which are not quarantined.

Chloe A. Hamza, Lexi Ewing, Nancy L. Heath, and Abby L. Goldstein in 2020, with the title "When Social Isolation Is Nothing New: A Longitudinal Study of Psychological Distress During COVID-19 Among University Students With and Without Pre-existing Mental Health Concerns" Explained in his observation that students with pre-existing mental health problems showed a similar improvement or mental health during the pandemic (compared to one year earlier). In contrast, students who did not have mental health problems were more likely to show decreased mental health, which coincided with increased social isolation among these students.

Rory C. O'Connor, Karen Wetherall, Seonaid Cleare, Heather McClelland, Ambrose J. Melson, Claire L. Niedzwiedz, Ronan E. O'Carroll, Daryl B. O'Connor, Steve Platt, Elizabeth Scowcroft, Billy Watson, Tiago Zortea, Eamonn Ferguson and Kathryn A. Robbin 2020, with the title "Mental health and well-being during the COVID-19 pandemic: longitudinal analyzes of adults in the UK COVID-19 Mental Health & Wellbeing study" presenting data from the University The College London COVID-19 Social Study, which began in the aftermath of the pandemic, shows higher rates of self-harm and suicidal / self-harm thoughts among women, black, Asian and minority ethnic groups, people experiencing socio-economic disadvantage and there who have mental disorders.

Tomas Hewson, Russell Green, Andrew Shepherd, Jake Hard, and Jennifer Shaw in 2020, with the title "The effects of COVID-19 on self-harm in

UK prisons" explaining that the Coronavirus pandemic can have an impact on the negative mental health of prisoners affecting the frequency and severity of self-injury in British prisons. This data includes all levels of security and prisoners of various ages, sexes, and types of punishment.

Jörg M. Fegert, Benedetto Vitiello, Paul L. Plener, and Vera Clemens in 2020, with the title "Challenges and burden of the Coronavirus 2019 (COVID-19) pandemic for child and adolescent mental health: a narrative review to highlight clinical and research needs in the acute phase and the long return to normality" explains that during the Coronavirus 2019 (COVID-19) outbreak in China, 54% of large online study participants assessed the impact of the outbreak on their mental health from moderate to severe, with depressive symptoms. and anxiety is the condition most frequently stated. The current crisis is burdening children with all kinds of burdens. There are many mental health risks related to the pandemic for children and adolescents, one of which is self-harm. During the acute phase, major burdens are associated with social distancing, increased pressure on the family, and reduced access to support services.

Roshana Shrestha, Shishir Siwakoti, Saumya Singh, and Anmol Purna Shrestha in 2020, with the title "Impact of the COVID-19 pandemic on Suicide and Self Harm among Patients Presenting to the Emergency Department of a Teaching Hospital in Nepal" explained in his case observation suicide / SH (self-harm) increased by 44% and 71.9% during the lockdown period. A total of 125 cases of suicide / SH were submitted to the ER during the study period in total, 55 during period 1 (44%), 38 during period 2 (30.4%) and, 32 during period 3 (25.6%). The total number of patients attending the ED in all periods has decreased by 53% and during the 55.4% lockout period compared to the previous period (period 1: 2085 versus period 2: 3926 and period 3: 3769). Suicide and SH cases totaled 55 (2.6%), 38 (0.97%), and 32 (0.85%) among the total ED cases during periods 1, 2, and 3 respectively. Comparing the three periods, cases of SH in period one increased 44% (1.45 times) and 71.9% (1.72 times) about periods two and three, respectively.

CONCLUSION AND RECOMMENDATION

The COVID-19 pandemic that has occurred to date has affected people around the world socially, mentally, physically, psychologically, and economically. The pandemic that never stops causes some people, especially teenagers to feel bored, sad and sometimes these feelings have an impact on mental health. One of the effects on mental health is committing self-injury. Self-injury is a form of behavior performed by individuals to deal with pain emotionally, this behavior is done very deliberately but the individual does not intend to commit

suicide. Self Injury is also a form of self-defense mechanism that a person uses to deal with emotional pain, self-emptiness, loneliness, loss, and satisfying the desire to punish oneself by causing wounds to the body.

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