

# Hubungan depresi dengan perilaku self-harm pada siswa SMA di Depok = Association between depression and self-harm behavior among High School students in Depok

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## Abstrak

**Latar Belakang:** Depresi merupakan salah satu gangguan mental yang memiliki prevalensi tinggi di populasi termasuk di Indonesia khususnya pada populasi remaja. Self-harm merupakan perilaku menyakiti diri yang memiliki prevalensi tertinggi pada remaja. Beberapa penelitian telah mengaitkan depresi dengan perilaku self-harm. Penelitian dengan jenis studi potong lintang ini mencari tahu hubungan antara depresi dengan perilaku self-harm pada siswa SMA di Depok. **Tujuan:** Mengetahui hubungan depresi dengan perilaku self-harm pada siswa SMA di Depok. **Metode:** Penelitian dengan jenis studi potong lintang ini mencari tahu hubungan antara depresi dengan perilaku self-harm pada siswa SMA di Depok dengan menggunakan kuesioner Center for Epidemiologic Studies Depression Scale-Revised (CESD-R) dan Self-Harm Behavior Questionnaire (SHBQ). Subjek penelitian adalah siswa dari SMA Dian Diaktika Depok. Dari 176 siswa yang mengisi kuesioner, dipilih 146 siswa dengan metode random sampling. Data kemudian dianalisis menggunakan uji chi-square.

**Hasil:** Terdapat hubungan antara depresi dengan perilaku self-harm pada siswa SMA di Depok yang secara statistik bernilai  $p = 0,003$  dan  $OR = 4,250$  (IK 95% = 1,603 s.d 11,266). Dengan demikian, siswa dengan gejala depresi berpeluang 4,250 kali lebih mungkin melakukan perilaku self-harm dibandingkan dengan yang tidak memiliki gejala depresi.

**Kesimpulan:** Terdapat hubungan depresi dengan perilaku self-harm pada siswa SMA di Depok.

**Background:** Depression is a mental disorder that has a high prevalence among the population, including in Indonesia, especially in the adolescent population. Self-harm is a self-harming behavior which has the highest prevalence in adolescents. Several studies have linked depression to self-harm behavior. This cross-sectional study observes the association between depression and self-harm behavior in high school students in Depok.

**Objective:** Determining the association between depression and self-harm behavior among high school students in Depok. **Method:** This cross-sectional study observes the relationship between depression and self-harm behavior among high school students in Depok using the Center for Epidemiologic Studies Depression Scale-Revised (CESD-R) questionnaire and Self-Harm Behavior Questionnaire (SHBQ). The research sample is the students from Dian Diaktika High School Depok. Out of 214 students who filled out the questionnaire, 146 students were selected using the random sampling method. Data were then analyzed using the chi-square test. **Result:** There is an association between depression and self-harm behavior among high school students in Depok, which is statistically significant with  $p = 0,003$  and  $OR = 4,250$  (IK 95% = 1,603 s.d 11,266). Thus, students with depressive symptoms were 4,250 times more likely to conduct self-harm than those who did not have depressive symptoms.

**Conclusion:** There is an association between depression and self-

harm behavior among high school students in Depok.</em></p>