

HUBUNGAN RELIGIUSITAS DENGAN KECENDERUNGAN PERILAKU *SELF - INJURY* PADA MAHASISWA S-1 KEPERAWATAN DI UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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INTISARI

Latar Belakang: Mahasiswa mengalami banyak perubahan termasuk religiusitas. Dampak religiusitas yang rendah ialah koping religius negatif seperti kecenderungan perilaku *self-injury*. Di Indonesia terdapat 73,6% mahasiswa masih melakukan *self-injury* dalam satu tahun terakhir.

Tujuan Penelitian: Mengetahui hubungan religiusitas dengan kecenderungan perilaku *self-injury* pada mahasiswa S1 keperawatan.

Metode Penelitian: Metode penelitian ini kuantitatif non-eksperimen, dengan pendekatan *cross-sectional*. Pengambilan sampel menggunakan teknik *stratified random sampling* dengan jumlah sampel 88 mahasiswa. Kriteria inklusi mahasiswa S1 keperawatan Universitas Jenderal Achmad Yani Yogyakarta yang tidak mengalami gangguan mental berat. Alat ukur yang digunakan yaitu kuesioner *Centrality of Religious Scale* (CRS-15) dan *Self-Harm Inventory* (SHI). Analisis data menggunakan Uji Fisher.

Hasil Penelitian: Religiusitas pada responden sebagian besar berada pada kategori tinggi sebesar 93,2% dan sebagian besar responden tidak memiliki kecenderungan perilaku *self-injury* sebesar 86,4%. Hasil Uji Fisher diketahui nilai *p-value* $0,000 < 0,05$.

Kesimpulan: Terdapat hubungan negatif antara religiusitas dengan kecenderungan perilaku *self-injury* pada mahasiswa S1 keperawatan, yang artinya semakin tinggi tingkat religiusitas maka semakin rendah kecenderungan perilaku *self-injury*, begitupun sebaliknya.

Kata Kunci: Religiusitas, kecenderungan perilaku *self-injury*, mahasiswa.

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**THE CORRELATION BETWEEN RELIGIOSITY AND THE TENDENCY OF
SELF-INJURY IN BACHELOR OF NURSING STUDENTS AT
UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA**

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ABSTRACT

Background: Students experience various changes including religiosity. The impact of low religiosity is negative religious coping like self-injury. Last year, there were 73.6% of students in Indonesia still committing self-injury.

Objective: The objective is to find out the correlation between religiosity and the tendency of self-injury in Bachelor of Nursing students.

Research Methodology: The research methodology was non-experimental quantitative, with cross-sectional approach. The sample taking used stratified random sampling technique with 88 students as the sample. Meanwhile, the inclusion criterion was Bachelor of Nursing students at Universitas Jenderal Achmad Yani Yogyakarta not suffering from severe mental disorder. The measurement tool used was Centrality of Religious Scale (CRS-15) and Self-Harm Inventory (SHI) questionnaires. The data analysis used Fisher Test.

Research Result: Religiosity of the respondents was mostly in high category of 93.2% and most of the respondents did not have the tendency of self-injury or 86.4%. The result of Fisher Test was that the p-value was $0.000 < 0.05$.

Conclusion: There is a negative correlation between religiosity and the tendency of self-injury in Bachelor of Nursing students, meaning that the higher the religiosity level, the lower the tendency of self-injury and vice versa.

Keywords: Religiosity, tendency of self-injury, students.

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