

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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Tessa Vera Mirani, Hediyaana Yusuf, Citra Setyo Dwi Andhini

**HUBUNGAN KEMATANGAN EMOSI DENGAN PERILAKU *SELF INJURY*
PADA REMAJA DI MTS NEGERI 9 CIREBON**

Xvii + 63 halaman + 4 tabel + 2 bagan + 20 lampiran

ABSTRAK

Kematangan emosi merupakan kemampuan individu dalam mengelola dan mengarahkan emosinya dengan baik. Perilaku *self injury* adalah perilaku yang bertujuan untuk merugikan diri sendiri guna mengurangi tekanan emosional dan mengatasi stres. Perilaku ini terbentuk dari adanya kematangan emosi yang rendah. Tujuan penelitian ini adalah untuk mengetahui hubungan kematangan emosi dengan perilaku *self injury* pada remaja di MTs Negeri 9 Cirebon.

Penelitian ini menggunakan metode kuantitatif korelasional dengan pendekatan *cross sectional*. Populasinya adalah remaja kelas 7 MTs Negeri 9 Cirebon yang berjumlah 316 siswa dan pengambilan sampel menggunakan propotional random sampling diperoleh sebanyak 76 responden. Instrumen yang digunakan adalah kuesioner dan analisis data menggunakan uji statistic spearman rank dengan nilai signifikan α 0,01.

Hasil analisis univariat kematangan emosi dengan kategori tinggi berjumlah 15 responden (19,7%), sedang berjumlah 47 responden (61,8%), rendah berjumlah 14 responden (18,4%). Dan perilaku *self injury* dengan kategori tidak *self injury* didapatkan sebanyak 32 responden (42,1%), *self injury* ringan sebanyak 40 responden (52,6%), serta *self injury* berat sebanyak 4 responden (5,3%). Hasil analisis bivariat menunjukkan nilai p value = 0,000 < α = 0,01. Maka H0 ditolak dan Ha diterima. Dengan koefisien korelasi -0,532 yang berarti hubungan kuat, sehingga dapat disimpulkan bahwa terdapat hubungan negatif yang signifikan antara antara kematangan emosi dengan perilaku *self injury* pada remaja di MTs Negeri 9 Cirebon.

**Kata kunci : Kematangan Emosi, Perilaku *Self Injury*, Remaja
Daftar Pustaka : 46 (2011-2023)**

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Tessa Vera Mirani, Hedianana Yusuf, Citra Setyo Dwi Andhini

***THE RELATIONSHIP BETWEEN EMOTIONAL MATURITY AND SELF-INJURY
BEHAVIOR IN ADOLESCENTS AT MTS NEGERI 9 CIREBON***

Xvii + 63 pages + 4 tables + 2 charts + 20 attachments

ABSTRACT

Emotional maturity is an individual's ability to manage and direct his emotions well. In this case, emotional maturity affects actions, both controlled and detrimental to the individual himself. Self-injury behavior is behavior that aims to harm oneself in order to reduce emotional distress and cope with stress. This behavior is formed from the presence of low emotional maturity. The purpose of this study was to determine the relationship between emotional maturity and self-injury behavior in adolescents in MTs Negeri 9 Cirebon.

This study used correlational quantitative method with cross sectional approach. The population is grade 7 teenagers MTs Negeri 9 Cirebon totaling 316 students and sampling using propotional random sampling was obtained as many as 76 respondents. The instruments used were questionnaires and data analysis using statistical spearman rank tests with a significant value of α 0.01.

The results of univariate analysis of emotional maturity with high category amounted to 15 respondents (19.7%), medium amounted to 47 respondents (61.8%), low amounted to 14 respondents (18.4%). And self-injury behavior with the category of not self-injury was obtained by 32 respondents (42.1%), mild self-injury as many as 40 respondents (52.6%), and severe self-injury as many as 4 respondents (5.3%). The results of bivariate analysis showed p value = 0.000 < α = 0.01. Then H_0 is rejected and H_a is accepted. With a correlation coefficient of -0.532 which means a strong relationship, it can be concluded that there is a significant negative relationship between emotional maturity and self-injury behavior in adolescents in MTs Negeri 9 Cirebon.

***Keywords: Emotional Maturity, Self Injury Behavior, Adolescent
Bibliography : 46 (2011-2023)***