

B. Saran

1. Bagi Remaja

Bagi remaja *broken home*, ditemukan bahwa gejala depresi dapat mengakibatkan perilaku NSSI sehingga diharapkan dapat ditemukan cara untuk menurunkan depresi sehingga perilaku NSSI tidak terjadi.

2. Bagi Peneliti Lain

Bagi peneliti selanjutnya, Didasarkan pada koefisien determinasi penelitian ini sebesar 22.7% yang mana 77.3% sehingga diharapkan dapat menggunakan variabel lain yang mampu berpengaruh terhadap kecenderungan seseorang melakukan perilaku NSSI. Subjek dalam penelitian ini terbatas pada usia yang spesifik, yaitu remaja sehingga perlu melakukan penelitian pada rentang usia yang lebih luas untuk membandingkan perilaku NSSI pada setiap kalangan usia. Ada beberapa kelemahan dari skala yang digunakan diantaranya skala masih memiliki aitem yang kurang mendukung definisi variabel dan skala yang digunakan tidak mengungkap frekuensi perilaku NSSI dari responden sehingga perlu diperhatikan hal-hal tersebut.

3. Bagi Pemerintah

NSSI merupakan salah satu koping maladaptif yang sering dipilih oleh remaja *broken home* yang dapat mencetuskan percobaan bunuh diri sungguhan dikemudian hari, karena itu bagi pemerintah diharapkan dapat memberikan sosialisasi yang masif sebagai bentuk upaya preventif mengenai cara-cara untuk mengurangi depresi sehingga perilaku NSSI tidak dilakukan.

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