

ABSTRAK

Perilaku *self-harm* merupakan salah satu bentuk perilaku maladaptif yang masih banyak ditemukan pada mahasiswa sebagai respons terhadap tekanan akademik, sosial, maupun emosional. Salah satu faktor psikologis yang diduga berhubungan dengan perilaku tersebut adalah *self-criticism*, yaitu kecenderungan individu mengevaluasi dan mengkritik dirinya secara negatif. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-criticism* dengan *self-harm* pada mahasiswa. Hipotesis yang diajukan adalah terdapat hubungan positif antara *self-criticism* dengan *self-harm* pada mahasiswa. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan melibatkan 201 mahasiswa yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan *Self-Harm Inventory* (SHI) serta *The Forms of Self-Criticising/Attacking and Self-Reassuring Scale* (FSCRS). Analisis data dilakukan menggunakan uji korelasi *Pearson Product Moment*. Hasil penelitian menunjukkan terdapat hubungan positif yang signifikan antara *self-criticism* dengan *self-harm* pada mahasiswa ($r = 0,597$; $p < 0,001$). *Self-criticism* memberikan sumbangan efektif sebesar 35,6% terhadap *self-harm*, sedangkan 64,4% sisanya dipengaruhi oleh faktor-faktor lain yang tidak diteliti dalam penelitian ini.

Kata kunci: mahasiswa, *self-criticism*, *self-harm*.

ABSTRACT

Self-harm is a form of maladaptive behavior that is still commonly found among university students as a response to academic, social, and emotional pressures. One psychological factor that is assumed to be associated with this behavior is self-criticism, which refers to an individual's tendency to evaluate and criticize oneself negatively. This study aimed to examine the relationship between self-criticism and self-harm among university students. The proposed hypothesis was that there is a positive relationship between self-criticism and self-harm among university students. This study employed a quantitative correlational approach involving 201 university students selected using a purposive sampling technique. Data were collected using the Self-Harm Inventory (SHI) and The Forms of Self-Criticising/Attacking and Self-Reassuring Scale (FSCRS). Data were analyzed using the Pearson Product Moment correlation test. The results showed a significant positive relationship between self-criticism and self-harm among university students ($r = .597$, $p < .001$). Self-criticism contributed an effective contribution of 35.6% to self-harm, while the remaining 64.4% was explained by other factors not examined in this study.

Keywords: *self-criticism, self-harm, university students.*