

ABSTRAK

Mahasiswa rantau menghadapi berbagai tantangan dalam proses penyesuaian diri, seperti jauh dari keluarga, keterbatasan dukungan sosial, dan kesulitan membangun hubungan interpersonal yang dapat memunculkan perasaan kesepian. Kondisi tersebut berpotensi mendorong munculnya perilaku *self-harm* sebagai bentuk koping maladaptif untuk meredakan tekanan emosional. Penelitian ini bertujuan untuk mengetahui hubungan antara kesepian dengan perilaku *self-harm* pada mahasiswa rantau di Daerah Istimewa Yogyakarta. Hipotesis penelitian ini adalah terdapat hubungan positif antara kesepian dengan perilaku *self-harm* pada mahasiswa rantau. Partisipan penelitian berjumlah 122 mahasiswa rantau berusia 18–25 tahun yang memiliki riwayat melakukan perilaku menyakiti diri secara sengaja tanpa niat bunuh diri dan dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan *UCLA Loneliness Scale Version 3* untuk mengukur kesepian dan *Self Harm Inventory* (SHI) untuk mengukur perilaku *self-harm*. Data dianalisis menggunakan teknik korelasi *Pearson Product Moment*. Hasil analisis menunjukkan terdapat hubungan positif yang signifikan antara kesepian dengan perilaku *self-harm* pada mahasiswa rantau ($r = 0,181$; $p = 0,046$). Hasil tersebut menunjukkan bahwa semakin tinggi tingkat kesepian yang dialami mahasiswa rantau, maka semakin tinggi kecenderungan perilaku *self-harm*. Sebaliknya, semakin rendah tingkat kesepian, maka semakin rendah kecenderungan perilaku *self-harm*.

Kata kunci: Kesepian, Mahasiswa Rantau, Self-Harm.

ABSTARCT

Migrant students often experience various challenges in adapting to a new environment, including living away from their families, limited social support, and difficulties in establishing interpersonal relationships, which may lead to feelings of loneliness. These conditions may contribute to the occurrence of self-harm as a maladaptive coping strategy to regulate emotional distress. This study aimed to examine the relationship between loneliness and self-harm among migrant students in the Special Region of Yogyakarta. The hypothesis proposed in this study was that there is a positive relationship between loneliness and self-harm among migrant students. The participants consisted of 122 migrant students aged 18–25 years who had a history of engaging in intentional self-injury without suicidal intent. Participants were selected using a purposive sampling technique. Data were collected using the UCLA Loneliness Scale Version 3 to measure loneliness and the Self-Harm Inventory (SHI) to measure self-harm. The data were analyzed using the Pearson Product-Moment Correlation technique. The results showed a significant positive relationship between loneliness and self-harm among migrant students ($r = .181$, $p = .046$). These findings indicate that higher levels of loneliness are associated with a greater tendency to engage in self-harm. Conversely, lower levels of loneliness are associated with a lower tendency to engage in self-harm.

Keywords: *Loneliness, Migrant Students, Self-Harm.*