

SELF-HARM BEHAVIOR AMONG TEENAGER AND FATHER'S INVOLVEMENT IN PARENTING: A CROSS-SECTIONAL STUDY

Perilaku Self-Harm pada Remaja dan Keterlibatan Ayah Dalam Pengasuhan: Studi Cross-Sectional

Zata Ismah^{1*}, Haryanti Sinaga², Dwi Despiana¹

¹ Faculty of Psychology, Universitas Islam Negeri Raden Fatah Palembang, Indonesia

² Faculty of Public Health, Universitas Islam Negeri Sumatera Utara, Indonesia

Corresponding Author : zataismah@radenfatah.ac.id

ARTICLE INFO

Article History:

Received: February 25th, 2025

Review:

From February 26th, 2025

Accepted: April 21st, 2025

This work is licensed under a Creative Commons Attribution 4.0 International License

ABSTRACT

Background: A meta-analysis conducted in 2019 reported that 22.1% of individuals engaged in self-harming behaviors, with 17% of these cases occurring among adolescents. However, empirical research examining the association between paternal involvement and adolescent self-harm remains limited, warranting further investigation. **Purpose:** This study aims to assess paternal role in relation to self harm. **Methods:** A cross-sectional study was conducted in Medan, Indonesia, involving a sample of 1,221 high school students. Data collection utilized the Self-Harm Inventory (SHI). Statistical analyses included proportion and central distribution tests, one-way ANOVA, and Pearson correlation. **Results:** The findings reveal a statistically significant association between paternal involvement and self-harm behavior. Adolescents experiencing fatherlessness were found to be 15.42 times more likely to engage in self-harming behavior compared to those with positively involved fathers. Furthermore, a negative correlation was observed between paternal involvement and self-harm scores, indicating that reduced paternal engagement is associated with higher levels of self-harming behavior among adolescents. **Conclusion:** The absence of a father figure or inadequate paternal involvement is significantly associated with increased self-harm behavior in adolescents. These findings underscore the need for targeted interventions, including psychotherapeutic support and active involvement of close family members, to mitigate self-harm among this vulnerable population.

Keywords: fatherless, self-harm, teenagers

ABSTRAK

Latar belakang: Dalam meta-analisis tahun 2019 melaporkan terdapat 22,1% orang melukai diri sendiri (Self-harm) dan 17% diantaranya dilakukan oleh remaja. Minimnya penelitian keterlibatan ayah dengan terjadinya Self-harm pada remaja, sehingga penelitian ini perlu dilakukan. **Tujuan:** penelitian ini bertujuan menganalisis bagaimana peran ayah dalam hubungannya dengan Self-harm. **Metode:** desain cross sectional digunakan dalam penelitian ini yang dilakukan di Kota Medan. dengan sampel yang ditentukan sebanyak 1,221 siswa menengah atas. Instrumen yang digunakan Self-harm Inventory (SHI). Analisis yang digunakan yaitu uji proporsi dan distribusi central, one-way ANOVA dan Pearson Correlation. **Hasil:** Terdapat hubungan yang signifikan antara fathering dengan Self-harm. Remaja yang mengalami fatherless akan berisiko 15,42 kali melakukan Self-harm pada dirinya dibandingkan ayah yang berperan positif. Juga ditemukan hasil korelasi negatif antara fathering dengan Self-harm, dimana semakin kurang peran ayah maka semakin tinggi skor perilaku self-harm remaja. **Kesimpulan:** Ketidakhadiran ayah berhubungan dengan terjadinya Self-harm pada remaja. Temuan ini menggarisbawahi perlunya dirumuskan intervensi, seperti dukungan psikoterapi dan keterlibatan aktif anggota keluarga terdekat, untuk mengurangi tindakan menyakiti diri sendiri didalam populasi rentan tersebut.

Kata Kunci: fatherless, self-harm, remaja

INTRODUCTION

A family constitutes the smallest social unit within society, comprising a father, mother, and child. It serves several essential functions, including providing a sense of security and affection, fulfilling both physical and psychological needs, offering guidance, and acting as a source of companionship for the child (Aini *et al.*, 2023). These functions underscore the crucial roles that both mothers and fathers play in child-rearing throughout a child's development into adulthood. However, not all parents are able to fulfill these roles in a balanced manner. Some children grow up without the presence or involvement of a father figure in their lives—manifested in forms such as lack of financial support, absence of quality time, or limited emotional engagement. This condition is commonly referred to as "fatherlessness" (Kusramadhanty, 2019). Fatherlessness also known as father absence, father loss, or father hunger refers to the lack of a father figure or the absence of a meaningful relationship with one's father due to circumstances such as divorce, death, or marital conflict (Sundari & Herdajani, 2013). As a result, the child experiences a complete loss of paternal influence, particularly in caregiving and emotional support (Usman, 2021).

According to research conducted by the Indonesian Child Protection Commission (KPAI) in 2020, the overall quality of parenting in Indonesia remains low. Only 27.9% of prospective fathers had sought information regarding childcare prior to marriage. This statistic reveals a significant gap in paternal preparedness and knowledge regarding child-rearing responsibilities. Consequently, many children in Indonesia grow up without an active paternal role in their lives. Data from UNICEF (2021) indicates that approximately 20.9% of children in Indonesia are raised without the

presence and involvement of a father. This equates to around 2,999,577 out of 30.83 million children experiencing fatherlessness (Kautsar, 2024). This phenomenon can have detrimental effects on both the physiological and psychological development of the child.

A psychologist from Gadjah Mada University, Diana Setiyawati, asserts that the lack of paternal involvement in child development or parenting can hinder a child's developmental process. These obstacles may manifest in identity formation difficulties, poor self-regulation, low self-control, feelings of shame, increased stress and depression, and a higher likelihood of engaging in deviant behaviors such as aggression, mood disorders, and suicidal tendencies (Ika, 2023). Similarly, Fitroh (2014) notes that adolescents from broken or disharmonious homes tend to experience reduced psychological well-being and are less capable of managing their emotions, often resulting in negative behaviors. A father's failure to fulfill his paternal role can lead to various adverse effects on his children. A study by Utami *et al.* (2023) involving high school students in Banda Aceh found that only 21% of adolescents reported having a close relationship with their fathers.

Bahfen *et al.*, (2023) found a significant correlation between paternal absence in childrearing and low self-esteem, elevated levels of stress and depression, as well as aggressive behaviors in children. Children raised in father-absent households often exhibit poorer mental and behavioral well-being, which may contribute to the emergence of emotional problems such as stress and depression (Fitroh, 2014). Several studies have reported that adolescents suffering from severe stress and depression are more likely to engage in self-injurious behavior (Sel (Islamy & Ratna, 2023). Such behavior is typically employed as a coping

mechanism to alleviate emotional distress (Islamy & Ratna, 2023). Self-harm is defined as the act of deliberately injuring oneself as a means to cope with or express intense emotional turmoil. Individuals engaging in self-harming behavior generally do not intend to end their lives, although the outcomes may be fatal. Forms of self-harm include intentional poisoning (e.g., ingesting harmful substances or excessive medication), cutting or burning the skin, head banging, punching, or striking oneself against hard surfaces. According to the World Health Organization (WHO, 2019) most individuals who engage in self-harm do not have suicidal intent. Rather, the behavior may offer temporary psychological relief but can become addictive (Carroll *et al.*, 2014).

A global meta-analysis conducted in 2019 reported that 22.1% of individuals had engaged in self-harm, with 17% of these cases involving adolescents (Zhou *et al.*, 2024). In Indonesia, the prevalence of self-harming behavior was 3.9% of the 257.6 million population, with a gender breakdown of 4.3% among males and 3.4% among females in 2021 (Eric Patterson, 2022; Xiao *et al.*, 2022). A 2022 study by Faradiba, conducted via social media platforms across Indonesia, found that 20.21% of adolescents had engaged in self-harm at least once, with 93% of those identified as female (Faradiba *et al.*, 2022). These figures are alarming and suggest that the national prevalence may surpass global averages.

Self-harm has numerous detrimental consequences for both the individuals engaging in the behavior and those around them. Physically, it may result in infections, wounds, bruises, burns, fractures, nerve damage, and in extreme cases, death (Hack & Martin, 2018; Whitlock, 2010). Psychologically, individuals may experience increased emotional distress and deterioration in mental health. Moreover,

self-harming behavior profoundly affects family members, friends, and partners, who may feel helpless, confused, and angry when witnessing their loved ones engage in such acts (NSD, 2023).

Despite its serious implications, research specifically examining the link between fatherlessness and self-harming behavior remains limited. Most prior studies focus only on the impact of father absence on adolescent depression or child psychological development (Karimah, 2021; Lidya Yuliana *et al.*, 2023; Ratida *et al.*, 2023; Wetarini & Lesmana, 2018). These studies report that children lacking paternal involvement often experience loneliness, envy, intense grief and loss, poor self-control, low initiative, risk aversion, diminished psychological well-being, and increased neuroticism. However, self-harming behavior as a distinct outcome of fatherlessness has not been comprehensively examined. Furthermore, specific data regarding the number of adolescents experiencing self-harm and fatherlessness in the city of Medan is currently unavailable information that is essential for further research. Accordingly, this study aims to quantitatively analyze the prevalence of self-harming behavior among adolescents and to examine the role of paternal involvement in relation to self-harm behavior.

METHOD

Study Design

This study employed a quantitative method with a cross-sectional design, aiming to assess the prevalence of each variable and examine the relationship between fatherlessness and self-harm behavior among adolescents. The research was conducted in Medan, a city comprising 21 sub-districts (kecamatan), during September and October 2024. Sub-district selection was carried out using the C-Survey software, adapted from a

World Health Organization (WHO) methodology for estimating the incidence of health-related issues in a given area. Through this process, 31 sub-district clusters were randomly selected for data collection.

Population and Sample

The study population consisted of 81,038 senior high school adolescents in Medan. A sample of 1,221 adolescents aged 15–19 years was selected, regardless of gender. Inclusion criteria included: Having a living biological father and having resided in Medan for at least five years with their extended family.

Research Instruments

The instrument used to assess self-harm behavior was the Indonesian version of the Self-Harm Inventory (SHI), consisting of 22 items. This instrument had previously been validated, with a Cronbach's alpha of 0.83. The SHI categorizes self-harm behavior into: No tendency to self-harm (score < 5), Mild self-harm (score 6–10), Severe self-harm (score > 11). To assess father involvement, the Fatherhood Scale-64 (FS-64) was used, comprising 64 items across 9 subscales, with a validated Cronbach's alpha of 0.98. Scores were categorized as: Fatherless (score < 128), Moderate involvement (score 128–256), Positive father involvement (score > 256).

Technique of Data Collection

Sampling was undertaken by cluster random sampling. Researchers randomly selected clusters (sub-districts) in Medan using the C-Survey application. By inputting population data for each sub-district, C-Survey generated 13 selected clusters. Respondents within each cluster were then selected using accidental sampling. Data collection was conducted by trained enumerators—students from relevant academic programs such as Psychology,

Public Health, and Counseling—regardless of their home university.

Enumerators followed these procedures:

1. Sought eligible senior high school adolescents through accidental sampling and screened them for inclusion criteria.
2. If eligible and willing, respondents were asked to sign an informed consent form.
3. Respondents were given two options: to be interviewed or to complete the questionnaire.
4. For interviews, enumerators read the items aloud and directly recorded answers via KoboToolbox, which also geotagged the interview location.
5. For self-completion, enumerators provided a gadget preloaded with the KoboToolbox application. Respondents could ask clarifying questions as needed.
6. After completion, enumerators reviewed the questionnaire to ensure all items were answered.
7. Respondents were given a token of appreciation (souvenir) for their participation.

Technique of Data Analysis

The data were analyzed using both univariate and bivariate methods. Univariate analysis included the calculation of proportions and measures of central tendency. Bivariate analysis involved the Chi-square test, ANOVA, and Pearson correlation, with a 95% confidence interval. The Chi-square test was used to examine the significance and risk level of the relationship between father involvement and self-harm, as expressed through Odds Ratio (OR). ANOVA tested the difference in mean self-harm scores across different father involvement categories. Pearson's correlation coefficient (r) assessed the

strength and direction of the relationship between the continuous fathering and self-harm scores. The numerical data for both fathering and self-harm scores were normally distributed, as determined by a significance value > 0.05 in the normality test and thus were used in ANOVA and correlation analyses. For the Chi-square and ANOVA tests, the data were grouped into three categories based on their respective score ranges.

Ethical Clearance

This study was approved by the Ethics Committee of the Faculty of Public Health, Universitas Airlangga, under ethical clearance number 46/EA/KEPK/2025.

RESULT

A total of 1,221 adolescents participated in the study. The findings are summarized as follows:

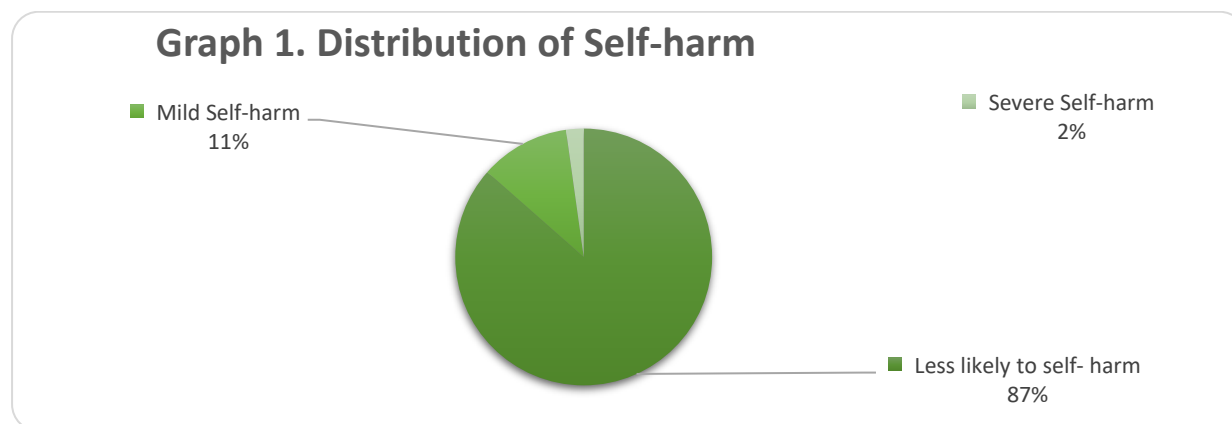


Figure 1. Distribution of Self-harm

Based on the field data (see Figure 1), 2% of adolescents were classified as experiencing severe self-harm, 11% as mild

self-harm, and 87% showed no significant tendency toward self-harm.

Table 1. Characteristics of Respondents Based on Self-Harm Behavior

Characteristics	Self-harm Severe		Self-harm Mild		No significant tendency toward self-harm		Total	
	n	%	n	%	n	%	n	%
Sex								
Male	6	22.2%	23	16.7%	512	48.5%	541	44.3%
Female	21	77.8%	115	83.3%	544	51.5%	680	55.7%
Residence								
Living with both parents	16	59.3%	93	67.4%	887	84.0%	996	81.6%
Living with mother only	5	18.5%	28	20.3%	85	8.0%	118	9.7%
Living with father only	3	11.1%	7	5.1%	24	2.3%	34	2.8%
Living with neither	3	11.1%	10	7.2%	60	5.7%	73	6.0%
Class								
Class X	9	33.3%	51	37.0%	372	35.2%	432	35.4%
Class XI	8	29.6%	49	35.5%	375	35.5%	432	35.4%
Class XII	10	37.0%	38	27.5%	309	29.3%	357	29.2%

Continuation of Table 1. Characteristics of Respondents Based on Self-Harm Behavior

Characteristics	Self-harm Severe		Self-harm Mild		No significant tendency toward self-harm		Total	
	n	%	n	%	n	%	n	%
District								
Medan Deli	8	29.6%	23	16.7%	80	7.6%	111	9.1%
Medan Sunggal	6	22.2%	39	28.3%	93	8.8%	138	11.3%
Medan Labuhan	4	14.8%	8	5.8%	80	7.6%	92	7.5%
Medan Johor	3	11.1%	16	11.6%	77	7.3%	96	7.9%
Medan Tembung	3	11.1%	4	2.9%	98	9.3%	105	8.6%
Medan Tuntungan	1	3.7%	10	7.2%	90	8.5%	101	8.3%
Medan Selayang	1	3.7%	7	5.1%	66	6.3%	74	6.1%
Medan Polonia	1	3.7%	5	3.6%	68	6.4%	74	6.1%
Medan Belawan	0	0.0%	15	10.9%	74	7.0%	89	7.3%
Medan Barat	0	0.0%	7	5.1%	82	7.85%	89	7.3%
Medan Timur	0	0.0%	4	2.9%	89	8.4%	93	7.6%
Medan Kota	0	0.0%	0	0.0%	86	8.1%	86	7.0%
Medan Amplas	0	0.0%	0	0.0%	73	6.9%	73	6.0%
Age								
Age in years (n/mean±SD)	27/16.0+0.98		138/15.9±0.03		1056/16.0±0.9		1,221/15.9±0.98	
Length of Residence								
Length of Residence in Medan in Years (n/mean ± SD)	27/13.8±3.9		138/14.5±3.10		1056/14.6±3.4		1,221/14.64±3.39	

According to Table 1, severe self-harm behavior was most frequently observed among: Female respondents (77.8%), Adolescents living with both parents

(59.3%), 12th-grade students (37%), Mean age: 16 years, Average duration of residence in Medan: 13.8 years, Most frequently found in the Deli sub-district (29.6%).

Table 2. Chi-Square Test of the Relationship Between Fathering and Adolescent Self-Harm

	Self-harm								P	OR
	Self-harm Severe		Self-harm Mild		No significant tendency toward self-harm		Total			
	n	%	n	%	n	%	n	%		
Fatherless	7	7.1	19	19.4	72	73.5	98	100	0.001*	15.42
Mild	17	1.8	109	11.3	835	86.9	961	100		
Positive roles	3	1.9	10	6.2	149	92.0	162	100		
Total	27	2.2	138	11.3	1056	86.5	1221	100		References

(*) = significant (P<0.05)

The results presented in Table 2 indicate that fatherlessness significantly influences adolescents to engage in self-harm behaviors, with a p-value of 0.001 ($p < 0.05$) and an odds ratio (OR) of 15.42. This

suggests that adolescents who experience fatherlessness, or a lack of paternal involvement in their lives, are 15.42 times more likely to engage in self-harm compared to those with positively involved fathers.

Table 3. ANOVA and Pearson Correlation Analysis

ANOVA Test							
Variable score	Mean score			Sig	Sig Between Group		
	Fatherless (F)	Mild (M)	Positive Involvement (P)		F vs M	F vs P	M vs P
Self-harm score	2.77	1.62	1.09	0.000*	0.000*	0.000*	0.029*
Correlation test (Pearson)							
Variable	n	Sig.	r				
Self-harm score	1,221	0.000"	-0.120**				

(*) = significant (P<0.05)

As shown in Table 3, the ANOVA test revealed statistically significant differences in mean self-harm scores across fathering role. Comparisons indicated that adolescents in the fatherless group exhibited the highest mean self-harm score which was significantly greater than all other groups. Notably, the self-harm score among fatherless adolescents was 1.68 points higher ($p < .05$) than that of adolescents with positive father involvement, demonstrating a clear gradient effect where greater paternal involvement corresponded with lower self-harm scores.

DISCUSSION

The study findings revealed that fatherlessness constituted a significant issue in adolescents' lives, with results indicating a risk ratio of 15.42. This means that adolescents experiencing fatherlessness were 15.42 times more likely to engage in self-harm. These findings align with research by Utami *et al.* (2023), conducted among high school students in Banda Aceh, where 66.3% of adolescents engaged in self-harm due to the absence of a father figure in their lives. Other studies also confirmed the association between fatherlessness and self-harm in adolescents, noting that those without paternal involvement struggled with emotional regulation, often resorting to self-harm as an expression of inner psychological

pain (Ismail *et al.*, 2024; Ratida *et al.*, 2023; Tarigan & Apsari, 2022; Zhou *et al.*, 2024).

Zainuddin, (2023), emphasized that fatherlessness significantly impacts child development. Fatherless children face a higher risk of behavioral issues, including delinquency, aggression, and substance abuse, as well as emotional problems such as depression, low self-esteem, anxiety, and antisocial tendencies. Additionally, research (Putri *et al.*, 2023; Tarigan & Apsari, 2022; Utami *et al.*, 2023) indicated that even when a father was physically present but emotionally absent or uninvolved, children's quality of life was adversely affected, often leading to impulsive or aggressive behaviors.

The lack of paternal involvement, compounded by family discord, negatively impacted adolescents' psychological well-being, resulting in feelings of shame, academic decline, loneliness, diminished self-worth, and heightened emotional instability, stress, and depression (Anggraini & Nurhanifah, 2019; Brewer, 2022; Frosch *et al.*, 2021; Nurmallasari *et al.*, 2024; Ratida *et al.*, 2023; Utami *et al.*, 2023). Studies (Mulianingsih & Dewi, 2022; Stephenson & DeLongis, 2020) suggested that fatherless children employed coping mechanisms to manage stressful life changes. However, these strategies often led to negative outcomes, including maladaptive behaviors, stress symptoms, depression, and dependency (Cristy & Soetikno, 2023).

Individuals exhibited varying coping strategies—some adaptive, others maladaptive. Notably, interviews in this study revealed that fatherless adolescents or those with distant paternal relationships frequently resorted to self-harm as a coping mechanism.

When negative emotions arose, the body unconsciously activated the amygdala—the brain’s emotional center—faster than conscious awareness could intervene. The amygdala plays a critical role in PTSD (Post-Traumatic Stress Disorder) development, initiating the hypothalamic-pituitary-adrenal (HPA) axis and physiological stress responses (Burleigh *et al.*, 2022). However, the amygdala does not function in isolation; it operates within a broader neural circuit involving sensory and motor systems, the hippocampus (providing contextual information), and the prefrontal cortex (regulating amygdala reactivity). Dysfunction in the prefrontal cortex can lead to amygdala hyperactivity (Burleigh *et al.*, 2022).

Subsequently, the amygdala activates the hypothalamus, influencing the pituitary gland (Hopkins, 2022; IIDIKTI, 2023). The adrenal glands, regulated by the pituitary, secrete hormones such as adrenaline, cortisol, and noradrenaline (Healthdirect, 2023). In response to stress, adrenaline increases cortisol production. Elevated cortisol suppresses serotonin, heightening irritability, sensitivity, emotional distress, and susceptibility to depression and self-harm (Šimić *et al.*, 2021). When individuals engage in self-harm, the brain releases endorphins, inducing temporary euphoria, relaxation, and pain relief. This neurochemical response contributes to the addictive nature of self-harm (IIDIKTI, 2023). Additionally, this behavior was perceived as providing momentary relief,

offering an escape from psychological suffering (Carroll *et al.*, 2014).

Therapeutic intervention was necessary to reduce self-harm behavior, and its implementation was crucial. Therapy could be conducted through schools by reactivating counseling guidance (BK) programs and providing the services of a psychotherapist. Several researchers indicated that counseling therapy guided by a psychologist had proven effective in reducing aggressive behavior and improving adolescents' social and academic functioning (Dasalinda & Karneli, 2021; Hayatussofiyyah *et al.*, 2017; Husodo & Sukamto, 2024; Wahidah & Patricia, 2019). Additionally, cognitive behavior therapy (CBT) counseling services incorporating cognitive restructuring techniques could be implemented in schools. According to research findings (Meilatri, 2019; Wahyudi & Netrawati, 2022), CBT counseling with cognitive restructuring techniques effectively reduced self-injury behavior among students. Prior to the intervention, students exhibited high levels of self-injury, but after receiving CBT counseling with cognitive restructuring, their behavior decreased to a low category.

Therefore, it is expected that the government will emphasize the importance for schools to provide psychological counseling with individual guidance from a qualified therapist. By implementing such therapeutic interventions in schools, an effective preventive measure can be established to reduce aggressive behavior and enhance social skills in the classroom. Furthermore, this therapy will assist students in resolving interpersonal conflicts constructively and mitigate potential disciplinary issues (Ahmad *et al.*, 2022; Husodo & Sukamto, 2024; Orduña *et al.*, 2022; Pardi & Wahyuni, 2024). For individuals engaging in self-harm, it is encouraged that they willingly and

effectively communicate with trusted individuals, such as parents, siblings, or friends, and seek professional psychological support to express suppressed negative emotions, despite the inherent challenges in doing so.

In addition, in overcoming children who experience self-harm, the role of mothers and closest people is also needed to support children's growth and development. They must establish open communication, build a positive identity, role model healthy behavior, be a positive figure, understand child development and optimize roles (Andreini & Bettinelli, 2024). Thus, it can easily handle children's feelings and emotional reactions better, thereby providing understanding and space for children to express their feelings and questions and children can regulate emotions positively, children can develop self-confidence and independence in everyday life. When mothers or significant others provide healthy relationships and support children in understanding the concept of good relationships, it can help children build social skills and establish positive relationships in the future (Andreini & Bettinelli, 2024; Tim, 2023; Utami *et al.*, 2023).

Before marriage, fathers must know their duties, obligations and role as a father in the child's life where (Nurjanah *et al.*, 2023) stated that, fathers have a very important role in the development and life of children. In the book (Hart, 2002) explained the role that must be fulfilled by a father, namely by meeting all the financial needs of the child, being a child's best friend including a playmate, giving love and attention to the child, educating and setting a good example, supervising or enforcing disciplinary rules, protecting from risk or danger, providing advice when problems arise, and supporting the child's potential to succeed. If the father's participation is high, the father has played a

good role in the child's life, so that the child's ability to adapt in the social environment is high and of course the child will not behave negatively which can harm himself and others.

Based on Table 1. The sub-district with the most adolescents with severe self-harm is Medan Deli Sub-district. Based on field findings, the number of adolescents with severe self-harm in Medan Deli Sub-district is motivated by adolescents who have disharmonious families or broken homes, have abusive fathers who often beat their mothers and themselves, bullying treatment and frequent arguments between mothers and fathers. Therefore, adolescents who are not close to their father, have a disharmonious family and do not have friends to tell stories, the child will feel lonely, stressed and depressed so that the child will carry out a coping strategy, namely by committing Self-harm. However, there is no exact data on which sub-districts have the most Self-harm adolescents in Medan City, so the factors that cause these sub-districts to have high rates of severe Self-harm cannot be explained specifically based on the place.

This study has the strength of using several analyses including proportion analysis and central distribution, Pearson Correlation statistical analysis, Indept T-Test and ANOVA so that it does not stick to just one analysis and this research is the only research conducted in Medan City so it can be used as a reference source for further research.

Although this research has strengths, it also has limitations. The limitations of this study as an evaluation material, which are: using the accidental sample selection method, giving the option of filling out the questionnaire by themselves so that the accuracy of the data depends on the honesty and accuracy of the respondents in filling out the questionnaire and causes

misunderstanding or misinterpretation of the respondents on the questions provided. Therefore, further research must really ensure that respondents understand the questions in the questionnaire in order to minimize the possibility of inaccurate answers and respondent misunderstanding.

CONCLUSION AND SUGGESTION

The absence of a father or fatherless figure has been demonstrated to be associated with a heightened risk of self-harm in adolescents, with a p value of 0.001 and an odds ratio of 15.42. Consequently, the absence of paternal involvement in the lives of adolescents has been found to be associated with an increased prevalence of self-harm behaviors among this demographic. Conversely, the presence of a nurturing father figure has been demonstrated to have a protective effect on adolescents, mitigating the likelihood of such behaviors. Consequently, it is imperative that offenders partake in therapeutic interventions aimed at mitigating their self-harming behaviors. In some cases, the school may provide a psychotherapist to offer guidance and counseling services (BK). The efficacy of therapy in mitigating self-harm behaviors and enhancing adolescents' social and academic well-being is well-documented. Furthermore, the individual identified as the closest relative, or friend should be responsible for facilitating the patient's participation in psychotherapy and providing ongoing support until the treatment is complete. It is also anticipated that readers will demonstrate a willingness to support an individual engaging in self-harm behaviors, offering guidance and referrals to professional psychological services.

ACKNOWLEDGMENT

We would like to thank all Medan City students and enumerators who have contributed directly to this research and other

parties who have indirectly played a role in the implementation of this research. We would also like to thank the Lentera Kaji Indonesia Foundation which has given trust and funds to this research so that this research can be carried out until completion.

FUNDING SOURCE

This research is funded by Lentera Kaji Indonesia Foundation.

AUTHOR CONTRIBUTION

The first author, Zata Ismah was assigned and has responsibility of determining the topic, location, and sample of the research; providing direction on how the technical research should be carried out, overcoming obstacles that occur in the field and analyzing data and writing the research results. The second author, Haryanti Sinaga was assigned to inputting and cleaning data, and looking for Self-harm questionnaires. The writing of scientific articles is composed by all authors. The third author, Dwi Despiana was assigned to deepening the discussion and checking the writing.

CONFLICT OF INTEREST

The author declares that there is no conflict of interest in this research.

REFERENCES

- Ahmad, A., Malik, I. A., Bakhtawar, S., & Butt, Z. S. (2022). Evaluating the Efficacy of Dialectical Behavior Therapy (DBT) in Managing Major depressive (MDD) with Comorbid Self-harm ing Behaviors: A Case Study. *The Critical Reveiew of Social Sciences Studiens*, 2(2), 1330–1336.
- Aini, I, N., & Afdal. (2023). Kelekatan terhadap Orangtua (Ayah ibu) pada Remaja Korban Broken Home. *Jurnal Pendidikan Tambusa*, 7(2),

- 13259–13266.
<https://doi.org/https://doi.org/10.31004/jptam.v7i2.8492>
- Andreini, D., & Bettinelli, C. (2024). Keterlibatan Orang Tua Dalam Anak Bertumbuh di Era 4.0 Systematic literature review. *International Series in Advanced Management Studies*, 1(2), 1–23.
https://doi.org/10.1007/978-3-319-53351-3_1
- Anggraini, A. D., & Nurhanifah, L. (2019). Stres di usia Remaja dan Dewasa Pengaruh: Pengaruh Stres Terhadap Tindak Kriminalitas Pada Usia Remaja dan Dewasa. *Jurnal Sains Dan Seni ITS*, 6(1), 51–66.
- Australia, H. (2024). *Adrenal glands*.
<https://www.healthdirect.gov.au/adrenal-glands>
- Bahfen, M., Rahmatunnisa, S., & Ratusila, A. Z. (2023). Keterlibatan Ayah Dalam Pengasuhan Anak Usia Dini Di Wilayah Kelurahan Ciater. *Yaa Bunayya : Jurnal Pendidikan Anak Usia Dini*, 7(1), 94.
<https://doi.org/10.24853/yby.7.1.94-100>
- Brewer, J. (2022). Fatherlessness and its Effects on American Society. American First Policy Institute, 1–8.
- Burleigh, T. L., Griffiths, M. D., Sumich, A., Wang, G. Y., & Kuss, D. J. (2022). Coping and co-occurrence of gaming disorder and substance use in recovering substance users. *Journal of Clinical Medicine*, 11(24), 7370.
- Carroll, R., Metcalfe, C., & Gunnell. (2014). ospital Pre- senting Self-harm and Risk of Fatal and Non-Fatal Repeti- tion: Systematic Review and Meta-Analysis. *Archives of Suicide Researc*, 9(1), 79–88.
- Cristy, C., & Soetikno, N. (2023). Resiliensi dan Kesehian pada Remaja Berstatus Anak Tunggal yang Mengalami Fatherless Akibat Perceraian. *Jurnal Pendidikan Tambusai*, 7(3), 31322–31331.
- Dasalinda, D., & Karneli, Y. (2021). Hubungan Fatherless Dengan Penyesuaian Sosial Remaja Implementasi Pelaksanaan Layanan Bimbingan Konseling Di Sekolah. *Journal Of Guidance And Counseling*, 2(2), 98–105.
- Eric Patterson. (2022). *Important Facts And Statistics About Self-harm: Prevalence, Risk Factors, & More*. Medical Disclaimer:
<https://www.therecoveryvillage.com/mental-health/self-harm/self-harm-statistics/>
- Faradiba, A. T., Paramita, A. D., & Dewi, R. P. (2022). Emotion Dysregulation And Deliberate Self-harm In Adolescents. *Konselor*, 11(1), 20–24.
<https://doi.org/10.24036/02021103113653-0-00>
- Fitroh, S. F. (2014). Dampak Fatherless Terhadap Prestasi Belajar Anak. *Jurnal PG-PAUD Trunojoyo*, 1(2), 83–91.
<https://journal.trunojoyo.ac.id/pgpaudtrunojoyo/article/view/3551>
- Frosch, C. A., Schoppe-Sullivan, S. J., & O'Banion, D. D. (2021). Parenting And Child Development: A Relational Health Perspective. *American Journal Of Lifestyle Medicine*, 15(1), 45–59.
<https://doi.org/10.1177/1559827619849028>
- Hack, J., & Martin, G. (2018). Expressed emotion, shame, and non-suicidal self-injury. *International Journal of Environmental Research and Public Health*, 15(5), 1–18.
<https://doi.org/10.3390/ijerph15050890>

- Hart, J. (2002). *The Importance of Fathers in Children's Asset Development*.
- Hayatussofiyyah, S., Nashori, H. F., & Rumiani, R. (2017). Efektivitas Terapi Kognitif Perilaku Religius Untuk Menurunkan Depresi Pada Remaja. *Psikoislamedia : Jurnal Psikologi*, 2(1), 42.
<https://doi.org/10.22373/Psikoislamedia.V2i1.1823>
- Healthdirect. (2023). *Adrenal Gland*. Healthdirect.
<https://www.healthdirect.gov.au/Adrenal-Glands>
- Hopkins, J. (2022). *Adrenal Glands*. Johns Hopkins Medicine.
<https://www.hopkinsmedicine.org/Health/Conditions-And-Diseases/Adrenal-Glands>
- Husodo, C., & Sukanto, M. E. (2024). Dialectical Behavior Therapy for Reducing Emotional Eating in Emerging Adult Women. *Bulletin of Counseling and Psychotherapy*, 6(2), 1–13.
- IIDIKT. (2023). *Dari Self-harm ke Self-Love - Website LLDIKTI Wilayah V*. Kementerian Pendidikan, Kebudayaan, Riset, Dan Teknologi Yogyakarta.
<https://lldikti5.kemdikbud.go.id/home/detailpost/dari-Self-harm-ke-self-love>
- Ika. (2023, May 22). Psikolog UGM Beberkan Dampak Minimnya Keterlibatan Ayah Dalam Pengasuhan. *Web: Universitas Gajah Mada*.
<https://doi.org/10.3390/ijerph15050890>
- Islamy, F. N., & Ratna, M. (2023). Pengaruh Stress Terhadap Kecenderungan Perilaku Mencederai Diri Sendiri Pada Remaja. *Jurnal Ilmiah Mahasiswa & Penelitian Keperawatan*, 3(3), 84–89.
<https://jurnal.stikesnh.ac.id/index.php/jimpk/article/view/1070>
- Ismail, I., Murdiana, S., & Permadi, R. (2024). The Influence of Fatherless on Aggression Behavior in Adolescents. *Journal of Social Sciences and Humanities*, 4(2), 225–231.
https://doi.org/10.1542/9781581109399-the_influence
- Karimah, K. (2021). Kesepian dan Kecenderungan Perilaku Menyakiti Diri Sendiri pada Remaja dari Keluarga Tidak Harmonis. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(2), 367.
<https://doi.org/10.30872/psikoborneo.v9i2.5978>
- Kautsar, A. (2024). *20 Persen Anak RI "Fatherless", Pengasuhan Anak Bukan Cuma Tanggung Jawab Ibu*. Detik Health. <https://health.detik.com/berita-detikhealth/d-7689280/20-persen-anak-ri-fatherless-pengasuhan-anak-bukan-cuma-tanggung-jawab-ibu>
- KPAI. (2020). Hasil Survei Pemenuhan Hak dan Perlindungan Anak pada Masa Pandemi COVID-19. *Komisi Perlindungan Anak Indonesia*, 10, 1–56.
- Kusramadhanty, M. (2019). Temperamen dan praktik pengasuhan orang tua menentukan perkembangan sosial emosi anak usia prasekolah. *Persona: Jurnal Psikologi Indonesia*, 8(2), 258–277.
<https://doi.org/10.30996/persona.v8i2.2794>
- Lidya Yuliana, E., Khumas, A., & Ansar, W. (2023). Pengaruh Fatherless Terhadap Kontrol Diri Remaja Yang Tidak Tinggal Bersama Ayah. *Pinisi Journal of Art, Humanity and Social Studies*, 3(5), 65–73.
<https://ojs.unm.ac.id/PJAHSS/article/download/50793/22810>
- Lubis, Z. (2023, September). Fenomena Fatherless dan Pentingnya Peran Ayah dalam Pertumbuhan Anak. *Nu Online*, 1–7. <https://nu.or.id/syariah/fenomena>

- fatherless-dan-pentingnya-peran-ayah-dalam-pertumbuhan-anak-MO1e5
- Meilatri, Fatikah Garnis. (2019). Upaya Pemberian Konseling Pada Penderita Self-Harm Di Kalangan Remaja (Studi Kasus Mahasiswa UNS). *Proceedings Journal of Physics: Conference series*. <https://doi.org/10.31227/osf.io/4gpjz>
- Mulianingsih, R., & Dewi, K. D. (2022). Strategi Coping Stress Pada Mahasiswa Korban Bullying di Universitas X. *Character: Jurnal Penelitian Psikologi*, 9(5), 25–38. <https://ejournal.unesa.ac.id/index.php/character/article/view/47178>
- NSD. (2023). *Ketahui Dampak Negatif Dari Perilaku Self Harm*. Lisensi PT. Nirmala Satya Development. <https://nsd.co.id/posts/ketahui-dampak-negatif-dari-perilaku-self-harm.html>
- Nurjanah, N. E., Jalal, F., & Supena, A. (2023). Studi Kasus Fatherless: Peran Ayah Dalam Pengasuhan Anak Usia Dini. *Kumara Cendekia*, 11(3), 261. <https://doi.org/10.20961/kc.v11i3.77789>
- Nurmalasari, F., Fitrayani, N., Paramitha, W. D., & Azzahra, F. (2024). Dampak Ketidadaan Peran Ayah (Fatherless) terhadap Pencapaian Akademik Remaja: Kajian Sistematis. *Jurnal Psikologi*, 1(4), 1–14. <https://doi.org/10.47134/pjp.v1i4.2567>
- Orduña, O. H., Arango, I., Terres, E. M., Toledo, C. M., Delgado, A. R., & García, R. R. (2022). Adaptation of a DBT Intervention to Reduce Self-harm in Borderline Personality Disorder. *International Journal of Psychology*, 22(3), 227–287.
- Pardi, & Wahyuni, E. (2024). Konseling Kognitif-Behavioral-Terapi (CBT) Mengatasi Perilaku Remaja Yang Marah. *Journal of Comprehensive Science*, 3(11), 5083–5090. <https://doi.org/10.37202/kmmr.2024.29.2.1>
- Putri, N. K., Diyanah, K. C., Karimah, A., Muhashonah, I., & Pramudinta, N. K. (2023). Inisiasi Manajemen Kesehatan Mental Pada Sekolah. *Jurnal Masyarakat Mandiri*, 7(1), 1–11.
- Ratida, aulia rizka putri, Noviekayati, I., & Rina, A. P. (2023). Hubungan Dukungan Sosial Dan Kecenderungan Perilaku Menyaki-. *Psikovidya*, 27(2), 33–41.
- Ratida, aulia rizka putri, Noviekayati, I., & Rina, A. P. (2023b). Hubungan Dukungan Sosial Dan Kecenderungan Perilaku Menyakiti Diri (Self-Injury) Pada Remaja Dari Orang Tua Bercerai. *Psikovidya*, 27(2), 33–41.
- Šimić, G., Tkalčić, M., Vukić, V., Mulc, D., Španić, E., Šagud, M., Olucha-Bordonau, F. E., Vukšić, M., & Hof, P. R. (2021). Understanding emotions: Origins and roles of the amygdala. *Biomolecules*, 11(6), 1–58. <https://doi.org/10.3390/biom11060823>
- Stephenson, E., & DeLongis, A. (2020). Coping strategies. *The Wiley Encyclopedia of Health Psychology*, 55–60.
- Sundari, A. R., & Herdajani, F. (2013). Dampak Fatherlessness Terhadap Perkembangan Psikologis Anak. *Prosiding Seminar Nasional Parenting 2013*, 53(9), 1689–1699.
- Surayya Hayatussofiyyah, Nashori2, H. F., & Rumiani. (2017). Efektivitas Terapi Kognitif Perilaku Religius Untuk Menurunkan Depresi Pada Remaja. *Psikoislamedia: Jurnal Psikologi*, 2(1), 42–54. <https://doi.org/DOI:10.22373/psikoislamedia.v2i1.1823>

- Tarigan, T., & Apsari, N. C. (2022a). PSelf-Harm or Self-Injuring Behavior By Adolescents. *Jurnal Sosial*, 4(2), 198–220.
<https://doi.org/10.24198/focus.v4i2.31405>
- Tarigan, T., & Apsari, N. C. (2022b). Self-Harm or Self-Injuring Behavior By Adolescents. *Jurnal Sosial*, 4(2), 198–220.
<https://doi.org/10.24198/focus.v4i2.31405>
- Tim. (2023). *Optimalisasi Peran Ibu dalam Menghadapi Anak Tanpa Ayah : Mendukung Pertumbuhan dan Pengembangan Anak*.
<https://jagoketik.com/blog/peran-ibu-dalam-menghadapi-fatherless/>
- UNICEF. (2021). *Indonesia: Ratusan anak dan remaja menyerukan kebaikan dan diakhirinya perundungan*. UNICEF.
<https://www.unicef.org/indonesia/id/siaran-pers/indonesia-ratusan-anak-dan-remaja-menyserukan-kebaikan-dan-diakhirinya-perundungan>
- Usman, I. (2021). “Ayah Pergi Untuk Kalian!”: Fenomena Yatim Psikologis Di Kalangan Generasi Muda Di Kota Bandung Indonesia. *Jurnal RASI*, 2(2), 23–35.
<https://doi.org/10.52496/rasi.v2i2.63>
- Utami, G., Sari, N., Dahlia, D., & Sari, K. (2023). Self-Injury Behavior Pada Remaja Korban Perundungan dan Kaitannya dengan Kelekatan Orang Tua. *Seurune: Jurnal Psikologi Unsyiah*, 6(2), 198–220.
<https://doi.org/10.24815/s-jpu.v6i2.32163>
- Utami, N. D., Rakhmat, C., & Zulkarnaen, R. H. (2023). The Impact of Fatherlessness on Children’s Ability to Control Their Emotions. *Jurnal Pendidikan Amarta*, 2(2), 96–111.
- Wahidah, F. R., & Patricia, A. (2019). Cognitive behavior therapy untuk mengubah pikiran negatif dan kecemasan pada remaja. *Indigenous: Jurnal Ilmiah Psikologi*, 3(2), 57–69.
<https://doi.org/doi:https://doi.org/10.23917/pribumi.v3i2.6826>
- Wahyudi, I., & Netrawati, N. (2023). Efektivitas Layanan Konseling Individu Pendekatan Cognitive Behaviour Therapy dalam Mereduksi Perilaku Self Injury pada Siswa. *Jurnal Basicedu*, 6(6), 10228–10237.
<https://doi.org/10.31004/basicedu.v6i6.4887>
- Wetarini, K. and Lesmana, C. B. J. (2018). Gambaran Depresi dan Faktor yang Memengaruhi pada Remaja Yatim Piatu di Denpasar. *Jurnal Medika*, 7(2), 82–86.
- Whitlock, J., Muehlenkamp, J., Purington, A., Eckenrode, J., Barreira, J., Abrams, G. B., & Marchell, T., Kress, K., Girard, K., Chin, C., Knox, K. (2011). Non-Suicidal Self-Injury in a College Population: General Trends and Sex Differences. *Journal of American College Health*, 59(8), 691–698.
<https://doi.org/10.1080/07448481.2010.529626>
- WHO. (2019). *Suicide and self-harm* (p. 4).
https://doi.org/10.5005/jp/books/12860_7
- Xiao, Q., Song, X., Huang, L., Hou, D., & Huang, X. (2022). Global prevalence and characteristics of non-suicidal self-injury between 2010 and 2021 among a non-clinical sample of adolescents: A meta-analysis. *Frontiers in Psychiatry*, 13(August), 1–16.

<https://doi.org/10.3389/fpsy.2022.912441>

Zhou, X., Li, R., Cheng, P., Wang, X., Gao, Q., & Zhu, H. (2024). Global burden of Self-harm and interpersonal violence and influencing factors study 1990–2019: analysis of the global burden of disease study. *BMC Public Health*, 24(1), 1–13.
<https://doi.org/10.1186/s12889-024-18151-3>

Zainuddin, Lubbis. (2023). *Fenomena Fatherless dan Pentingnya Peran Ayah dalam Pertumbuhan Anak*. NU Online.
<https://nu.or.id/syariah/fenomena-fatherless-dan-pentingnya-peran-ayah-dalam-pertumbuhan-anak-MO1e5>