THE RELATIONSHIP BETWEEN RELIGIOSITY AND SELF-HARM TENDENCIES OF STUDENTS WHO COME FROM SINGLE FAMILIES

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ABSTRACT

This study is motivated by the tendency of self-harm among students from single-parent families. This is evidenced by the increasing divorce rate each year, which is accompanied by a rise in risky behaviors such as self-harm. One of the contributing factors to self-harm among students from single-parent families is a low level of religiosity. Therefore, this study aims to describe the level of religiosity and the tendency of self-harm among these students, as well as to examine and analyze the relationship between religiosity and the tendency of self-harm in students from single-parent families. This research uses a quantitative method with a descriptive correlational research design. The population consists of 50 students from single-parent families enrolled in grades X and XI at SMKN X Padang during the 2024/2025 academic year. The sample includes 23 grade X students from single-parent families, selected using a total sampling technique. Data were collected using a religiosity questionnaire and a self-harm tendency questionnaire for students from single-parent families. The data were analyzed using percentage analysis, and the Pearson product-moment formula was used to test and analyze the relationship between religiosity and the tendency of self- harm. The results showed that students from single-parent families had a moderate level of self-harm tendency, while their level of religiosity was categorized as high. The correlation analysis indicated a negative relationship between religiosity and the tendency of self-harm among students from single- parent families.

Keywords: Religiosity; Self-harm tendency; Students; single-parent families.

INTRODUCTION

Today divorce in Indonesia is increasing, as indicated by data from the Central Statistics Agency (BPS) in 2024, reaching 168,889 divorce cases recorded in Indonesia. This increase in divorce rates has great urgency, especially in relation to its impact on social stability and family welfare. Divorce often has a negative impact on the children involved, ranging from emotional disturbances to difficulties in social adaptation. Meanwhile, in West Sumatra Province in 2024 there were 10,054 divorce cases recorded. This is a serious concern for the government and the people of West Sumatra, especially with the recording of around 1,067 divorce cases in Padang City in 2024.

Based on this data, it shows that a number of children must be separated from one of their parents due to divorce or better known as a single family. Single families are formed due to various factors, such as divorce, the death of a spouse, or the decision to become a single parent without being married. These families are often referred to as nuclear families with one head of household who face various challenges, such as economic pressures, time management, and limited emotional support. Children growing up in single-parent families often experience problems in various aspects, including psychological, social, and academic. They tend to feel the loss of a parental figure, whether due to divorce, death or other conditions, which can affect their emotional development and social relationships.

The inability of adolescents to cope with their problems is related to Sigmund Freud's personality theory in the basic structure of individual personality, namely the Ego, there is logical thinking that is usually used to overcome daily problems however, when adolescents lack strategies or cannot cope with problems, unfulfilled desires or pleasure (Id) can lead to a tendency for self-harm behaviour as a form of fulfilling these desires, (Lutfia Ulfa & Kristinawati, 2025).

 Self-harm is a form of behaviour carried out by individuals to overcome emotional pain by hurting themselves, carried out intentionally but not with the aim of suicide, namely by slicing, scratching, burning, hitting themselves, not eating or overeating, scratching or drawing on the skin, pulling hair and hitting themselves, (Klonsky & Muehlenkamp, 2007).

One of the factors causing self-harm according to Martinson (1999) is family factors, namely the lack of role models in childhood in expressing emotions and lack of communication between family members. Many families consider self-harm as a non-serious problem, without realising that this behaviour can be a sign of a more serious psychological problem. There are also stressors from family or close friends, so the tendency to self-harm tends to be frequent and recurrent due to daily exposure to stressors.

Based on the phenomenon in the field, adolescents living with single parent families experience various psychological conflicts. These conflicts not only hinder their developmental tasks but can even make their self-concept negative and happiness low. In general, adolescence is a period full of conflicts that occur in their lives so that they are very vulnerable to self-harm, (Maidah & Psikologi, 2013).

Religiosity is also a contributing factor to self-harm, as one's beliefs and thoughts influence daily behaviour. If a person's beliefs are strong, it can affect his or her ability to organise daily life, (Alwi, 2014). Glock & Stark (1969) explain that religiosity is a unity formed from comprehensive elements that make a person deeply religious rather than just having religion alone. The development of adolescents' understanding of religious beliefs is strongly influenced by their cognitive development.

Religiosity refers to the level of individual attachment to their religion, which is reflected in their religious beliefs, understanding and practices. Individuals who have a high level of religiosity tend to live and internalise their religious teachings, so that these spiritual values influence their every action, attitude, and outlook on life, (Ghufron & Risnawita, 2010). Research by (Ackert et al., 2020) shows that there is a relationship between religiosity and self-harm behaviour, where individuals with high levels of religiosity tend not to self-harm, while individuals with low levels of religiosity have a greater risk of doing so.

The religiosity of children from single families illustrates the level of religiosity that can be an important factor in shaping their character. Children from single families tend to face greater emotional and social challenges than children from intact families. Religiosity can provide them with moral guidance, a sense of calm, and spiritual support in dealing with difficult situations. Factors such as family environment, religious education, and religious communities play a big role in developing these children's religiosity, helping them to cope with loss, stigma, or other life stresses, (Pandya, 2023).

Yayasan Amanah Nur Aman

Based on the data and the results of interviews conducted on 17 December with the guidance and counselling teacher of SMK Negeri X Padang regarding the tendency of self-harm for students who come from single families and there are several students who are counselling with the guidance and counselling teacher who have been doing self-harm behaviour for a long time it happens because they feel stressed and lonely so they apply these emotions by doing self-harm on themselves such as he grabbed his hair, went on a hunger strike to do barcode (cutting his own arm.).

Guidance and counselling teachers also agree that religiosity has an important role in helping single-family students deal with emotional distress and reduce the tendency to engage in self-harm behaviour. Students who are active in religious activities tend to have better coping mechanisms and feel emotionally supported by both their religious community and spiritual values. In contrast, students who are less religious often feel more isolated and are more vulnerable to stress which can encourage self-harm behaviour.

Based on this phenomenon, it is interesting to study further through this research whether there is a relationship between religiosity and self-harm tendencies of students who come from single families in SMKN X Kota Padang. This research is expected to provide new insights into the role of religiosity in supporting adolescents' mental health, as well as a foundation for efforts to prevent self-harm through an approach based on spiritual values.

RESEARCH METHODS

This research uses a quantitative method with a descriptive correlational type. Descriptive method is a research method intended to investigate circumstances, conditions or other things that have been mentioned, the results of which will be presented in the form of a research report, (Arikunto, 2010). Correlational research is a type of research that looks at the relationship between one or several changes with one or several other changes, (Yusuf, 2014).

Based on the explanation above, it can be concluded that descriptive research aims to explain events in detail, systematically and as they are in accordance with the facts in the field so that answers to the problems studied are obtained. Thus, this descriptive correlational research aims to determine the relationship between religiosity and self-harm tendencies of students who come from single families at SMK Negeri X Padang City.

RESULTS AND DISCUSSION

Based on research that has been conducted at SMKN X Padang regarding variable X, namely religiosity with variable Y, namely self-harm tendencies, which is carried out by administering a research questionnaire. The research was conducted on students who came from single families as research subjects as many as 50 students who were conducted directly. After the research was conducted, the researchers then conducted data processing on the data obtained from the respondents' answers Based on the data processing that has been done, the description of the results of this study is as follows:

Table 1. Percentage of Religiosity Level

Kategori	Interval	Frequency	%
Sangat Tinggi	≥120	6	12
Tinggi	114-119	17	34
Sedang	108-113	12	24
Rendah	102-107	8	16
Sangat rendah	96-101	7	14
Total		**50**	**100**

The results of this description reveal that the level of religiosity of students from single families is in the high category with a frequency of 17 students with a percentage of 34%. Based on the explanation above, it can be concluded that the religiosity category is in the high category, which means that the level of religiosity of students from single families is generally good.

Table 2. Percentage of Self-Harm Tendency Level

Kategori	Interval	Frequency	%
Sangat Tinggi	≥106	1	2
Tinggi	97-105	6	12
Sedang	89-96	14	28
Rendah	79-87	23	46
Sangat Rendah	70-78	6	12
Total		**50**	**100**

It can be described in general the level of self-harm tendency of students who come from single families in SMKN X Padang in the very high category with a frequency of 1 student with a percentage of 2%. Then the high category with a frequency of 6 students with a percentage of 12%, then the medium category with a frequency of 14 students with a percentage of 28%, then the low category with a frequency of 23 students with a percentage of 46%, and a very low category with a frequency of 6 students with a percentage of 12%.

Based on the explanation above, it can be concluded that the category of self-harm tendency is in the moderate category, which means that students who are the round of this study have a tendency to self-harm.

Table 3. Correlation of Religiosity (X) with Self-Harm Tendency (Y)

Correlations		RELIGIUSITAS	KECENDERUNGAN SELF HARM
RELIGIUSITAS	Pearson Correlation	1	-.364**
	Sig. (2-tailed)		0.009
	N	50	50
KECENDERUNGAN SELF HARM	Pearson Correlation	-.364**	1
	Sig. (2-tailed)	0.009	
	N	50	50
**. Correlation is significant at the 0.05 level (2-tailed).			

Based on the table above to determine the existence of a correlation between religiosity and self-harm tendencies, the significance value ≤0.05 can be known the significance value of religiosity with self-harm tendencies is 0.009, then $0.009 \leq 0.05$, so there is a correlation between religiosity and self-harm tendencies. Furthermore, the value of the correlation coefficient between the religiosity variable (X) and the tendency of self-harm (Y) is - 0.364 from this data it can be seen that there is a significant negative relationship between religiosity and the tendency of self-harm of students who come from single families in SMKN X Padang with a weak level of relationship. This means that the higher the student's religiosity, the lower the student's self-harm tendency. Conversely, the lower the level of religiosity of students, the higher their tendency to self-harm. The results showed that there is a significant and negative relationship between religiosity and self-harm tendencies of students who come from single families. After analysing the data to test the correlation using the help of SPSS version 23 or using the Pearson formula. The significance value is 0.009 to determine the existence of a correlation between religiosity and the tendency to self-harm students who come from single families, then the significance value <0.05, then 0.009 <0.05, thus causing a correlation between religiosity and the tendency to self-harm students who come from single families.

Furthermore, the value of the correlation coefficient between the religiosity variable (X) and the anxiety of verbal bullying victims (Y) is -0.364 which shows a negative correlation. This means that the higher the religiosity, the lower the tendency of self-harm of students from single families, conversely the lower the religiosity, the higher the tendency of self-harm of students from single families.

Religiosity can be interpreted as the level of a person's beliefs and attitudes towards their religious teachings and ritual practices both in the context of relationships with God both vertically and horizontally, as an effort to find the meaning of life and happiness. In most studies religiosity has an impact on human behaviour, the higher a person's religiosity is as well as a reflection of his behaviour, (Lailatut Tarwiyyah, 2022). According to (Wong et al., 2006), religiosity provides an

effective coping mechanism for adolescents in managing negative emotions and life pressures, which in turn can reduce their chances of committing self-harm.

Religiosity has an important role in shaping moral values in individuals, which then influences how a person behaves and acts in daily life in accordance with the values that are considered good by religion and society, (Dwi Cahyani et al., 2023). This means that the higher a person's level of religiosity, the greater the likelihood that the individual will have attitudes and behaviours that are in accordance with socially and religiously accepted norms and ethics. Furthermore, the cultivation of religious values in the school environment is considered important, especially for students who are in the adolescence phase of development that is vulnerable to environmental influences and self-discovery. Through strong religious education at school, students are expected to not only have a broader understanding of religious teachings, but also be able to form better and more responsible attitudes in their social lives, (Sudandi. Ahmad Akhmali & Al Farabi, 2024).

CONCLUSIONS

Based on the results of the research that has been conducted on the relationship between religiosity and self-harm tendencies of students from SMKN X Padang, it can be concluded that the religiosity of students who come from single families in SMKN X Padang as a whole is in the majority of high categories. This means that the religiosity of students who come from single families is good. Furthermore, the tendency of self-harm of students who come from single families in SMKN X Padang as a whole is in the majority of moderate levels. And there is a significant negative relationship between religiosity and self-harm tendencies of students from single families in SMKN X Padang with a correlation coefficient of -0.364 and a significant value of 0.009. This means there is a significant negative relationship. That is, the higher the religiosity of students, the lower the tendency of student self-harm. Conversely, the lower the level of religiosity of students, the higher their tendency to self-harm.

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Yayasan Amanah Nur Aman