

The Relationship Between Perfectionism and Non-Suicidal Self Injury Incidents Among Nursing Students

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ABSTRACT

Background: Students who have perfectionist traits tend to always want to appear perfect, so that they often trigger Non-Suicidal Self Injury (NSSI) behavior as a way to vent or suppress emotions, which can cause bodily damage and the risk of infection. The high level of perfectionism in nursing students at Private Universities in Surabaya accompanied by low levels of NSSI indicates that most of them have adaptive behavioral patterns. This means that even though they tend to be perfectionists, they are able to manage stress without engaging in destructive behavior. **Methods :** This study used a cross-sectional approach with a population of Nursing students with a sample of 115 respondents using the stratified proportional technique. Data analysis used the Spearman test with a significance level of $\alpha = 0.01$. Based on the results of the Spearman test, the value of $p = 0.000$ was obtained, so it was concluded that $p < \alpha$ H_0 was rejected, meaning that there was a strong relationship. And based on the results of the study, it was found that even though they had a high tendency towards perfectionism, they managed to manage the existing pressure without engaging in NSSI behavior. The pattern of academic pressure experienced by students of Private Universities in Surabaya shows that the demand to balance theory and practice in every aspect of learning to prevent maladaptive behavior such as Non-Suicidal Self Injury. It is hoped that the University can strengthen counseling services or campus psychologists by holding regular counseling sessions that are scheduled periodically. This can help students overcome various mental health problems, including preventing the emergence of perfectionist personalities and NSSI behavior.

Keywords: Non-Suicidal Self Injury, Perfectionism, Students

INTRODUCTION

Individuals who have a Perfectionism personality have high standards of achievement in themselves, so that negative Perfectionism responses tend to have a high drive to achieve perfection, such as feeling dissatisfied with the results obtained, blaming themselves by continuing to think about it, to lowering the individual's self-esteem by considering the mistake as their weakness. Students who have a tendency towards negative Perfectionism (maladaptive) always have a desire to look perfect, such as always wanting to achieve in every semester or every year, always wanting to increase and maintain their Cumulative Index Value (IPK), always wanting to win in competitions or olympiads both academic and non-academic, always wanting to be

superior to their organizational friends in doing work to get a high position.

The results of a World Health Organization (WHO) survey show that around 20% of teenagers in the world injure themselves by scratching, cutting, hitting, biting, pulling hair, and banging their heads against walls. Self-harm behavior is also the second leading cause of death in the world at the age of 18 to 29 years (Zikkri *et al.*, 2022). From the results of the YouGov Omnibus survey, it shows that 36.9% of people in Indonesia have intentionally injured themselves with an age range of 18-24 years (Hooley, Fox and Boccagno, 2020). From demographic data, 45% of respondents have self-harmed, of which 5 out of 2 young people have hurt themselves, and 7% of respondents have hurt themselves with regular frequency. From the results of the Into the Light and

Change Indonesia survey, a survey was conducted with the majority domiciled in 6 provinces on the island of Java, showing that 40% have thoughts of self-harm to thoughts of suicide in the last two weeks.

The cause of students having a Perfectionism personality is because of factors that can provide inappropriate appreciation when faced with a problem, such as the experience of parenting that is too harsh, strict, and perfectionistic can make students have high standards to achieve perfection. Students who are always driven by social expectations because other people expect perfect individuals will cause dissatisfaction in themselves. So that as a result when students reach adulthood with increasing developmental tasks, they become Perfectionism personalities and tend to do NSSI if the expected thing is not achieved. This behavior aims to vent their emotions because they can feel calm and relieved from the overwhelming emotions. If this is allowed to continue, then the individual will tend to commit suicide because of the inability to manage their negative emotions.

There are several ways to overcome Perfectionism personality and NSSI behavior in students at university, namely coming to counseling and mental support services provided by the campus, joining support groups such as the appropriate Student Activity Unit.

Some ways that can also be done are, firstly spiritual support can reduce the emotions of individuals, they will feel supported by family, friends of the same faith, religious communities, or religious leaders. This support can provide a sense of self-confidence and provide an understanding that individuals have support available (Sujadi and Bustami, 2023). Religiosity refers to spirituality and is related to religious beliefs, practices, and values and involves religious things (Sujadi, 2022). Emotional support also has an important role for individuals, emotional support itself is in the form of words of encouragement and empathy which can provide a sense of care and attention. If individuals appear to have a sense of trust and are open, then individuals feel comfortable and loved, and cared for (Hanan *et al.*, 2024).

The purpose of this study is identifying perfectionism personality at Private College in Surabaya Undergraduate

Nursing Students, and identifying Non-Suicidal Self-Injury Incidents at Private College in Surabaya Undergraduate Nursing Students, as well as to analyze the relationship between perfectionism personality and Non-Suicidal Self-Injury Incidents in Undergraduate Nursing Students at Private College in Surabaya, so that it provides an understanding of the importance of dealing with perfectionism properly in order to avoid non-suicidal self-injury behavior.

Students who have a Perfectionism personality are caused by factors that can provide inappropriate appreciation when faced with a problem, so that as a result when students reach adulthood with increasing developmental tasks, they tend to carry out NSSI actions if what is expected is not achieved to vent their emotions because they can feel calm and relieved from the overwhelming emotions when what is desired is not achieved. The pattern of academic pressure, as experienced by Private College in Surabaya students, shows that the demand to balance theory and practice in every aspect of learning is often a major challenge. In this situation, perfectionism acts as a double-edged sword: on the one hand, it can motivate students to achieve high standards, but on the other hand, perfectionism that is not managed properly can cause chronic stress, emotional exhaustion, and even cause maladaptive behavior such as Non-Suicidal Self Injury. The high level of perfectionism at Private College in Surabaya Nursing undergraduate students accompanied by low levels of NSSI indicates a pattern of adaptive behavior in most students. This can be interpreted that even though they have high perfectionism tendencies, they are able to manage the existing pressure without engaging in destructive behavior. However, this result does not rule out the possibility that some students with maladaptive perfectionism may experience greater emotional risks.

METHODS

This type of research is quantitative descriptive with a Cross-Sectional approach, namely measuring variables only once in a limited period of time without doing follow-up. The population in this study were undergraduate students of Nursing at a Private College in Surabaya in

semester 7 with a sample size of 115 respondents. The sampling technique used the Probability Sampling method with the Proportionate Stratified Random Sampling approach. The independent variable studied was Perfectionism Personality and the dependent variable studied was Non-Suicide Self-Injury Incidents. The instruments used were the Hewitt and Flett Multidimensional Perfectionism Scale (HMPS) Questionnaire and the Inventory of Statements About Self Injury (ISAS) Questionnaire. Based on the reliability test conducted by (Nurmaidah, 2023), it is known that the HMPS has a Cronbach's Alpha score of $0.870 > 0.7$, which means that the scale is declared reliable and has reliability in measuring the measurement objectives. In the results of the reliability test conducted by (Diana *et al.*, 2023), it is known that ISAS has a Cronbach's Alpha score of $0.969 > 0.7$ which means high reliability with a very good category. After the data is collected, the next step is to analyze the behavior of the independent variables in influencing the dependent variables. Spearman's Rank using the SPSS application. Interpretation of the Spearman Rank test results with the desired level of significance is $= 0.01$ or > 0.01 which means the hypothesis is accepted. This study has been approved by the Unusa ethics board (No. 0490 / EC / KEPK / UNUSA / 2024). Before conducting the research, the researcher provided a consent form that was distributed to the respondents. The information provided included the benefits to the research subjects, research procedures, compensation, and researcher contacts. After the respondents agreed, they would be asked to sign the research consent form.

RESULTS AND DISCUSSION

1. Perfectionism

The results of the study showed that of the 115 respondents in this study, almost half were at a very high level of Perfectionism personality, which was 40 people (34.8%), this was because 7th semester Nursing undergraduate students at Private College in Surabaya received many demands from lecturers and families to graduate on time, so that these students competed with other students to achieve the best results. Then the results of other studies showed that almost all of them

were young adult students (20-29 years old) as many as 114 people (99%) where these Nursing undergraduate students faced a lot of social pressure. This study is different from the study conducted by (Mistica, Zubair and Nurhikmah, 2023) on Medical students in Makassar City who had a moderate level of perfectionism as many as 148 people (34.7%), this was because by realizing their shortcomings, they actually sought help from their supervisors to get learning materials from experienced experts and discuss the material with friends so that understanding the material is more comprehensive. In addition, these students tend to have thoughts to continue to develop themselves by showing courage, motivation, and initiative in learning. In line with research conducted by Faradina (2020), in students domiciled in Aceh Province, membership of the Acehese dance studio, reviewed by age, the early adulthood or young adult phase (age range 20-24 years) has a high level of perfectionism, namely 84.5%, this is because at that age there is pressure and competition to be the best so that individuals avoid failure in achieving perfection, because at that age if they get criticism or punishment it can cause worry and make negative judgments about themselves, and tend to blame and criticize themselves. This means that the person does not think that the efforts they have made are good enough, they only feel that they have failed to achieve their goals. In addition, it should be noted that high levels of perfectionism in young adults can also be influenced by developments in technology and social media. The presence of digital platforms often creates additional social pressure, where individuals feel they have to show perfect achievements to meet the expectations of society which are not always realistic. This is in line with the results of the study which more dominantly answered strongly agree on the Socially Prescribed Perfectionism dimension that has been explained previously, where social pressure can strengthen the need to achieve perfection. In young adulthood, individuals show a strong desire to achieve meaningful life goals which are often accompanied by high dedication and commitment. Perfectionism in this case becomes an important part of the effort to achieve an ideal self-image, and every human being has a superior self-image as a life goal.

2. Adolescent Risky Sexual Behavior

The results of the study showed that out of 115 respondents in this study, almost half, namely 55 people (47.8%) had very low Non-Suicidal Self Injury behavior, namely 49 people. This is because most of the respondents of the Nursing S1 students still have a good level of mental health, or minimal exposure to stressors to carry out Non-Suicidal Self Injury behavior. And based on the results of the study, it is known that almost all respondents, namely 99 people (86.1%) were female. This is because women are more susceptible to stress on themselves and have high emotional pain, which can increase the risk of Non-Suicidal Self Injury. This study is different from Supradewi's study (2024), in the first semester students of the Faculty of Psychology Unissula had a low level of Non-Suicidal Self Injury, namely 47 people (53.4%). This is because these students have high Self-Compassion, where when students have high Self-Compassion, they will love themselves. Self-Compassion can also protect students from engaging in Non-Suicidal Self-Injury behavior. Self-Compassion is a process of understanding oneself without criticism of suffering, failure, or inability, accompanied by an understanding that it is part of life in general (Neff, 2003) in (Alitani, 2023). In line with research (Suprayanti et al, 2021) on students of the University of Riau based on gender, as many as 303 people (77.03%) were female. From the results of this data, it can be concluded that the number of male and female participants is very different, this is because men use more logic so they are more relaxed in dealing with problems, while women use more feelings and are more emotional so they are susceptible to Non-Suicidal Self-Injury behavior. Based on (Awalia, 2024) on psychology students in Malang City, high results were obtained in the Intrapersonal dimension, namely in the Affect Regulation category. This is because most psychology students in Malang City commit Non-Suicidal Self-Injury based on themselves to overcome distress, this includes negative emotions such as anger, anxiety, and frustration. According to (Wisnusakti, Kumala and Hidayat, 2022) Affect Regulation is an individual's way of behaving according to the situation and conditions, or commonly referred to as an individual's way of dealing with their

emotions. Compulsive NSSI behavior includes repetitive behaviors, such as scratching the skin and biting nails, pulling hair (trichotillomania), and picking skin (delusional parasitosis). Impulsive NSSI behavior consists of various behaviors, such as cutting the skin, burning, and carving the skin, inserting sharp objects under the skin or in the chest or stomach, peeling scars; and banging the bones of the hands or feet. Based on the results and theories above, it was found that undergraduate nursing students experienced very low levels of Non-Suicidal Self-Injury. This shows that even though NSSI behavior occurs, most individuals in this study are able to keep their behavior levels low. In this study, the highest average student answers reflect NSSI behavior in the Affect Regulation category, where individuals perform NSSI as a mechanism to regulate emotions to reduce anxiety, frustration, anger, so that students become calm. This behavior can be associated with emotional stress experienced by women, as stated by Veague, that women are often taught to hold back their anger and negative emotions, so they choose to vent it on themselves.

3. Relationship between Perfectionism and Non-Suicidal Self-Injury Incidents

From the results of the study on the Relationship between Perfectionism Personality and Non-Suicidal Self Injury Incidents at Private College in Surabaya Nursing Undergraduate Students, it can be seen that out of 115 students, almost half have a very high level of perfectionism (34.8%) and the majority have a very low level of Non-Suicidal Self-Injury (47.8%). The results of the cross-tabulation between Perfectionism Personality and Non-Suicidal Self Injury Incidents were then analyzed using the Spearman Rank test with a significance level of $\alpha = 0.01$ obtained $p = 0.000 < \alpha = 0.01$ which indicates that H_0 is rejected if $p < \alpha$ which means there is a significant relationship between Perfectionism Personality and Non-Suicidal Self Injury Incidents at Private College in Surabaya Nursing Undergraduate Students. According to (Tilaar and Sompie, 2009) in (Lubis and Jaya, 2019) explains that students are the young generation who are starting to study science, and reason about social problems.

For this reason, students are required to have moral responsibility, towards themselves as individuals, in order to be able to live a responsible life and in accordance with the morals that live in society. To realize all that, students are faced with tasks and responsibilities that are not easy, and not a few in undergoing their studies at university, because the higher the level of education taken, the more tasks students must face. (Flett and Hewitt, 2002) (Diah, Lubis and Witriani, 2020) explain that students also tend to feel a lack of social support from their environment. They also feel that they do not have close people who they can talk to and ask for help. This maladaptive condition will contribute to the development and defense of anxiety. (Cooke and Hurlock, 1999) in (Epivania and Soetjningsih, 2023) explains that emotional maturity is needed by students to adapt to their own environment, social and family, individuals who are said to be emotionally mature are individuals who can exercise socially acceptable self-control, have self-understanding, and use critical mental abilities. Based on the results of the study, the researcher argues that undergraduate nursing students at Private College in Surabaya, especially in semester 7, are busy with theory in class, where they are required to balance theory with practice in every aspect of learning. Not only that, they also have demands for college assignments and final assignments which are often a source of pressure for them. So that often these students want to achieve high perfection to meet high expectations of themselves and others until they do not realize that the perfectionism they do is maladaptive, which ultimately causes students to experience stress and emotional exhaustion due to busyness and great responsibilities, in this situation Non-Suicidal Self Injury can be a form of escape to vent negative emotions that are difficult for them to express. The results of this study provide interesting insights into the Relationship between Perfectionism Personality and Non-Suicidal Self Injury (NSSI) Incidents. The high level of perfectionism at Private College in Surabaya Nursing undergraduate students accompanied by low levels of NSSI indicates the existence of adaptive behavioral patterns in most students. This can be interpreted that even though they

have high perfectionism tendencies, they are successful in managing the existing pressures without engaging in destructive behavior. However, these results do not rule out the possibility that some students with maladaptive perfectionism may experience greater emotional risks.

Table and Image

Table 1. Frequency distribution of respondents based on age, gender, and class of Private College in Surabaya Nursing S1 students

Demographics	Characteristics	Frequency	Percentage (%)
Age	Teenagers (13-19 years)	1	1
	Young adults (20-29 years)	114	99
	Total	115	100
Gender	Man	16	13,9
	Woman	99	86,1
	Total	115	100
Class	7A	29	25,2
	7B	27	23,5
	7C	28	24,3
	7D	31	27
	Total	115	100

Based on table 1, it shows that of the 115 respondents, almost all 114 respondents (99%) were late adolescents with an age range of 20-29 years, and almost all 99 respondents (86.1%) were female, and almost half 31 respondents (27%) were in class 7D.

Table 2. Frequency distribution of respondent characteristics based on the Perfectionism Personality of Private College in Surabaya Undergraduate Nursing Students

Perfectionism Personality	Frequency	Percentage %
Very Low	3	2.6
Low	7	6.1
Currently	39	33.9
High	26	22.6
Very High	40	34.8

Total	100	100
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Based on table 2, it was found that of the 115 respondents, almost half, 40 (34.8%) of the respondents, had a very high perfectionism personality.

Table 3. Frequency distribution of respondent characteristics based on Non-Suicidal Self Injury of Private College in Surabaya Undergraduate Nursing Students.

Non-Suicidal Self Injury	Frequency	Percentage
Very Low	55	47.8
Low	4	3.5

Currently	13	11.3
High	25	21.7
Very High	18	15.7
Total	115	100

Based on table 3, it was found that of the 115 respondents, almost half, 55 (47.8%) of the respondents, had very low levels of Non-Suicidal Self Injury behavior.

Table 4. The Relationship between Perfectionism Personality and Non-Suicidal Self Injury Incidents at Private College in Surabaya Undergraduate Nursing Students

Perfectionism	Non-Suicidal Self Injury										Total	
	Very Low				Low						Very High	
	N	%	N	%	N	%	N	%	N	%	N	%
Very Low	2	3,6	0	0	0	0	1	4	0	0	3	2,6
Low	7	12,7	0	0	0	0	0	0	0	0	7	6,1
Currently	24	43,6	3	75,0	7	53,8	4	16	1	5,6	39	33,9
High	14	25,5	1	25,0	3	23,1	4	16	4	22,2	26	22,6
Very High	8	14,5	0	0	3	23,1	16	64,0	13	72,2	40	34,8
Total	55	100	4	100	13	100	25	100	18	100	115	100
Spearman rho	$p = 0,000$										$r = 0,515$	

Based on table 4, out of 40 students who have very high perfectionism personality, there are 8 people who have very low NSSI, 4 people who have low NSSI, 3 people who have moderate NSSI, 16 people who have high NSSI, 13 people who have very high NSSI.

Results of Spearman rank test calculations with significance values $\alpha = 0.01$, the value of $p = 0.000$ is obtained with a correlation coefficient of 0.515. Because the correlation coefficient value is in the range of 0.51-0.75, it can be concluded that $p < \alpha$ then H_0 is rejected, meaning that there is a strong relationship between Perfectionism Personality and Non-Suicidal Self-Injury Incidents at Private College in Surabaya Nursing Undergraduate Students.

CONCLUSION

The conclusion of this study is that there is a relationship between

perfectionist personality and the incidence of non-suicidal self-injury in undergraduate nursing students at a Private College in Surabaya. The high level of perfectionism in nursing students at a Private College in Surabaya accompanied by a low level of NSSI indicates that most of them have adaptive behavioral patterns. This means that even though they tend to be perfectionists, they are able to manage stress without engaging in destructive behavior. The difference between adaptive and maladaptive behavior is that adaptive behavior is behavior or responses that are appropriate and help someone adjust to a challenging environment or situation, while maladaptive behavior is behavior or responses that are unhelpful or even detrimental, often inhibiting the ability to function well in everyday life. Further researchers can consider using more varied research methods, such as in-depth interviews or focus group discussions, to

explore students' experiences in more depth, as well as expanding the research population to include students from different departments or institutions to see if similar results are found in other populations.

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