Introduction

Self-injury is a coping mechanism caused by excessive emotional distress, often found in individuals who struggle to express their emotions in healthy ways. This behavior is common among young adults, especially those from broken home families who experience emotional instability and trauma. In Islamic families, religious values can serve as both a protective factor and a source of pressure due to societal expectations and mental health stigma. Social support plays a crucial role in helping individuals develop healthier coping strategies and prevent more severe psychological impacts.

Research Method
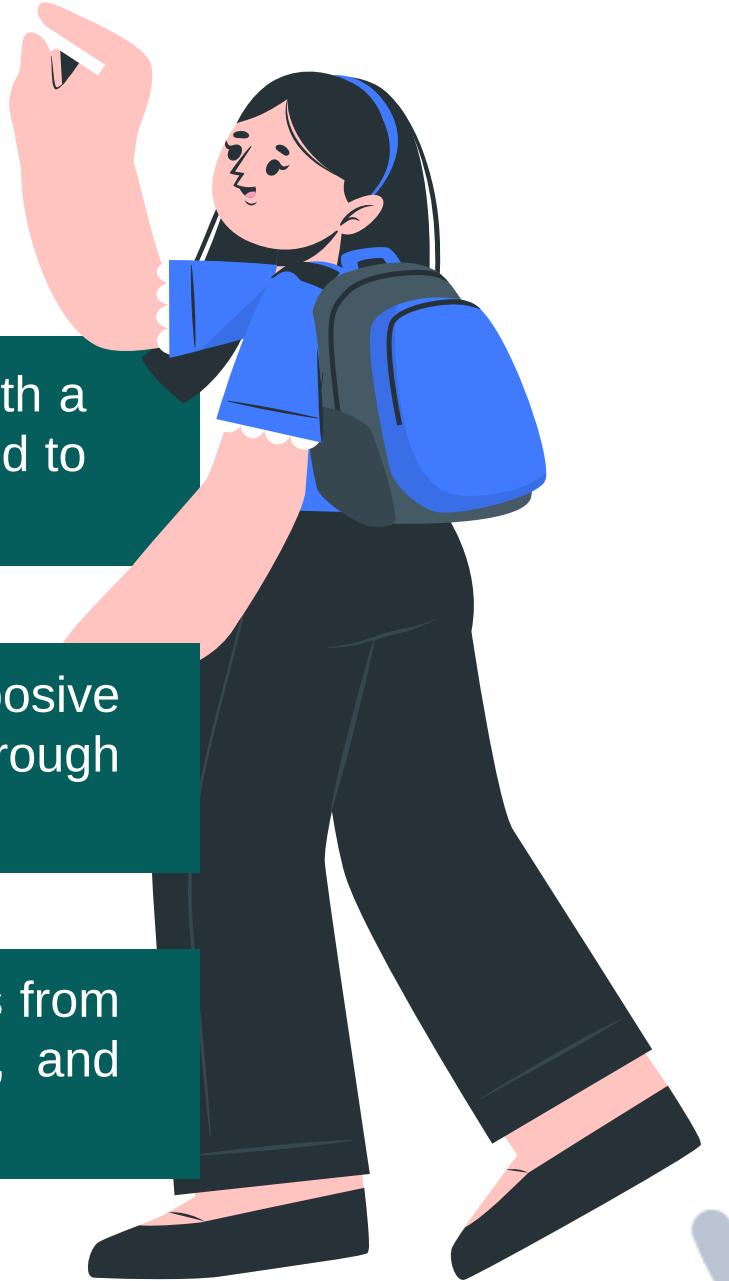
1 **Qualitative and Phenomenological Approach**: The research uses a qualitative method with a phenomenological approach to explore and understand participants' lived experiences related to self-injury, focusing on natural contexts without manipulating the environment.

2 **Participant Selection and Data Collection**: Participants were selected through purposive sampling, involving individuals who have engaged in self-injury. Data were collected through interviews guided by specific criteria and documentation.

3 **Thematic Data Analysis**: The study used thematic analysis to identify patterns and themes from the data through several stages, including raw data preparation, coding, axial coding, and selective coding.

Results And Discussion

RESULT

Emotional Aspects

INA tends to express her emotions through negative actions like hitting the wall to feel relief, while RH manages her emotions more constructively through crying, socializing, self-reward, and has learned to avoid self-harm after a past experience.

Aspects of Interpersonal Relationships

INA experiences a conflictual relationship with her family, especially due to her sibling's frequent tantrums, while RH feels her family relationship has improved over time as she has grown more empathetic and strives not to be a burden to her parents.

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Results And Discussion

Aspects of Emotion Dysregulation

INA copes with problems through smoking and confiding in friends due to a lack of family support, while RH manages stress through positive activities, with self-confidence, self-control, and motivation playing key roles in how both deal with challenges and pursue long-term goals.

Behavioral Aspects

INA tends to internalize her problems and cope through smoking and self-injury as temporary relief, while RH chooses to endure, learn from failures, and develop healthier coping strategies through support, resilience, and a more positive outlook on life.

Results And Discussion

RESULT

Social Aspects

INA copes with negative emotions by seeking calm environments and support from friends, while RH thrives in a more positive social circle that encourages self-development, healthy habits, and emotional well-being, highlighting the role of environment, support, and personal growth in overcoming emotional struggles

Discussion

Self-injury among adolescents from broken homes is triggered by a lack of affection, poor communication, and unstable family conditions, affecting their mental health, academic performance, and social life.

Discussion

RH lives with her grandmother after her parents' divorce and often feels lonely due to a lack of emotional closeness with her family, which led her to self-injury influenced by friends and mental stress. Meanwhile, INA faced a tough life after her father's death, helped her single mother with family needs, experienced poor family communication, and turned to smoking and self-injury as a way to cope with the pressure.

Discussion

This study shows that disharmonious families can negatively impact children's mental health, behavior, and social interactions, often leading to issues like introversion and emotional trauma; therefore, counseling is essential, though the research is limited to early adults from Islamic broken home families and doesn't explore broader factors like academic pressure or cultural differences.

Conclusion

Self-harm is influenced by emotional regulation, relationships, and social support; while INA struggles with emotional control and negative environments, HR benefits from positive support and activities, highlighting the need for parental guidance, emotional awareness, and further research to prevent and manage self-injury effectively.