

Emotion-Focused Coping

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Emotion-Focused Coping as a Mediator in the Relationship between Loneliness and Self-injurious Behavior in Adolescents during the Covid-19 Pandemic

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Abstract

Restrictions on the interaction between individuals have a negative impact on the mental health and psychological condition of adolescents. This study focuses on the role of emotion-focused coping as a mediator in the relationship between loneliness and self-injurious behavior in adolescents during the Covid-19 pandemic. By using purposive sampling, the participants involved were 359 high school participants in Jakarta and Bali and 176 participants were screened from all of the above participants who met the requirements for the data to be analyzed, namely those who carried out self-injurious behavior and experienced loneliness during the Covid-19 pandemic. This research is correlative, so the technique used in analyzing the relationship between the independent variable and the dependent variable mediated by the moderator variable is a statistical model with multiple regression analysis. The scales used in this study were the UCLA Loneliness Scale Version 3, Items and Factor Loadings for The Eight Coping Factors, and the Self-harm Inventory. It was found that loneliness had a significant effect on self-injurious behavior. Loneliness also has a significant effect on emotion-focused coping. Emotion-focused coping was also found to have a significant effect on self-injurious behavior. Emotion-focused coping also acts as a partial mediator in the relationship between loneliness and self-injurious behavior in adolescents during the Covid-19 pandemic. It was found that in all participants who self-injured in the very high category, the emotion-focused coping of these participants was also in the high category.

Keywords: Covid-19, emotion-focused coping, loneliness, adolescents, self-injury behavior

INTRODUCTION

Humans as social beings naturally need other humans to develop their potential and actualize themselves. The Covid-19 pandemic has changed social interactions between humans in the world to prevent the spread of the Covid-19 virus. The rapid development of Covid-19 cases in all countries in the world has resulted in countries continuing to struggle to control the Covid-19 pandemic by implementing

lockdowns to limit interactions between individuals.

Restriction of interaction between individuals during the pandemic was able to suppress positive cases of Covid-19. But on the other hand, these restrictions also have an impact on the mental health and psychosocial conditions of the community (Plener, 2021). The research results of Madjar et al. (2021) stated that the highest mental health and psychosocial disorders occurred among adolescents during the Covid-19 pandemic. This is due to a school

closing policy that reduces the social interaction of adolescents with their friends. Restrictions on adolescent activities outside the home have an impact on adolescents' feelings of social isolation, loneliness, and depression.

The existence of restrictions on physical social contact makes teenagers lose togetherness with friends. This situation makes adolescents lose enthusiasm and joy and creates anxiety, and causes loneliness (Holmes et al., 2020). Sagita & Hermawan's research (2020) shows that the loneliness level of adolescents during the COVID-19 pandemic is in the fairly high category with a percentage of 43%, 10% in the high category, and 1.7% in the very high category.

Weiss (1973) in Russell et al., (1978) suggests that loneliness is a painful condition experienced by a person which is characterized by feelings of emptiness, self-enclosure, awkwardness, restlessness, boredom, shyness, and unattractiveness. Furthermore, Russell (1996) revealed that lonely people are characterized by feeling sad, moody, unmotivated, and feeling worthless which makes it difficult to make social relationships with other people.

Doyle, et al. (2015) who conducted research on self-injurious behavior in adolescents in Ireland before the Covid-19 pandemic had found that the highest self-injurious behavior was carried out by adolescents aged 16, namely 55.3%, followed by adolescents aged 17 at 24.3%, adolescents aged 15 by 20.4%. Adolescents at the high school level are considered to have a greater opportunity to engage in self-injurious behavior because of the lower intensity of parental supervision, stricter self-privacy than in early adolescence, and parents who consider high school adolescents to be mature enough not to do things that endanger himself (Ayatilah & Savira, 2021).

During the 2020-2021 pandemic, Du, et al. (2021) found cases of self-injurious behavior in adolescents have a consistent increase, although the causal factors were not yet clear. In 2016 there were only 29.2% cases of self-injurious behavior in adolescents, increasing to 34.5% in 2017, 45.7% in 2018, and 61.3% in 2019. Then it increased dramatically to 92.5% in 2020 and 95.9% in 2021. The study showed an increase in cases of self-injurious behavior in adolescents in the range of 30-35% during the pandemic compared to the pre-pandemic period. Findings are similar to those of Du, et al. (2021) this was also obtained from Pitoko, 2021 who found that

cases of self-injurious behavior in adolescents have a drastic increase during the Covid-19 pandemic.

The research of Whitlock et al (2006) found that 21% of people who engage in self-harm behavior engage in self-harm behavior more than once with various types of behavior. Some types of self-injurious behavior include scratching or pinching the skin with nails or sharp objects to leave scars, cutting or tearing certain areas of the body, banging the head, biting body parts until they bleed, pulling hair, burning the skin, and other things that bring harm.

Taylor et al., (2012) argue that individuals who engage in self-injurious behavior as a way to regulate negative emotions will have a greater chance of repeating this behavior in subsequent developments with various types of self-injurious behavior because these individuals try to get rid of negative emotions so that they will continue to hurt themselves and become like a cycle of self-injurious behavior that causes an escalation of the type of self-injurious behavior. Observations made by Schoenmakers et al. (2015) on people in the Netherlands, that people who face loneliness use emotion-focused coping as an effort to reduce their expectations of being able to interact with other people but their coping mechanism do not allow them to reduce the feeling of loneliness they experienced (Schoenmakers et al., 2015). In adolescents who have loneliness problems, not all teenagers can cope with loneliness well. The inability of adolescents to solve problems causes stress and pressure, negative emotions. Stress affects uncontrollable negative emotions that can cause individuals to engage in self-defeating behaviors, such as self-harm, drug use, alcoholism, deviance, and other negative behaviors (Maidah, 2013; Jans et al, 2012).

The coping strategy is defined as a strategy or effort made by individuals to change their cognitive abilities and behavior constantly with the aim of managing specific external or internal needs or conflicts. This effort can sometimes even exceed the capabilities and potential of the person (Lazarus & Folkman, 1984). Emotion-focused coping according to Lazarus and Folkman (1984) is a strategy used to reduce or eliminate stress through cognitive processes directed at reducing emotional stress.

McMahon et al., 2013 found that emotion-focused coping had a significant effect on psychological problems such as depression,

anxiety, and low self-esteem to self-injurious behavior compared to people who used problem-focused coping. Problem-focused coping tends to reflect and result in improved mental health. Adolescents who are in negative mental health conditions then use emotion-focused coping ineffectively tend to engage in self-harm behavior (McMahon et al., 2013).

Prior to the Covid-19 pandemic, various studies had proven a link between loneliness and self-injurious behavior (Brehm et al., 2002). During this Covid-19 pandemic, cases of self-injurious behavior in adolescents experienced a drastic increase (Du, et al., 2021) as well as cases of loneliness but the influence between the two of whether loneliness is the cause of increased self-injurious behavior has not been found clearly. Research on the factors causing the intention to self-injurious behavior in adolescence during the Covid-19 pandemic has been found to be depression (Du et al., 2021).

High school teenagers who were interviewed early during the Covid-19 pandemic said that they experienced loneliness due to restrictions on social interaction, were unable to do much to solve the Covid-19 problem, then experienced stress, frustrated so that in order to cope with this situation, teenagers tend to run away from problems by using gadgets or try to forget by assuming the problem is not cognitively present, but still feels their (emotional) affection declines. Some teenagers blame themselves when they experience various pressures related to declining grades at school and parents' expectations that cannot be fulfilled which causes some teenagers to then have the intention of hurting themselves to relieve the pain.

The cases above make researchers want to see how the role of emotion-focused coping as a mediator between the loneliness experienced by high school teenagers during the Covid-19 pandemic and self-injurious behavior carried out by teenagers during the Covid-19 pandemic. Specific research on the role of emotion-focused coping as a mediator in the relationship between loneliness and self-injurious behavior in adolescents during the Covid-19 pandemic has so not been found.

This study aims to determine the role of emotion-focused coping as a mediator of the relationship between loneliness and self-injurious behavior in adolescents during the Covid-19 pandemic.

RESEARCH METHODOLOGY

Characteristics of Participants

Participants in this study were teenagers who were pursuing high school education who had or were feeling lonely because of the Covid-19 pandemic, they also had at least 1 (one) type of self-injury behavior and during the Covid-19 pandemic was in the red zone (highest level Community Activities Restrictions Enforcement (CARE)) which requires the teaching and learning process from March 2020-June 2021 to be carried out by distance learning (online learning).

Sampling technique

The population in this study was high school students throughout Indonesia, mainly Jakarta and Bali. The sampling technique in this study was purposive sampling. The number of samples targeted to be taken follows the sampling principle of Herr and Cramer (1992), which is 5 times the number of instrument items of the three variables in the study. The self-injurious behavior variable has 22 items, the emotion-focused coping variable has 25 items and the loneliness variable is 20 items. The total item of the three variables is 67 items so the number of samples to be obtained is 335 people.

Participant Overview

The population of the sample in this study was taken from participants at the high school level. The total number of participants in this study was 359 high school students from DKI Jakarta and Bali. Out of all participants who took part in filling out the Google form, (<https://bit.ly/3CfeqTd>) the remaining 176 selected participants who met the requirements to become participants in the next study for data processing are participants who are indeed experiencing and have experienced loneliness who became the dependent variable in this study during the Covid-19 pandemic and also who did at least 1 (one) type of self-injurious behavior. requirements to become participants in the next study for data processing, namely participants who were indeed moderate and had experienced loneliness which became the dependent variable in this study during the Covid-19 pandemic and also who did at least 1 (one) type of self-injury behavior. This was filtered through two items that answered "Yes" to the following two filter items, namely: "did you feel like you have lost

your friends during the pandemic?" and "did the Covid-19 pandemic make you feel lonelier than before the pandemic?" and came from the red zone during the Covid-19 pandemic, so they had

to do distance learning in the March 2020-June 2021 period and at least carried out 1 (one) self-injurious behavior. The details of these screened participants have the following demographics:

Table 1.
Demographics of Research Participants

Aspect	Amount	Percentage (%)
Gender	Male (M): 80 people Female (F): 96 people	Male: 44.45 Female: 54.55
Grade	Grade X: 42 people Grade XI: 72 people Grade XII: 62 people	Grade X: 23.86 Grade XI: 40.91 Grade XII: 35.23
Domicile	Jakarta (J): 77 people Bali (B): 99 people	Jakarta (J): 43.75 Bali (B): 56.25

Research design

Based on the purpose of this study, namely to examine the relationship between loneliness and self-injurious behavior with emotion-focused coping as a mediator variable, the research

design used was an ex-post facto descriptive quantitative research type with a non-experimental form.

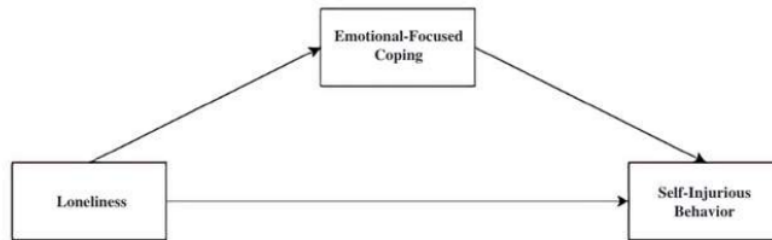
The research variables measured in this study can be operationally defined as in the following table.

Table 2.
Operational Definition of Research Variables

Variable	Operational definition
Lonely	A situation in which a person feels empty, closed off, awkward, restless, bored, and unattractive. Usually characterized by feelings of sadness, depression, lack of enthusiasm, feeling worthless (Russel et.al, 1996).
<i>Emotion-focused coping</i> Emotion-focused coping	Problem-solving strategies are carried out by individuals by adjusting the emotional response to the stress they face. This coping is used by the individual when they think the problem they are facing is difficult or uncontrollable and that the resources are not sufficient to change the conditions that cause stress (Aldwin & Revelson, 1987).
Self-injurious Behavior	Self-injurious behavior is based on wanting to harm or injure oneself, but not wanting to end one's life (Sansone et al., 1998).

The relationship between the three variables in this study can be described as follows.

Figure 1.
Research model of emotion-focused coping as a mediator between loneliness and self-injurious behavior



Based on the picture above, the researcher suspects that emotion-focused coping mediates loneliness with self-injurious behavior. Emotion-focused coping as a response to pressure from prolonged stress conditions can affect adolescents' negative emotions which can cause adolescents to engage in self-defeating behavior.

Research Instruments

Data collection in this study was carried out using a questionnaire as a research instrument. Questionnaires were distributed via Google forms to all participants who stated that they had experienced or were currently experiencing loneliness due to the Covid-19 pandemic. The questionnaire used refers to an instrument that has been developed by previous researchers related to loneliness, emotion-focused coping, and self-injurious behavior using the UCLA Loneliness Scale Version 3 scale, The Self Harm Inventory, Emotion-Focused Coping for Aldwin & Reverson (1987).

Research procedure

Instrument Trial

The data collection instrument in this study has passed the trial phase. The item validity test is carried out by calculating the corrected item-total correlation value. The indicator is declared valid if the corrected item's total correlation value is greater than the r table (0.100). Meanwhile, the reliability test was carried out by looking at the Cronbach Alpha value generated through data processing with the SPSS application. The instrument is said to be reliable when the Cronbach's Alpha value of all variables is greater than 0.60. Based on the

results of the validity and reliability tests, all indicators in each variable are declared valid and reliable so that they can be used directly without adjustment to measure each research variable.

Data collection

The research data collection was carried out in November 2021 by involving 359 participants who had or were experiencing loneliness due to the Covid-19 pandemic. Data collection is done online using Google Forms (online questionnaire). Online questionnaires were distributed through social media and WhatsApp Group through various school networks to all research participants. From all participants who took part in filling out this Google form, 176 participants who met the purposive sampling requirements were filtered, namely high school teenagers who have experienced or are experiencing loneliness during the Covid-19 pandemic by answering "Yes" to the item that is used as a filter, namely: "Did you feel like you have lost your friends during the pandemic?" and "Did the Covid-19 pandemic make you feel lonelier than before the pandemic?"

Data analysis

Data analysis was carried out using the SPSS (Statistical Package for Social Science) program. To determine the relationship between the independent variable (X) and the dependent variable (Y) with the intermediary of the mediating variable, a statistical model is needed to test the established hypothesis. Therefore, the research hypothesis that has been formulated indicates correlative research, so that the technique used in analyzing the relationship between the independent variable and the

dependent variable mediated by the moderator variable is a statistical model with regression analysis.

In the process of data analysis, before testing the hypothesis, this study first tested the classical assumptions as a requirement in regression analysis. Classical assumption test includes normality test, multicollinearity test, and heteroscedasticity test. The normality test used the Kolmogorov Smirnov test with a significant value greater than 5% or 0.05. The multicollinearity test in the regression model is seen from the value of VIF or tolerance. Meanwhile, the heteroscedasticity test was carried out by the Glejser test.

Furthermore, to see the relationship between variables, simple regression analysis, multiple regression analysis, and path analysis was carried out. Hypotheses related to the relationship between loneliness and self-injury, loneliness and emotion-focused coping, and emotion-focused coping with self-injury were analyzed using simple linear regression analysis, and to test how large the hypothesis of the relationship between loneliness and self-injurious behavior was through emotion-focused coping using multiple linear regression analysis. Furthermore, to test the indirect relationship between the dependent variable and the independent was tested using path analysis. This path analysis tool was used because in this study there was a mediating variable, namely the emotion-focused coping variable.

RESULTS AND DISCUSSION

1. Result

1.1. Overview of Research Variable Data

The interesting thing about the findings above is that the dimensions of loneliness experienced by adolescents during the Covid-19 pandemic include all dimensions equally, including personality, social desirability, and depression. This can be seen from the mean of each dimension for both men and women which is not significantly different. However, when viewed from the dimension of loneliness, the largest average experienced by participants during the Covid-19 pandemic, whether based on gender, study group, or domicile, was the depression dimension.

Depression shows the tendency of teenagers to have feelings of sadness, depression, lack of enthusiasm, feeling worthless, and other

pressures in dealing with problems during the Covid-19 pandemic. This is inseparable from the existence of social restrictions that reduce participants' social interactions during the Covid-19 pandemic, both in quality and quantity. These findings are in line with the views of Peplau and Perlman (1982) who state that feelings of loneliness arise when the quality and quantity of a person's social relationships experience a significant decline and that this can lead to depression. Descriptive data analysis shows that during the Covid-19 pandemic, with the decreasing quality and quantity of adolescent social relationships, the loneliness level of teenagers during the Covid-19 pandemic is in the high lonely category. This is also in line with the research of Du, et.al, (2021) which found that the highest factor causing self-injurious behavior in adolescents during the Covid-19 pandemic was depression.

The results of data analysis from 176 participants who filled out an online emotion-focused coping questionnaire with Google Form showed that the emotion-focused coping of participants was 5.68% in the low category, 32.95% in the medium category, and 60.37% in the high category. This illustrates that: (1) as many as 5.68% of adolescents rarely or do not use the emotion-focused coping dimension; (2) as many as 32.95% of adolescents sometimes use the emotion-focused coping dimension; and (3) as many as 60.37% of adolescents often use the emotion-focused coping dimension in responding to problems during the Covid-19 pandemic.

Participants' self-injurious behavior data were generally categorized into low (1 – 6), moderate (7 – 13), and high (14 – 20) categories. In the low category, participants with a score of 1 to 6 engage in self-injurious behavior, namely participants who perform 1 to 6 types of self-injurious behavior. In the moderate category, participants performed 7 to 13 types of self-injurious behavior. Meanwhile, in the high category, participants performed 14 to 20 types of self-injurious behavior.

1.2. Assumption Test

There are three assumption tests in this study, namely normality test, multicollinearity test, and heteroscedasticity test. Based on the tests carried out, it can be concluded that the research data is normally distributed so that it meets the requirements of the regression test, data from the

variables of loneliness, emotion-focused coping, and self-injurious behavior do not have multicollinearity so that it can be continued for the regression test, and data from the variable loneliness, emotion-focused coping, and self-injurious behavior does not have heteroscedasticity so that it can be continued for the regression test.

1.3. Main Data Analysis

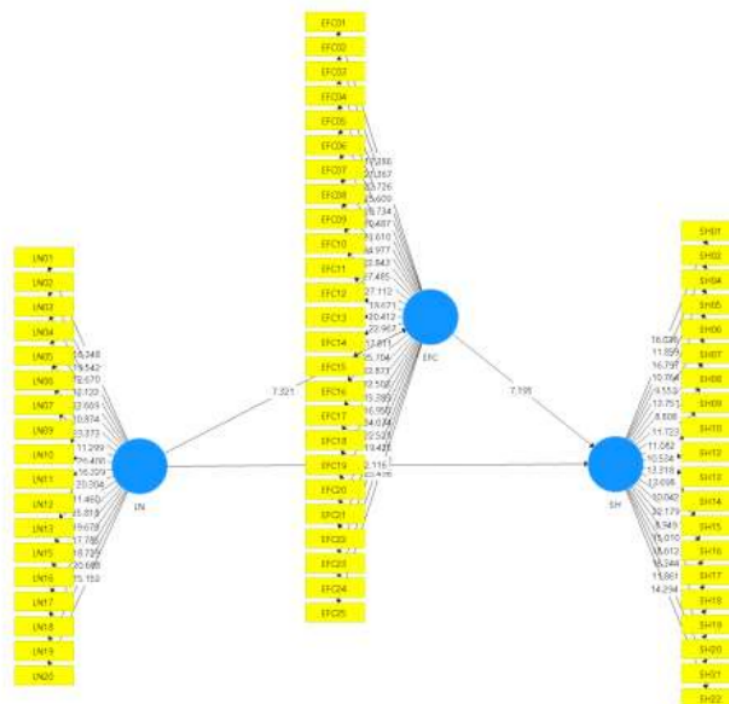
The results of the classical assumption test on the data of loneliness, emotion-focused coping, and self-injurious behavior indicate that the normality test, multicollinearity test, and heteroscedasticity test have been fulfilled so that the researchers can continue the regression test. Before conducting the regression test, the researcher also analyzed the constructs of each variable. The results of the analysis of the three

variables show that all indicators have a loading factor > 0.60, meaning that all indicators are valid indicators to measure the construct of each research variable. The Cronbach Alpha value for measuring loneliness is 0.943, emotion-focused coping is 0.965, and self-injurious behavior is 0.954. All Cronbach's Alpha values of each construct are greater than 0.70 with composite reliability also above 0.70, and the Average Variance Extracted (AVE) value is above 0.50, it can be said that all constructs of each research variable are reliable for regression testing.

Regression tests were conducted to examine the role of emotion-focused coping in mediating the relationship between loneliness and self-injurious behavior. The results of the data analysis can be presented in the following figure.

Figure 2.

Main Data Regression Test Results



1.3.1. Loneliness Role Test Against Self-Injurious Behavior

The results of the analysis of the role of loneliness on self-injurious behavior obtained a structural equation of the role of loneliness on self-injurious behavior $SH = 0.158 * LN + e$ with an R Square Adjusted value of 0.246. This structural equation shows that self-injurious behavior (SH) is simultaneously influenced by loneliness (LN) by 0.246; meaning that the magnitude of the influence of loneliness on self-injurious behavior is 25%. The loneliness regression coefficient (LN) is 0.158 against SH, so it can be said that loneliness (LN) has a direct relationship with self-injurious behavior. That is, the higher the loneliness (LN), the higher the self-injurious behavior (SH). The significance of the influence of the lonely variable on self-injurious behavior can be seen from the t-value. The results of the t test show that the value of the t count is 2, 116, and greater than the t table (1.96). So, it can be concluded that loneliness has a direct significant effect on self-injurious behavior. This indicates that the participants' feelings of loneliness due to changes in social interaction during the Covid-19 pandemic had a significant effect on many types of self-injury behavior.

1.3.2. Testing the Role of Loneliness in Emotion-Focused Coping

Data analysis of the role of loneliness on emotion-focused coping showed that emotion-focused coping is simultaneously affected by loneliness. The structural equation of the role of loneliness with emotion-focused coping is $EFC = 0.466 * LN + e$ with an R Square Adjusted value of 0.212. This structural equation shows that the behavior of using emotion-focused coping is influenced by loneliness (LN) by 0.212; meaning that the magnitude of the influence of loneliness on self-injurious behavior is 21%. The loneliness regression coefficient (LN) is 0.466 on emotion-focused coping (EFC), so it can be said that loneliness (LN) has a direct relationship with the higher use of emotion-focused coping. That is, the higher the loneliness (LN), the higher the emotion-focused coping (EFC) behavior. The significance of the influence of the lonely variable on self-injuring behavior can be seen from the t-value. The results of the t-test show the t-count value of 7.321, meaning that the t-

count value is greater than the t-table (1.96); This means that there is a positive and significant role of loneliness on the emotion-focused coping of adolescents during the Covid-19 pandemic.

1.3.3. Testing the Role of Emotion-Focused Coping on Self-injurious Behavior

The results of data analysis on the role of emotion-focused coping in mediating the relationship between loneliness and self-injurious behavior showed a t-count value of 7.195 and greater than the t-table (1.96). That is, there is a positive and significant influence between loneliness and self-injurious behavior through mediation with emotion-focused coping. The structural equation of the role of emotion-focused coping (EFC) on self-injurious behavior (SH) during the Covid-19 pandemic is $SH = 0.411 * EFC + e$. This structural equation shows that self-injury behavior is influenced by the use of emotion-focused coping (EFC) by 0.411; meaning that the magnitude of the influence of loneliness on self-injurious behavior is 41%. The regression coefficient of emotion-focused coping (EFC) on self-injurious behavior (SH) was 0.411, so it can be said that emotion-focused coping (EFC) has a direct relationship with the higher self-injurious behavior. That is, the more often individuals use emotion-focused coping (EFC), the higher the self-injurious behavior. The significance of the influence of the lonely variable on self-injurious behavior can be seen from the t-value. The results of the t-test show that the t-count value is 7.195, meaning that the t-count value is greater than the t-table (1.96); which means that there is a positive and significant role of emotion-focused coping (EFC) on adolescents' self-injurious behavior during the Covid-19 pandemic.

1.3.4. Testing the Role of Emotion-Focused Coping in Mediating the Relationship Between Loneliness and Self-injurious Behavior

The test results of the mediating role of emotion-focused coping in the relationship between loneliness and self-injurious behavior showed that the mediating effect of emotion-focused coping was positive and significant from the loneliness variable on self-injuring behavior. This is evidenced by the value of t arithmetic (5.232) which is greater than the t table (1.96).

Thus, it can be concluded that emotion-focused coping is a partial mediator because loneliness has a direct influence on self-injurious behavior, and when emotion-focused coping is included as a mediator, it can be seen that loneliness mediated by emotion-focused coping provides a greater regression coefficient on increasing self-injurious behavior. The structural equation of the role of emotion-focused coping (EFC) in mediating the relationship between loneliness (LN) and self-injurious behavior (SH) during the Covid-19 pandemic is $SH = 0.158*LN + 0.411*EFC + e$. This indicates that loneliness and emotion-focused coping simultaneously affect self-injurious behavior with a lonely regression coefficient (LN) of 0.158 on self-injurious behavior and a regression coefficient of emotion-focused coping (EFC) of 0.411. This shows that loneliness and emotion-focused coping have a direct relationship with self-injurious behavior. The higher the loneliness and emotion-focused coping of adolescents during the Covid-19 pandemic, the higher the self-injurious behavior.

2. Discussion

Self-injurious behavior is a behavior that is carried out intentionally and self-destructing which results in direct or indirect damage to body tissues with or without the intention to commit suicide which can take the life of an individual. Self-injurious behavior is a serious problem, especially in relation to the high prevalence of self-injury among adolescents during the Covid-19 pandemic.

The results of this study indicate that loneliness has a positive and significant effect on self-injurious behavior through emotion-focused coping mediators. What is quite encouraging is that during this Covid-19 pandemic, around 80% of adolescent participants who are moderately and high in loneliness engage in self-injurious behavior in the low category (1-6 self-injurious behaviors). However, this increases when teenagers use emotion-focused coping and become a mediator of increasing self-injurious behavior (14-20 self-injurious behaviors). This is reinforced by the correlation test results, which found that all dimensions of emotion-focused coping were significantly correlated with self-injurious behavior at moderate to high levels. The escapism dimension has a Pearson correlation (R) = 0.413

with self-injurious behavior, the minimization dimension has a Pearson correlation (R) = 0.444, the self-blame dimension has a Pearson correlation (R) = 0.414, and finally the seek meaning dimension has a Pearson correlation (R)=0.394. All dimensions of emotion-focused coping when tested for correlation with self-injurious behavior showed a moderate to a high positive correlation. This is in line with the studies of McMahon et al. (2013) and Frei et al. (2021) who showed that emotion-focused coping can be a predictor of self-injurious behavior.

In 36 participants who performed many types of self-injurious behavior (14-20) showed that adolescents who had self-injurious behavior had a tendency to repeat the same self-injurious behavior or with different types with the mediation of emotion-focused coping in lonely adolescents. Lonely teenagers, especially during the Covid-19 pandemic, experience depression, a state of emotional suffering that is so excruciating that teenagers cannot cope. Teenagers try to overcome this by using various dimensions of emotion-focused coping, such as escapism, minimization, self-blame, and seeking meaning. However, the use of emotion-focused coping did not solve the problem but instead made them more depressed and motivated to engage in self-injurious behavior. When the pain from negative emotions is diverted to temporary relief, adolescents who engage in self-injurious behavior tend to cover up, feel ashamed or even disgusted by their behavior, then re-enter the cycle of emotional suffering, and this then becomes a cycle that continues to repeat and escalate the type of self-injurious behavior.

In terms of gender, there are significant differences between male and female adolescents in self-injurious behavior, in which a large mean discrepancy is found in female adolescents' self-injurious behavior compared to male adolescents. In addition, on all dimensions of emotion-focused coping, namely escapism, minimization, self-blame, and seeking meaning, female adolescents have a higher average than boys. Gender, in this case, affects the use of the emotion-focused coping dimension and self-injurious behavior in responding to problems during the Covid-19 pandemic by adolescents.

Based on the results of data analysis, there are several main findings, namely:

1.1. Significant Direct Effects of Loneliness on Self-injurious Behavior

The results of the analysis of the role of loneliness on self-injuring behavior show the results of the t-test with a t-count value greater than the t-table. This indicates that loneliness has a direct significant effect on self-injuring behavior. Feelings of loneliness in adolescents due to changes in social interaction during the Covid-19 pandemic significantly led to the desire to harm or injure themselves (self-injury behavior). Loneliness can also have an influence on self-injury behavior when an emotion-focused coping mediator is given to self-injuring behavior.

The results of this study provide the same facts as the studies of Pitoko, 2021 and Brehm et al., 2002 that loneliness causes many types of self-injurious behavior carried out by adolescents. Several mediator variables can also make loneliness an antecedent of self-injury behavior, and the results of this study indicate that emotion-focused coping can be a significant partial mediator between the variables of loneliness and self-injury behavior.

1.2. Significant Effects of Emotion-Focused Coping on Self-injurious Behavior

The results of data analysis from this study on the role of emotion-focused coping in mediating the relationship between loneliness and self-injury behavior showed a t-count value greater than the t-table which means that there is a positive and significant influence between emotion-focused coping and self-injury behavior. The results of this study indicate that all participants with scores of self-injuring behavior in the category of many or committing 14 to 20 self-injuring behaviors also have high emotion-focused coping, compared to participants who value self-injuring behavior with few types of behavior or who do 1 up to 6 types of self-injury behavior.

The results of this study are in line with the results of research by McMahon et al. (2013) and Frei et al. (2021) which showed that emotion-focused coping had a significant effect on psychological problems such as depression, anxiety, and low self-esteem to self-injury behavior compared to people who used problem-focused coping. When adolescents who are in negative mental health conditions use emotion-focused coping ineffectively, significantly, these adolescents tend to

overcome negative mental health conditions, namely by engaging in self-harm behavior. In this study, it was found that adolescents with high self-injury behavior tended to frequently use all dimensions of emotion-focused coping significantly and encourage the emergence of self-injurious behavior.

1.3. Emotion-Focused Coping as a Mediator between Loneliness and Self-injurious Behavior

Emotion-focused coping found in this study is a significant partial mediator because loneliness has a significant effect on self-injury behavior, loneliness has a positive and significant role on adolescent emotion-focused coping during the Covid-19 pandemic and it is also found that emotion-focused variables have a significant effect on behavior hurt yourself. When testing the research hypothesis on the role of emotion-focused coping in mediating loneliness and self-injury behavior in adolescents during the Covid-19 pandemic, it was found that the t-count value was greater than the t-table, so it can be concluded that the hypothesis of this research is fulfilled, namely that emotion-focused coping acts as a mediator between loneliness and self-injury behavior in adolescents during the Covid-19 pandemic. This is in line with the studies of McMahon et al. (2013) and Frei et al. (2021) who showed that emotion-focused coping can be a predictor of self-injury behavior.

1.4. The Role of Gender in Emotion Focused-Coping and Self-injurious Behavior

From the results of the different tests and the average comparison, it was found that there were significant differences between female and male adolescents in all dimensions of emotion focused-coping and self-injurious behavior. Adolescent girls were found to have consistently higher averages on all dimensions of emotion-focused coping which included escapism, minimization, self-blame, and seeking meaning. This shows that adolescent girls are more vulnerable during the Covid-19 pandemic to use emotion-focused coping more intensely. Likewise, in the different tests and the average comparison of self-injurious behavior, there was a significant difference obtained in the statistical test, namely that female adolescents were found to be more likely to engage in self-injurious behavior than male adolescents. This is in line with Akin's research, 2010 which found that

female participants were more likely to experience loneliness and self-injurious behavior. The results of this study are also supported by the results of research by Muthia and Hidayati (2021) which showed that self-injury behavior in women was higher than men during the Covid-19 pandemic.

This is because women have higher expectations related to social relationships than men so when there are restrictions on social interaction, adolescent girls are more likely to injure themselves compared to attempting suicide. Meanwhile, men find it difficult to express their emotions to others, and difficulties in their social relationships can be a cause of stress. Men are likely to become aware of their emotional state only after the situation has worsened, and in more serious cases, they seek a more dangerous way to vent their emotions by attempting suicide than by simply harming themselves (Gilligan and Machoian, 2002).

CONCLUSION

Based on the data analysis and discussion above, it is known that loneliness has a significant effect on self-injurious behavior and that emotion-focused coping acts as a partial mediator between loneliness and self-injurious behavior. This indicates that participants' feelings of loneliness due to changes in social interaction during the Covid-19 pandemic can lead to a direct desire to harm or injure themselves. The mediation of emotion-focused coping, which is the coping method chosen by adolescents during the Covid-19 pandemic, has also significantly encouraged the role of loneliness in many types of self-injurious behavior. The researchers found in all participants who self-injure in the very high category, emotion-focused coping from these participants was also in the high category. The hypothesis of this study (H1) is accepted and H0 is rejected, so it can be concluded that emotion-focused coping is a mediator in the relationship between loneliness and self-injurious behavior in adolescents during the Covid-19 pandemic. The advice that can be given to lonely adolescents who use emotion-focused coping is to use adaptive emotion-focused coping dimensions, such as seeking meaning so that self-injurious behavior is low. Lonely adolescents are not allowed to use the self-blame dimension to minimize the risk of high self-

injurious behavior. In addition, adolescents who feel lonely during the Covid-19 pandemic can learn to use problem-focused coping by focusing on problem-solving in the learning process and interactions between family members to overcome loneliness.

Schools can take various educational actions to prevent self-injury and make appropriate coping strategies. In addition, schools should also create integrated, interactive, and fun learning, as well as facilitate social interaction time outside of class hours even through media conferences such as zoom, MTL or google meet.

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