

ABSTRAK

PEMAKNAAN HIDUP PENYINTAS *SELF-HARM* DALAM PRESPEKTIF VIKTOR FRANKL

Nikola Suryaputra
Universitas Sanata Dharma
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Penelitian ini dilatarbelakangi oleh meningkatnya perilaku *self-harm* pada remaja dan dewasa muda yang berkaitan dengan tekanan emosional, kesulitan regulasi emosi, dan rendahnya pemaknaan hidup. Penelitian ini bertujuan mendeskripsikan pengalaman subjektif individu pasca pulih dari *self-harm*, proses penemuan makna hidup, tantangan dalam mempertahankannya, serta refleksi individu setelah berhenti menyakiti diri.

Penelitian menggunakan pendekatan kualitatif metode fenomenologi dengan landasan teori Logoterapi Viktor E. Frankl. Subjek penelitian terdiri dari tiga mahasiswi berusia 17–25 tahun yang memiliki riwayat *self-harm* dan telah berhenti minimal enam bulan. Data dikumpulkan melalui wawancara mendalam semi-terstruktur, observasi non-verbal, dan wawancara triangulasi dengan teman dekat partisipan, lalu dianalisis melalui proses transkripsi, reduksi data, pembentukan unit makna, dan deskripsi esensi pengalaman.

Hasil penelitian menunjukkan bahwa pemulihan dari *self-harm* tidak hanya ditandai berhentinya perilaku menyakiti diri, tetapi juga transformasi makna hidup. Subjek memaknai hidup sebagai proses penerimaan diri, pengendalian emosi, penghargaan diri, rasa syukur, dan kesempatan untuk bertumbuh menjadi pribadi yang lebih sehat. Dukungan sosial, refleksi diri, pengalaman spiritual, dan aktivitas positif menjadi faktor penting dalam menemukan serta mempertahankan makna hidup. Penderitaan masa lalu juga dimaknai sebagai proses pembelajaran dan pendewasaan diri. Penelitian ini menyimpulkan bahwa pemaknaan hidup berperan sebagai faktor protektif dalam pemulihan *self-harm* serta membantu mencegah *relapse*.

Kata kunci: pemaknaan hidup, *self-harm*, logoterapi, fenomenologi, pemulihan psikologis, Viktor Frankl.

ABSTRACT

This study was motivated by the increasing incidence of self-harm among adolescents and young adults, which is associated with emotional distress, difficulties in regulating emotions, and a lack of meaning in life. The study aims to describe the subjective experiences of individuals after recovering from self-harm, the process of discovering meaning in life, the challenges in maintaining it, and the individuals' reflections after ceasing to harm themselves.

The study employs a qualitative phenomenological approach grounded in Viktor E. Frankl's Logotherapy. The research subjects consist of three female college students aged 17–25 who have a history of self-harm and have abstained for at least six months. Data were collected through semi-structured in-depth interviews, non-verbal observation, and triangulating interviews with the participants' close friends, then analyzed through transcription, data reduction, the formation of units of meaning, and the description of the essence of the experience.

The results of the study indicate that recovery from self-harm is marked not only by the cessation of self-harm ing behavior but also by a transformation in the meaning of life. Participants interpreted life as a process of self-acceptance, emotional regulation, self-worth, gratitude, and an opportunity to grow into a healthier individual. Social support, self-reflection, spiritual experiences, and positive activities were identified as key factors in discovering and maintaining life's meaning. Past suffering was also interpreted as a process of learning and personal maturation. This study concludes that finding meaning in life serves as a protective factor in recovery from self-harm and helps prevent relapse.

Keywords: *finding meaning in life, self-harm, logotherapy, phenomenology, psychological recovery, Viktor Frankl.*