

Communication Patterns of Adolescent Self-Harm Suffering in Interpersonal Relationships

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ABSTRACT

The phenomenon of self-harm is an iceberg phenomenon that generally attacks teenagers. Self-harm is an act of self-harm in which the perpetrator finds pleasure and a feeling of satisfaction and relief. This act of self-harm is not properly recorded, but the times have shown that self-harm sufferers have begun to show their activities on social media such as Twitter. Several previous studies have explained that teenagers self-harm due to a lack of communication and bonding between the perpetrator and his family and closest people. The purpose of this study was to determine the process of social penetration in adolescents with self-harm communication patterns in establishing interpersonal relationships in Pekanbaru City and to determine the communication patterns formed in adolescents with self-harm in establishing interpersonal relationships with family and friends in Pekanbaru City. This study uses a qualitative research method with a phenomenological approach. Based on the findings in the field, the communication pattern found by self-harm sufferers with their families is using permissive communication patterns. Permissive communication patterns of self-harm sufferers are in the form of indifference, indifference, and freedom that goes beyond parents' boundaries to children. Self-harm sufferers admit minimal verbal and nonverbal interaction with their parents and that self-harm is done not as a form of protest but rather as an emotional outlet. Self-harm is a form of children's disappointment with their parents, and their actions upload these actions on Twitter as a form of protest and resistance by children against communication patterns and parenting patterns in a wider scope as well as a medium for dancing with friends so that they don't feel alone.

Keywords: Phenomenology; self-harm; teenager; interpersonal relationships; communication patterns

Pola komunikasi remaja penderita self-harm dalam menjalin hubungan interpersonal

ABSTRAK

Fenomena self-harm merupakan suatu fenomena gunung es umumnya menyerang remaja. Self-harm adalah tindakan menyakiti diri sendiri dimana pelaku menemukan kenikmatan dan perasaan puas serta lega setelah melakukannya. Tindakan menyakiti diri sendiri ini memang tidak terdata secara baik, namun perkembangan zaman menunjukkan bahwa penderita self-harm sudah mulai menunjukkan aktivitasnya tersebut di media sosial seperti twitter. Beberapa penelitian terdahulu menjelaskan bahwa alasan para remaja melakukan self-harm adalah karena kurangnya komunikasi dan ikatan hubungan antara pelaku dengan keluarga dan orang terdekatnya. Adapun tujuan penelitian ini untuk mengetahui proses penetrasi sosial dalam pola komunikasi remaja penderita self-harm dalam menjalin hubungan interpersonal di Kota Pekanbaru dan untuk mengetahui pola komunikasi yang terbentuk pada remaja penderita self-harm dalam menjalin hubungan interpersonal pada keluarga dan sahabatnya di Kota Pekanbaru. Penelitian ini menggunakan metode penelitian kualitatif dengan pendekatan fenomenologi. Berdasarkan temuan hasil di lapangan bahwa, pola komunikasi yang ditemukan oleh penderita self-harm dengan keluarga yakni menggunakan pola komunikasi permisif. Pola komunikasi permisif para penderita self-harm berbentuk ketidakpedulian, sikap acuh dan kebebasan yang melampaui batas dari orangtua kepada anak. Penderita self-harm mengaku bahwa interaksi baik secara verbal maupun nonverbal dengan orangtua sangat minim terjadi dan tindakan menyakiti diri sendiri dilakukan bukan sebagai bentuk protes namun lebih kepada pelampiasan emosi saja. Self-harm merupakan bentuk kekecewaan anak terhadap orangtua mereka dan tindakan mereka mengupload tindakan tersebut di twitter sebagai wujud protes dan perlawanan anak-anak terhadap pola komunikasi dan pola asuh orangtua dalam lingkup yang lebih luas serta sebagai media untuk menari teman sehingga mereka tidak merasa sendirian.

Kata-kata Kunci: *Self conceptual; adolescents; cyber sexual harassment; communication experience;*

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INTRODUCTION

One night in my spare time, I opened a Twitter social media account and stuck on the account @rlthingy, in the form of photos of scratches on the hands that cause red marks. Then I pay attention to the comment column for the @rlthingy account. I find that many other Twitter users encourage and provide support. Various questions arise in the author's head. Why did the sender on the @rlthingy account send a photo of his hand cut to twitter? Why did he hurt himself? Where is the environment usually used as a place to tell stories until he injures himself?.

This phenomenon caused the writer to be curious and search Twitter social media to see similar incidents. It turns out that the author found many similar accounts where the account owner shared photos and pictures of cuts on the hands, feet, and even drops of blood. To answer curiosity, the author tries to dig deeper into Twitter users who send photos of hurting themselves on their Twitter account by sending messages through the direct-message (DM) feature through the US recommendation as a key informant who is also a self-harm actor. More than 10 Twitter users living in Pekanbaru City wrote DMs, but only six users responded. Five of these Twitter users responded well to the author, even though they were willing to tell their motives for hurting him. However, one Twitter user shuts himself off and is reluctant to

talk about how he hurt himself.

The author got information after digging deeper into the Twitter user whose initials GFR sent photos of self-harm on his account. That GFR once told his closest friends, and the responses he got were not all positive.

"My friends just say, "not close to God you." Some even say that I'm "Goblok, and else"." (Results of an online interview with GFR, on January 20, 2020)

The author found that users who self-harm and share their stories via Twitter have unusual interactions. The Twitter users I found generally cut themselves by scratching their hands until they bled, while those who scratched their hands using scissors by engraving words on their arms. The incision on the arm in psychology is known as self-harm or self-injury.

According to David Klonsky and Jennifer Muehlancamp in the study *Self-Injury: A Research Review for the Practitioner*, self-harm is a form of behavior that a person carries out by hurting himself without intending to commit suicide for purposes that are not socially approved. Self-harm is often done as a coping mechanism (mechanism to overcome) uncomfortable or painful emotions experienced by someone. Other reasons people self-harm are eliminating empty feelings, checking their reality, stopping uncomfortable thoughts, getting more sensations that trigger adrenaline, punishing themselves, and getting attention from the surrounding environment (Koszycki et al., 2010).

Based on research by Lisa H. Glassman et al. under the title *Child maltreatment, non-suicidal self-injury, and the mediating role of self-criticism* (2007: 2483), adolescents have the highest risk of self-harm, which is around 12-21% (Glassman et al., 2007). The causes of teenagers doing self-harm are because of meaningless interpersonal relationships, difficulty maintaining interpersonal relationships, as an escape and physical abuse, losing someone they love, and depression (Dermawan & Rusdi, 2013).

Many mental health disorders first appear in late childhood and early adolescence and can continue into adulthood. This is due to the physical, psychological, and behavioral changes that occur during adolescence. According to Mental Health America, the most



Source: Twitter @rlthingy, 2020

Figure 1 Base @rlthingy Twitter account

common methods used by self-harm sufferers are slashing their hands as much as 70%-90%, banging their heads, or hitting themselves as much as 21%-44%, and light burning on the limbs intentionally as much as 15%-35 % (Mental Health America, 2021).

Usually, teenagers will tell stories with their friends or in their closest environment. According to research by David Klonsky and Jennifer Muehlancamp under the title *Self-Injury: A Research Review for the Practitioner*, in some cases, the tendency to self-harm can become a means of bonding with friends. In addition, several reasons support self-harm sufferers to hurt themselves, namely to get help from others and to seek attention from others. Self-harm sufferers may not realize that their self-injury is being encouraged or reinforced by others (Koszycki et al., 2010).

Research conducted by Savitri Mega Salsabila with the title *Relationship Quality of Friendship and Self Disclosure with Subjective Well-Being in Class XII Teenage Girls at SMA Negeri 'X' Bekasi City*, teenagers often gather with friends who usually have something in common, so they feel they have an attachment. Quality friendships will produce intimate relationships, foster trust and then allow teens to make self-disclosure. Teenagers who self-disclose with their close friends will feel relieved if they can find a solution to a problem or just be listened to (Salsabila, 2019).

After the author explores deeply about self-harm, the author finds something else. It turns out that this self-harm phenomenon is not only found on social media but other cases of self-harm sufferers raised by online media, namely news about Mina Ex AOA. In June 2020, a photo of the South Korean idol showed that he had an incision scar on his wrist. Reporting from Nusantaratv.com, Mina, ex-AOA, said that she was a victim of bullying from other AOA members, and she told her fans about her trauma that caused her to hurt herself (Widyastuti, 2020). Besides Mina Ex AOA, another self-harm sufferer raised by Indonesian online media is Ariel Tatum. Reporting from Tribunnews in October 2019, Ariel Tatum suffered from Borderline Personality Disorder and had self-harm on his wrist. This Indonesian artist commits self-harm due to pressure during entertainment and is a victim of body shaming (Pertiwi, 2019).

Table 1 Netizen Comments for Self-harm Actors

Comments +	Comment -
Mental warrior	Goblok
You not alone	Not close to God
Be strong	looking for attention (caper)
I am with you	Useless

Source: Processed by the Author

Based on the findings of the case on the online media, self-harm is not something that is kept a secret or something that is private, which means that people like to show things that are not fair to show. Reporting to Alodokter, self-harm sufferers usually hide their wounds using clothes covering their scars. This is different from the self-harm sufferer that I found on Twitter because the Twitter user shared a photo of the incision on his hand and could be known by other Twitter users (Alodokter, 2019). Finding cases on Twitter of social media users who hurt themselves, the authors get an unusual form of interaction that people in general do. Characterized by the presence of ridicule such as “*Not close to God*” and “*Goblok*.”

Effective interaction will lead to happiness and satisfaction for both parties, which is also called interpersonal relationships. Every human being has interpersonal relationships with family, friends, girlfriends, husbands, wives, and others (Suranto, 2011). Based on the definition of interpersonal relationships, the authors are interested in observing the pattern of interpersonal relationships that occur in which people hurt themselves physically. The author is interested in seeing how the interaction is built, how the communication process takes place, or, more precisely, what the communication patterns are like.

A communication pattern is a form or pattern of relationship made by two or more people in the process of sending and receiving a message or information. Relationships that two or more people carry out have now developed along with technological developments (Novialdi, 2019).

The phenomenon of Twitter users sharing photos of the incision on their arm caused the author to be interested in exploring it. Self-

harm is not a new phenomenon. However, what I have encountered is something new because self-harm sufferers share photos and self-harm stories using Twitter. Whether he does it consciously or not, in this study, the author will not discuss the motives of self-harm sufferers but how people who hurt themselves establish interpersonal relationships with those closest to them, such as family and friends.

In this study, the author will use the theory of social penetration. In the book *Communication Theory* by Yasir (2011, p. 62), this theory asserts that interpersonal relationships experience a movement from superficial to deeper, from not intimate to very intimate. The term penetration refers to the process by which the relationship changes both in terms of distance, bond, and strength of a relationship. The author relates this phenomenon to the pattern of communication carried out by self-harm sufferers from communication that was originally shallow and not intimate turned into more personal and intimate. By using this social penetration theory, the author wants to see and know the relationship that this self-harm sufferer forges to the point of intimacy with the perpetrators of his interpersonal relationships, such as family and friends.

Based on data from YouGov Omnibus, more than a third or 36% of Indonesians have cases of self-injury, and most are found among Indonesian teenagers. Data shows that 7% of Indonesian teenagers often injure themselves (Ho, 2019). The author focuses on this research by determining the research location in Pekanbaru City because, in this phenomenon, the author can make direct observations of adolescents with self-harm in Pekanbaru City. However, there has been no definite data acquisition regarding self-harm sufferers in Pekanbaru City. Based on data from the Pekanbaru City Central Statistics Agency in 2018, the number of teenagers in Pekanbaru City aged 15-19 years is around 103,787, and aged 20-24 years is 123,620.

This self-harm is an “iceberg” phenomenon, which is more numerous than concrete data. Usually, this self-harm sufferer will not show himself or openly tell his environment that he is hurting himself. When the author took data at the Tampan Mental Hospital, Pekanbaru City, the term self-harm was still foreign, even to many who did not know about this disease. This

is indicated by the lack of scientific research that discusses self-harm.

To find informants in Pekanbaru City, the author tries to explain the phenomenon of self-harm to their closest friends or what they call self-harm. The author’s closest friends found that one of the self-harm sufferers with the initials AS had done self-harm. After knowing that the US had done self-harm, the writer tried to familiarize himself with the US so that the writer’s observations and interviews were easier and not awkward when conducting interviews and observations.

Based on simple observations and interviews conducted by the author with a key informant in Pekanbaru City with the initials AS (20 years), AS’s motive for self-harm is due to disappointment with his partner and a disharmonious relationship with his family. The US forms of self-harm include Binge Eating Disorder, hair grabbing, and punching doors. Binge eating disorder is a pattern of uncontrolled eating behavior as a way to deal with uncomfortable emotions. With this form of self-harm that the US does, it is a form of US seeking attention from family and friends and as a channel for US negative emotions because when the US hurts him, he feels relieved. Then AS said that actually, many teenagers hurt themselves in Pekanbaru City, but these self-harm sufferers usually cover themselves up and seem to show themselves in good condition, but on the contrary.

In addition, to focus on interpersonal communication, this study focuses on interpersonal relationships between self-harm sufferers in Pekanbaru City and their families and friends. The attachment between peers who feel they have the same fate and experience makes it much easier for adolescents to reveal themselves to their peers than to their families. This strong trust built on the basis of shared experiences makes teenagers more comfortable and happy to express their identity with their peers. Teenagers who do self-disclosure with their close friends will feel relieved if they can find a solution to a problem or just be listened to.

Based on the description above, the authors are interested in raising this issue in a study entitled “Communication Patterns of Adolescents with Self-Harm in Establishing Interpersonal Relationships in Pekanbaru City.”

Social Penetration Theory is commonly used in psychology, which looks at how a relationship is formed. In the study of communication, the relationship that is formed must occur because of the exchange of verbal and nonverbal symbols, both using or without media as a channel. This theory shows that communication is very important in the process and development of social relations. This theory examines the process of developing close relationships at the interpersonal level.

Yasir wrote in his book entitled *Communication Theory* (2011, p. 62), The theory of social penetration (Social Penetration Theory) is based on the research of Irwin Altman and Dalmas Taylor (1973). This theory asserts that as interpersonal relationships develop, communication also undergoes a change from what was initially superficial to becoming deeper and more personal. Non-intimate communication moves to become more intimate. Social penetration refers to a process of forming non-standard and continuously moving bonds between individuals, from unfamiliar to close, from impersonal to personal, and from non-intimate to intimate. This theory does focus on the process and stage by stage of the development of a relationship.

In summary, social penetration is based on the following assumptions. First, there is progress in a relationship that is not intimate at first and then becomes intimate. Second, the development of relationships can be predicted, which then makes it systematic and forms a pattern. Third, relationship development includes withdrawal and dissolution. Fourth, the essence of relationship development is the process of self-disclosure.

According to West & Turner in the journal Tine Agustin Wulandari entitled *Understanding the Development of Interpersonal Relationships Through Social Penetration Theory*, there is a division of the level of social penetration based on the layers in the onion, namely: Orientation, Affective Exploration Exchange, Affective Exchange, and Stable Exchange. In this study, the author uses social penetration theory to see how communication patterns are formed between self-harm actors and the closest social environment, namely family and friends. Social penetration will show which relationship is more intimate between self-harm actors and friends or their families.

From the above understanding, a communication pattern is a form of relationship that is formed through a process between two or more people that links the components of a picture or plan and steps with other components that are an important part of the occurrence of relationships between humans or organizations (Novialdi, 2019).

The communication process contains various patterns that are used to understand the intent and purpose of communication. The continuous communication process is an effort to achieve the same meaning between the communicator and the communicant. The communication pattern that is formed is then used over and over again because it is considered successful in establishing bonds and achieving common goals. The communication process that has been included in the category of communication patterns, namely, first. The primary communication pattern emphasizes the process of exchanging information by using symbols as a means of channeling either sound or objects. This pattern is divided into two symbols: verbal and nonverbal. Second, the pattern of secondary communication is the process of delivering messages that combine symbols as the first medium with tools or means as the second medium. This process is a continuation of primary communication to be able to penetrate the dimensions of space and time. Therefore, it is necessary to pay attention to the nature or characteristics of the media used and adjust to who our audience or communicant is (Effendy, 2005).

Third, the linear communication pattern focuses on the activeness of the communicator. Audiences or communicants are passive as well as political campaigns. Therefore, communicators can rarely respond or give their communicators a response or feedback. However, in this pattern, the communicator's ability will determine the depth of the bond strength between the communicator and the communicant (Nurudin, 2019, p. 219), and fourth, the pattern of communication in a circular manner is likened to two people talking in a cafe. They are talking in the cafe, a form of interpersonal communication, so the position of the communicator and the communicant is the same. It means that people talking in the cafe cannot distinguish which are the communicators and the communicants. The two are mixed up;

before someone finishes speaking, the talking partner is cut off, so next (Nurudin, 2019, p. 224). 1) spiral communication patterns describe the different communication aspects of a communication process that changes from time to time. The point is that the communication process moves dynamically towards a point that has no end, just as the development of communication technology cannot predict its development in the future (Nurudin, 2019, p. 238).

According to Djaarama (Andirah, 2018), various kinds of communication patterns occur between parents and children, namely: 1) Permissive or liberating communication patterns can be seen in how parents treat their children. Children are usually given absolute freedom to act and behave as they wish. Parents here are seen to follow, succumb, and submit to the child's choice. In addition, parents' attitude is also excessive in responding to the child. The desire of the child becomes the main priority of parents. Parents consider the fulfillment of children's desires as an indicator of the child's success. 2) The authoritarian communication pattern is the opposite of the permissive one. Parents have full control over the child, including sacrificing the autonomy of the child. Parents in this position consider the child as their property, so they are free to determine and decide everything the child needs. In this communication pattern, the child will feel easily offended, timid, gloomy and unhappy, very easily influenced, and unfriendly, and 3) a Democratic communication pattern, which is characterized by parents being open with their children. Parents and children will make a mutually agreed agreement. Parents in this type of democratic communication pattern will tend to value their children's opinions and abilities more directly.

Based on some of the explanations above, communication patterns are a liaison between adolescents with self-harm when they carry out interpersonal relationships such as parents or friends, which are carried out verbally through writing, verbal, media, face-to-face, behavior, and attitudes that are carried out regularly.

Self-harm is a form of behavior of someone who harms himself physically but does not intend to commit suicide with goals that are not socially acceptable (Koszycki et al., 2010). According to psychologist Alfath Hanifah

Megawati, S.Psi, M.Psi, explaining that self-harm or self-injury is self-harm behavior that refers to physical but has no indication of suicide.

The results of Lisa H. Glassman et al.'s research entitled Child maltreatment, non-suicidal self-injury, and the mediating role of self-criticism (2007: 2483) show that about 4% of adults in the United States commit self-injury (Briere & Gil, 1998; Klonsky, Oltmanns, & Turkheimer, 2003), and adolescents are at higher risk, with 12–21% reporting self-injury.

Self-injury is more common in adolescents than adults. This is due to physical, psychological, and behavioral changes that occur during adolescence. Individuals engage in self-injury behavior commonly: severe cutting, scratching, burning, deliberately taking large amounts of medication, and hitting themselves. Most individuals who have experienced self-injury have used more than one method of self-injury behavior. There are three types of self-harm behavior: 1) Moderate self-injury or mild self-injury. Characterized by rubbing the wound to dry and squeezing the pimple, this mild self-injury can be overcome. This type is usually more or less aware of the perpetrator and is usually not done to achieve release but as a form of compulsion or compulsion and coercion. 2) Stereotypic self-injury or moderate self-injury. He is characterized by repeatedly banging his head, scratching his scalp until he bleeds, scratching himself, punching, hitting, slashing himself, and binge eating disorder (BED), which is a disorder in which he eats too much, and it is difficult to resist the urge to eat. The impact caused by BED is in the form of serious diseases such as obesity, hypertension, diabetes, heart disease, and 3) Major self-harm or major self-injury, namely extreme self-harm by gouging out the eyes, burning the body, and cutting off the legs. This behavior is usually carried out by individuals who are severely depressed (Caperton, 2004).

People who engage in self-harm have difficulty controlling eating disorders, have had a chronic illness or disability as a child, dislike themselves deeply, have chronic anger at themselves, enjoy suppressing anger, and are generally depressed or severely stressed. There are three factors that people do self-harm based on Researchers At the University Of Oxford In Coping With Self-harm (Oxford,

n.d.) namely: First, self-factors: depression, anxiety, low self-esteem, hopelessness, unable to solve problems on their own, or bad problem solving, having low self-esteem, impulsiveness, eating disorders, drug or alcohol abuse, and intimidation. Second, family factors: different mental health in the family, poor parental relationships, drug/alcohol abuse in the family, unreasonable expectations of parents for their children, conflicts between children and parents, trauma, inability or unwillingness to take care of their children. Well, excessive punishment, family history of self-harm, and neglect.

Third, social factors: difficulty in establishing relationships with peers, intimidation, rejection from peers, fear of change, both changes in daily activities and new experiences, availability of self-harm methods, friends who do self-harm, media, and Internet influence.

RESEARCH METHOD

This study uses a qualitative method with a phenomenological approach. The research location was carried out in Pekanbaru City and adjusted to the location of the informants whom the author met through Twitter social media. This research was conducted from January 2020 - to August 2020. The technique for determining informants used the snowball method, namely taking informants with the help of Key Informants, and from key informants, it would develop according to the instructions. With this snowball technique, key informants were chosen, namely, AS, who was 20 years old in Pekanbaru City, and AS, who would provide instructions for the next informant to self-harm.

The focus of selecting informants in this study is self-harm actors who upload their actions on social media, namely Twitter. The author begins with initial information about self-harm perpetrators found on Twitter and then searches for and searches for self-harm perpetrators who live in Pekanbaru City. AS is the key informant in this study, leading the author to other informants. Then we recommended ten self-harm perpetrators, but only five people responded well, including the US, so the total informants in this study were five self-harm actors.

This study's data collection techniques

were in-depth interviews, observation, and documentation. The data analysis technique applies the Miles and Huberman model from three stages of activity: data reduction, data presentation, and drawing conclusions or verification. For the technique of checking the validity of the data using the extension of participation and triangulation.

RESULTS AND DISCUSSION

Based on the results of an interview with psychologist Alfath Hanifah Megawati, self-harm is behavior that intentionally harms oneself physically. It can take various forms, ranging from hitting the body to slashing and scratching. The most frequently injured body parts are the hands, feet, and head.

Based on the study's results, five adolescents with self-harm included the type of moderate self-mutilation or moderate self-harm, namely cutting themselves, banging against walls repeatedly, which left scars on their bodies, and not eating for several days. The results also show that the facial area is an area that is highly avoided to be hurt by perpetrators; this is because the face for them is a visible identity and is the basis for other people's judgments in general. This means that self-harm travelers are still concerned with their self-image through facial appearance because other body parts that are hurt, such as hands and feet, can be covered, but the face will be difficult to cover.

The results of this study then divide the pattern of communication into two, namely, the pattern of communication with family and communication patterns with friends or friends. Based on observations and interviews, the authors found that the communication pattern between parents and adolescents with self-harm is a permissive type of communication pattern. Permissive communication patterns are communication patterns that are characterized by unlimited freedom for children to act and behave, and parents with permissive communication patterns will tend to succumb and obey all the wishes of children excessively. With the attitude of the informant's parents, the writer found that they were too liberating for their children or seemed to not care about their children. Characterized by parents who are busy with themselves so that children do not get

direction and attention in their teenage years, which causes them to problem-solve or solve their own problems, which leads to injuring themselves.

From the findings of the data in the field, it can be explained that the communication patterns that exist between adolescents with self-harm and their families are not well established; this is due to the lack of communication that exists between parents and adolescents. This causes teenagers to be confused about solving their own problems because adolescence is a period that requires help and direction from the closest environment, such as family. If the communication pattern in the family is not well established, the child will overcome the problem on his own. When a teenager is in a confusing position to deal with his own problems and has a burden buried in his mind, this causes the teenager to hurt himself. The finding of a case in a teenager who did self-harm and shared photos of his incisions on social media Twitter that the teenager admitted when he shared photos of his incisions on social media to get attention from his online friends. It happens because of a pattern of communication that is not good found in his family.

Children interpret the attitude of parents who give freedom to children as a form of parental indifference. Loss of parental figures who should and are expected to be able to accompany children during their growth and development period, especially during adolescence, where teenagers need assistance in self-discovery, become lost, and feel left alone. The author then verified with one of the informant's parents and found that the purpose of parents giving freedom was not due to ignorance but as a form of parents' efforts to provide a wide space for children to grow and express themselves more freely.

Differences in the meaning of action lead to ineffective communication between parents and children. The self-harm behavior that the author sees as a form of protest, an effort to attract the attention and sympathy of parents, is finally diverted to social media. Through their uploads on social media in this study, namely Twitter, self-harm actors get attention, recognition, affection, and sympathy from others so that netizens finally fulfill the void of this need for feeling through comments received and even opened the door to a relationship. more intimate

(friendship or romance).

The communication pattern of self-harm adolescents in establishing interpersonal relationships with their friends is a type of linear communication pattern, where when the informant wants to share his story with his best friend, the communicant who dominates the conversation, in this case, the self-harm actor will fill the dominant position. Perpetrators will have a wider space to express their thoughts, and sympathetic people or netizens will then become listeners. Another vacancy from family, especially parents, can be filled by friends or their loved ones.

As for the primary type of communication pattern, which is a process of delivering messages by the communicator to the communicant by using a symbol or symbols, namely verbal and nonverbal, verbal symbols are marked as a language that is often used by communicators and communicants to express thoughts. Non-verbal symbols, such as facial expressions, limbs, heads, lips, hands, and pictures, are used in communication. When the communication process uses verbal and nonverbal sequentially, the communication pattern will run effectively.

However, based on the findings in the field, the communication patterns of adolescents with self-harm with their friends are not all effective. It is indicated by the self-harm teenager feeling that some of his friends don't care about the problems he faces. Besides that, his friends respond with ridicule such as "Not close to God" or even say mocking sentences like "Idiot" to teenagers with self-harm. It causes the communication patterns between adolescents with self-harm and their friends to not work effectively and not have feedback from their friends. Based on the findings of observations and in-depth interviews with five of the author's informants, namely AS, RM, GFR, RY, and C, the authors found that in the informant's family relationship, the breadth or related to the amount of time spent by families and adolescents was very small. Based on the confessions of the five informants, they tend to keep their problems to themselves and very rarely communicate with their families, which causes the breadth of a relationship to be unreachable. At the same time, the breadth of friendly relations between the four self-harm informants was achieved because the informants tended to spend a lot of time with friends. Self-harm teenagers tend

Table 2 Communication Patterns of Self-harm Actors with Parents and Friends

Parents	Friends
Permissive	Democratic
Interaction is not deep	Deep interactions
The intensity of communication is very rare	Intense communication
Avoid physical contact and eye contact	Strive for eye contact via video call if physical contact is not possible

Source: Processed by the Author

to share problems with friends. In addition to depth or referring to the level of intimacy that leads to the discussion of a topic in the family of self-harm adolescents, the authors find that self-harm adolescents tend not to be close to their families as well as to their friends, which causes depth in the theory of social penetration to not be achieved, this is because no one from family or friends knows that teenagers are self-harm. When teenagers who do this self-harm tell their friends, the response they get is not what they expected. His best friend didn't care what happened to the self-harm teenager.

Self-harm actors ultimately choose social media because they get attention, sympathy, and new friends and lovers who can understand, accept and tolerate their actions. Social media Twitter is a new means for self-harm actors to fulfill their self-actualization, where the stages of social penetration to reach a deeper relationship approach direct interaction that their families cannot fulfill.

Although interpersonal communication between self-harm actors and their friends does not take place face to face, according to them, efforts to increase the intensity and quality of communication are carried out by seeking communication by utilizing the video call feature. For self-harm actors, communication via video calls is considered sufficient to meet their need for the physical presence of friends to accompany and encourage them.

CONCLUSION

Ties to family and friends. Based on the results of research and discussion on the communication patterns of adolescents with self-harm in establishing interpersonal relationships in the city of Pekanbaru, the authors conclude that adolescents carry out self-harm with this type of moderate self-mutilation or moderate self-harm due to ineffective communication patterns. Teenagers who suffer from self-harm are more likely to keep their emotions to themselves, which causes them to do self-harm.

The author finds the pattern of communication in permissive families, where there is unlimited freedom for children to act and behave, and parents with permissive communication patterns will tend to succumb and obey children's wishes excessively. With the attitude of the informant's parents, the writer found that they were too liberating for their children or seemed to not care about their children. Characterized by parents who are busy with themselves so that children do not get direction and attention in their teenage years, which causes them to problem-solve or solve their own problems, which leads to injuring themselves.

The author sees the importance of parents in this regard paying attention to the growth and development of their adolescent children. The need to build physical and emotional closeness between parents and adolescents is the main key to efforts to reduce self-harm behavior among adolescents. In addition, from an academic point of view, the author sees that there is still a need for more in-depth studies on mental health among adolescents as the nation's successors. Further studies must consider various scientific aspects such as culture, education, economics, law, and religion.

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