



Systematic Review: Self-Harm in Adolescent Bullying Victims

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DOI: <https://doi.org/10.55248/gengpi.5.0724.1710>

ABSTRACT

Nowadays, bullying behavior is very common, especially among teenagers and young adults. Bullying is intentionally aggressive behavior, which aims to make other people feel uncomfortable, cornered or intimidated. Bullying has a very negative effect on the growth and development of teenagers. For example, increased depression and stress, low self-esteem, sleep disorders, and the emergence of self-harm behavior and suicide. Self-harm is a detrimental action in the form of self-harm. And if it continues, it will lead to more serious problems such as suicide. The aim of this systematic review is to describe the causes of self-harm in adolescents who experience bullying. The method used in this paper is to use a systematic literature method originating from the Google Scholar and Scopus databases. With a publication range from 2019 to 2023. These journals use English and Indonesian in full-text form. After a series of data sorting processes, 18 papers were obtained that met the inclusion criteria. With the results of three main factors that influence self-harm actions in adolescent victims of bullying. Among them are psychological, social and physical factors.

Keywords: Self-harm, Bullying, Adolescent

Introduction

Adolescence is a transition period from childhood to adulthood, which in the formation of personality is full of turmoil and variety changes, whether physical, hormonal or social-emotional changes, will influence all their behavior (Erina et al., 2023; Suryana et al., 2022). During this period, teenagers are often faced with various problems and unpleasant situations. Whether problems come from external factors or from internal factors. Not infrequently, many teenagers whose emotional development is hampered or even disturbed, resulting in various negative emotions and behavioral problems as a result of the various pressures they experience (Susanti et al., 2018). By Therefore, guidance in developing social emotional skills is very important for them, because it can help them in living their daily lives. However, it is not uncommon for teenagers to develop maladaptive behavior within themselves. This is caused by various factors and one of the factors causing this is exposure to bullying behavior (Erina et al., 2023). Cases of bullying among teenagers are quite common. Bullying behavior can occur anywhere, in any situation, and at any time. Not infrequently, this also happens within the family. The current rise in bullying cases is a topic of great concern. This happens due to various factors. These factors are sometimes in the form of social and cultural environmental factors, parenting patterns, or individual personality behavioral drives (Muhopilah & Tentama, 2019).

Bullying is intentionally aggressive behavior that aims to make other people feel uncomfortable, cornered or intimidated (Friedman & Schustack, 2006; Widiarta & Megaputri, 2021). In the social sphere, apart from physical violence, bullying cases also usually occur in verbal or emotional form. In physical form such as beatings. Meanwhile, in verbal or emotional form, bullying acts become more varied. For example, ridiculing, belittling, ignoring, silent treatment, jokes that seem demeaning, criticizing or bringing up mistakes and others (Rahayu & Permana, 2019). These behaviors cannot be tolerated, because they can cause various lasting negative effects for the victim (deLara, 2022; Halimah et al., 2015). In a study, one of the impacts caused by bullying behavior was the emergence of various mental health problems that had long-lasting effects (Fridh et al., 2019). Lack of support and the various pressures that come with it will increase stress and maladaptive behavior in adolescents (Che et al., 2022). So it's not surprising that they use self-harm as an escape to vent their negative emotions (Faradiba & Abidin, 2022). This is also confirmed by several studies which state that one of the effects that can occur as a result of bullying is the emergence of self-harm behavior or self-injury in the victim. (Fridh et al., 2019; Hamal et al., 2022; Jadva et al., 2023; Utami et al., 2023).

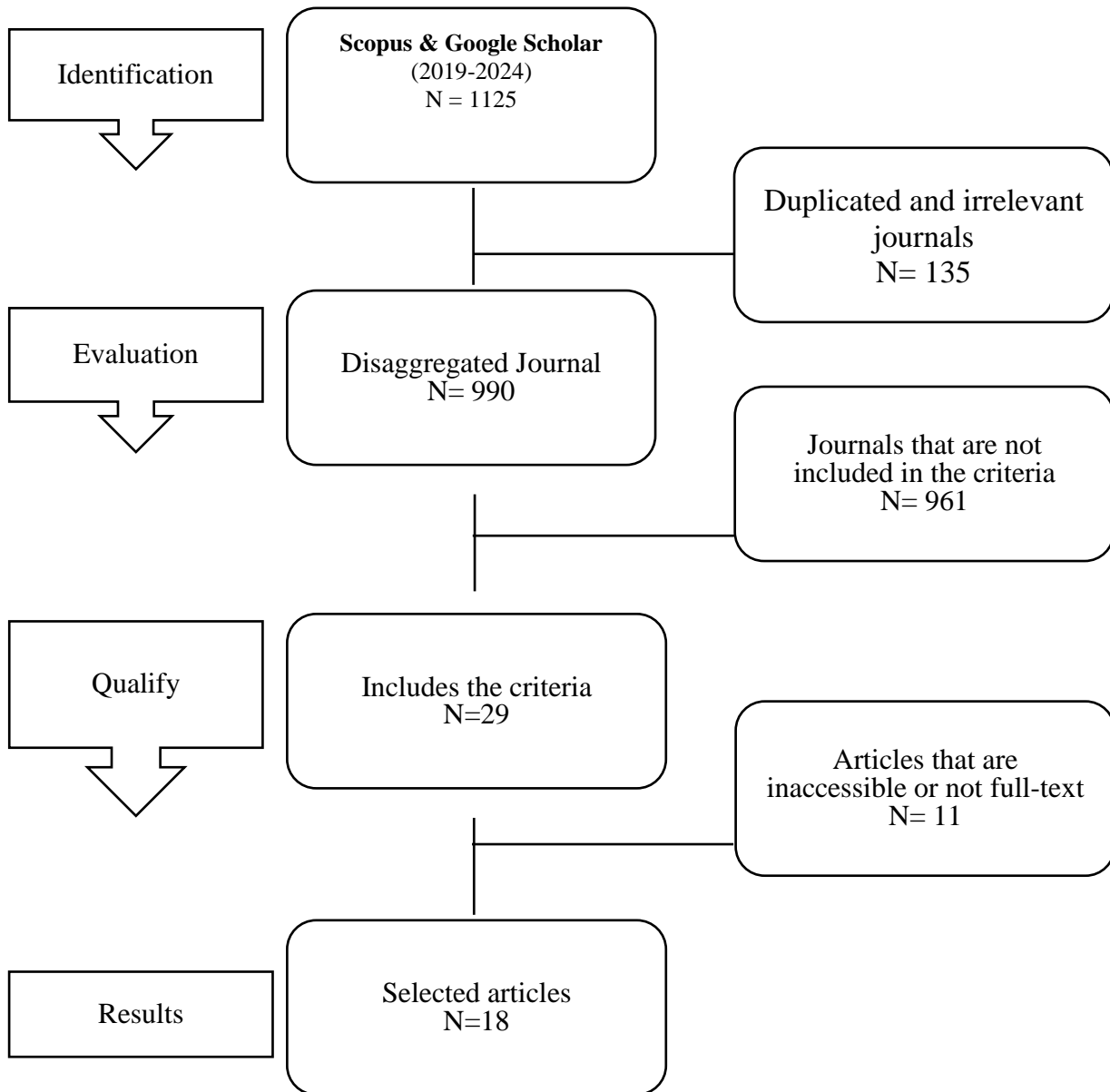
Self-harm is the act of hurting or injuring oneself in various forms in an attempt to release various negative emotions that exist within oneself, including stress, anxiety, symptoms of depression, low self-esteem, and so on (Hetrick et al., 2020; Miller & Redley, 2021). According to some parties, self-harm behavior is closely related to suicide (Kg et al., 2021b; Miller & Redley, 2021). Because, self-harm that occurs continuously accompanied by increasingly high intensity will lead to suicide (Faradiba & Abidin, 2022; Hetrick et al., 2020; Miller & Redley, 2021). The American Psychiatric Association revealed that around ~2.5-5% of the world's population has ideas of self-harm (Campos et al., 2020). In Indonesia itself, there were around 20.21% of teenagers who had done self-harm and 93% of them were female teenagers (Faradiba & Abidin, 2022).

In various studies, the factors that cause self-harm behavior include:(Campos et al., 2020; Faradiba & Abidin, 2022; Hetrick et al., 2020; Iob et al., 2020; Kg et al., 2021a; Miller & Redley, 2021; Townsend et al., 2022): (1) Due to the abuse experienced, (2) Genetics, (3) Difficulty building interpersonal relationships, (4) Feelings of isolation, (5) Exposure to social media, (6) Social pressure. However, in other research other factors were found that encourage conscious self-harm, namely(Gratz, 2001): (1) Feeling depressed, (2) Feeling isolated, (3) Being exposed to self-harm from outside, (4) having difficulty in establishing relationships, (5) Having social comparisons, and (6) Difficulties faced when at school or work environment. Self-harm behaviors that are often carried out by perpetrators include: cutting (cutting, lighting themselves with cigarettes, burning using matches, carving words on the surface of the skin, carving pictures on the surface of the skin, scratching the skin excessively, biting (biting), rubbing sandpaper) on the surface of the skin, dripping chemicals on the surface of the skin, stabbing oneself, scratching oneself, breaking bones, intentionally banging one's head, hitting (punching) oneself, inhibiting wound healing and various other self-injurious behaviors(Gratz, 2001; Sansone & Sansone, 2010)

Many previous studies consistently state that victims of bullying are more likely to experience various mental health problems such as depression, anxiety, loneliness, stress, impulsivity, low self-esteem and the desire to do self-harm and even commit suicide.(Bryson et al., 2021; Fridh et al., 2019; Guo et al., 2024; Hamal et al., 2022; Islam et al., 2020b).However, other research states that genetic factors and comorbidities cause self-harm behavior(Reilly et al., 2021). Therefore, the aim of writing this systematic review is to describe the causal factors of self-harm behavior in adolescent victims of bullying. It is hoped that the results of this review can increase the insight of writers and readers regarding the factors and impacts of bullying on teenagers.

Method

This paper uses a systematic literature review method using the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta Analyses) formulation in an international journal that examines self-harm actions among adolescent victims of bullying. Google Scholar and Scopus databases were used in journal searches for this systematic review. The inclusion criteria set out in this systematic review are: (1) Journals in English and Indonesian, (2) Journals available in full text, (3) Journal research themes regarding self-harm in adolescent victims of bullying, (4) Population researched were adolescent, (5) The journal was published or released between 2019-2024. The exclusion criteria in this paper are: (1) Irrelevant and duplicated journals, (2) Review journals or reports and literature studies, (3) Journals that are not in full-text form, (3) Subjects other than teenagers. The search in this systematic review used the keywords "Self-harm, Adolescent, and Bullying".



Prism Diagram: Stages of Systematic Review

Results

Table 1. Findings

No	Author/ year/	Title	Findings
1	(Ahmad et al., 2023)	The Impact Of Gender And Age On Abusive Roles, Self-Harm And Suicide: Evidence From A Cohort Study Of Australian Children	The results of the research show that teenagers who are victims of bullying have a tendency to do self-harm 5x greater than teenagers who are not involved in bullying. Meanwhile, teenagers who bully have a tendency to do self-harm around 2.5x compared to those who are not involved in bullying. Meanwhile, from a gender perspective, women have a tendency to self-harm around 4x greater than men. And teenagers aged 16-17 years have 1.5x the tendency

			to commit self-harm compared to other age groups. And at the age of 14-15 years they have the lowest tendency for self-harm.
2	(Bryson et al., 2021)	A Longitudinal Assessment Of The Relationship Between Bullying Victimization, Symptoms Of Depression, Emotional Problems, And Thoughts Of Self-Harm Among Middle And High School Students	From the research results, it is known that girls tend to express thoughts of self-harm compared to boys. Among the teenagers who reported it, most had symptoms of high levels of emotional problems such as depression, comorbidity, and exposure to stressful events. Therefore, emotional problems mediate the relationship between victimization and thoughts of committing self-harm in adolescents. Apart from emotional problems, it is associated with depression or comorbidities. Furthermore, adolescents who have comorbidities have a higher risk of committing acts of self-harm.
3	(Che et al., 2022)	Association Between School Bullying Victimization And Self-Harm In A Sample Of Chinese Children And Adolescents: The Mediating Role Of Perceived Social Support	In this research, it was revealed that being a victim of bullying is closely related to self-harm behavior, especially physical bullying. However, in this action there are other variables that can mediate the relationship between victims of bullying and acts of self-harm, namely social support, especially support from parents. Of all types of social support, support from parents provides the most significant influence. This provides an understanding that parental support can be a good mediator between victims of bullying and acts of self-harm, whether carried out directly or indirectly. From the research results it was also found that parental support for boys works better than for girls.
4	(Eyuboglu et al., 2021)	Traditional School Bullying And Cyberbullying: Prevalence, The Effect On Mental Health Problems And Self-Harm Behavior	Bullying behavior is usually carried out by boys and girls have a greater tendency to become victims of bullying. The level of mental problems suffered by teenagers who are involved in bullying behavior shows worse grades and has symptoms of internalization and externalization. Therefore, involvement in bullying behavior, whether as a perpetrator, victim, or both perpetrator and victim, has a higher risk of self-harm than teenagers who are not involved at all. Mental symptoms that usually occur are depression, anxiety, stress, self-esteem problems and others. This is reported to occur more often in teenage girls than boys.
5	(Islam et al., 2020b)	Effect Of Mental Disorders On The Association Between Bullying, Suicidality And Self-Harm Among Australian Adolescents: A Mediation Analysis Using Data From A Nationwide Survey	Adolescent girls have a greater chance of being exposed to cyberbullying and traditional bullying than boys. Adolescents who are victims of bullying report major depressive disorder, ADHD, behavioral disorders, and anxiety disorders. Which in turn will trigger mental disorders and more than a third report self-harm.
6	(Islam et al., 2020a)	Bullying Victimization, Mental Disorders, Suicidality And Self-Harm Among Australian High School Children: Evidence From Nationwide Data	Victims of bullying are more at risk of experiencing mental disorders such as depression, ADHD, behavioral disorders and anxiety. It is reported that teenagers who are victims of cyberbullying and traditional bullying show more severe symptoms of depression. Adolescent girls show a greater tendency to become victims of cyberbullying compared to boys. However, self-harm behavior shows a significant number in teenagers who are victims of traditional bullying.
7	(Islam et al., 2022)	Evaluating Risk And Protective Factors For Suicidality And Self-Harm In Australian Adolescents With Traditional Bullying And Cyberbullying Victimization	Bullying victims have a higher tendency to self-harm, especially those in the 15-17 year age range. It is reported that teenage girls are more likely to be victims of bullying than boys, especially cyberbullying and self-harm behavior. Adolescents who have poor mental health, parental pressure, poor sleep quality, and early exposure to sexual activity have a significant relationship with self-

			harm behavior, both in victims of cyberbullying and in victims of traditional bullying.
8	(Jadva et al., 2023)	Predictors Of Self-Harm And Suicide In LGBT Youth: The Role Of Gender, Socio-Economic Status, Bullying, And School Experience	Bullying victims have a great tendency towards self-harm behavior. Among LGBT youth, trans youth have a four times greater risk than non-trans and non-binary youth. Meanwhile, gay or lesbian teenagers have a percentage of around 25% more likely to carry out self-harm than teenagers who have bisexual tendencies. And overall LGBT teenagers who are victims of bullying are 17% more likely to commit self-harm.
9	(John et al., 2023)	Self-Harm, In-Person Bullying And Cyberbullying In Secondary School-Aged Children: A Data Linkage Study In Wales	Adolescent girls have a higher risk of becoming victims of bullying compared to boys. At the age of 12-13 years is the peak period when teenagers experience this unpleasant treatment (bullying). Acts of self-harm have a high score among those who are victims of cyberbullying as well as traditional bullying, followed by cyberbullying, and finally traditional bullying.
10	(Meldrum et al., 2022)	Bullying Victimization, Negative Emotion, And Digital Self-Harm: Testing A Theoretical Model Of Indirect Effects	About 60% of Florida teens report engaging in self-harm in the past 30 days and 10% in the past 12 months. Self-harm has a positive relationship with being a victim of bullying. Bullying victimization is significantly related to various negative emotions which mediate self-harm behavior.
11	(Myklestad & Straiton, 2021)	The Relationship Between Self-Harm And Bullying Behavior: Results From A Population Based Study Of Adolescents	The majority of self-harm acts occurred in teenage girls compared to teenage boys who were victims of bullying and were carried out during the last 12 months. Depression, anxiety, low socio-economic conditions are related to bullying behavior and self-harm behavior. Parental support shows significant results in self-harm behavior. Adolescents who have good social support from their parents are known to have lower levels of self-harm and peer support has a significant protective relationship against acts of self-harm.
12	(Nguyen et al., 2020)	Relationship Among Cyberbullying, Parental Attitudes, Self-Harm, And Suicidal Behavior Among Adolescents: Results From A School-Based Survey In Vietnam	The research results show that being a victim of bullying is significantly related to acts of self-harm. Besides that, acceptance from parents shows significant protection from self-harm behavior, including suicidal ideation and suicide attempts by adolescents.
13	(Ong et al., 2020)	Association Of Cyberbullying With Psychosocial Difficulties, Self-Harm And Helping-Seeking Behaviors: A Cross Section Study In Singapore Adolescents	From the research results, it was reported that teenage girls were more vulnerable to cyberbullying and boys were both perpetrators and victims of cyberbullying. Victims of cyberbullying have a higher tendency to do greater self-harm. This is related to various externalization and internalization problems experienced by both perpetrators, victims, and both perpetrators and victims of bullying.
14	(Peng et al., 2019)	Association Between Chinese Adolescents Subjected To Traditional And Cyberbullying And Suicidal Ideation, Self-Harm And Suicide Attempts	Students who are victims of cyberbullying or traditional bullying are significantly associated with self-harm. Meanwhile, those who are victims of a combination of cyberbullying and traditional bullying are at higher risk of self-harm, suicidal ideation and suicide attempts compared to those who are only targets of one type of bullying. Besides that, girls have a higher risk of self-harm, suicidal ideation, and suicide compared to boys.
15	(Ran et al., 2020)	Resilience Mediates The Association Between School Bullying Victimization And Self-Harm In Chinese Adolescents	Adolescent victims of bullying who have low resilience tend to report more acts of self-harm. High resilience indicates that there are fewer reports of self-harm. So, indirectly, self-harm behavior in adolescent victims of bullying is mediated by resilience. Among the dimensions of resilience, emotion regulation, interpersonal

			assistance, and family support showed the strongest mediation effects.
16	(Reilly et al., 2021)	A Co-Twin Control Study Of The Association Between Bullying Victimization And Self-Harm And Suicide Attempt In Adolescence	A number of victims of bullying reported that bullying was related to self-harm, attempted suicide, attempted self-harm, or suicide. In addition, bullying or bullying adjusted for other unmeasured factors such as genetics, environment, and psychopathology in childhood showed a relationship that remained high. This shows that intimidation or bullying is a factor that has the potential to cause self-harm compared to other factors.
17	(Stea et al., 2024)	Are Social Pressure, Bullying And Low Social Support Associated With Depressive Symptoms, Self-Harm And Self-Directed Violence Among Adolescents? A Cross-Sectional Study Using A Structural Equation Modeling Approach	There are more female adolescents who report symptoms of depression, self-harm, suicidal thoughts, and suicide attempts compared to male adolescents. Apart from depression and being a victim of bullying, self-harm is also influenced by family support, peer support, and social pressure. Apart from that, thoughts of committing self-harm are indirectly related to family economics, parental education, social pressure, bullying and cyberbullying victimization as well as various social supports from family, friends and teachers.
18	(Wei et al., 2023)	Adolescent Peer Victimization and Deliberate Self-Harm: A Three-Wave Moderated Mediation Model	Victimization by peers was reported to be positively correlated with anxiety, depression, and self-harm, and negatively associated with peer support and teacher support. Self-harm in girls is reported to have higher scores compared to boys. Also, peer perception is known to be a factor that can moderate the relationship between victimization by peers and depression and anxiety.

From these 18 papers, the causes of self-harm behavior due to bullying will be compared with the factors that cause self-harm in general (Insani & Savira, 2023) in table 2 then these symptoms are grouped into 3 groups.

Table 2. Comparison of factors causing self-harm in general and research results.

Groups of causes of self-harm	Groups of causes of self-harm in general	Causes of self-harm in bullying victims in this study
Psychic Factors	Emotionally focused coping	Regulation of negative emotions(Meldrum et al., 2022; Ran et al., 2020)
	Emotional maturity	Mental condition(Islam et al., 2022)
		Regulation of negative emotions(Meldrum et al., 2022; Ran et al., 2020)
	Lonely	N/A
	Low self-esteem	Low self-esteem(Eyuboglu et al., 2021)
Mental disorders	Depression, anxiety, ADHD, stress, behavioral disorders, comorbidity(Bryson et al., 2021; Eyuboglu et al., 2021; Islam et al., 2020a, 2020b; Myklestad & Straiton, 2021; Stea et al., 2024; Wei et al., 2023)	
Social Factors	Authoritarian parenting style	Pressure, support and acceptance from parents and family(Che et al., 2022; Islam et al., 2022; Myklestad & Straiton, 2021; Nguyen et al., 2020; Ran et al., 2020; Stea et al., 2024)
	Family problem	Pressure, support and acceptance from parents and family(Che et al., 2022; Islam et al., 2022; Myklestad & Straiton, 2021; Nguyen et al., 2020; Ran et al., 2020; Stea et al., 2024)
	Romantic relationship problems	N/A
	N/A	Interpersonal assistance(Ran et al., 2020)

	N/A	Socioeconomic(Myklestad & Straiton, 2021; Stea et al., 2024)
	N/A	Peer support(Myklestad & Straiton, 2021; Stea et al., 2024; Wei et al., 2023)
	N/A	Pressure from the social environment(Reilly et al., 2021; Stea et al., 2024)
Physical Factors	N/A	Gender and age(Ahmad et al., 2023; Bryson et al., 2021; Eyuboglu et al., 2021; Islam et al., 2020b, 2020a, 2022; Jadva et al., 2023; John et al., 2023; Myklestad & Straiton, 2021; Ong et al., 2020; Peng et al., 2019;
	N/A	Exposure to sexual activity(Islam et al., 2022)
	N/A	Genetics and comorbidities(Bryson et al., 2021; Reilly et al., 2021)
	N/A	Sleep quality(Islam et al., 2022)

Note: N/A = No Answer or Not Available

Discussion

In this research, the results showed that the factors that cause self-harm in victims of bullying consist of 3 main domains, namely psychological aspects, social aspects and physical aspects. Below is an explanation of each aspect.

1. Psychic aspect

a. Negative Emotion Regulation

Of the 18 articles, there are 2 articles that support the statement that there is an inability to regulate negative emotions in adolescent victims of bullying. Various acts of bullying carried out can have a severe impact on the victim, including causing various negative emotions such as stress, depression, anxiety and various other complaints.(Ran et al., 2020). This inability to regulate negative emotions contributes to various psychological impacts and results in various negative behaviors carried out by teenagers who are victims of bullying, including acts of self-harm or self-harm.(Meldrum et al., 2022). Therefore, to be able to develop emotional regulation abilities, training is needed to increase emotional intelligence. Emotional intelligence is an individual's capacity to manage, control and regulate their emotions, so that they can be used according to their potential to face and respond to a problem. With emotional intelligence, individuals can motivate themselves to be more mature in dealing with frustration, regulating mood, empathy and maintaining stress levels(Aprilia et al., 2023; Epivania & Soetjningsih, 2023). Individual emotional intelligence is influenced by several factors, including (1) brain and mind, (2) family, and (3) environment.

By honing emotional intelligence, it is hoped that you can develop the ability to regulate emotions properly. So you can avoid acts of self-harm on victims of bullying. However, on the other hand, in a study conducted by Aprilia(Aprilia et al., 2023)One of the reasons bullying occurs is low emotional intelligence. Because emotional intelligence can influence an individual's thinking process and decision making. So, bullying behavior and the level of emotional intelligence have a very close relationship.

b. Low Self-Esteem

Of the 18 articles, there is 1 paper that strengthens this statement. Self-esteem is a personal resource that is needed by individuals for psychological adjustment to social conditions so that they can be protected from various negative behaviors such as bullying or aggression.(Mota et al., 2024). Adolescents who have low self-esteem will consider themselves worthless and are vulnerable to anxiety and loneliness(Nurhayati & Indriana, 2015). Anxiety and loneliness are believed to be one of the causes of self-injurious behavior(Insani & Savira, 2023). Acts of intimidation or bullying have a positive impact on reducing self-esteem(Eyuboglu et al., 2021).

c. Mental disorders

Of the 18 articles, there are 7 papers that strengthen this statement. Adolescent victims of traditional bullying who commit acts of self-harm are reported to have psychotic symptoms in the form of mental disorders and eating disorders, so many report cases of self-harm, even committing suicide.(Islam et al., 2022). This can be caused by various acts of bullying that can have a severe impact on the victim, including causing various negative emotions such as stress, depression, anxiety and various other complaints.(Ran et al., 2020). Girls tend to reflect when they are exposed to bullying and face negative experiences. If teenagers do not use appropriate coping strategies, this will increase stress thereby increasing the proportion of mental problems(Eyuboglu et al., 2021).

2. Social aspect

a. Support and Acceptance from Parents and Family

Of the 18 articles, there are 6 papers related to this statement. One of the most basic things in adolescent personality development is the role of the family towards adolescents. How parents position themselves as parents, and treat their children appropriately(Yöyen & Bozacı, 2023; Zhao & Chang, 2019). Supervising attention and parental support are very important in teenagers' lives because they can predict their behavior. Adolescents who have poor,

distant parenting patterns and with low attachment are at risk for the development of children's interpersonal relationships. Because children will feel distant, alone and isolated.

As a result, the child will become a person who has low self-esteem, is closed, becomes increasingly distant, secretive, and it is feared that this will lead to negative things such as self-harm. In various studies, parental attachment has a significant influence on self-harm actions carried out by children (Che et al., 2022; Myklestad & Straiton, 2021; Ran et al., 2020; Stea et al., 2024). However, this attention and attachment should not be done excessively, because it will make children appear weak, naive and easy to become targets for bullying and other crimes.

b. Interpersonal Assistance

Of the 18 articles, there is 1 paper related to this statement. In a study, it was stated that children's interpersonal relationship problems play a role in depression and violence in children (Yöyen & Bozacı, 2023). Girls have a greater tendency to do self-harm compared to boys. This is caused by low interpersonal relations or relations (Faradiba & Abidin, 2022; Hetrick et al., 2020; Miller & Redley, 2021). Because the way girls manage emotions is different from boys. For example, expressing anxiety, communicating distress, relieving tension, family conflicts, conflicts with peers, students with lovers, and others. Women are more likely to maintain interpersonal relationships so that they appear weak and helpless, while men tend to express anger and pride to defend them and show their dominance. From these problems, gradually it will give rise to various negative emotions that are always hidden so that they carry out self-harm to get the desired satisfaction.

Besides that, with bullying behavior, the social support and interpersonal assistance that should be obtained optimally is hampered. This affects teenagers' self-perception and self-confidence and results in poor interpersonal relationships with their social environment. Social support is closely related to the development of adolescent interpersonal relationships. Also at this time, teenagers start to need friends and look for partners, so social support plays a very important role in building teenagers' self-confidence and building relationships (Zhao & Chang, 2019).

c. Socioeconomic

Of the 18 articles, there are 2 papers related to this statement. This is because, with low socio-economic status, it will result in a lack of parental capacity to meet children's developmental needs, which can result in various negative impacts such as increasing the risk of mental illness, anti-social behavior and stress (Stea et al., 2024).

d. Peer Support

Of the 18 articles, there are 3 papers related to this statement. Peers are very important in teenagers' lives. Adolescence is a time when they begin to enter directly into the outside world, apart from their family environment. At this time, friendship and camaraderie are the most important things and have a huge influence on teenagers. So it is not uncommon for many teenagers to listen to what their friends say without much consideration and advice from more mature people. However, not infrequently, many peers bully other friends they don't like.

The relationship between bullying behavior by peers and often carries over to cyberspace. This is closely related to internalization and contributes to symptoms of emotional disorders in adolescents, even controlling each other (Charalampous et al., 2019; Khuluq, 2023). In the context of bullying and peer support, bullying perpetrated by peers had a higher effect on depression and anxiety scores (Wei et al., 2023). In other research, friendship with peers provided a protective effect against self-harm (Myklestad & Straiton, 2021).

e. Social Environmental Pressure

Of the 18 articles, there are 2 papers related to this statement. Often, in the social environment there are various things that are unpleasant, such as comparison and competition between individuals, disputes, societal demands, work demands, etc. (Hetrick et al., 2020). This will give rise to various negative feelings that need space to be expressed. Adolescents who are victims of bullying tend to have a narrow social environment with various negative emotions raging within them, thus making self-harm a shortcut to channeling their emotions. (Myklestad & Straiton, 2021; Stea et al., 2024)

3. Physical aspect

a. Gender and Age

Of the 18 articles, there are 12 papers related to this statement. Girls tend to choose to hide when faced with various problems or negative experiences, so there is no opportunity to use various methods to overcome and deal with these problems appropriately. (Eyuboglu et al., 2021). This will increase the mental health problems they experience. Therefore, girls who are victims of bullying have a greater tendency towards self-harm behavior. Among LGBT youth, trans youth have a four times greater risk than non-trans and non-binary youth (Jadva et al., 2023). Meanwhile, gay or lesbian teenagers have around a 25% greater percentage of self-harm than teenagers who have bisexual tendencies. And overall LGBT teenagers who are victims of bullying are 17% more likely to commit self-harm (Jadva et al., 2023).

b. Exposure to Sexual Activities

Of the 18 articles, there is 1 paper related to this statement. With the development of technology and information as it is today, there are many negative influences that are spread and it is very easy to access them, such as various pornographic sites and the like. For children who are involved in bullying or are victims of bullying, they often have mental disorders. Be it depression, stress, or feeling lonely. In fact, it is not uncommon for them to use various negative things as an outlet and seek self-pleasure such as engaging in casual sexual acts. Adolescents who have problems or are involved in bullying

often have poor mental health, parental pressure, poor sleep quality, and early exposure to sexual activity have a significant relationship with self-harm behavior, both in victims of cyberbullying and in victims of traditional bullying.(Islam et al., 2022).

c. Genetics and Concomitant Diseases

Of the 18 articles, there are 2 papers related to this statement. Intimidation or bullying adjusted for other unmeasured factors such as genetics, environment, and psychopathology in childhood shows a relatively high relationship to self-harm.(Stea et al., 2024).Because of certain specialties. It is well known that genes have a significant role in inheriting inherited traits in humans. The results of a study that has been carried out show that there is one locus on the fifth human chromosome, which was identified as a significant chromosome with the idea of self-harm associated with seven genes, and the ninth chromosome as a chromosome significant for self-harm behavior with four related genes(Campos et al., 2020).

d. Sleep Quality

Of the 18 articles, there is 1 paper related to this statement. Negative mental states and lack of time to sleep have been found to be associated with self-harm, both in victims of traditional bullying and cyber bullying.(Islam et al., 2022). This can be related to increased rates of depression and stress, and can disrupt social relationships.

Conclusion

From the description above, self-harm due to bullying involves complex and understandable feelings and actions. There are three main factors in acts of self-harm by victims of bullying, namely: 1). Psychological factors, which have three main factors, namely emotional regulation, low self-esteem, and mental disorders. 2). Social factors, which have five main points in the form of support and acceptance from parents and family, interpersonal assistance, socio-economics, peer support, and social environmental pressure. 3). Physical factors, which have four main points, namely gender and age, exposure to sexual activity, genetics and comorbidities, and sleep quality. To deal with this problem, existing factors should be overcome and given optimal treatment, because most of these factors are in the social environment related to the people closest to them, which can originally be changed and conditioned in such a way as to achieve better results. Good.

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