

Effectiveness Of MBCT Therapy in Improving Psychological Well-Being in NSSI (Non-Suicidal Self Injury) Survival in The City of Bandung

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ABSTRACT

This study aims to determine whether MBCT therapy has an effect on improving the psychological *well-being* of NSSI survivors in the city of Bandung. The sampling technique used is non-probability *sampling – purposive sampling*. The study was conducted on three NSSI survivor participants who had a decrease in things psychological *well-being*. This study uses a measuring instrument *Ryff Scales of Psychological Well-Being* by Carol D. Ryff, and the interview method. The research results show that *Mindfulness-Based Cognitive Therapy* increases psychological *well-being*, *Mindfulness-Based Cognitive Therapy* improves aspects of autonomy and personal *growth*, as well as aspects of mindfulness influential is non-judgmental and patient.

Keywords: MBCT Therapy, Psychological, NSSI, Bandung

1. INTRODUCTION

Humans with all their complexities have their own way of dealing with the emotions in them. There's nothing really wrong, as long as these emotions can be regulated properly. It's different for some individuals who can't regulate their emotions properly. One of them is in individuals who choose to self-harm when faced with a problem, or what we call NSSI (*Non-Suicidal Self Injury*). [1] define NSSI as an act of injury that is done intentionally and directly to the body without any intention to commit suicide. Meanwhile, according to [2] explained that NSSI was carried out to overcome difficulties in regulating emotions and also intense psychological situations. Behaviors that appear usually include cutting, burning, hitting, or banging oneself against hard objects, scratching, and inhibiting wound healing [3][2]. Bentley explained that people who develop NSSI behavior have a vulnerability in responding to stressful events, and have poor affective regulation so they use NSSI to regulate their emotions [4][3][5][6].

The preference for NSSI behavior ranges from 18-24 years old [2]. So, this needs to be highlighted, where the NSSI behavior rating is the highest in the world of psychiatry, where people who report having characteristics related to emotions, such as negative emotions, depression, anxiety, and emotional dysregulation [7]. In addition to the prevalence of NSSI globally from 1990 to 2015 in 41 countries with 597,548 participants, it was found that almost 17% of people in the world had self-harm which begins at the age of 13 with a motive to escape from unpleasant thoughts and feelings [8]. In Indonesia itself, in a YouGov Omnibus survey [9] explained that in 2019 the Indonesian population showed that more than a third of Indonesian people (equivalent to 36.9%) had injured themselves intentionally. The highest prevalence was in the early adult age group (18-24 years), as many as 45% of the participants admitted that they had self-harm, and 7% of them did self-harm routinely.

The NSSI behavior is influenced by various factors. According to [10] explained that NSSI's deviant behavior is a way to express their emotions. Meanwhile, [11] reported that the frequency of NSSI is highly predicted by emotional dysregulation and affects intensity/reactivity in men and emotional expression in women. It can be concluded that low emotional expression will have a role in NSSI involvement [12]. In addition, NSSI is always associated with various disorders, one of which is depression and anxiety [3]. Studies say that NSSI in young adults is always associated with low psychological vulnerability and also how they manage the resources they have [13]. The latest studies suggest that NSSI is also affected by low individual satisfaction, as well as low psychological *well-being* [14].

Psychological well-being is very important in all of our lives. As is psychological *well-being*, humans are expected to be mentally healthy so that individuals feel happy in living their lives. Seligman [15] stated that the concept of psychological *well-being* (psychological well-being) originates from positive psychological theory [16]. As for this, it aims to actualize psychological change itself by improving the quality of themselves. Ryff and Keyes [16] conducted an analysis of six sections of well-being namely as follows, self-acceptance (*self-acceptance*), self-growth (*personal growth*), the purpose of life (*purpose in life*), environmental mastery (*environmental mastery*), autonomy (*autonomy*), and the last is a positive relationship with others (*positive relations with others*). According to [17] *psychological well-being* in adolescent individuals is very important, so it becomes a determinant for good mental health in adulthood. On NSSI behavior, [1] explained that students who behave in NSSI tend to have self-compassion low, which it is also affected by low psychological *well-being*. The results of research from [1] stated that *self-compassion* and also *psychological well-being* good behavior is proven to play a role in protecting individuals to make adaptive decisions when facing bad situations and also avoid self-defeating choices, one of which is behavior self-harm itself. In addition, research from [14] explains that adult individuals who tend NSSI are associated with low psychological *well-being*, low meaningfulness of life, and low function of their role compared to those who no longer behave NSSI.

From some of the research above, it can be interpreted that individuals with NSSI have psychological *well-being* the low. Psychological *well-being* low affects the ability to behave adaptively in the surrounding environment. One of the interventions that can be done to increase psychological *well-being* is MBCT intervention. MBCT is an intervention that combines cognitive therapy and meditation techniques with the development mindfulness developed by [18]. MBCT (*Mindfulness-Based Cognitive Therapy*) is an intervention that combines cognitive therapy and meditation techniques developed by John Kabat Zin. Where MBCT was first discovered by Segal, Wiliam, and Teasdale in 2000. In the MBCT program, participants train awareness through formal meditation exercises that are carried out regularly and also through exercises designed to generalize the effects of meditation on everyday life. The general goal of the MBCT itself is to help participants become more aware of and respond differently to negative thoughts and emotions that may trigger thought cycles and *moods*. On the behavior of NSSIs themselves, MBCT can be useful in targeting emotion regulation, stress tolerance, and also attention to their negative thoughts [19]. MBCT can also decrease the frequency of the behavior of self-harm (NSSI) [19].

Based on the phenomenon and explanation above, a study was conducted on "Effectiveness *Mindfulness-Based Cognitive Therapy* to Improvement *Psychological Well-Being* on NSSI behavior"

2. METHODS

This research is an experimental study to see the effect of the MBCT intervention (*Mindfulness Based Cognitive Therapy*) in increasing psychological *well-being* on the behavior of NSSI in the city of Bandung. This research design uses one *group pretest-posttest design*. According to [20] *one group pretest-posttest design* namely a research design that involves a group of experimental participants who are given measurements, before and after the treatment is carried out. In this study, the measuring instrument used is *Ryff Scales of Psychological Well-Being* which was developed by Carol D. Ryff and has been adapted into Indonesian. Based on Ryff's theory with an r-value of 0.86, the reliability of the measuring instrument is tested by technique *internal consistency* and test the validity of the measuring instrument in the form of *construct validity*, with valid items having a validity coefficient value per item > 0.3 .

Subjects in this study are individuals with behavior *Non-Suicidal Self Injury* (NSSI). Where is the sampling technique carried out in this study, using the method *non-probability sampling* that is *purposive sampling* (target sample). This technique was chosen because the sample characteristics were made with certain considerations covering areas or groups suspected of being members of the sample [21][22]. The population in this study is unpredictable, given the possibility of NSSI cases not being recorded at certain institutions. The number of research samples will be adjusted to the number of individuals with NSSI who are willing to do research. According to [18] in MBCT there is no requirement for a specific number of therapy participants so that it can be adjusted according to the cases handled. Therefore, the participants in this study consisted of three people.

3. RESULTS AND DISCUSSION

This study aims to see the picture of the influence *Mindfulness-Based Cognitive Therapy* (MBCT) to increase psychological *well-being* in individuals with NSSI. The participants in this study were three individuals with NSSI who had a decrease in terms of psychological *well-being*. These three participants were obtained based on the characteristics of the subject that had been determined based on an assessment that referred to filling out the measuring instrument questionnaire, namely *Ryff Scales of Psychological Well-Being* developed by Carol D. Ryff, and the results of interviews by researchers. The following is the profile picture of the three participants

Table 1. Description of Participants

	PARTICIPANTS I	PARTICIPANT II	PARTICIPANTS III
Age	20	22	22
Gender	Man	Man	Man
Religion	Musilim	Muslim	Christian
Tribes	Sunda	Sunda Sunda	
Work	Student	Student	Private Officer

This study aims to see whether there is an increase psychological *well-being* on the subject after following treatment form *Mindfulness-Based Cognitive Therapy*, researchers used a research design *group pretest-posttest design*, of which 8 sessions were carried out *mindfulness Based Cognitive Therapy* for 4 meetings in a period of four weeks. The following is data analysis in the form of statistical descriptions that see measurement results displayed in tables or graphs.

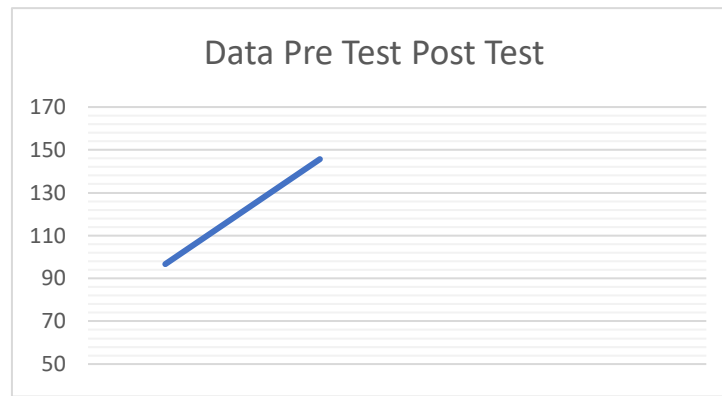


Figure 1. Graph Of Average Pretest and Posttest Results Per Group

Based on the graphic description above, it can be seen that the average value of the group before it was carried out treatment *Mindfulness-Based Cognitive Therapy* is equal to 96.67, and after done post-test of 145.6. From these results, it was found that the average value of the score for psychological *well-being* increased compared to the average score before the intervention.

Next, aspect processing is carried out psychological *well-being* covers the six aspects, viz *purpose in life, autonomy, personal growth, environmental mastery, positive relations with others, self-acceptance*. The processing of these aspects can be seen in the following figure:

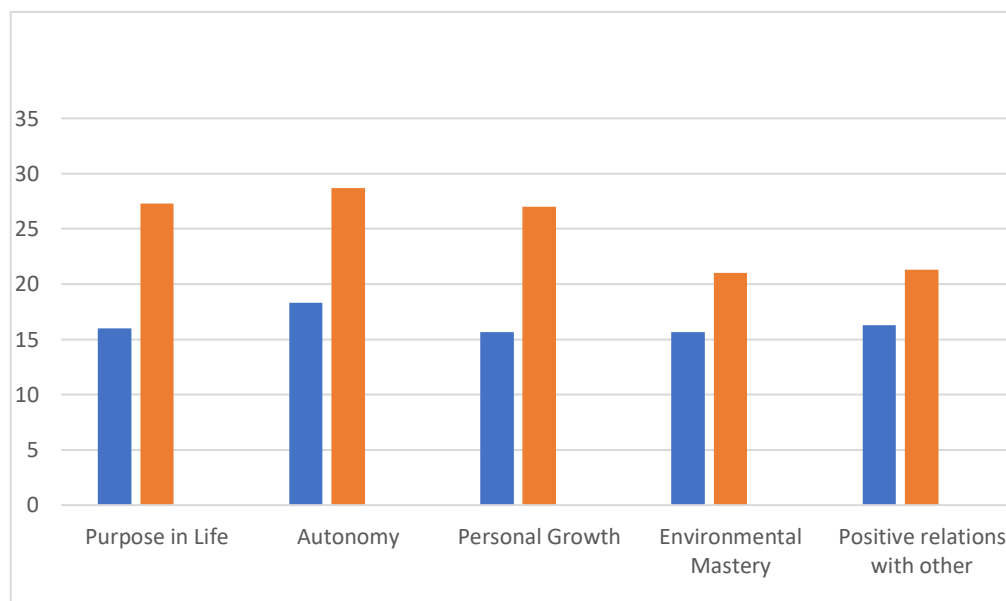


Figure 2. Average Pretest and Posttest Perspectives

It can be seen in each aspect, that there is an average value of the group before and after treatment MBCT. The average value per group in *purpose in life* by 16, while after the intervention the group average rose by 27.3. Next on aspects *autonomy*, the group average before the intervention was 18.3 and then after the intervention increased to 28.7. Then on to aspects *personal growth*, before the intervention score pretest was 15.7, and then after being given an intervention it increased to 27. On the aspect of *environmental mastery*, the score before being given the intervention was 16.3, and after being given the intervention, it was 21. And in the last aspect, namely *positive relations with*

others that is, the score obtained before the intervention was 16.3, and after the intervention was given, it was 21.3.

DISCUSSION

Mindfulness-Based Cognitive Therapy is an intervention used to help participants become more aware of and respond differently to negative thoughts and emotions that may trigger thought cycles and *moods*. Research supports that MBCT produces self-reported increased awareness that demonstrates an increased awareness of the present moment, *decentering*, and acceptance. In addition, it reduces maladaptive cognitive processes such as judgment, reactivity, rumination, and thought suppression.

The purpose of this study is to determine the effect of MBCT therapy (*Mindfulness Based Cognitive Therapy*) to increase the psychological *well-being* of NSSI survivors in the city of Bandung. NSSI (in Hidayati et al., 2022) is defined as an act of injuring that is done intentionally and directly to the body without any intention to commit suicide. In addition, research from Halpin & Duffy (2020) explains that adult individuals who have a tendency for NSSI are associated with low psychological-well-being, low meaningfulness of life, and low function of their role compared to those who no longer behave NSSI. Therefore, it can be interpreted that individuals with NSSI have psychological *well-being* the low. By psychological *well-being* low, affects the ability to behave adaptively in the surrounding environment.

The data obtained from the subjects of this study explained that the problems that occurred to them were feelings of deep disappointment and also difficulties in managing negative emotions, so this caused them to perform NSSI behavior more than 10 times in a week's frequency. Repressed emotions and not being used to talking about his life's problems, cause the subject to feel pressured so he takes NSSI actions that make him calmer.

In this research conducted pre-test was done before the activity *Mindfulness Based Cognitive therapy* takes place, producing a score of 96.67 where this score is categorized as low. Then after activities *Mindfulness Based Cognitive Therapy*, done post-test and obtained a percentage figure of 145.6 where there was an increase after it was carried out *Mindfulness Based Cognitive therapy*. So therefore, *Mindfulness-Based Cognitive Therapy* is able to influence the increase in psychological *well-being* in individuals with NSSI survivors.

Besides that, *treatment* it also improves aspects on dimensions of psychological *well-being*. The highest increase in aspects autonomy, from a score of 18.3 to 28.67. This is in accordance with the definition of autonomy itself, namely the ability of individuals to be unique and different, independent, able to make their own decisions, regulate behavior from within, be able to avoid social pressure, be able to act in certain ways and evaluate themselves with personal standards. This is in line with the results of the study, that the subject becomes able to regulate emotions when faced with conditions outside of himself such as lecture problems, friendships, and others. In this case, too skill *mindfulness* what is taught is non-judgemental as well as patient. *Mindfulness* trains individuals to be aware of the effects or feelings that arise, thereby helping us to be more open to experiences, and reduce the tendency to label the experiences and feelings that arise. In the end, this will help individuals to train themselves to be more aware in dealing with their problems.

The lowest increase is in aspects of environmental *mastery*. This means, although they try to train them to be more open to problems outside of themselves, actually the biggest problem is their

ability to choose to create things according to personal needs and values. In this case, the subject still cannot find his identity in the environment and is still carried away by the atmosphere of his environment.

4. CONCLUSION

Based on the results of the study, it was found that overall, there was an effect of giving *Mindfulness Based Cognitive Therapy* in improving psychological *well-being*. The results of the influence of Mindfulness-Based Cognitive Therapy are explained in detail as follows:

1. If you look at the components of psychological *well-being* then it can be concluded that *Mindfulness-Based Cognitive Therapy* improves aspects of autonomy and personal *growth*.
2. If you look at the way it goes *Mindfulness Based Cognitive Therapy* then it can be concluded that aspect of mindfulness having an effect on psychological *well-being* is non-judgmental and also patience.

SUGGESTION

From the results of this study, it can be concluded that the influence Mindfulness-Based Cognitive Therapy (MBCT) on improvement psychological well-being on NSSI survivors in the city of Bandung. Therefore, there are several things that can be used as suggestions as input and not further, namely:

1. For the subject, the results of this study are used as evaluation material for him in improving psychological well-being as an image of himself. In this case, this research can be used as an opening for information about Mindfulness Based Cognitive Therapy (MBCT)
2. For further research. This research is limited to three subjects, in the future research development can be carried out by increasing the number of research subjects as well as deeper discussion related to MBCT and NSSI survivors.

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