



**ADVERSE CHILDHOOD
EXPERIENCES (ACEs)**

**DAN PERILAKU DELIBERATE
SELF-HARM (DSH)**

PADA REMAJA

Dr. Atih Rahayuningsih, S.Kp., M.Kep., Ns.Sp.Kep.J
Febrina Nurul Aini, S.Kep

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ACEs dengan DSH yaitu ketika seseorang mengalami pengalaman yang kurang menyenangkan dimasa lalu yang terdapat di 10 domain ACEs yaitu paparan dari keluarga yang menggunakan alkohol, paparan dari keluarga yang mengalami gangguan jiwa, perpisahan kedua orang tua, paparan anggota keluarga yang dipenjara, mengalami penelantaran fisik atau emosional, kekerasan fisik, emosional, ataupun seksual dan paparan dari kekerasan terhadap ibu. Seseorang tersebut merasa bahwa tidak ada seorang pun yang memperhatikannya, memberikan kasih sayang, sehingga seorang tersebut merasa sedih, kecewa, marah. Hal tersebut yang mendasari seseorang akan melakukan DSH sebagai bentuk pelampiasan emosi negatif yang tidak tersalurkan.



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Buku ini membahas terkait mengenai *Adverse Childhood Experiences (Aces) Dan Perilaku Deliberate Self-Harm (Dsh) Pada Remaja*. Penulis mengucapkan terima kasih kepada semua pihak yang telah membantu dalam proses penyusunan buku ini baik secara materil maupun non materil. Penulis berharap semoga Tuhan mencatat ini sebagai ladang pahala dan kebaikan kita semua. Aamiin.

Padang Oktober 2023

Penulis

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BAB

1

PENDAHULUAN



A. Latar Belakang

Menurut World Health Organization (2023), remaja memiliki populasi yang lebih besar dibandingkan dengan populasi kelompok usia lainnya, jumlah penduduk di dunia sekitar 7,2 miliar orang, lebih dari 3 miliar orang berusia di bawah 25 tahun dan 1,2 miliar penduduk tersebut merupakan remaja yang berusia 10-19 tahun atau

BAB 2

KONSEP REMAJA



A. Konsep Remaja

1. Pengertian Remaja

Remaja berasal dari bahasa aslinya yaitu *adolenscence*, berdasarkan bahasa latin *adolescere* yang memiliki arti *to grow* atau *to grow maturity* “tumbuh atau tumbuh menuju kematangan”. Masa remaja memiliki peluang besar untuk mencoba banyak hal baru serta menggali kemampuan dan bakat yang melekat pada diri remaja. Masa remaja tidak lepas dihadapkan dengan berbagai pengalaman baru yang

BAB 3

PENGAMATAN ADVERSE CHILDHOOD EXPERIENCES (ACES) DAN PERILAKU DELIBERATE SELF-HARM (DSH) PADA REMAJA



Pengamatan keterpaparan ACEs memberikan dampak negatif pada tahapan tumbuh kembang remaja karena mengakibatkan munculnya masalah psikologis, serta semakin tinggi keterpaparan remaja terhadap ACEs maka semakin tinggi peluang remaja tersebut mengalami masalah psikologis yang lebih berat. Pengamatan sebelumnya menyatakan bahwa perempuan lebih beresiko terpapar ACEs dibandingkan dengan laki-laki karena adanya perbedaan respon emosional dan pengaruh hormon yang menyebabkan perempuan lebih sensitif terhadap sikap

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TENTANG PENULIS



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