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**A descriptive study to assess non suicidal self-injury (NSSI)
behaviour and emotional dysregulation among college students
of selected colleges in Udupi district, Karnataka**

MANISHA SAMANTA

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"ABSTRACT

A research study titled, "A study to assess the Non Suicidal Self Injury (NSSI) behavior and emotional dysregulation among college students of selected colleges in Udupi district, Karnataka, with a view to develop an information booklet on emotion regulation strategies." was conducted by Ms. Manisha Samanta, as a partial fulfillment of the requirement for the degree of Master of Science in Nursing at Manipal College Of Nursing, Manipal.

The objectives of the study were to assess NSSI behavior and emotional dysregulation and to determine the association between NSSI behavior, emotional dysregulation and selected variables among college students.

The conceptual framework for the study was based on Irwin Rosentock's health belief model. A quantitative approach with descriptive survey design was adopted for the study. Cluster sampling method was used for selecting the sample. The instruments used for data collection were background information, Functional Assessment of Self-Mutilation (FASM) questionnaire and, Difficulties in Emotional Regulation Scale (DERS) .

Content validity was established by giving the tools to seven experts. Scale validity index for background information was 0.98. Pretesting was done among 10 college students. Reliability was established for FASM questionnaire by using Test-

Abstract

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Retest (Karl Pearson's correlation coefficient) and found to be reliable with the value of r 0.99 and for DERS, Cronbach's alpha used and found to be reliable with the value of r 0.94.

The pilot study was conducted among 83 students. It was found to be feasible. All the required permission was sought, including the approval from the Ethics committee. The data was collected from 3rd January, 2019 to 2nd February, 2019. A total of 896 college students from three degree colleges of Udupi district were selected for the study. Data was analyzed using SPSS 16.0 version. Descriptive statistics and Inferential statistics were used for analyzing the data.

Total 39.1% of students belonged to 18 years age group, 57.6% were female. Maximum students (88.2%) were Hindus. Majority of the students (93.1%) were studying under graduation. Among all the participants, 74.6%% of them were staying at home. Maximum (65.1%) were belonging from nuclear family and most of their (45.1%) order of birth was 1st . Majority of students (61.7%) were from rural area. Among all participants 88.1% student's parents were married outside the family. Most of their (47.5%) family income was Rs/-6327-18,949. Most of the student's mother's education (44.3%) and 40.4% student's father's education was primary. Majority (43.1%) of them were having two siblings. Among all of the participants, 62.5% students' both parents were involved in daily routine of student equally and 92.1% students' parent's marital status was married. Significantly 3.5% students had conflict with their parents, 3.1% students had conflict with their peers at college and 2.8% students had conflict with teachers.

Abstract

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The study revealed that 21.9% of the participants were found to have NSSI behavior. Most of them were having minor behavior of NSSI. Most common minor NSSI behavior was "bit yourself" (34.69%), "hit yourself on purpose" (29.08%). Most common severe NSSI behavior

was “cut or carved your skin” (22.45%) and “burned your skin” (17.86%). Mean age of onset of NSSI behavior was 16.88 years. Twelve participants out of 196 had suicidal intent when engaged in NSSI behavior. Six were using substance during acting of NSSI behavior. Ninety six participants had experienced “No pain” during the act of NSSI behavior. Most common reason was: “to stop bad feeling”, “to feel relaxed” and “to be like someone you respect”.

The present study found significant relationship between NSSI behavior and emotional dysregulation . Participants were having emotional dysregulation with Mean value of 100.32. Participants mostly have difficulty engaging in goal directed activity and lack of emotional clarity with mean value of 14.04 & 14.94 respectively. There was association between NSSI behavior and gender, place of stay, family income, type of marriage union of parents, parental involvement in daily routine, and relationship issues with parents, peers and teachers. The study also found an association between emotional dysregulation and marriage union of parents.

The study concluded that most of the students (21.9%) have engaged in NSSI behavior. Onset of NSSI behavior was 16.88 years. Most of them were having minor behavior. Participants had limited access to emotion regulation strategies. There was a significant relationship between NSSI behavior and emotional dysregulation.

Based on the present study recommendations were made for further study. ABSTRACT

A research study titled, “A study to assess the Non Suicidal Self Injury (NSSI) behavior and emotional dysregulation among college students of selected colleges in Udupi district, Karnataka, with a view to develop an information booklet on emotion regulation strategies.” was conducted by Ms. Manisha Samanta, as a partial fulfillment of the requirement for the degree of Master of Science in Nursing at Manipal College Of Nursing, Manipal.

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