

# Emotion-Focused Coping as a Mediator in the Relationship between Loneliness and Self-injurious Behavior in Adolescents during the Covid-19 Pandemic

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## Abstract

Restrictions on the interaction between individuals have a negative impact on the mental health and psychological condition of adolescents. This study focuses on the role of emotion-focused coping as a mediator in the relationship between loneliness and self-injurious behavior in adolescents during the Covid-19 pandemic. By using purposive sampling, the participants involved were 359 high school participants in Jakarta and Bali and 176 participants were screened from all of the above participants who met the requirements for the data to be analyzed, namely those who carried out self-injurious behavior and experienced loneliness during the Covid-19 pandemic. This research is correlative, so the technique used in analyzing the relationship between the independent variable and the dependent variable mediated by the moderator variable is a statistical model with multiple regression analysis. The scales used in this study were the UCLA Loneliness Scale Version 3, Items and Factor Loadings for The Eight Coping Factors, and the Self-harm Inventory. It was found that loneliness had a significant effect on self-injurious behavior. Loneliness also has a significant effect on emotion-focused coping. Emotion-focused coping was also found to have a significant effect on self-injurious behavior. Emotion-focused coping also acts as a partial mediator in the relationship between loneliness and self-injurious behavior in adolescents during the Covid-19 pandemic. It was found that in all participants who self-injured in the very high category, the emotion-focused coping of these participants was also in the high category.

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## Keywords

