

CHAPTER 1

INTRODUCTION

1.1 Background

According to WHO, approximately 30 million people worldwide regardless of their age suffered from depression whose prevalence in 2015 increased by more than 18% compared to 2005 (WHO, 2017). Depression was reported to be the ninth foremost cause of mental disorders in all teenagers (WHO, 2018). At its worst, the severe form of depression might provoke the generation of suicidal ideation. Suicide is a way of purposely ending their own lives, is categorized as a sign of self-harm. Nearly 800.000 people died owing to suicide each year. Consequently, suicide became the second common cause of death among 15-to 29-year-olds people (WHO, 2019).

Self-harm behavior was commonly described, with some studies showing that up to 13- 23% of individuals have committed this behavior during their lifetime. Even though self-harm behavior happens most commonly in younger individuals, it might also occur in people from other age groups. Individuals with a tendency to perform self-harm behavior may have depression, other mental disorders such as anxiety, or without a clinical diagnosis. It has been considered that 62.000 teenagers died in 2016 due to self-harm behavior (Fore, 2019).

A major cause for someone doing self-harm behavior is usually depression. While other causes such as a way to avoid suicide. The environment also plays a role related to stress or trauma, and anxiety also can cause self-harm behavior (Tracy, 2012). Depression was found to be the principal factor correlated with the repetition of self-harm behavior

(Hawton et al, 1999). However, another study suggests that not everyone having depression behaves in self-harm practice and those having self-harm behavior are not depressed (Healthtalk, 2017).

Furthermore, the significance of knowing the correlation between depression and self-harm is important for awareness and preventive action for future self-harm behavior. Therefore, the present study aimed to investigate the correlation between depression and self-harm behavior since there are two different theories regarding the correlation between depression and self-harm behavior.

1.2 Research Question

How is the correlation between depression and self-harm behavior in teenagers?

1.3 Research Objectives

1.3.1 General Objectives

To determine the correlation of depression and self-harm behavior.

1.3.2 Specific Objectives

1. To learn about depression
2. To learn about self-harm behavior
3. To analyze the correlation between depression and self-harm behavior

1.4 Research Benefits

1.4.1 Theoretical Benefit

To add additional knowledge about depression and self-harm behavior for medical education purposes.

1.4.2 Practical Benefit

Benefit for Researcher

To gain knowledge and learn about depression and self-harm behavior.

Benefit for Teenagers

To raise awareness and understand about depression and self-harm behavior.

Benefit for Health Services

To advice or give suggestion for their health program.

1.5 Research Risks

There will be no risks on conducting this research because the data will be collected from numerous journals.