

Abstract

Nonsuicidal self-injury is a perilous practice that is becoming more prevalent among young people worldwide. There might be cultural variations in some aspects of selfinjury in terms of the underlying factors, triggers, and functions. This calls for an exploration of the development and maintenance of self-injury in the Malaysian context. The purpose of this research was to explore and describe the subjective experiences of Malaysian young adults engaging in self-injury. An interpretative phenomenological analysis was used as part of a qualitative phenomenological study design to give a comprehensive analysis of individuals' lived experiences with self^{02/07/2025, 09:26} The Lived Experiences of Malaysian Young Adults Engaging in Nonsuicidal Self-Injury: Journal of Loss and Trauma: Vol 0, No 0 - Get Acc... injury. Purposive sampling was used to recruit 12 Malaysian young adults between the ages of 21 and 29 who engage in self-injury and are receiving psychotherapy or psychiatric treatment. There were two primary data collection methods: semistructured interviews and document examination (participants' drawings and participants' diaries). Five superordinate themes emerged from the findings: (a) emotion dysregulation; (b) stressful life events; (c) intrapersonal function; (d) difficulty dealing with conflicts; and (e) suicidality. The lived experiences of young adults uncovered in this research have implications across the education, training, and practice of mental health.

Keywords:

Nonsuicidal self-injury Malaysian young adults

interpretative phenomenological analysis

qualitative analysis

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Declaration of Generative AI and AI-Assisted Technologies in the Writing Process

This article was prepared with the assistance of ChatGPT (GPT-4o) and QuillBot, which were used for language refinement and idea generation. These tools were not used for generating original research findings or data analysis. All content has been reviewed, edited, and verified by the authors to ensure accuracy, originality, and adherence to ethical research standards. The authors take full responsibility for the final manuscript. The authors declare that they have no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

Ethical approval

All procedures were approved by the University of Malaya's Research Ethics Committee (UM.TNC2/UMREC_1538). Names and other identifying information were removed following transcription to protect the confidentiality of the participants and other individuals noted in the interview. All participants gave written and verbal consent prior to enrollment in this research.

Data availability statement

The data sets generated during the current study are available from the corresponding author upon reasonable request.

Additional information

Notes on contributors

02/07/2025, 09:26 The Lived Experiences of Malaysian Young Adults Engaging in Nonsuicidal Self-Injury: Journal of Loss and Trauma: Vol 0, No 0 - Get Acc... Janet Ann Fernandez

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