

Dark Triad Personality, Resilience, And Meaning of Life in Adolescents Who Have Engaged in Self-Harm

Dark Triad Personality, Resiliensi, dan Kebermaknaan Hidup Pada Remaja Yang Pernah Melakukan *Self-Harm*

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Abstract

Adolescents who have committed self-harm often face emotional distress that affects the problem of the meaning of life. This study aims to determine the relationship between dark triad personality and resilience with the meaning of life in adolescents who have committed self-harm. The research method uses a quantitative approach with a multiple correlation analysis design. The sample was early to late adolescents aged 15-21 years who had committed self-harm for one month and had stopped self-harm behavior. The sample involved 434 people and was obtained using incidental sampling. The research instruments consisted of the Short Dark Triad (SD3), the Connor-Davidson Resilience Scale (CD-RISC), and the Meaning in Life Questionnaire (MLQ). The results majorly prove that there is a significant relationship between dark triad personality and resilience in the meaningfulness of life of adolescents who have committed self-harm (F change = 142.881 and sig. = 0.000). The results of the first minor research found that resilience is significantly related to the meaningfulness of life ($r = 0.630$ and sig. = 0.000). However, the results of the second minor research found the dark triad personality does not show a significant relationship to the meaningfulness of life where Machiavellianism ($r = 0.024$ and sig. = 0.312), narcissism ($r = 0.048$ and sig. = 0.173), and psychopathy ($r = 0.048$ and sig. = 0.158).

Keywords : Dark triad personality, resilience, meaningfulness of life, adolescents who have committed self-harm.

Abstrak

Remaja yang pernah melakukan *self-harm* sering menghadapi tekanan emosional sehingga mempengaruhi masalah kebermaknaan hidup. Penelitian ini bertujuan untuk mengetahui hubungan antara *dark triad personality* dan resiliensi dengan kebermaknaan hidup pada remaja yang pernah melakukan *self-harm*. Metode penelitian menggunakan pendekatan kuantitatif dengan desain analisis korelasi berganda. Sampel merupakan remaja awal hingga akhir pada usia 15–21 tahun, pernah melakukan *self-harm* selama satu bulan, dan telah berhenti dari perilaku *self-harm*. Sampel yang melibatkan sebanyak 434 orang dan didapatkan dengan menggunakan *incidental sampling*. Instrumen penelitian terdiri dari *Short Dark Triad* (SD3), *Connor-Davidson Resilience Scale* (CD-RISC), dan *The Meaning in life* (MLQ). Hasil penelitian mayor membuktikan bahwa terdapat hubungan signifikan secara bersama-sama antara *dark triad personality* dan resiliensi dengan kebermaknaan hidup remaja yang pernah melakukan *self-harm* (F change = 142,881 dan sig.= 0,000). Kemudian, hasil penelitian minor pertama menemukan bahwa resiliensi berhubungan positif signifikan dengan kebermaknaan hidup ($r = 0,630$ dan sig.= 0,000). Namun, hasil penelitian minor kedua menemukan bahwa *dark triad personality* tidak berhubungan signifikan dengan kebermaknaan hidup (*machiavellianism* dengan nilai $F = 0,024$ dan sig.= 0,312; *narcissism* dengan nilai $r = 0,048$ dan sig.= 0,173; dan *psychopathy* dengan nilai $r = 0,048$ dan sig.= 0,158).

Kata Kunci : *Dark triad personality*, resiliensi, kebermaknaan hidup, remaja yang pernah melakukan *self-harm*.

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BACKGROUND

Adolescence is a transitional period that must be navigated by young people, as during this time, adolescents experience growth and development in biological, hormonal, cognitive, physical, and psychological aspects ([Hidayati & Farid, 2016](#); [Rais, 2022](#)). Additionally, adolescence is often viewed as a period fraught with conflict because adolescents frequently struggle to adapt to and confront the changes occurring ([Thesalonika & Nurliana, 2021](#)). Adolescents may experience uncontrolled negative emotions that lead to pressure and stress, which can subsequently cause them to engage in self-destructive behaviors such as drug consumption, social deviance, self-harm, and other detrimental activities ([Latipun & Notosoedirjo, 2014](#); [Thesalonika & Nurliana, 2021](#)).

Adolescents who engage in self-harm do so to divert emotional pressure and pain by injuring themselves without suicidal intent ([Jenny, 2016](#); [Rahardjo & Kusumati, 2023](#)). The percentage of individuals who self-harm in Indonesia is 36.9%, based on a study involving 1,018 respondents ([Puteri, 2023](#)). Approximately 20.21% of Indonesian adolescents have engaged in self-harm, with 93% of these being female adolescents ([Puteri, 2023](#)). This is further supported by research conducted by [Insani dan Savira \(2023\)](#), which indicates that females are more vulnerable to suicide attempts and self-harm compared to males.

Based on data regarding self-harm cases among adolescents, researchers conducted interviews with 10 informants in June 2024 to examine the phenomenon of self-harm. Researchers found that adolescents who had engaged in self-harm often cut their wrists with razor blades, injured their heads by banging them against walls, or wounded their thighs by stabbing themselves with pencils or pens. These actions emerged due to pressure from their surrounding environment, with family being the primary source, causing them to experience pain, sadness, and anger. When there was no outlet for these feelings, a sense of emptiness emerged, leading them to seek meaning in their pain. This evidence demonstrates that self-harm behavior can affect adolescents' sense of meaning in life ([Al-Haya & Alfaruqy, 2023](#)).

Meaningfulness of life represents a state in which individuals can discover purpose, objectives, and values in life to overcome experienced difficulties ([Frankl, 1992](#)). In the context of research on adolescents who have engaged in self-harm, individuals struggle to identify and explain their feelings, leading them to harm themselves, which impacts their meaning of life ([Norman et al., 2020](#)). The process of life meaningfulness encompasses several dimensions: freedom of will, desire for a meaningful life, and the meaning of life itself ([Frankl, 1992](#)). Low life meaningfulness renders individuals unable to effectively address personal problems, causing feelings of emptiness, lack of enthusiasm, and the sense that life has no meaning ([Krueger et al., 2020](#); [Nabilah et al., 2022](#)). Conversely, individuals with high life meaningfulness tend to lead their lives in a more positive direction, characterized by acceptance of difficulties,

awareness of life's strengths and weaknesses, and efforts to achieve desired goals for future life ([King & Hicks, 2021](#)).

The formation of life meaningfulness is inseparable from several factors: creative values beneficial to the individual; experiential values derived from truth, beauty, and compassion; and attitudinal values appropriate when events occur, thereby imbuing them with meaning. Additionally, there are supporting factors for life meaningfulness, namely personality and emotions ([Ricca & Muthe, 2015](#); [Hidayat, 2019](#)). Among the factors mentioned, those encompassed in this research are personality factors and resilience ([Utomo & Meiyuntari, 2015](#); [Dumaris & Rahayu, 2019](#)). Both factors have important relationships with life meaningfulness as they help control individual growth and development.

The primary factor in this research pertains to personality, precisely the dark triad personality or the depiction of negative personality traits found in individuals. The dark triad personality, representing humanity's hidden dark side, comprises narcissism, Machiavellianism, and psychopathy, which share commonalities in disagreeableness expressed through cold and aggressive attitudes ([Jonas & Williams, 2002](#)). First, narcissism is characterized by selfishness, self-obsession, and superiority, leading individuals to disregard rules ([Lowe-Calverley & Grieve, 2017](#)). Second, Machiavellianism is marked by individuals exploiting situations and others for personal gain, disregarding moral and ethical consequences ([Rizal & Handayani, 2021](#)). Third, psychopathy is characterized by diminished empathy toward others, disinterest in social norms, impulsive behavior, and lack of guilt ([O'Boyle, Forsyth, Banks, & McDaniel, 2012](#)).

These three personality dimensions impact self-harm behavior as these dark aspects emerge and harm the self when the ego feels threatened ([Lämmle, Oedl, & Ziegler, 2014](#); [Lämmle & Ziegler, 2014](#)). Individuals with low dark triad personality traits tend to have positive moods and emotional stability ([Egan, Chan, & Shorter, 2014](#)). Conversely, individuals with high levels of dark triad personality traits tend to become more aggressive when they feel threatened, are provoked, or experience difficulties in achieving their goals ([Prusik & Szualawski, 2019](#)).

The second factor examined in this research relates to emotion, specifically resilience. Resilience represents the ability to face unpleasant situations ([Connor & Davidson, 2003](#)). Adolescents who have engaged in self-harm may struggle to achieve resilience due to inadequate emotional management skills, leading them to seek tranquility through self-harm when confronting problems ([Kumalah & Herdiana, 2023](#); [Wulandari, Fitriah, & Marsha, 2014](#)).

There are several processes in the formation of resilience: first, personal competence, high standards, and perseverance; second, trust in instincts, tolerance for negative influences, and strengthening effects on stressed individuals; third, positive acceptance of change and secure relationships; fourth, control; and fifth, spiritual influence ([Connor & Davidson, 2003](#)). Individuals with low resilience levels tend to feel helpless, struggle with pressure, and fail to

adapt to stress (Wahyuni & Wulandari, 2022). Conversely, individuals with high resilience adapt easily, think positively, and trust in their decision-making abilities (Murphey, Barry, & Vaughan, 2013).

In fulfilling their roles as adolescents who have engaged in self-harm, the emergence of negative personality traits accompanied by an inability to develop resilience can affect life meaningfulness. Individuals with dark triad personality traits may exhibit self-centeredness, a lack of empathy, and indifference toward others around them. Meanwhile, resilience plays a role in interpreting life, demonstrating persistence, courage, and adaptation to challenges experienced by adolescents who have engaged in self-harm (Jones & Paulhus, 2013; Santoso & Huwae, 2023). Thus, it can be understood that having a positive personality can help one become more resistant to pressure and enhance life's meaning (Lasota & Mroz, 2021). Consequently, the dynamics of self-harm behavior constitute a mental health issue that cannot be overlooked, as they can impede the process of finding meaning in one's life. This issue is inextricably linked to the roles of dark triad personality traits and resilience.

This research aims to determine the relationship between dark triad personality traits, resilience, and life meaningfulness among adolescents who have engaged in self-harm. Furthermore, the researcher proposes a major hypothesis that there is a relationship between dark triad personality traits, resilience, and life meaningfulness among adolescents who have engaged in self-harm. The minor hypotheses are that dark triad personality traits have a significant negative relationship with life meaningfulness among adolescents who have engaged in self-harm and that resilience has a significant positive relationship with life

meaningfulness among adolescents who have engaged in self-harm.

RESEARCH METHODS

Research Design

This study uses a quantitative method with a multiple correlation analysis design. This method was chosen to examine the influence of two predictor variables (dark triad personality and resilience) on one criterion variable (life meaning), focusing on adolescents who have engaged in self-harm.

Participants

The population in this study consists of Indonesian adolescents who have engaged in self-harm. Participants were selected using an accidental sampling technique with the criteria of being early to late adolescents (aged 15-21 years) who have self-harmed within the past month and have ceased self-harming for at least 3 months. A total of 434 participants met the criteria. All participants were asked to complete an informed consent form using the procedure. The informed consent included a statement outlining the research summary and the participant's involvement. Participants could then choose to consent (if willing) or decline/choose not to participate (if unwilling). If consenting, participants were directed to fill out their personal information and then proceed to complete the research scale. The demographic data of the participants is presented in Table 1.

Table 1. Demographics of Research Participants

Participant Classification	Description	Frequency	Percentage
Gender	Male	200	46%
	Female	234	54%
The age of adolescent who have engaged in and stopped self-harming	15 years	80	18.4%
	16 years	82	18.9%
	17 years	80	18.4%
	18 years	92	21.2%
	19 years	42	9.7%
	20 years	58	13.4%
Frequency of self-harm within one month	Rarely (1-2 Time)	198	45.6%
	Sometimes (3-5 time)	99	22.8%
	Often (6-10 time)	88	20.3%
	Very often (11 times or more)	48	11.1%
Duration of cessation of self-harm behavior	Hasn't stopped	250	46.1%
	3-6 months	60	13.8%
	6-12 months	80	18.4%
	More than 1 year	44	10.1%

Research Procedure

The measurements in this study utilized three psychological scales: the dark triad personality scale, the resilience scale, and the meaningfulness of life scale. Before distributing the scales, construct and content validity tests were conducted and validated by three expert judges. Subsequently, the scale was administered to 30 adolescents who had previously engaged in self-harm but were not participants in the study to assess the quality of the items on the three research scales. The next step involved obtaining the necessary approvals and preparing informed consent forms.

The data collection for this research was conducted across Indonesia through a Google Forms questionnaire, with research permission granted by the relevant research institution and ethical approval obtained under the approval number E.6.m/203/KE-FPsi-UMM/IX/2024. The data collection period spanned from 24 September to 26 October 2024. The process involved distributing links through various social media platforms, including WhatsApp, Instagram, Twitter, Facebook, and TikTok, and directly engaging with participants during the selection process. Participants were selected based on specific criteria, namely adolescents who had previously engaged in self-harm.

Instruments

Dark Triad Personality Scale

The Dark Triad personality was assessed using the Short Dark Triad (SD3) scale developed by [Paulhus and Jones \(2013\)](#). This scale assesses three dimensions of the Dark Triad personality, namely Machiavellianism, narcissism, and psychopathy. The Dark Triad personality scale consists of 27 items, which were translated by the researcher and adjusted to fit the context of the participants, followed by validation through expert judgment. The Short Dark Triad (SD3) scale is structured with two types of statements, favorable and unfavorable, using a Likert scale with five response options: Strongly Disagree (STS), Disagree (ST), Neutral (N), Agree (S), and Strongly Agree (SS). From the results of the scale test, Cronbach's Alpha value was 0.702 for Machiavellianism, 0.720 for narcissism, and 0.724 for psychopathy.

Resilience Scale

Resilience was measured using the Connor-Davidson Resilience Scale (SC-RISC) developed by [Connor and Davidson \(2003\)](#), which has been adapted into Indonesian by [Wahyudi et al. \(2020\)](#). The resilience scale consists of 25

favorable statement items. This scale was adjusted by the researcher to align with the participants' context and was subsequently validated through expert judgment. The responses on this scale range from 0 to 4, with options spanning from "Very Untrue" to "Almost Every Time True." The reliability of the scale was confirmed with a Cronbach's Alpha value of 0.812.

Meaning in Life Scale

The meaningfulness of life is assessed using The Meaning In Life Questionnaire (MLQ), which was developed by [Steger et al. \(2006\)](#) and is compiled based on the dimensions of meaningfulness of life according to [Frankl \(1992\)](#). The Meaning of Life Scale comprises 11 favorable statement items. The scale was subsequently translated by the researcher and adapted to suit the context of the participants, with validation provided through expert judgment. Responses on this scale are measured using a 5-point Likert scale: Very Unsuitable (STS), Unsuitable (TS), Suitable (S), and Very Suitable (SS). The scale testing yielded a Cronbach's Alpha value of 0.871.

Data Analysis

The data analysis methodology employed in this study involves multiple correlation tests to address the major hypotheses and simple correlation tests (bivariate), specifically Karl Pearson's correlation, to examine the minor hypotheses. The research data analysis was conducted using SPSS version 25 for Windows software.

RESEARCH RESULTS

Descriptive Analysis Test

The results of the descriptive statistics presented in Table 2 indicate that 434 participants in the Machiavellianism group exhibit a score ranging from a minimum score of 10 to a maximum score of 45. The standard deviation is 5.472, and the mean score is 30.00. For narcissism, the score range is from 10 to a maximum score of 43, with a standard deviation of 5.111 and a mean score of 28.80. Psychopathy ranges from 9 to a maximum score of 42, with a standard deviation of 5.167 and a mean score of 28.71. Resilience ranges from 36 to a maximum score of 98, with a standard deviation of 8.849 and a mean score of 69.50. Finally, the meaningfulness of life ranges from 27 to a maximum score of 44, with a standard deviation of 3.374 and a mean score of 35.15.

Table 2. Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
<i>Machiavellianism</i>	434	10	45	30.00	5.472
<i>Narcissism</i>	434	10	43	28.80	5.111
<i>Psychopathy</i>	434	9	42	28.71	5.167
<i>Resilience</i>	434	36	98	69.50	8.849
<i>Meaning in life</i>	434	27	44	35.15	3.374

After presenting the descriptive statistics, the researchers categorized the dark triad personality traits machiavellianism, narcissism, and psychopathy as well as resilience and life meaningfulness. Table 3 shows the level of machiavellianism within the dark triad, divided into three categories: high, medium, and low. A total of 110 participants

(25.3%) were classified in the high category, 298 participants (68.7%) were in the medium category, and 26 participants (6%) were in the low category. Based on the mean score, most participants had Machiavellianism scores in the medium category.

Table 3. Machiavellianism Categorization

Interval	Category	Frequency	Percentage
$33 \leq x \leq 45$	High	110	25.3%
$21 \leq x < 33$	Medium	298	68.7%
$9 \leq x < 21$	Low	26	6%
Total		434	100%

Furthermore, the data on categorization in Table 4 indicate that the level of dark triad personality, specifically narcissism, is divided into three categories: high, medium, and low. A total of 78 participants (18%) fall into the high category, 327 participants (75.3%) fall into the medium

category, and 29 participants (6.7%) fall into the low category. Based on the mean score, the majority of participants fall into the moderate category of narcissism.

Table 4. Narcissism Categorization

Interval	Category	Frequency	Percentage
$33 \leq x \leq 45$	High	78	18%
$21 \leq x < 33$	Medium	327	75.3%
$9 \leq x < 21$	Low	29	6.7%
Total		434	100%

Table 5 presents the categorization data for the dark triad personality trait, psychopathy, which is divided into three categories: high, medium, and low. A total of 73 participants (16.8%) were classified in the high category, 328 participants (75.6%) were in the medium category, and 33

participants (7.6%) were in the low category. Based on the mean score, the majority of participants had psychopathy scores in the moderate category.

Table 5. Psychopathy Categorization

Interval	Category	Frequency	Percentage
$33 \leq x \leq 45$	High	73	16.8%
$21 \leq x < 33$	Medium	328	75.6%
$9 \leq x < 21$	Low	33	7.6%
Total		434	100%

The categorization data in Table 6 shows that the resilience levels of 434 participants are divided into three categories: high, medium, and low. A total of 276 participants (64%) were classified in the high category, 156 participants (36%) were in the medium category, and no participants (0%)

were in the low category. Based on the mean score, the majority of participants had resilience scores in the high category.

Table 6. Resilience Categorization

Interval	Category	Frequency	Percentage
$67 \leq x \leq 100$	High	276	64%
$34 \leq x < 67$	Medium	156	36%
$0 \leq x < 34$	Low	0	0%
Total		434	100%

The categorization data in Table 7 shows that the level of life meaningfulness among 434 participants is divided into three categories: high, medium, and low. A total of 107 participants (25%) were classified in the high category, 327 participants (75%) were in the medium category, and no participants (0%) were in the low category. Based on the mean score, the majority of participants had life meaningfulness scores in the moderate category.

Table 7. Meaning in Life Categorization

Interval	Category	Frequency	Percentage
$33 \leq x \leq 44$	High	107	25%
$22 \leq x < 33$	Medium	327	75%
$11 \leq x < 22$	Low	0	0%
Total		434	100%

Interfacial Statistical Analysis

This study employs multiple correlation analyses to examine the influence of two independent variables on a single dependent variable, focusing on adolescents who have engaged in self-harm. The data analysis utilized multiple correlation tests and simple correlation tests (bivariate) using Karl Pearson's method to evaluate both major and minor hypotheses. Before hypothesis testing, assumption checks were conducted, including a normality test (Kolmogorov-Smirnov test) and a linearity test (ANOVA test), to ensure the validity of the statistical analyses.

Normality Assumption Test

The normality test results, the unstandardized residual K-S-Z value is 1.236 with sig = 0.094 ($p > 0.05$). These results indicate that the research variables are normally distributed.

Linearity Assumption Test

The results of the linearity test between Machiavellianism and meaningfulness of life yielded a F_{beda} value of 1,085 and a sig. = 0,353 ($p > 0,05$), indicating a linear relationship between Machiavellianism and meaningfulness of life. Similarly, narcissism and meaningfulness of life showed a F_{beda} value of 0,626 and a sig. = 0,930 ($p > 0,05$), suggesting a linear relationship between narcissism and

meaningfulness. The relationship between psychopathy and meaningfulness of life was represented by a F_{beda} value of 1,323 and a sig. = 0,129 ($p > 0,05$), indicating that psychopathy and meaningfulness of life are also linearly related. Lastly, resilience and meaningfulness of life exhibited a F_{beda} value of 0,876 and sig. = 0,741 ($p > 0,05$), which implies a linear relationship between resilience and meaningfulness of life.

Research Hypothesis Test

Major Hypothesis

The results of the multiple correlation test presented in Table 8 show an F change value of 142,881 with a sig. F change of 0,000 ($p < 0,05$) indicates a significant simultaneous relationship between dark triad personality traits, resilience, and the meaningfulness of life in adolescents who have engaged in self-harm. The coefficient of determination (R^2) is 0,399, meaning that dark triad personality traits and resilience account for 39.9% of the variance in the meaningfulness of life. Therefore, it can be concluded that dark triad personality traits and resilience are significant predictors of meaningfulness of life, and the major hypothesis of this study is accepted.

Table 8. Multiple Correlation Test Between Dark Triad Personality and Resilience

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	0.631 ^a	0.399	0.396	2.623	0.399	142.881	2	431	0.000

Minor Hypothesis

Based on the results of the simple correlation test between dark triad personality traits, resilience, and the meaning of life in adolescents who have engaged in self-harm, Table 9 shows the following findings: The Pearson correlation value between Machiavellianism and the meaning of life is 0,024 with a sig. = 0,312 ($p > 0,05$), indicating that there is no relationship between Machiavellianism and the meaningfulness of life in adolescents who have committed self-harm. The correlation between narcissism and the meaning of life has an r-value of 0,048 and sig.= 0,173

($p > 0,05$), suggesting no relationship between narcissism and the meaningfulness of life in these adolescents. Similarly, the correlation between psychopathy and the meaning of life has an r-value of 0,048 and sig. = 0,158 ($p > 0,05$), indicating no relationship between psychopathy and the meaningfulness of life. However, the correlation between resilience and the meaning of life has an r value of 0,630 and sig. = 0,000 ($p > 0,05$), indicating a significant positive relationship between resilience and the meaningfulness of life in adolescents who have engaged in self-harm.

Table 9. Correlation Test of Dark Triad Personality and Resilience with Meaningfulness of Life

	1	2	3	4	5
<i>Machiavellianism</i>	1				
<i>Narcissisme</i>	0,632**	1			
<i>Psychopathy</i>	0,750**	0,633**	1		
<i>Resiliensi</i>	0,044	0,156**	0,149**	1	
<i>Kebermaknaan Hidup</i>	0,024	0,045	0,048	0,630**	1

DISCUSSION

The results of this study indicate that the major hypothesis is accepted, as there is evidence of a simultaneous relationship between dark triad personality traits, resilience, and the meaningfulness of life in adolescents who have engaged in self-harm. This study reveals a strong relationship between dark triad personality and resilience, which influence life's meaningfulness. This finding is crucial for understanding adolescents who engage in self-harm or have a history of self-harm, as it highlights the challenges they face and their attempts to cope with these difficulties. As a result, these factors are significantly related to the meaningfulness of life they experience.

The dynamics of dark triad personality and resilience can be observed through the interaction of adolescents who engage in self-harm or have a history of self-harm. These factors appear to be interconnected and influence the meaning of life. The dark triad of Machiavellianism, narcissism, and psychopathy may affect how adolescents who self-harm respond to the challenges and difficulties they face, influencing their thinking and behavior in ways that may lead to harmful actions. Resilience plays a crucial role in helping these adolescents find meaning in their experiences and in their ability to recover and adapt to adversity. The interaction between these two variables significantly impacts how adolescents who engage in self-harm interpret and make sense of their lives and experiences.

The results of minor hypothesis 1 proposed by the researcher were found to be rejected, as it was determined that dark triad personality traits do not independently have a significant relationship with the meaning of life in adolescents who engage in or have engaged in self-harm. However, a significant relationship was found when considering other factors. This suggests that dark triad personality traits are not the primary drivers behind adolescents' engagement in self-harm but rather that other factors contribute to these behaviors. This perspective aligns with the findings of a literature review by [Wibisono \(2016\)](#), which observed that there are factors that pressure adolescents to commit self-harm, which include both internal and external factors. Internal factors include neurosis or psychosis, which are associated with emotional intelligence and negative emotions. Research conducted by [Adinda & Prastuti \(2021\)](#) indicates that individuals under pressure may experience adverse reactions, and a lack of emotional management can lead them to self-harm. Additionally, research conducted by [Agustin et al. \(2019\)](#) Additionally, research conducted by Agustin suggests that women are

more likely to engage in self-harm due to emotional dynamics, with physical and psychological changes, including thought patterns and emotions, playing a significant role.

External factors include trauma stemming from the school environment and parenting within the family. This argument is supported by research conducted by [Afrianti \(2020\)](#), which suggests that minimal Communication patterns in children's lives, along with a lack of protective Communication, can lead to aggressive behaviors that may drive children to harm themselves. Another study by [Insani & Savira \(2023\)](#) highlights that harsh parental upbringing can shape children's challenging characteristics, such as stubbornness and selfishness, which in turn may trigger self-harm behaviors. While there is a significant influence of dark triad personality traits on adolescents who engage in self-harm or have a history of self-harm, the relationship between these factors is not found to be directly correlated with one another.

Turning to the proposed minor hypothesis 2, it is proven to be accepted, namely that resilience has a significant relationship with the meaningfulness of life in adolescents who engage in or have engaged in self-harm. This is because adolescents often commit self-harm as a means of coping with intense negative emotions and managing the worst feelings they are experiencing, serving as a way to survive ([Shafira & Giur, 2022](#)). In other words, self-harm can act as a temporary diversion, providing relief from emotional distress by substituting it with physical pain. This finding aligns with research conducted by [Fadhila & Syafiq \(2020\)](#), which describes self-harm as a method of redirecting emotional pain into physical pain as a form of coping.

This highlights the need for individuals to develop resilience, which plays a protective role in preventing negative actions and effectively managing negative emotions. Resilience enables individuals to face challenges and find solutions ([El-Musavira & Rahayu, 2023](#); [Safira & Prabawa, 2024](#)). When individuals possess strong resilience, they are better equipped to overcome pressures and conflicts as they have developed effective coping strategies. This resilience also helps individuals reflect on and improve their attitudes toward self-harming behaviors, adapt to current conditions, and set new life goals ([Syaputri, 2021](#); [Sandra et al., 2024](#)). For adolescents who engage in self-harm or have a history of self-harm, high resilience allows them to make more significant efforts to seek support and find meaning in their experiences.

From the results presented, this study offers innovative findings in understanding the meaningfulness of

life in adolescents who have committed self-harm. It sheds light on previous complexities that have not been fully explored. The main novelty of this study lies in the finding that dark triad personality traits do not directly influence the meaningfulness of life. However, the study introduces a new perspective by revealing a strong interaction effect between dark triad personality traits and resilience in enhancing the meaningfulness of life. These findings challenge the linear approach to understanding the meaningfulness of life and underscore the importance of considering both dark triad personality traits, which may exacerbate self-harm behaviors, and resilience, which plays a crucial role in helping individuals cope with stress.

Although this study provides valuable insights into the importance of the relationship between dark triad personality traits and resilience on the meaningfulness of life in adolescents who have committed self-harm, several limitations should be addressed by future researchers. One key limitation is the rejection of the minor hypothesis regarding the direct relationship between dark triad personality traits and the meaningfulness of life in adolescents who engage in self-harm. This suggests the complexity of the relationship, which may not have been fully captured by the research design. Future studies could explore additional factors related to the meaningfulness of life, providing a more comprehensive understanding of the various elements influencing adolescents' experiences.

CONCLUSION

This study concludes that a simultaneous relationship exists between the Dark Triad personality traits and resilience with the meaningfulness of life among adolescents who have engaged in self-harm or have a history of self-harm. Individually, the Dark Triad personality traits do not demonstrate a significant relationship with the meaning of life. However, resilience shows a significant positive correlation with the meaning of life.

The researchers also provide suggestions that can develop future research. First, participants must develop resilience by developing a positive mindset to help see a difficulty as an ordinary challenge rather than a positive obstacle, building social support with family, friends, and our surroundings to provide a sense of security. In addition, teenagers who have committed self-harm can have a good personality so that they can bring resilience to themselves. Second, future researchers are encouraged to expand on this study by exploring other factors beyond personality traits that may specifically influence the meaning of life among adolescents who engage in or have a history of self-harm. This could provide a more comprehensive understanding of the variables contributing to life's meaning for adolescents who have engaged in self-harm or have a history of self-harm.

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