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## **Analysis of Self-Harm Behavior in Islamic Psychology: Trends, Impact, and Future Research Directions through Bibliometric Study**

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### **Abstract**

*This study aims to conduct a bibliometric analysis related to self-harm behavior in Islamic psychology. The bibliometric analysis technique is used to browse all publications indexed in the Scopus database and the data obtained is analyzed using Excel, R-studio, and VOSviewer. This research method involves searching and analyzing scientific articles related to Islamic psychology such as keywords, number of publications per year, key data information, number of citations, prolific researchers, and place of publication related to this study, to provide an understanding of the development and impact of research in this field. The results of the bibliometric analysis show that self-harm behavior in Islamic psychology has become an increasing subject of research in recent years as well as a significant increase in the number of publications in this field. The limitation of this study is that it only takes datasets or metadata of publications indexed in Scopus. Other national and international databases were not considered in this study. This study presents a brief overview of the literature that researchers can access and provides recommendations for future research.*

**Keywords:** Self-Harm; Mental Health; Psychology; Islam; Bibliometric.

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## Introduction

Elizabeth Hurlock says in her book *The Development of a Lifespan Approach* (fifth edition) [1] in adolescence which is the time where life is full of problems, why is it so? first, during childhood their problems are mostly solved by parents and teachers, which causes their adolescence to have no experience in overcoming their own problems. second, When they are teenagers and feel they can overcome their own problems and even refuse help from their parents and others around them, but they often fail to solve the problem. Failure after failure ultimately makes the merdeka stressed and depressed so that they don't know how to vent these feelings properly. As a form of diversion, they vent their feelings of stress and depression in a negative way, namely self-harm. *Selfharm* is an act of intentional self-harm, this is done to avoid excessive stress and depression or traumatic feelings experienced. This action includes many things in the form of *barcodes*, hitting oneself, cutting the skin and others and even the peak act of self harm is suicide [2].

Self-harm behavior occurs a lot nowadays, especially experienced by the younger generation. The initial causes of self-harm in the younger generation are excessive pressure, high expectations, romance, family, and environmental problems. Many young people do this, which when asked "why do self-harm?" and most of them answer "to feel relieved, satisfied, comfortable, and calm" even though afterwards there is guilt and pain from the limb they injured. The Qur'an has explained in surah An-Nisa Verse 29 about hurting oneself, according to Islam's own view this act is something that is strictly forbidden. Surah An-Nisa verse 29 explains the prohibition of suicide where this act is included in *self-harm* behavior. In the verse it is also explained that the person who commits suicide does not believe in the Grace of Allah and the help of Allah. In Walsh's theory [3] there are several indicators of *self-harm behavior*, the first of which is cognitive, biological, affective, environmental and behavioral.

Many studies such as Shoib, S, Armiya'u, A Y, Nahidi, M, Arif, N [4] say that the majority of Muslim countries in Asia and Africa are included in low- and middle-income countries, suicide is the 4th largest cause of death in the world between the ages of 15-29 years. In 2019, Muslims living on low incomes accounted for 77 percent of all suicides globally and several studies conducted by [5],[6] many say self-harm behaviors that often occur among young people are suicides. On that basis, it is necessary to map the development of self-harm behavior that has been carried out by researchers. The contribution of this research is to show that the case of self-harm needs extra attention and can overcome the case against the younger generation.

## Method

Bibliometric analysis methods were used in this study. The information was obtained by using a Boolean search engine to comb the scopus database between 2000 and 2024. The search was carried out on September 24, 2024. The researcher used R/R studio tools, VosViewer and Microsoft Excel to analyze documents and networks.

In the First Stage, the researcher will conduct a literature review on related themes to ensure relevant research is conducted on bibliometric topics. Additionally, a literature review is useful for determining appropriate keywords.

In the second stage, the researcher used the KK operator to conduct a search in Scopus which resulted in 1,784 documents. Next, filtering is carried out with Boolean operators (LIMIT-TO (DOCTYPE, "ar")) AND (LIMIT-TO (EXACTKEYWORD, "Mental") OR LIMIT- TO (EXACTKEYWORD, "Psychology") OR LIMIT-TO (EXACTKEYWORD, "ISLAM") OR LIMIT-TO (EXACTKEYWORD, "health")) AND (LIMIT-TO (SRCTYPE, "j")) to exclude articles that are still in print and only produce 383 final documents.

The third stage is an analysis of the final search results documents using Scopus analyzer and R and Rstudio to find out the number of documents per year, documents based on journals, authors, affiliations, countries, and subjects/fields. Next, an analysis was carried out at the network level.

The search details can be seen in the image below:

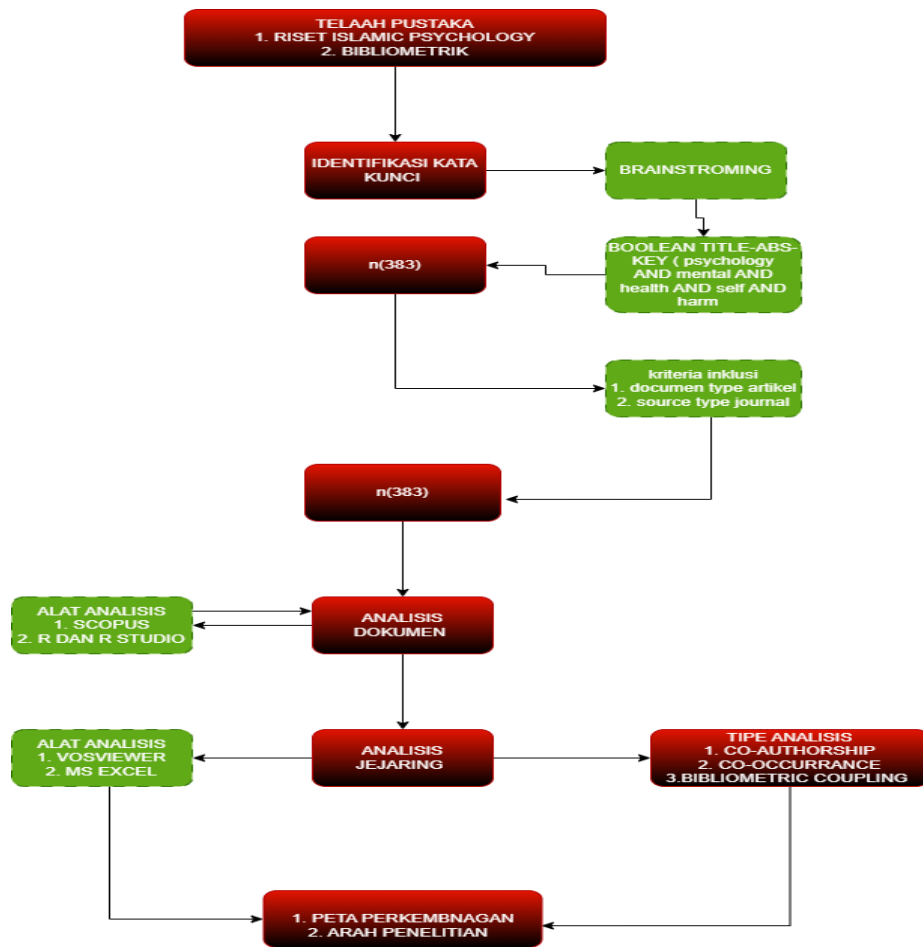


Figure 1 proses pencarian meta data

## Result and Discussion

### Document Analysis

Description	Results
MAIN INFORMATION ABOUT DATA	
Timespan	2000:2024
Sources (Journals, Books, etc)	123
Documents	383
Annual Growth Rate %	17,19
Document Average Age	5,59
Average citations per doc	28,03
References	17892
DOCUMENT CONTENTS	
Keywords Plus (ID)	2034
Author's Keywords (DE)	999
AUTHORS	
Authors	1968
Authors of single-authored docs	17
AUTHORS COLLABORATION	
Single-authored docs	17
Co-Authors per Doc	6
International co-authorships %	25,85
DOCUMENT TYPES	
article	383

Figure 2 main data

Figure 2 provides an overview of the 383 documents collected over 24 years. Including 1968 authors, 17 single authors, 25.85% international authorship collaborations, 17,892 references with an average of 28.03 citations per document.

### Document Per Year

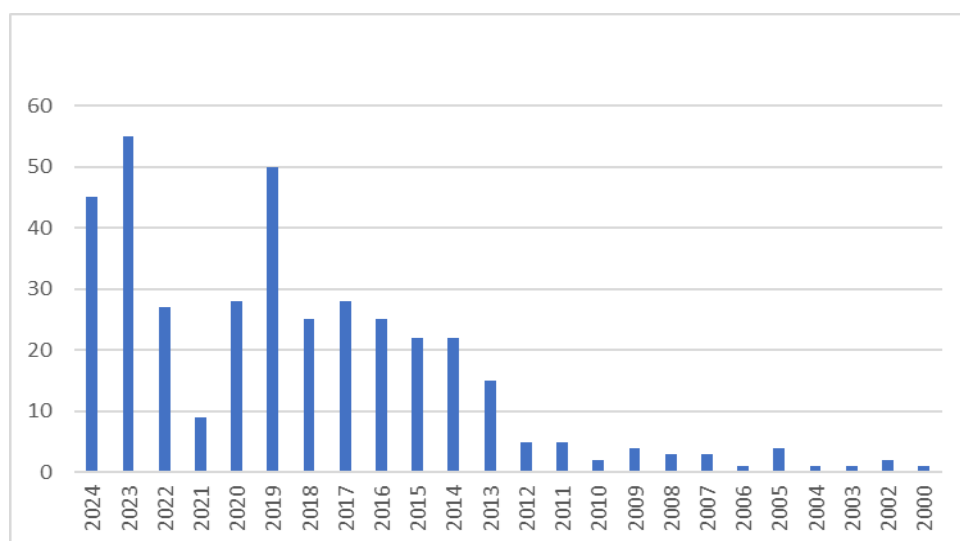


Figure 3 dokumen per tahun

The table shows that in 2000 there was 1 document that discussed *self-harm* behavior and experienced a significant increase in 2023 as many as 55 documents, which at that time in a time full of problems in the scope of mental health many experienced stress, depression, and suicide. In 2024 there will be a decrease to 45 documents.

### Most Relevant Author

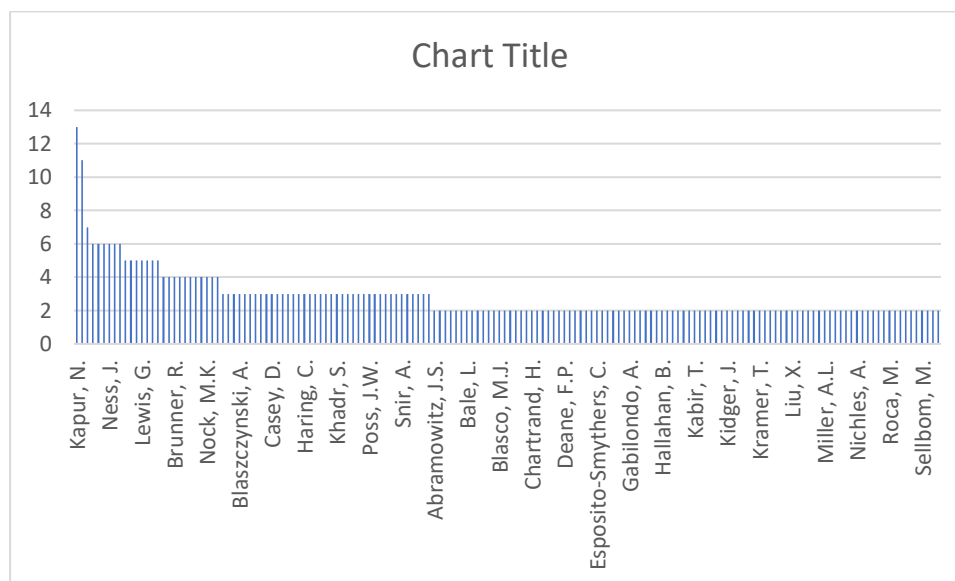


Figure 4 most relevant author

In the picture, the most authors are Kapur.N as many as 13 publications while the least author is Smith.D.J wrote as many as 2 documents if we pay further attention to the person who wrote 7 documents as many as 1 person, 6 documents as many as 5 people, the person who wrote 5 documents as many as 7 people, and 4 documents as many as 11 people, 3 documents as many as 39 people, and who wrote 2 documents of 94 people.

### Document By Affiliation

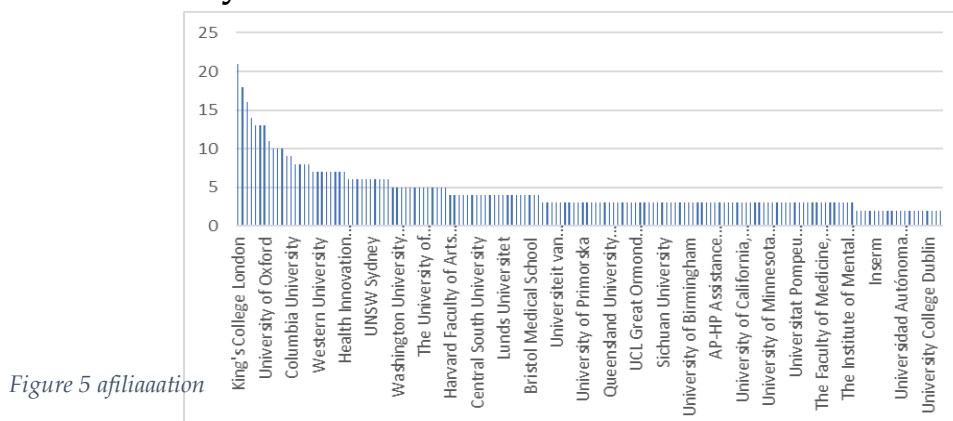


Figure 5 afiliaaation

Based on the data above, there are 3 universities that publish the most about anxiety, namely King's College London with 21 documents indexed in Scopus then in second place is The University of Manchester with 18 documents indexed in Scopus and the last is University College London with 16 documents indexed in Scopus.

### Document By Country

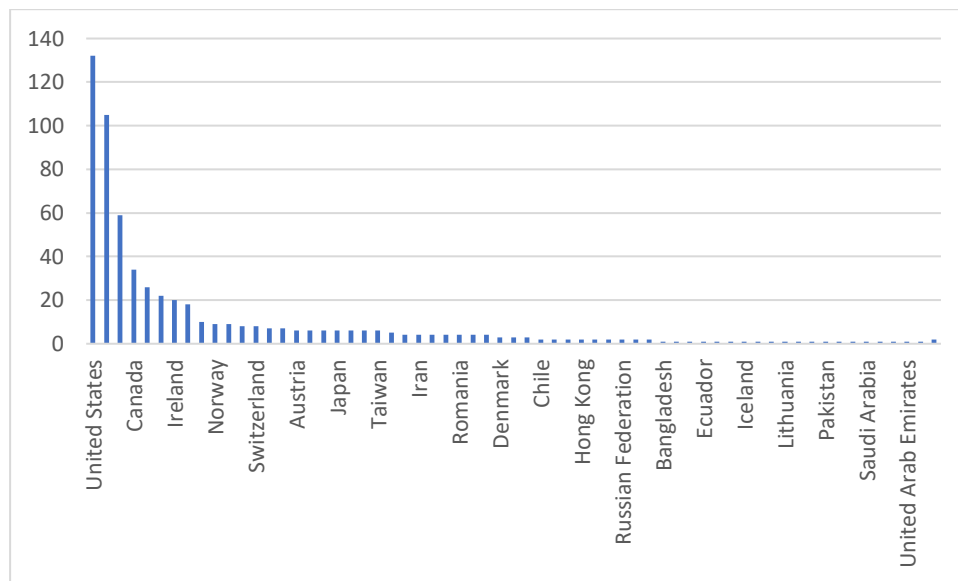


Figure 6 country

In this data, the country with the most publications on *self-harm* behavior is the United States with 132 documents, while the Asian country with the most publications is China with 22 documents.

## Document By Source

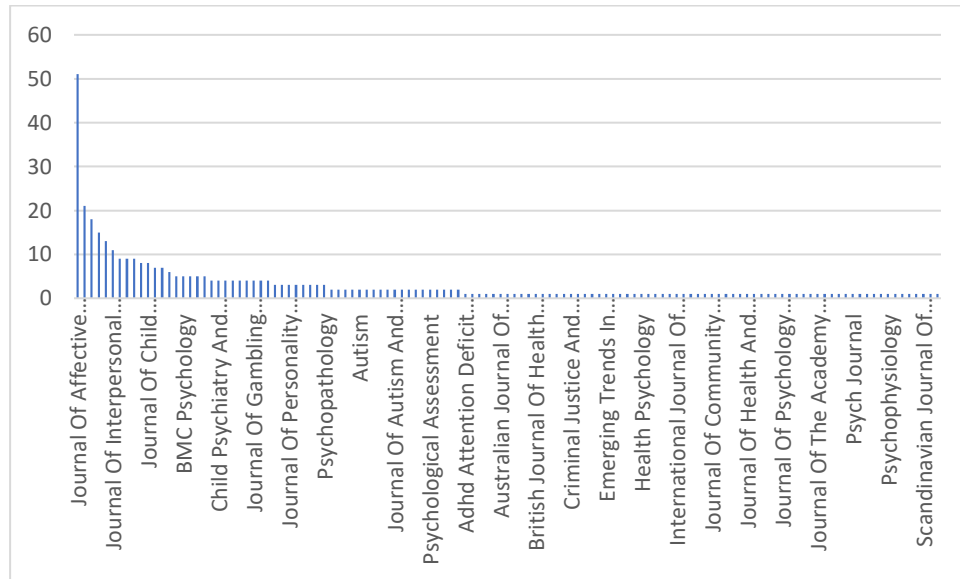


Figure 7 source

The figures show that the 3 main journals that are most often published are the Journal of Affective Disorders with 51 journals, then the second is Social Psychiatry And Psychiatric Epidemiology with 21 journals and the last is Child Abuse And Neglect with 18 journals and the least is 1 journal consisting of 68 sources.

## Three Field Plot

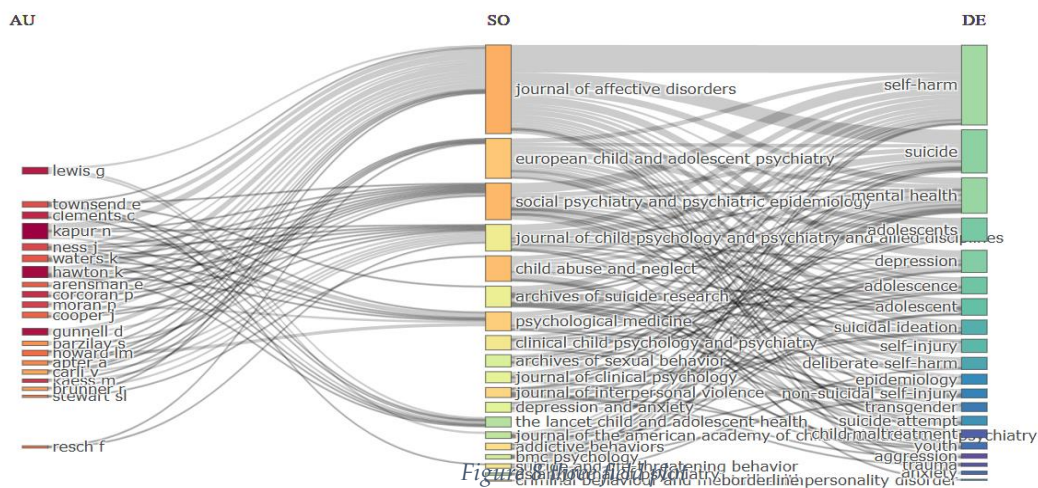


Figure 8 three field plot

Table 8 contains 3 observed elements; the name of the journal publication, the name of the author, and the theme/topic used. The three elements are then connected by gray plot lines that are interconnected with each other. Based on



the name of the journal, each journal indicates which authors contribute the most to the publication of the journal, especially those with the theme of Anxiety.

The plot size indicates how many publications are related to the theme. Based on the picture above, there are 3 journals. The journal that publishes the most research on the theme of *self-harm* behavior is the Journal of Affective Disorders which is indicated in orange and is related to several authors such as Lewis.G, Townsend. E, Clements. C, Chalk. N, Ness. J, Waters. K, Hawton. K, Arensman. E, Corcoran. P, Moran. P, Cooper. J, Gunnell. D, Barzilay. S, Howard. IM, Apter. A, Carli. V, Brunner. R, Kaaess. Dan M, Stewart. SL.

Based on the image above, the bar chart size shows how many research publications each author has published. Among the 19 writers who wrote the most articles on the theme of *self-harm* behavior was Kachal. N, Ness. J, Brunner. R, and Lewis.G In the third element, each research topic is associated with an author who has written a lot about ICT literacy topics. From the results of the analysis, there are 20 keywords about *self-harm* behavior and the word *selfharm* is at the top. This shows that the word is very closely related to research related to *self-harm* behavior in Islamic psychology.

### Corresponding Author's Countries

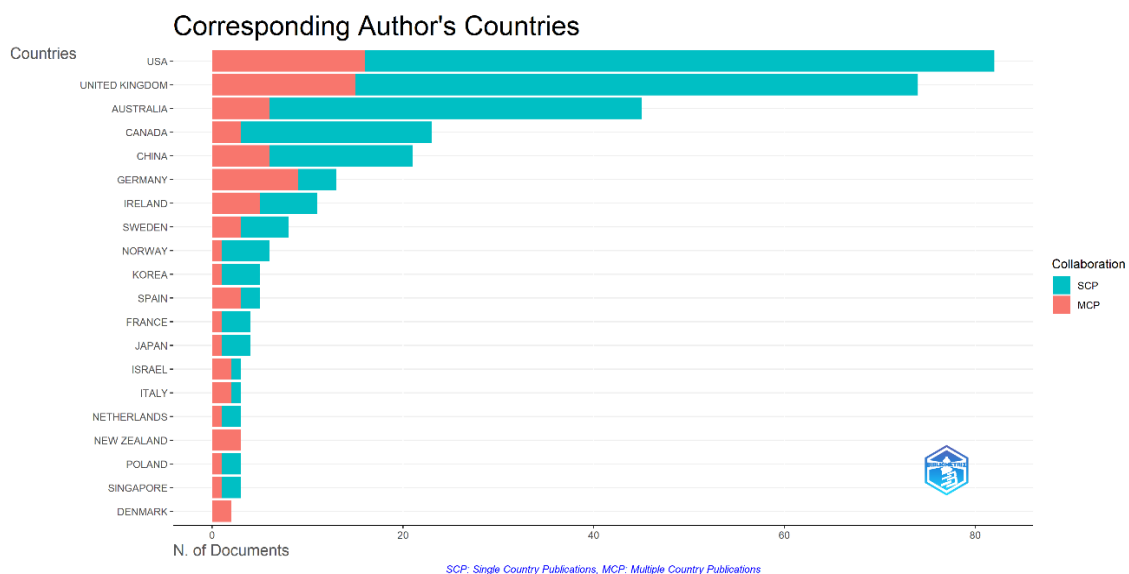


Figure 9 author's countries

From the picture above, the largest SCP is 3 countries in the USA (United States), the United Kingdom, and Australia. while the largest MCP is 3 countries, namely the USA, United Kingdom and Germany while the highest continent for corresponding authors or dominating continents is the European continent consisting of several countries such as the United Kingdom, Canada, Germany,

Ireland, Sweden, Norway, France, Italy, the Netherlands, New Zealand, Poland, and Denmark If we look at the top 3 countries, namely the USA (United States), United Kingdom, and Australia, so there is a difference between SCP and MCP

of the 3 countries: USA SCP: 66 & MCP: 16, United Kingdom SCP: 59 & MCP: 15

Australia SCP: 39 & MCP: 6

We can see that the USA is the country with the highest SCP and Australia has the lowest MCP of the 3 countries above.

## Most Globally Cited Documents

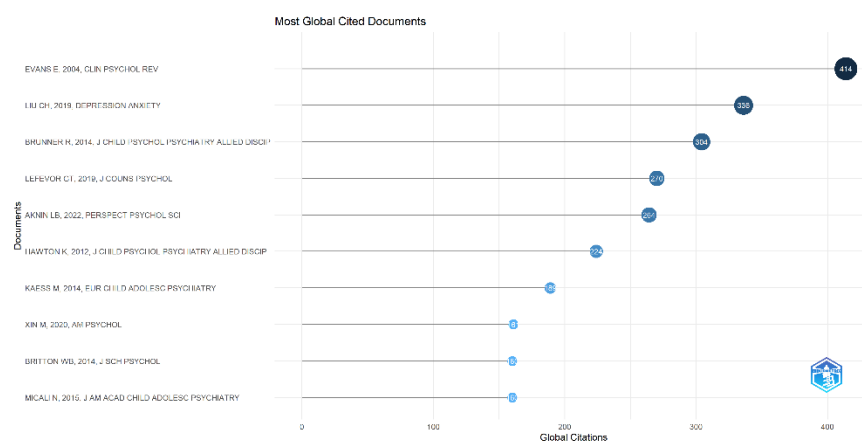


Figure 10 global cited document

In this data, the paper with the highest citation is Evans. E with 414 citations followed by 2nd place is Liu. CH with 336 citations and 3rd place is Brunner. R with 304 citations. The paper with the highest Tc Per Year is Aknin. LB with 88.00 if we look at the table above, Tc has no effect on Tc per Year because the highest Tc is 414 has Tc per Year 19.71 and Tc 264 has a high Tc per Year which is 88.00. From this we can understand that the Year of Rising has an influence on Tc.

## Most Local Citation

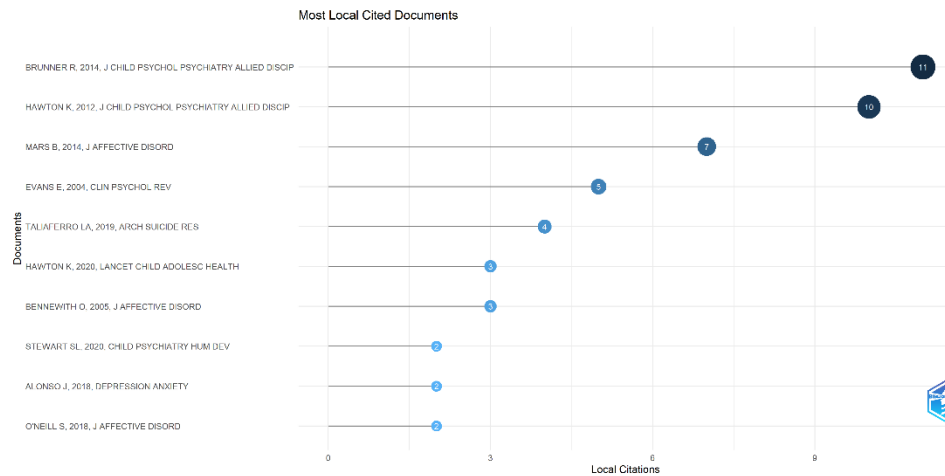


Figure 11 most local citation

This data shows that the largest LC is Brunner.R with a total of 11 LCs with a GC of 304 while the data showing the largest GC is Evans.E with a total of 414 with an LC of 5 of the largest LC/GC ratio ratio is Geulayov.G with a ratio of 50.00. In this data, we can also know that the year of emergence has an effect on the LC and the longer the year of the year will not affect the LC.

## Network Analysis

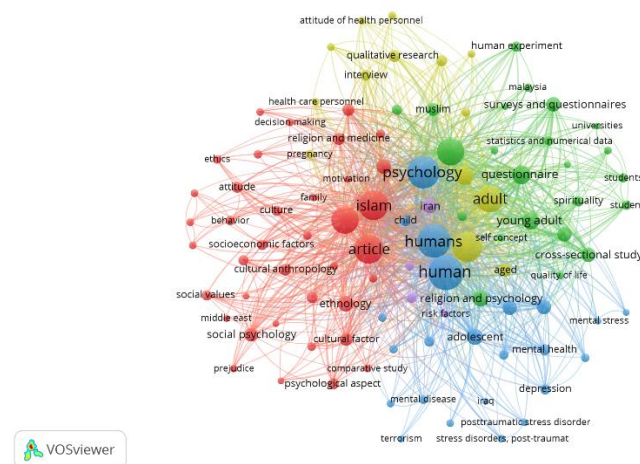


Figure 12 analysis network

The figure above is an occurrence analysis of *self-harm behavior research* with a total of 5 clusters in this image formed 5 clusters with 102 items consisting of cluster 1 as many as 38 items, cluster 2 as many as 23 items, cluster 3 as many as 23 items, cluster 4 as many as 14 items, and cluster 5 as many as 4 items. In cluster 1, the dominant keywords were Islam, ethnology, and articles, cluster 2 young

people and men, and cluster 3 humans, psychology, and men, cluster 4 adults, women, cluster 5 questionnaires, risk factors.

## Overlay

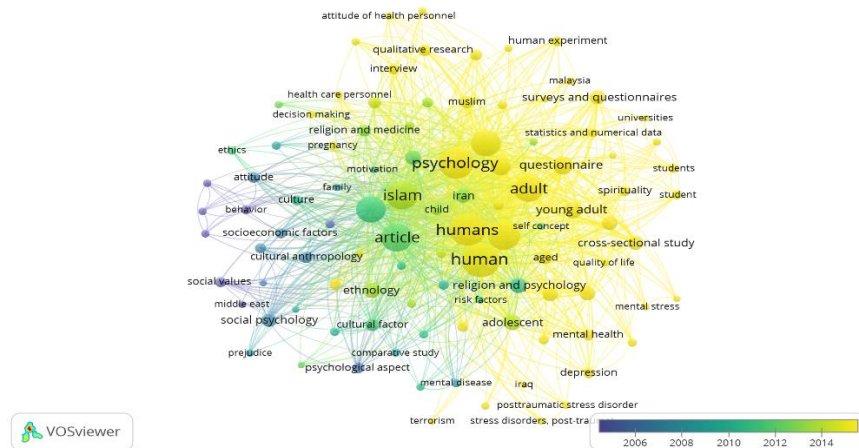


Figure 13 overlay vosviewer

The image above shows the analysis of the keyword network based on the overlay. It can be seen that the keywords psychology, human, adult are the keywords with this year's usage. Meanwhile, the keywords psychological aspects, prejudices, and social values are keywords with a relatively long usage, which is around 2006.

## Density

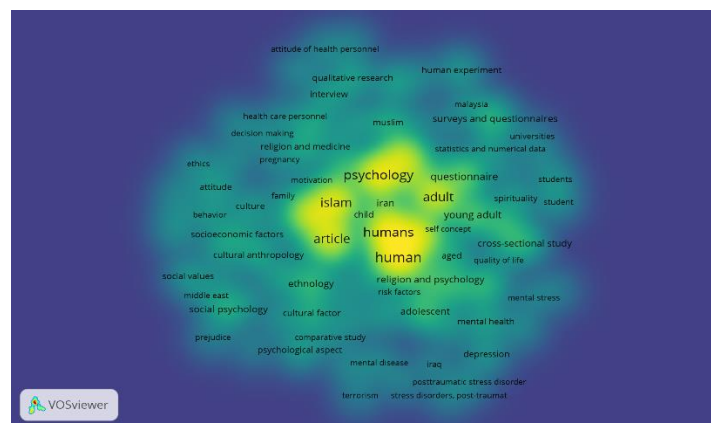


Figure 14 density vosviewer

The table above is a density analysis if we look at the image above, the keywords that have the highest density are psychology, islam, adult, human, and article. Keywords that are still rarely researched are mental stress, depression, mental illness, women's health, etc.

KEYWORD	OCCURANCE	CLUSTER
Women's health	20	1
Psychological aspect	45	
Religion	266	
islam	322	
Behavior	36	
Male	261	2
Muslim	62	
Religion and psychology	91	
Young adult	107	
Student	32	
Adolescent	94	3
depression	37	
Mental disorder	25	
Mental health	49	
Mental stress	20	
Adult	276	4
Attitude health person	24	
Awareness	21	
Female	318	
Aged	58	
Iran	78	
Questionnaires	36	

Risk factor	30	5
Risk factors	22	

The table presents various keywords along with their occurrence counts and cluster assignments. However, the formatting and clarity could be improved. The "CLUSTER" column contains numbers for some terms but is left blank for others, making its purpose unclear. Some categories, such as "Religion" and "Muslim" or "Mental health" and "Mental disorder," appear to overlap, which could be refined for better differentiation. Additionally, the presence of both "Risk factor" and "Risk factors" suggests possible redundancy. Some terms are missing cluster assignments, which might indicate incomplete data or an inconsistency in categorization. Providing clear definitions and explanations for each column would enhance the readability and usefulness of the table.

## Conclusion

This study reveals that self-harm behavior in the context of Islamic psychology has become an increasingly prominent research topic in recent years. The bibliometric analysis indicates a significant rise in the number of publications from 2000 to 2023, with a slight decline in 2024. The most prolific researchers in this field come from various countries, with the United States contributing the most, followed by the United Kingdom and Australia. The Journal of Affective Disorders is the leading journal publishing research on self-harm behavior.

The study highlights that self-harm is a significant issue, particularly among adolescents, especially in low- and middle-income countries, including Muslim-majority regions. From an Islamic perspective, self-harm is considered forbidden, as emphasized in the Qur'an.

A key limitation of this research is that it relies solely on data from the Scopus database, excluding other national and international sources. Despite this limitation, the study provides a comprehensive overview of the research landscape on self-harm behavior in Islamic psychology and offers recommendations for future research to expand data sources and explore the topic in diverse social and cultural contexts.

## Author Contributions

**Azmil Iman Hartafan:** Conceptualization, Methodology, Writing – review & editing, Supervision, Project administration.

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## Conflict of Interest

The authors declare no conflicts of interest.

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