

Prevalence of self-hurt behaviour among Chinese adolescents in Malaysia

Abstract

Past research suggested that the number of young people who hurt themselves is growing significantly in the recent years and is becoming a public health problem in the West. Some Asian researchers claimed that self-hurt behaviour was reported not only to be prevalent in the West, but also in the developing world. World Health Organization reported that self-hurt behaviour has been emerging as one of the problems contributing to the rise in morbidity and mortality rates. Surveys also revealed that adolescents and young adults are at higher risk of engaging in self-hurt behaviour. Malaysia, as a developing country, with a population of 30.8 millions up to May 2015 has a relatively young population. However, relatively little self-hurt research has been done in Malaysia. Although there were some counselling records found, there is virtually no study that has been designed to identify young people's self-hurt behaviour. Thus, this research was carried out to find out the prevalence of self-hurt behaviour among the young people in Malaysia. At the same time a qualitative data revealed that adolescents did not seek help for their self-hurt problems. Therefore the reasons for not seeking help was explored.