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IMPACT OF PERCEIVED LONELINESS ON SELF-HARM URGE AMONG UNIVERSITY UNDERGRADUATES: THE MEDIATING ROLE OF SELF-ACCEPTANCE

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ABSTRACT

The urge to harm oneself has become a crucial research topic in recent years. It has been connected to a number of detrimental issues with adolescents' and young people's physical and mental health. In light of this, this study examined the mediating function of self-acceptance as well as the predictive impact of perceived loneliness on the urge to self-harm among University Undergraduates. The research design used in the study was a cross-sectional survey. A total of 428 undergraduate students from the University of Ilorin in Kwara State 112 males and 316 females were chosen using both purposeful and convenience sampling techniques. Measures of perceived loneliness ($\alpha=.84$), self-acceptance ($\alpha=.80$), and urge to harm oneself ($\alpha=.96$) were all answered by the participants. Two-step Hierarchical Multiple Regression Analysis was used to test the hypotheses that were developed.

The results indicated that the urge to harm oneself was significantly predicted by perceived loneliness ($\beta=.12$, $t=2.37$, $p<.01$). The relationship between perceived loneliness and the urge to harm oneself was fully mediated by self-acceptance, according to the mediation analysis ($\beta=.012$, $t=.348$, $p<.05$). Thus, the study comes to the conclusion that a strong predictor of the desire to harm oneself is perceived loneliness. The impact of perceived loneliness on university undergraduates' urge to self-harm is also found to be significantly mediated by self-acceptance. Therefore, the study suggested that in order to help control the urge to harm oneself, self-acceptance should be included in psychosocial programs.

Keywords: Self-harm urge, perceived loneliness, social interaction anxiety, self-acceptance, students.

INTRODUCTION

Self-harm has been of great concern to most researchers over the last few years as one of the leading health crises with young people and young adults (Auerbach et al., 2020). Self-harming behaviors typically emerge during early adolescence, with the ages of 12 to 14 marking a critical developmental window for their onset. These behaviors are more frequently observed among adolescents and young adults than among older populations, highlighting a significant vulnerability during these life stages (Klonsky, 2011; Nock & Prinstein, 2004).

Young people are susceptible to mental health, and there are some of them who experience at least one among these problems, resulting in poor performance (Bruffaerts et al., 2018). Self-injury is one of such problems that is damaging the mental health of university undergraduates this is because at least 20% of students' self-harm, and 6% of them cut or scratch their bodies severely, while the remaining students have a history of self-harm (Vidourek, 2018).

Cursory look into self-injurious behavior are necessary because it is linked to serious problems and illnesses that affect a person's body and soul, as well as their family members and the community at large (Nock, 2010; Xavier et al., 2016). In Nigeria, the National Bureau of Statistics and Federal Ministry of Health (2018) conducted a country-wide survey and identified the 12-month prevalence of self-harm to be 2.2% among adults.

Oshodi et al. (2015) reported a prevalence rate of 17.8% among a group of young adults, while Oladeji et al. (2017) confirmed that 26% of the adolescents in a Lagos secondary school engaged in self-harming behavior. Similarly, Kukoyi et al. (2023) reported a 44 per cent incidence rate self-injurious behaviour among undergraduate students in Afe Babalola University, Ekiti State. Oluwole et al. (2022) reported that the majority who engaged in self-harm were females (51.6%) aged 29 years and below.

Globally, self-harm is progressively turning into a main issue within the school settings and universities are no exception. University life adjustment is a significant transition for students, which is typically marked by numerous issues that test their adaptability capacity. Majority of the students are faced with the daunting task of adjusting to new settings while simultaneously dealing with new freedom and responsibilities. This period has a tendency to bring about added academic demands and stressors, as well as the absence of inherent support systems such as close family and friends. These factors can create a perfect storm of pressure and uncertainty, making the transition all the more daunting (Taliaferro & Muehlenkamp, 2015). These challenges expose university students to disproportionately high levels of mental health problems. In fact, findings show stark contrast in mental distress between university students and the general population: 84% of university students are affected by mental distress, compared to only 29% of the general population (Stallman, 2010). Research estimates that approximately 20% of students engage in self-harm (Sivertsen et al., 2019). Self-harm is a hidden problem since stigma and fear of being judged often cause people to hide their experiences (McManus & Gunnell, 2019). The reluctance to report such acts indicates that self-harm among students is even more common than statistics indicate, highlighting the need for increased awareness, candid communication, and extensive support networks to address this pressing issue. This stark contrast underscores the urgent need for effective mental health care systems and students' involvement during this pivotal transition phase of their lives. These issues need to be addressed with a view to fostering students' well-being and resilience while they struggle to adjust to university life.

However, self-harm urge is an intrusive thought about hurting oneself (Hawton et al., 2007). Although the amount of research on self-harm urge has increased dramatically, little is known about how perceived loneliness affects self-harm urge in university undergraduates. Therefore, this study intends to investigate the mediating role of self-acceptance and perceived loneliness as predictors of the urge to self-harm among university undergraduates. Researchers and mental health professionals around the world are greatly concerned about the serious psychological issue of self-harm urges (Agesin, 2023; Wilson, & Ougrin, 2021). The prevalent and impact of such behaviors, which prompt significant concerns about well-being in contemporary society, is the major reason for this work. The rising incidence of desires to injure oneself points to a severe mental health issue that requires immediate attention.

Previously, Self-injurious behaviors can arise as a result of intense emotional distress brought on by a lack of helpful relationships or a sense of inadequate social ties. Research has shown a clear relationship between perceived loneliness and a higher risk of suicidal ideation and behaviors (Madsen et al., 2019).

Moreover, the fact that, People who have challenges accepting themselves could be self-critical all the time and even feel less important and therefore, keep looking for primitive ways of handling pressure from being disconnected from people makes the variable possible factors of concerned in this study. Self-acceptance being a psychological resource is being considered as mediator in this present study, perceived loneliness will be investigated as a predictor of university undergraduate's self-harm urge.

Perceived Loneliness and Self-harm Urge

Loneliness is the variation between an individual's perceived and shared social connections. This occurrence is often associated with feelings such as sadness, emptiness, and dissatisfaction that arise from this development (Madsen et al., 2019). Self-injurious behaviors can arise as a result of intense emotional distress brought on by a lack of helpful relationships or a sense of inadequate social ties. Research has shown a clear relationship between perceived loneliness and a higher risk of suicidal ideation and behaviors (Madsen et al., 2019). Geulayov et al. (2022) investigated the link between loneliness and self-harm among adolescents in secondary school. A total of 10,460 12-18-year-olds from south England were surveyed in the study. The correlation between loneliness and self-harm were examined using mixed effect models. Reports indicated that adolescents who reported feeling lonely 'often' or 'sometimes' were more likely to engage in self-harm during lockdown compare to adolescents who reported 'never' or 'hardly ever' feeling lonely.

In the same vein, Zhang et al. (2023) examined the correlation between loneliness and non-suicidal self-injury (NSSI) also known as self-harm. The study sample was made of both inpatients and outpatients from 12 hospitals across China, focusing on adolescents diagnosed with depressive episodes according to DSM-5 criteria. Spearman's correlation analysis indicated a significant relationship between alexithymia, loneliness, resilience, and NSSI in the used population. Finally, non-parametric testing showed statistically significant differences between the two groups across all investigated factors.

Self-acceptance and Self-harm Urge

Abharini et al., (2023) described self-acceptance as the practice of keeping a positive outlook on oneself, accepting one's strengths and weaknesses and knowing one's previous experiences. People are more prone to emotional problems such uncontrollably anger and depressive episodes when they are unable to accept themselves unconditionally (Abharini et al., 2023). People who have challenges accepting themselves could be self-critical all the time, which makes them feel even less important. Agesin (2023) examined resilience as a mediating factor in the relationship between the prison environment and the urge to injure oneself. The study, which included 480 participants from six randomly selected prisons used three instruments: The results showed that both the prison environment and resilience had a significant impact on self-harm urges, with resilience acting as a significant mediating factor in this relationship.

Self-acceptance, a powerful psychological resource, may moderate the effect of perceived loneliness on the urge to self-harm, even though loneliness can heighten feelings of distress. Positive self-evaluation that arises from a high degree of self-acceptance acts as a buffer against the urge to harm oneself, whereas low levels of self-acceptance can exacerbate negative experiences of self-harm. Although the importance of self-acceptance is well established, previous research has not specifically looked at its mediating function.

Purpose of the Study

This study aims to investigate the mediating role of self-acceptance and the link between perceived loneliness and the urge to self-harm among university undergraduates. This study specifically attempts to:

1. Assess the degree to which perceived loneliness affects university undergraduates' desire to harm themselves.
2. Confirm how self-acceptance acts as a mediator between university undeergraduates' feelings of loneliness and their desire to hurt themselves.

Hypotheses

In relation to the reviewed studies, the following hypotheses were proposed

1. Perceived loneliness will significantly predict self-harm urge among university undergraduates.
2. Self-acceptance will significantly mediate the relationship between perceived loneliness and self-harm urge among university undergraduates.

METHODS

Design

A cross-sectional survey design adopting expo facto method was used to gather information from students at the University of Ilorin in Kwara State, Nigeria on perceived loneliness, self-acceptance, and the urge to harm oneself. The criterion variable used was self-harm urge, the mediating variable was self-acceptance, and the predictor variables was perceived loneliness. This design was chosen because the researcher wanted to measure the relationships between these variables without altering them. A cross-sectional survey design was also deemed to be the most suitable. This became necessary because the approach allowed the researcher to quickly collect information from a range of undergraduate students of the university.

Setting

For the purpose of this study, undergraduate students from various faculties at the University of Ilorin in Kwara state, Nigeria were selected. The University of Ilorin (UNILORIN). The rationale behind the choosing of this university were the ease with which undergraduate students from different backgrounds and areas of life could be contacted, as well as the potential to reach a sizable number of participants.

Participants

A total number of four hundred and twenty-eight (428) undergraduates were selected through convenience sampling techniques from University of Ilorin, Kwara State. A total of 97 participants were between the ages of 16-19 years, 257 of them were between the ages of 20-23 years, while 74 were between 24 years and above. The gender distribution of the participants showed that 112 (26.2%) were male, while 316 (73.8%) were female. Their academic level showed that 55 (12.9%) were in 100 level, 43 (10.0%) were in 200 level, 112 (26.2%) were in 300 level, 169 (39.5%) were in 400 level and 35 (8.2%) were in 500 level, while 14 (3.3%) were in 600 level. The religious affiliation of the participants showed that 246 (57.5%) were Muslims, 180 (42.1%) were Christians, while 2 (5%) belonged to other religions. The self-harm urge was the criterion variable, self-acceptance was the mediating variable, and perceived loneliness was the independent variable.

Instruments

Three sections (sections A–C) of validated questionnaires were used to collect the data.

Socio-Demographic Information.

A questionnaire was used in this section to collect data on the participants' socio-demographics. Age, gender, academic level, and faculty of study are among the socio-demographics.

Self-Harm Urge Scale

This study measured the urge to harm oneself using the IS-HUS, a 19-item scale developed by Ineme and Osinowo (2015). With a Cronbach's coefficient of .93, Sub-scale 1 (items 1–11) assesses the propensity for physical harm; Sub-scale 2 (items 12–15) assesses the propensity for verbal harm; and Sub-scale 3 (items 16–19) assesses the propensity to transfer harms to others. This indicates that 19 items were ultimately valid and reliable, as indicated by the scale's general Cronbach's coefficient of .83. The scale's mean score is 35; the norm was set at standard deviations above the mean; scores below the norm indicate a low propensity for self-harm, while scores above the norm

Perceived Loneliness Scale

Russell et al. (1980) developed the revised UCLA Loneliness Scale, which was used in this study to measure perceived loneliness. Twenty validated items make up the scale, which gauges a person's subjective feelings of social isolation and loneliness. The scale has reverse

scores for items 1, 5, 6, 9, 10, 15, 16, 19, and 20. "I feel in tune with the people around me," "I have no one to turn to," "I am no longer close to anyone," "I feel left out," "I am no longer close to anyone," and "People are around me but not with me" are a few examples. A four-point rating system was used for all items, with 1 denoting never, 2 rarely, 3 occasionally, and 4 frequently.

A Cronbach Alpha of .96 was reported by Russell et al. (1980). Nonetheless, a Cronbach Alpha of .84 was noted based on the current sample. A high degree of loneliness is indicated by high scores on the scale, and vice versa.

Self-Acceptance Scale

In this study, self-acceptance was measured using Berger's Self-Acceptance Scale, which was published in 1952. The scale, which consists of ten validated items, measures an individual's ability to accept and acknowledge their strengths, weaknesses, and imperfections without passing judgment or engaging in self-criticism. Items 3, 5, 8, 9, and 10 on the scale had scores that were inverted. "I feel like I am a person of worth, at least on an equal plane with," "I am able to do things as well as most other people," "I am inclined to feel that I am a failure overall," "I am generally satisfied with myself," and "I feel that I have a number of good qualities" are a few examples. Each item was rated on a four-point scale.

Procedure

The researcher employed a well-considered questionnaire to gather information from the participants. The survey was conducted using a Google form. The participants' consent was obtained by following the instructions on the questionnaire. The purpose of the study was explained to all possible participants and the participants were assured that the data collected from the questionnaire would remain confidential. The identities of the participants were not disclosed. A subset of the university's undergraduate students was selected for the study using a convenience sampling technique. A total of 428 questionnaires were successfully obtained from the online survey and were considered useful for the analysis. Data collection took place over the course of four weeks.

RESULTS

Test of Relationships among the Study Variables

Pearson Product Moment Correlation (PPMC) was used for the analysis in order to determine the strength and direction of the relationships between the variables under investigation. The findings are displayed in Table 1

Table 1: The study variables' mean, standard deviation, and inter-variable correlation

Factors	Mean	SD	1	2	3	4	5	6	7
1. Gender	1.74	0.44	1	-.33**	-.20**	.08	.15**	.13**	.03
2. Age	-	-		1	.64**	-.08	-.10*	-.09	-.02
3. Level of Study	-	-			1	.04	-.12*	-.05	.03
4. Religion	-	-				1	.05	-.06	.06
5. Perceived Loneliness	49.26	8.31					1	-.36**	.20**
6. Self-Acceptance	28.75	5.37						1	-.39**
7. Self-Harm Urge	27.96	12.67							1

Note: ** $p < 0.01$, * $p < 0.05$, $N = 428$; Gender was coded: Male=1, Female=2; Age was coded: 16-19=1, 20-23=2, 24 above=3; level of study was coded: 100L=1, 200L=2, 300L=3, 400L=4, 500L=5, 600L=6; Religion was coded:

According to the findings in Table 1 above, among university undergraduates, self-harm urge was significantly correlated with perceived loneliness [(r (428) =.20, $p < .01$)]. The correlation was positive, indicating that students' propensity or desire to harm themselves rises in tandem with their perceived level of loneliness.

This suggests that loneliness may be linked to students' desire to purposefully harm themselves.

Additionally, among university undergraduates, according to the results in Table 1 above, result show there is moderately negative correlation between self-acceptance and the urge to self-harm among the 428 participants. The correlation coefficient [(r (428) =-.39, $p < .01$)], suggests that as self-acceptance increases, the urge to self-harm decreases, and vice versa. The findings in Table1 also demonstrated that among university undergraduates, the tested personal factors of gender [(r (482) =.03, $p > .05$)], age [(r (428) =-.02, $p > .05$)], level of study [(r (428) =.03, $p > .05$)], and religion [(r (428) =.06, $p > .05$)] did not significantly correlate with the self-harm urge. This suggests that variations in the desire to harm oneself among students in Unilorin cannot be explained by individual characteristics such as gender, age, academic, and level of study.

Several psychological, social, and cultural factors may contribute to the significant correlation between gender and self-acceptance and perceived loneliness found in this study. Men may be discouraged from displaying vulnerability in many cultures, which can result in a lack of deep emotional connections, underexpression of emotional needs, and a higher sense of loneliness. Women may feel less alone, but they may also be more sensitive to social rejection because they are more socially encouraged to express their emotions and ask for assistance.

These disparities in emotional openness can also affect self-acceptance because women may be more critical of themselves because of their appearance or social expectations, whereas men may find it difficult to accept themselves if they feel pressured to live up to imperturbable ideals. According to research, female students tend to have more extensive and emotionally supportive networks, which lessens their sense of isolation. Males are more susceptible to loneliness when their social networks deteriorate because they may have smaller social networks or be centered more on shared interests than emotional interaction. Gender differences in network size and quality can explain the strong association between strong social networks and a healthier self-image and self-acceptance.

Age and perceived loneliness are significantly correlated, which can be explained by a number of psychosocial factors: Younger pupils frequently struggle with social integration and identity formation. If they haven't yet made lasting friendships or discovered a sense of belonging, they might feel alone. Loneliness can be lessened by older students' established support networks, more mature coping mechanisms, and more distinct self-concepts. On the other hand, because of age differences in communication styles and interests, older students may feel socially isolated when around younger ones.

Academic and social dynamics explain a strong correlation between perceived loneliness and study level (e.g., first year, second year): Transitional phases in education, for example, may play a role because first-year students frequently experience the most difficulties adjusting to a new academic setting, being away from family, and making new friends. Perceived loneliness may increase as a result of these changes compared to students who are already in higher classes, final-year students may feel socially isolated because of their heavy workload, thesis or project deadlines, and career anxiety, which leaves little to no time for social activities..

Test of Hypotheses One and two.

Hypotheses 1 and 2, was tested using 2 step hierarchical multiple regression analysis. A 2-step hierarchical multiple regression analysis was utilized to test the mediating role of self-acceptance in the prediction of perceived loneliness on self-harm urge among university students in Unilorin, Ilorin. The results are shown in Table 2 below:

Table 2: An overview of a two-step hierarchical multiple regression analysis demonstrating how self-acceptance mediates the effect of perceived loneliness as a predictor of the urge to harm oneself among university undergraduates

Predictors	β	T	Sig	R	R ²	df	F
Step 1				.30	.09	2,416	20.367**
Perceived Loneliness	.12	2.372*	.018				
Step 2 (Mediator)				.42	.18	3,415	29.604**
Perceived Loneliness	.02	.348	.728				
Self-Acceptance	-.33	6.624**	.000				

Note: ** p < 0.01, * p < 0.05, N= 428

Predictors	β	T	Sig	R	R ²	df	F
Step 1				.30	.09	2,416	20.367**
Perceived Loneliness	.12	2.37*	.02				
Step 2 (Mediator)				.42	.18	3,415	29.604**
Perceived Loneliness	.01	.35	.728				
Self-Acceptance	-.33	-6.62**	.000				

Note: ** p < 0.01, * p < 0.05, N= 428

Two-step hierarchical multiple regression analysis was used to test hypotheses 1 and 2. The mediating role of self-acceptance in the prediction of perceived loneliness on the urge to self-harm among university undergraduates in Unilorin, Ilorin, was examined using a two-step hierarchical multiple regression analysis. Table 2 above displays the findings:

The result shows that perceived loneliness significantly predicted the urge to harm in step 1 of Table 2 above ($\beta = .12$, $t = .35$, $p < .01$) among university students in Unilorin hence hypothesis 1 was accepted.

Also, the relationship between perceived loneliness and the urge to harm oneself was fully mediated by self-acceptance, according to the mediation analysis in step 2 of Table 2 above ($\beta = .01$, $t = .35$, $p < .05$) among university students in Unilorin. There was evidence that the impact of loneliness on the urge to harm oneself was significantly reduced when self-acceptance was introduced as a mediator. This validates hypothesis 2, which was subsequently accepted.

DISCUSSION

The current study looked at how self-acceptance mediated the relationship between perceived loneliness and the desire to harm oneself among Unilorin university students. Perceived loneliness was a significant predictor of self-harm urge among undergraduates in Unilorin, as

suggested by study hypothesis 1. The findings of this present study shows that university student's self-harm urge was predicted by perceived loneliness. This suggests that undergraduate students' feelings of loneliness at Unilorin have a predictive effect on undergraduate students desire to engage in self-injurious behaviour. When students are lonely or cut off from interacting with their peers, they are more prone to harm themselves.

This finding is consistent with earlier studies on the relationship between loneliness and self-harm (e.g., Geulayov et al., 2022; Madsen et al., 2019; McClelland et al., 2020; Zhang et al., 2023) who found a considerable positive relationship between students' feeling of loneliness and their desire to engage in self-harm. Perceived loneliness may have predicted students' desire to damage themselves in this study, as loneliness is closely related to depressive, anxious, and unhappy sensations that might increase the risk of self-harm. In a similar vein, children who experience feelings of abandonment can look harder for emotional support, which would make it more difficult for them to withstand stress and unpleasant feelings. Additionally, there is proof that loneliness and low self-esteem are related, which increases students' susceptibility to self-destructive activities.

Self-acceptance was revealed to be a major mediator between the loneliness experienced by Unilorin students and their inclination to self-harm.

This was consistent with the discovery that self-acceptance either completely abolished or significantly decreased the impact of felt loneliness on the want to harm oneself. Previous studies' findings (e.g., Agesin, 2023 & Abharini et al., 2023) demonstrated that self-acceptance significantly influences how loneliness affects students' urges to harm themselves. Through mediating the relationship between felt loneliness and Unilorin students' desire to harm themselves, self-acceptance may have been a key factor in this study.

The reason for this may be because students who practice self-acceptance are better able to control their emotions, which reduces the distress that loneliness causes and, consequently, the urge to engage in self-harm.

Additionally, loneliness frequently intensifies negative self-perceptions. This is countered by self-acceptance, which makes self-harm less likely by encouraging a more compassionate view of oneself. Additionally, instead of turning to self-harm, people who accept who they are more likely to look for healthier coping mechanisms like mindfulness or social support.

Conclusion

The results of this study demonstrated that among Unilorin students, perceived loneliness significantly predicted the urge to harm oneself, suggesting that perceived loneliness is a significant determinant of urge to harm oneself completely and that self-acceptance mediated the association between the urge to harm oneself and the feeling of loneliness.

Recommendations

Universities should put Loneliness Reduction Programs in place: Since perceived loneliness is a significant predictor of self-harm urges, university authorities, student affairs units, and counseling centers should implement structured programs that foster social connectedness. These may include peer mentorship schemes, support groups, community building events, and inclusive campus activities to reduce students' feelings of isolation.

Enhance Self-Acceptance Through Psychological Interventions: Since the self-acceptance mediates the relationship between loneliness and self-harm urges, it is essential to incorporate self-acceptance modules in student counseling and mental health services. Cognitive-behavioral interventions, therapies, and self-compassion training can help students develop healthier self-perceptions and emotional resilience.

Integrate Mental Health Education into the Curriculum: Fixing topics on emotional regulation, self-concept development, and coping with loneliness into general studies or life-

skills courses can equip students with tools to manage negative emotions and build self-worth, thereby reducing the risk of self-harming behaviors.

Establish Early Detection and Referral Systems: Universities should train academic staff, residence hall supervisors, and student leaders to recognize early signs of loneliness and emotional distress. A proactive referral system to mental health professionals such as psychotherapist can help students' access timely support and prevent escalation to self-harm.

Conduct Continuous Research and Program Evaluation: Ongoing research should monitor the effectiveness of loneliness-reduction and self-acceptance interventions in mitigating self-harm tendencies. Universities should invest in data-driven program design, implementation, and refinement to sustain student well-being.

Limitation of the Study and Practical Implication

The study had a number of shortcomings, even though the research hypotheses were accepted and offered discerning information about the mediating role of self-acceptance and how perceived loneliness predicted self-harm urge. The primary limitation was the use of self-reported data obtained through questionnaires. This method may not always give room for complete honesty because participants' responses could be influenced by inaccurate self-evaluation. In order to address this limitation and gain more comprehensive understanding of the mediating role of self-acceptance in the prediction of on self-harm urge by perceived loneliness, future research should consider using other forms of data collection techniques, such as observational studies and interviews.

Moreover, the use of cross-sectional design limits its ability to show causal relationships between the variables. It can be daunting challenge to determine the directionality of the associations discovered in cross-sectional research because they only collect data once. For a better understanding of the causal association between perceived loneliness, self-acceptance and self-harm urge, future research should include experimental or longitudinal approaches. Longitudinal studies, which follow people over time, can be used to ascertain how changes in one variable might influence changes in another.

Experimental studies that manipulate and control variables can provide stronger evidence of causality. Furthermore, the sample size might not be a true representative of Nigerian university undergraduates as a whole.

Future research should endeavor to expand the sample size and compare university undergraduates nationwide in order to improve the external validity of these findings. Future studies can expand on the results of this study and provide a more thorough understanding of the mediating role of self-acceptance in the prediction of self-harm urge by perceived loneliness among university undergraduates by addressing these limitations.

The study's conclusions have significant applications. It was discovered that among university undergraduates, perceived loneliness significantly predicts the self-harm urge. The relationship between the independent and dependent variables was also mediated by self-acceptance.

The information makes it evident how these factors can be used to reduce the desire to engage in self-harm by offering psychosocial resources that enhance positive self-perception and entrenching an academic environment that is psychologically conducive for students to reduce self-harming behaviors. These findings can guide the development of focused psychosocial interventions meant to reduce tendency to engage in self-harm behaviour.

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