

## The Relationship between Parenting Styles and Self-Harm Behavior in Early Adolescents in The Agricultural Area of Jember

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### Article Info:

Submitted:  
17-05-2024  
Revised:  
22-07-2024  
Accepted:  
23-07-2024

DOI:

<https://doi.org/10.53713/nhsj.v4i3.373>



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### ABSTRACT

Early adolescents are experiencing various changes in themselves and must adapt to them. In this process, many problems can lead to deviant behaviour, one of which is self-harm behaviour. Self-harming behaviours can cause harm to oneself and can even lead to suicide. The purpose of this study was to determine the relationship between parenting patterns and self-harm behaviour in early adolescents in the agricultural area of Jember Regency. This study used a correlational design with a cross-sectional approach. The sampling technique used was proportionate stratified random sampling with 376 respondents. The instruments used were the Parenting Authority Questionnaire (PAQ) and the Deliberate Self-Harm Inventory (DSHI)—data analysis using the contingency coefficient correlation test. The results showed that the most common parenting pattern was democratic parenting, with as many as 242 respondents (64.4%), and the most common self-harm behaviour was low self-harm, with as many as 319 respondents (84.8%). The correlation test results show that the p value is 0.000, which means a significant relationship exists between parenting patterns and self-harm behaviour in the agricultural area of Jember Regency. Parenting provided by parents ideally or means not restraining too hard and facilitating adolescents to express their opinions can trigger early adolescents' coping mechanisms to be more adaptive by behaving. Once the correlation between variables is known, this study can be used as a guideline for schools, mental health nurses, and communities to develop appropriate interventions to address the problem of self-harm and parenting in early adolescents.

Keywords: early adolescents; parenting style; self-harm

### INTRODUCTION

Early adolescence is an individual's transition from childhood to more mature development between 12 and 15 years (Sary, 2017). According to Erikson's developmental theory, early adolescents enter the fifth stage, namely identity vs. doubts about identity (Arnett, 2015). Teenagers in this era are required to find their own identity. In discovering identity, early adolescents often face problems regarding who they are, what they should do in their lives, and new responsibilities and roles (Diananda & Intan, 2016). When early adolescents cannot face the problems, they are experiencing, an identity crisis will occur. An identity crisis in early adolescents will give rise to behavior that harms them (Saputro, 2018). One behavior that harms early adolescents is self-harm. Self-harm is an act carried out to vent someone's emotions by injuring, hurting, or even harming oneself without any intention or aim of committing suicide (Thesalonika & Apsari, 2022).

The prevalence of self-harm in early adolescents in China is 32% (Liang et al., 2022). 42.7% of young teenagers in the Netherlands commit self-harm, with 12.3% of young teenagers reportedly committing suicide due to prolonged self-harm (Spaan et al., 2022). According to research, 21.3% of students in one of the Jakarta City Middle Schools had suicidal ideas, one of the causes of which was self-harm (Febrianti & Husniawati, 2021). Based on this data, it can be concluded that the incidence of self-harm in Indonesia and abroad tends to be high, so the phenomenon is balanced.

Suppose self-harm behavior is not given intervention in early adolescence. In that case, it will cause long-term impacts such as addiction and wanting to do it again, social problems in adulthood, career problems, and health problems (Valencia & Sinambela, 2021). Apart from that, self-harm behavior is one of the predictors of suicidal thoughts and is a cause of death in teenagers (Kusnadi, 2021). Self-harm in early adolescents is influenced by several factors, namely, internal factors and external factors. Internal factors include biochemical influences, especially in perpetrators who suffer

from disorders of the brain's serogenetic system, resulting in increased aggression and impulsivity, self-concept, emotional intelligence, a person's personality type, and emotional regulation. Meanwhile, external factors include problems from the school environment, including peers and all activities at school, as well as the family environment, one of which is the parent's parenting style (Afrianti, 2020).

Parenting is looking after, protecting, teaching, and guiding children to become more independent. Parenting styles can be used as a way for parents to interact with their children (Effendi, 2020). In the lives of early adolescents, parents still play an important role, namely helping them achieve maximum abilities and encouraging adolescents to explore many roles. Even though early adolescents are required to be more independent and responsible, the role of parents is still needed in providing supervision, such as supervising the activities carried out, giving motivation for self-confidence, selection of peers, and academic grades (Deviantony et al., 2021; Diananda & Intan, 2021). According to (Nadhifah et al., 2021), there are three types of parenting patterns: permissive parenting, democratic parenting, and authoritarian parenting. According to research by Syafitri & Idris (2022), authoritarian parenting tends to cause adolescents to commit self-harm; this is evidenced by 26 adolescents committing self-harm, 25 of whom get authoritarian parenting from their parents. Authoritarian parenting has characteristics that tend to restrain, without giving children the opportunity to have an opinion, and will be punished if they do not comply with the rules. Thus, adolescents will seek an outlet to vent their emotions using self-harm.

In the scope of mental health nursing, according to the stress adaptation model (Stuart, 2013), the relationship between parental parenting styles, which causes self-harm behavior in early adolescence, starts from predisposing factors. These, namely parental parenting styles, are then triggered by precipitating factors. Adolescents respond to stressors, namely anger, because of their emotions and the presence of unbalanced coping resources, such as personal components, social support, stress-reducing activities, and problem-solving skills. In the end, the teenager's coping mechanism is destructive and ego-oriented using displacement, namely by transferring feelings of anger to self-injury. Thus, because of these factors, the range of adolescent coping responses becomes maladaptive, namely committing self-harm.

Based on the results of the preliminary study at the State Junior High School in the agricultural area of Jember Regency, it was found that 12 students (60%) of the 20 students interviewed had committed self-harm behavior in the past year and nine students (75%) admitted that they wanted to do self-harm again. The forms of self-harm behavior include slashing wrists, hitting themselves, rubbing glass on the skin, carving on the skin with needles, piercing the skin with sharp objects, and deliberately driving at speed. Of the 12 students who had committed self-harm and reviewed from parental parenting, eight students (67%) admitted that their parents often punished and always restrained the activities they wanted to do, two students (16.5%) whose parents always freed all children's activities, and only two students (16.5%) whose parents always gave children the opportunity to express their opinions. Therefore, this study aims to determine the relationship between parenting styles and self-harm behavior of early adolescents in the agricultural area of Jember Regency, which can be used as a reference in preventing and overcoming self-harm problems.

## METHOD

This study used a quantitative correlational method with a cross-sectional approach. This study was conducted in three junior high schools in Jember, East Java. This research was conducted from January to February 2024. The population in this study was 2,191 students. This study uses the sampling technique of proportionate stratified random sampling when the population has members or elements that are not equal or heterogeneous and stratified proportionally (Sugiyono, 2014). This study obtained a sample of 376 respondents by screening through the school designated as the research site. Respondents who were taken were included in the inclusion criteria, including active students in the 2023/2024 academic year, aged 12-15 years, and willing to become research respondents. Students who fall into the exclusion criteria include those not present when data collection occurs and are not included in this study. Data collection tools in the form of questionnaires, namely the parenting questionnaire using the Parenting Authority Questionnaire (PAQ) adopted from previous research (Pratiwi, 2019), which has been tested for the reliability of each indicator and the validity test  $r_{(xi)} \geq 0.25$ , so that this questionnaire is declared valid and reliable to measure the type of parenting applied to early adolescents. While the self-harm behavior questionnaire using the Deliberate Self-harm Inventory (DSHI) developed by Gratz in 2001 was adopted in research (Purwanti, 2023), which has been tested for validity and reliability with a Cronbach alpha score of 0.858, so this questionnaire is declared valid and reliable to measure the level of self-harm committed by early adolescents. This study was analyzed using the IBM SPSS Statistic 23 application, with a correlation analysis test using the contingency coefficient. This study obtained ethical approval from the Health Research Ethics Committee (KEPK) of the Faculty of Nursing, University of Jember, on January 9, 2024, with letter number 008/UN25.1.14/KEPK/2024.

**RESULT**

**Frequency Distribution of Respondent Characteristics**

Table 1. Distribution of Characteristics of Early Adolescents in Agricultural Area of Jember Regency (n=376)

Characteristics of Respondents	Frequency (n)	Percentage (%)
<b>Gender</b>		
Male	137	36.4
Female	239	63.6
Total	376	100
<b>Age (Years)</b>		
12	33	8.8
13	148	39.4
14	117	31.1
15	78	20.7
Total	376	100
<b>Living together status</b>		
Both parents	260	69.1
One of the parents	34	9.0
Grandfather/grandmother	22	5.9
Parents and grandparents	58	15.4
Sibling	2	0.5
Total	376	100
<b>Parents' Job</b>		
Not Working	12	3.2
Civil Servants	22	5.9
Self-employed	140	37.2
Private employee	34	9.0
Agriculture (farmers, farm laborers, fishermen, ranchers, planters)	163	43.4
Others	5	1.3
Total	376	100
<b>Parental Educational History</b>		
Not attending school	1	0.3
Elementary School	55	14.6
Middle School	127	33.8
Senior High School	143	38.0
College	50	13.3
Total	376	100
<b>Parent's Income (Based on Jember Regency MSE)</b>		
None	0	0
< IDR 2,550,000	267	71.0
≥ IDR 2,550,000	109	29.0
Total	376	100

Source: Researcher Primary Data, February 2024

Based on the frequency distribution data of respondent characteristics in Table 1, it is known that the research respondents totaled 376 students. Most of the respondents were female, as many as 239 (63.9%). Almost half of the respondents were 13 years old, as many as 148 (39.4%). More than half of the respondents, as many as 260 early adolescents (69.1%), lived with both parents. Almost half of the respondents' fathers worked in the agricultural sector, such as farmers, farm laborers, fishermen, and planters, as many as 163 people (43.4%). Most of the respondents' parents' latest education was at the senior high school level, with as many as 143 people (38%). The income of respondents' parents was mainly in the range of less than the Jember Regency Minimum Wage (MSE) in 2023, namely <IDR 2,550,000, with a total of 267 people (71%).

**Frequency Distribution of Parenting Styles in Early Adolescents**

Table 2. Frequency Distribution of Parenting Categories among Early Adolescents in Agricultural Areas of Jember Regency (n=376)

Variable	Frequency (n)	Percentage (%)
Parenting Styles		
Authoritarian	105	27.9
Permissive	29	7.7
Authoritative	242	64.4
Total	376	100

Source: Researcher Primary Data, February 2024

Based on the frequency distribution data of the parenting style categories in Table 2, the results showed that 242 early adolescents (64.4%) received an authoritative parenting style from their parents, 105 early adolescents (27.9%) received an authoritarian parenting style, and only 29 early adolescents (7.7%) received permissive parenting.

**Frequency Distribution of Self-Harming Behavior in Early Adolescents**

Table 3. Frequency Distribution of Self-Harming Behavior Categories Frequency Distribution of Self-Harming Behavior Categories among Early Adolescents in Agricultural Areas of Jember Regency (n=376)

Variable	Frequency	Percentage (%)
Self-Harming Behavior		
High self-harm	2	0.5
Moderate self-harm	27	7.2
Low self-harm	319	84.8
Never committed self-harm	28	7.4
Total	376	100

Source: Researcher Primary Data, February 2024

Based on Table 3, the results of the frequency distribution of self-harm behavior categories were obtained. The results showed that almost all early adolescents in the agricultural area of Jember Regency had committed self-harm with low self-harm intensity, namely 319 respondents (84.8%) and only two respondents (0.5%) who committed self-harm with high intensity. Meanwhile, only 28 respondents (7.4%) have never committed self-harm.

**The Relationship between Parenting Styles and Self-Harm Behavior in Early Adolescents in Agricultural Areas of Jember Regency**

Table 4. Results of Analysis of the Relationship between Parenting Styles and Self-Harm Behavior in Early Adolescents in Agricultural Areas of Jember Regency

Variable	p-value
Parenting Styles	0.000
Self-harm Behavior	

Source: Researcher Primary Data, February 2024

Table 4 shows the results of the analysis of the relationship between parenting styles and self-harm behavior in early adolescents in the agricultural area of Jember Regency using the contingency coefficient correlation test obtained p value = 0.000 ( $p < 0.05$ ). These results can be concluded that the alternative hypothesis ( $H_a$ ) is accepted, meaning that there is a significant relationship between the variable of parenting styles and the variable of self-harm behavior in early adolescents in the agricultural area of Jember Regency. In these results, the percentage of authoritarian parenting styles is the parenting style that has an impact on high self-harm behavior the most among other parenting styles, while authoritative parenting styles affect low self-harm behavior the highest of different types of parenting styles.

## DISCUSSION

### Parenting Styles in Early Adolescence

The results of this study indicate that most respondents received a democratic parenting style. This aligns with previous research, which states that most early adolescent respondents in junior high school (SMP) get authoritative parenting from their parents, namely 51% (Putra et al., 2020). However, this contradicts another study conducted in one of the junior high schools, which found that the most significant number was authoritarian parenting (Utami & Fitriyani, 2019). From the results of these studies, there are differences in parenting styles applied to early adolescents because, in practice, most parents do not determine only one parenting style used for their children while educating (A. Utami & Raharjo, 2021).

Based on the results of the research on authoritarian parenting, when viewed from the respondents' answers, most of the respondents with authoritarian parenting chose a statement with the option "strongly agree", namely, parents do not like to hear if their children argue with their words as much and must follow all the rules made by parents and must not argue. In authoritarian parenting, parents are more demanding of their children and do not free children according to their choices. Authoritarian parenting emphasizes the rules set by parents (Georgiou et al., 2017). According to previous research, children educated with authoritarian parenting tend to have pseudo-discipline (Utami & Raharjo, 2021). Authoritarian parenting will affect poor communication between children and parents, affecting early adolescent behavior because authoritarian parenting has little verbal communication (Devita, 2020).

Based on the results of research on permissive parenting, when viewed from the respondents' answers, the types of statements that are mostly chosen with the choice "agree" are the statement that parents do not tell good or bad things to children because they are considered adults and in the statement that parents do not provide control so that children act according to their wishes. According to previous research, permissive parenting leads to impulsiveness, aggression, lack of independence, and disobedience. Parents ignore their children's negative behavior, assuming that children can judge and solve their problems. Permissive parenting makes them less disciplined with the rules applied to the social environment (Syukri, 2020). However, if adolescents can utilize the freedom given responsibly, it can make early adolescents more independent and creative because they can create according to their desires and abilities (Utami & Raharjo, 2021).

Based on the results of this study, democratic parenting is the most common parenting pattern applied to early adolescence. In the category of democratic parenting, the type of statement that was mostly chosen with the choice of "strongly agree" in the statement of parents teaching to divide time between study and play time, while the statement chosen with the choice of "agree" in the statement of parents willing to be invited to exchange ideas and help in solving problems. This is in line with other research, which states that in authoritative parenting, it is defined that adolescents receive education, guidance, and attention from their parents and provide rights or opportunities for adolescents as children and family members whose opinions still need to be heard and even accepted (Kurniyawan et al., 2023). This study's results align with other studies that state that the parenting style applied in farming families is authoritative and is considered ideal. In the culture of the agricultural community, it is shown that family relationships are still hot, community activities are still well established, such as helping each other when a neighbor or friend has a celebration, and the manners of respecting elders, especially in interacting with others. Parents use the existence of various manners and cultures in the community as an example to educate their children. Still, most decisions are left entirely to their children (Nadia, 2015). Authoritative parenting gives adolescents better interaction skills than other parenting styles (Utami & Fitriyani, 2019). This parenting style produces characteristics of adolescents who are more independent, self-controlled, and able to deal with stress (Syukri, 2020). Researchers assume that authoritative parenting is suitable for early adolescents in agricultural areas because of the family culture and warmth that is still high, which can encourage reciprocal relationships between early adolescents and parents. Early adolescents can control themselves better and be able to cooperate with others who are new to them.

The differences in parenting patterns applied to early adolescents are due to most parents using a combination of the three parenting patterns and are influenced by various factors. This parenting pattern can be used situationally, flexibly, and flexibly according to the child's condition. No best and worst parenting style is applied to their children because parents have their own goals in educating their children. However, it is common for parents only to apply one parenting type throughout their lives to educate their children for certain reasons.

### Self-Harm Behavior in Early Adolescents

Based on the results of this study show that most early adolescents in the agricultural area of Jember Regency have committed self-harm behavior. The most common level of self-harm behavior is low self-harm. This is in line with

previous research stating that the majority of self-harm behavior in adolescents is classified as mild self-harm (Sari, 2023). However, contrary to other research, which states that in early adolescents aged 12-15 years, the majority of self-harm behavior is moderate self-harm, as much as 78.4% (Sugianto, 2020).

Self-harm behavior was initially seen as attention-seeking or copycat behavior. However, this is no longer true because self-harm can be used as a coping mechanism chosen by someone to release disappointment and anxiety. Early adolescents are more likely to use emotion-focused coping to solve problems, namely, using the pressure that is felt small enough to achieve a comfortable feeling. So early adolescents focus on negative emotions as a coping mechanism with one of their behaviors, namely self-harm (Thesalonika & Apsari, 2022).

Based on the results of this study, the forms of self-harm behavior that early adolescents mostly carry out from a total of 376 respondents include preventing wounds from healing quickly, scratching the skin to cause scars, and carving picture words, designs, or other marks on the skin. However, the least done by early adolescents is deliberately breaking bones. According to research, self-harm behavior can be carried out in various forms, such as consuming poison, burning the body, beating oneself, scraping scars, and grabbing hair (Tang et al., 2016). However, according to research, the most common self-harm behavior is slicing or cutting the skin with sharp objects (Thesalonika & Apsari, 2022)).

Self-harm behavior in this study is divided into three self-harm categories, namely high self-harm, moderate self-harm, and low self-harm, and there is one category of never self-harm. The first category is high self-harm. High self-harm behavior respondents mainly chose the "often" option, namely self-harming several times a week assessed in the past year. Examples of forms of behavior carried out by respondents classified as high self-harm with frequent intensity, namely biting the skin until it bleeds, scratching the skin until it bleeds, rubbing glass on the skin, engraving words, pictures, or designs on the skin, and preventing wounds from healing. According to the theory, high self-harm is self-harm that is carried out with frequent or repeated intensity. Still, it causes minor injuries, which is a type of self-harm used to express severe depression or frustration that is being experienced and can be due to personality disorders (Higgins, 2014). The next category is moderate self-harm behavior. This category of moderate self-harm is done in intensity more than once but not often. In this category, it is done to vent stress and emotional conflict. Examples of behavior with the highest number of respondents are rubbing glass on the skin, scratching the skin until it bleeds, and cutting body parts.

Low self-harm behavior is defined as self-injurious behavior that is carried out with occasional intensity within one year. Examples of low self-harm behavior with the highest number in this study are preventing wounds from healing, scratching the skin until it bleeds, and deliberately rubbing glass on the skin. The results of this study are not in line with the phenomenon of self-harm behavior in adolescents that occurs in Indonesia and abroad, which states that self-harm in early adolescents is quite high. In the results of this study, almost all respondents performed low self-harm behavior or almost did not perform self-harm behavior. When viewed from the place of research, namely in agricultural areas, the cultural environment reflects a high sense of help and kinship between local communities (Artiani et al., 2023). It is concluded that agricultural areas have high social support, especially from the community or neighbors. According to research, good social support from family or community can help a person create resilience in various life pressures or stress so that the coping that arises is adaptive or early adolescents avoid deviant behavior, one of which is self-harm behavior (Gusmunardi et al., 2023).

Thus, researchers assume that agricultural areas support adaptive coping mechanisms for early adolescents so that deviant behavior in early adolescents is minimal. Various forms of self-harm behavior carried out by early adolescents are carried out as an effort to make them feel comfortable with the pressures or stress they are experiencing; however, low-intensity self-harm behavior can occur because they follow trends and peer influence. With positive emotional regulation and good control of risk factors, early adolescents will avoid negative forms of behavior such as self-harm as an outlet for their emotions.

### **The Relationship between Parenting Styles and Self-Harm Behavior in Early Adolescents in Agricultural Areas of Jember Regency**

The results of this study found that there is a significant relationship between the two variables, namely, parental parenting is related to self-harm behavior in early adolescents in the agricultural area of Jember Regency. The results of this study are in line with previous research, which states that parenting is associated with self-harm behavior in adolescents in Sri Lanka (Kariyawasam & Ononaiye, 2019).

The results of cross-tabulation between parenting patterns and self-harm behavior can show that early adolescents who get authoritarian parenting patterns almost entirely have committed self-harm behavior, with high self-harm intensity, moderate self-harm, and low self-harm. Based on this study, of the 2 respondents (100%) who committed high self-harm all received authoritarian parenting from their parents. The results of this study are in line with research, which states that there is a significant relationship between parenting styles and self-harm behavior in adolescents and shows that

authoritarian parenting applied by parents causes a lot of self-harm behavior in adolescents (Syafitri & Idris, 2022). Another study stated that for adolescents with an age range of 11-16 years, as many as 1466 respondents in the Czech Republic, authoritarian parenting, namely strict parenting, can trigger the emergence of self-harm behavior in adolescents (Burešová et al., 2015). If many rules are applied too strictly by parents, the coping mechanism used by adolescents is not good because adolescents will feel depressed (Syafitri & Idris, 2022). According to Wibisono & Gunatirin (2018), the lack of communication between adolescents and parents causes adolescents to feel guilty and sad because they think there are mistakes they have made. Researchers assume that self-harm behavior committed by early adolescents with authoritarian parenting is a means to vent their pent-up emotions due to the pressure exerted by their parents.

Based on the results of this study, early adolescents who received permissive parenting patterns, most of them committed low self-harm. This is in line with previous research, which states that permissive parenting is associated with self-harm behavior (Chundu et al., 2021). In theory, in permissive parenting, parents do not set clear boundaries and expectations and have low control and interaction with their children, so adolescents tend to be free to do as they wish (Power, 2013). Researchers assume that early adolescents who do not engage in self-harm behavior despite receiving permissive parenting mean that adolescents can take advantage of the freedom positively given by parents.

Based on the results of the study, early adolescents who received authoritative parenting patterns mostly committed low self-harm and never committed self-harm. In line with Bai and Rapetti's research (Maharani et al., 2022), they state that parenting styles with warm or authoritative characteristics make their children better respond to stressors more adaptively. An adolescent who describes his parents' parenting as loving, warm, caring, and good communication between parents and children will assess that their family accepts them and that their parents pay attention to them. This will help early adolescents deal with stressful conditions that can adaptively trigger self-harm behavior. This is because parenting in the form of attention from parents will help adolescents achieve emotional maturity and can minimize adolescents falling into bad behavior (Fitria & Maulida, 2018). Researchers assume that parents provide warm parenting and opportunities for adolescents to have opinions, which can be called ideal parenting. This gives early adolescents the to learn from their experiences so that if there are stressful conditions, they can overcome them adaptively, namely by not committing deviant behavior such as self-harm. It is proven in this study that the most self-harm behavior is low self-harm, which means that in one-year, early adolescents only do it occasionally. The parenting style obtained is authoritative parenting.

Based on the description above, the researcher assumes that parenting is strongly related to self-harm behavior in early adolescents. Early adolescents begin to look for their identity in the outside environment, which makes the relationship with their parents distant. Therefore, ideal parenting in the form of attention, supervision, and warm affection from both parents is needed to maintain a good relationship with early adolescents. It is intended that parental control over early adolescents regarding their behaviors is maintained and can monitor them so that they do not engage in negative behaviors such as self-harm behavior.

## CONCLUSION

This study concludes that there is a significant relationship between parenting patterns and self-harm behavior in early adolescents in the agricultural area of Jember Regency ( $p$  value = 0.000). Authoritarian parenting is the parenting pattern that has the most impact on high self-harm behavior. In contrast, democratic parenting has the highest impact on low self-harm behavior compared to other types of parenting.

Thus, nurses and other health professionals have a role in providing preventive action, namely by conducting early detection of the incidence of self-harm by early adolescents and education related to adaptive coping with various approaches both individually and in groups. In addition, counseling teachers can optimize counseling programs such as scheduling intense counseling for early adolescents at school, which is one of the steps to prevent and overcome the problem of self-harm.

The limitation of this study is that researchers have not been able to control respondents fully when filling out questionnaires, especially the self-harm behavior questionnaire. In the questionnaire, there is a provision that the self-harm experience has been carried out during the past year. However, the researcher did not know whether the respondents remembered the experience during the past year or if the experience of more than one year was also included in choosing statements in the questionnaire.

## ACKNOWLEDGEMENT

We want to thank all respondents involved in this study. We want to thank the Faculty of Nursing at the University of Jember for the opportunity to conduct this research, thank you to the research site for granting research permission, and thank you to all those who have helped.

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