



## Description of Suicide Idea in Among High School Students

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### ABSTRACT

Complex development and changes in adolescence led to positive or negative effects in terms of how individuals adapt with growth period. This study aims to determine the description of suicidal ideation among adolescent. Involving 317 high school students in Badung Regency, conducted in January 2023 with purposive sampling technique. Data collection was conducted through the Suicide Ideation Scale questionnaire which was distributed through a google form link. This instrument is divided into two aspects namely overt and covert. The results showed that there were 4 (1.2%) grade XI students in Badung Regency who had suicidal ideation, consisting of 3 female students (0.9%) and 1 male student (0.3%). The data shows that students have low suicidal ideation of 1.3%, while those who do not have suicidal ideation are 98.7%. Compared to male students, suicidal ideation was experienced more by female students with a total of 3 people (0.9%). The majority of students are female, namely 195 people (61.5%) while 122 male students (38.5%). The age of students is dominated by students aged 17 years, as many as 311 people (98.1%). The majority of students who became respondents were the second child, with 137 people (43.2%), 125 people (39.4%) had 2 siblings and only 1 person (0.3%) had 6 siblings. On average, students have parents who are still intact, with a total of 290 people (91.5%). The score on the covert aspect was higher than the overt, which means that many students did not show others that they had suicidal thoughts.

**Keyword:** Academic stress, Adolescent, Depression, Suicide ideation

## 1. Introduction

Adolescents are prone to conflict because at this stage they start one step towards the adult stage. In this stage of change, adolescents experience self-identity adjustment, emotional maturity, and the search for identity (Jannah, 2017). According to UNICEF, the age of youth starts from 10 to 19 years. Many things happen due to the growth and development experienced by a teenager when going through puberty. Changes that can be seen directly are physical changes such as changes in body weight, height, voice, body shape, and others (Panjaitan et al., 2018). In addition to physical changes, adolescents will also experience psychological changes, including unstable emotions, thirst for recognition, likes challenges without mature thoughts, and so on (Berliana et al., 2021). Teenagers often experience a dilemma in their thoughts and feelings, both due to internal and external problems. Adolescents who have adaptive coping mechanisms can certainly get through every problem well, but if it's the other way around, they will perceive the problem as a great pressure to cause stress and depression.

If the pressures that are felt is not handled properly, then it will have a detrimental impact on adolescents' mental health. A data in RISKESDAS (2018) shows that as many as 8.21% of adolescents aged 15-24 years have reported experiencing psychological disorders. Self harm is a phenomenon that often occurs among adolescents, where the action is taken to divert the mental pain experienced into physical pain (Faradiba & Abidin, 2022). A research conducted by Apsari & Thesalonika (2021) shows that acts of self-harm or self-harm in adolescents can be associated with an increase in suicide attempts. It is challenging to count the prevalence of suicide, because suicide is a very sensitive matter, the number of cases that occur and appear on the surface is smaller than the actual cases. This is likened to an iceberg phenomenon, the act of suicide begins with an intention and thought from someone who wants to end their life, so that the idea of suicide is referred to as the first step before planning to actually commit suicide (Zulaikha & Febriyana, 2018). In addition, the impact of suicide will bring those closest to them into a heartbreaking sense of trauma. Therefore, there is a need for research related to the descriptions in adolescents that lead to suicidal ideation so that knowing this can be used as a basis for developing a form of intervention model as a prevention effort in adolescents.

## 2. Method

This research was a quantitative descriptive study with a cross-sectional approach, namely an approach that is carried out at one time to collect variable data (Irmawartini & Nurhaedah, 2017). The Suryani Institute for Mental Health detailed data for 2022 where the highest number of suicides occurred in Badung Regency, so the researchers chose to conduct a study at one of the high schools in Badung Regency using a random sampling method. Respondents in this study were class XI students of public high schools in Badung Regency, Bali with a total of 317 students. The research was conducted in January 2023. Respondents' inclusion criteria were class XI students who were  $\geq 17$  years and older and agreed to be involved in the research. Research from (Nurhasanah & Meiyanti, 2020) found that if class XI students experience more stress than grade X or XII levels, this stress can be caused by various types of stressors. Therefore, the researcher chosen class XI to represent the population as respondents. Purposive sampling technique was used to determine and select respondents in the study, the data analysis technique in this study was univariate analysis using frequency distribution and central tendency to describe suicidal ideation in adolescents.

The research instrument used was the Suicide Ideation Scale (SIS) from Rudd (1989), which consisted of 10 question items and was translated into Indonesian by Artissy et al., (2022), researchers have conducted validity and reability test with Cronbach Alpha value of 0.923. Data collection was carried out for  $\pm 30$  minutes in each class. The research was carried out by distributing questionnaires online via the Google form, where previously the Google form link for data collection had been sent to the class president, until then all class leaders sent the questionnaire to respondents via the WhatsApp group for each class. This research has received permission from the Undergraduate Nursing Study Program and Nurse Professional Education, Faculty of Medicine, Udayana University and has been approved by the Ethics Commission of the Faculty of Medicine, Udayana University with number 33/UN14.2.2.VII.14/LT/2023. Before filling out the questionnaire, respondents were first explained about informed consent for consent to participate in the study.

Informed consent is listed on the first page of the questionnaire with the criteria that respondents must be 17 years of age or older, at which age respondents are considered to have the capacity to decide their own choices. If students agree to take part in the research, they can choose to be willing to take part in the research with informed consent and can continue to fill out the questionnaire. However, if otherwise, students can choose not to participate in the study and automatically cannot fill out the next questionnaire and there is no coercion from the researcher. By participating in this research, respondents gain knowledge about that individuals have the potential to have suicidal ideation, whether the individual knows about it or not. This, respondents realized that mental health is as important as physical health. Data analysis using univariate analysis techniques tested using SPSS.

## 3. Result and Discussion

Table 1. Respondent characteristic (n=317)

	Characteristics	Frequencies (n)	Percentage (%)
Sex	Male	122	38.5
	Female	195	61.5
Age	17	311	98.1
	18	5	1.6
	19	1	0.3
Birth order	1	105	33.1

	Characteristics	Frequencies (n)	Percentage (%)
	2	137	43.2
	3	60	18.9
	4	13	4.1
	5	2	0.6
Number of siblings	0	4	1.3
	1	20	6.3
	2	125	39.4
	3	119	37.5
	4	44	13.9
	5	4	1.3
	6	1	0.3
Parent status	Complete	290	91.5
	Fatherless	13	4.1
	Motherless	5	1.6
	Divorced	9	2.8

Based on table 1 it was found that the majority of respondents were female with a total of 195 people (61.5%) and the rest were male, most of the respondents were 17 years old with 311 people (98.1%), followed by 18 years with 5 people (1.6%) and the rest are 19 years old. Most are the second child by number 137 people (43.2%) while teenagers who are the fifth child amounted to 2 people (0.6%). Apart from that, it was also found that the majority of teenagers have 2 siblings totaling 125 people (39.4%), while teenagers who have 6 siblings totaling 2 people (0.3%). Most of the results showed that the number of teenagers with complete families is 290 people (91.5%), teenagers who do not have fathers are 13 people (4.1%), teenagers whose parents are divorced are 9 people (2.8%), and the rest are teenagers who do not have a mother.

Table 2 showed that the data that 4 out of 317 students had suicidal ideation, of which 3 were female and 1 male. All students who were identified as having suicide ideation were 17 years old and were the second, fourth and fifth children. Students who have thoughts of suicide have more than one sibling and have complete parents (father and mother).

Table 2. The proportion of variables with characteristics (n=317)

Characteristics		Suicidal ideation		Total
		No suicidal ideati	Have suicidal ideatio	
Sex	Male	122 (38.5%)	1 (0.3%)	123 (38.8%)
	Female	191 (60.3%)	3 (0.9%)	194 (61.2%)
Age	17	307 (96.8%)	4 (1.3%)	311 (98.1%)
	18	5 (1.6%)	0 (0.0%)	5 (1.6%)
	19	1 (0.3%)	0 (0.0%)	1 (0.3%)
Birth order	1	106 (33.4%)	0 (0.0%)	106 (33.4%)
	2	135 (42.6%)	2 (0.6%)	137 (43.2%)
	3	59 (18.6%)	0 (0.0%)	59 (18.6%)
	4	12 (3.8%)	1 (0.3%)	13 (4.1%)
	5	1 (0.3%)	1 (0.3%)	2 (0.6%)
	0	4 (1.3%)	0 (0.0%)	4 (1.3%)
Number of siblings	1	21 (6.6%)	0 (0.0%)	21 (6.6%)
	2	124 (39.1%)	1 (0.3%)	125 (39.4%)
	3	118 (37.2%)	0 (0.0%)	118 (37.2%)
	4	42 (13.2%)	2 (0.6%)	44 (13.9%)
	5	4 (1.3%)	0 (0.0%)	4 (1.3%)
	6	0 (0.0%)	1 (0.3%)	1 (0.3%)
Parent status	Complete	285 (89.9%)	4 (1.3%)	289 (91.2%)
	Fatherless	13 (4.0%)	0 (0.0%)	13 (4.0%)
	Motherless	5 (1.6%)	0 (0.0%)	5 (1.6%)
	Divorced	10 (3.2%)	0 (0.0%)	10 (3.2%)

Table 3. The mean of respondents' answers to each statement item regarding suicide ideation (n=317)

No	Statements item	Min-Max	Mean	Std. Deviation
1	I have thought of a way to kill myself	1-5	1.54	0.898
2	I've already told someone I want suicide	1-5	1.21	0.623
3	I believe my life will end in suicide	1-5	1.23	0.638
4	I have done an experiment-attempt to commit suicide	1-4	1.12	0.438
5	I feel life is not worth it anymore to lived	1-5	1.69	1.005
6	This life feels broken until I feel like just give up	1-5	1.82	1.039
7	I wish my life would just end	1-5	1.48	0.937
8	It would be better for everyone around me if I am dead	1-5	1.51	0.943
9	I feel there is no solution for my problem besides suicide	1-5	1.27	0.685
10	I almost killed myself	1-5	1.15	0.553

Table 3 shown that the mean value of each question was examined further, and the highest value data was found in item number six, namely "life feels so broken that I feel like giving up" with a total mean value of 1.82 with a standard deviation value of 1.039, while items with an average value average with the lowest value, namely item number four "I have made attempts to commit suicide" with a mean value of 1.12 and a standard deviation value of 0.438. This showed that question items number 6, 5, and 1 have a high average value so that it can be seen that high school youth who are respondents more often choose answers with high scores such as rarely, sometimes to always on question items. compared to questions on other items.

Table 4. Percentage of each answer choice for each statement item in the questionnaire (n=317)

Statements item	Percentage (%)				
	Never	Seldom	Sometimes	Often	Always
I have thought of a way to kill myself	67.5%	15.1%	14.5%	1.3%	1.6%
I've already told someone I want suicide	87.4%	6.3%	4.4%	1.6%	0.3%
I believe my life will end in suicide	85.8%	6.9%	5.7%	1.3%	0.3%
I have done an experiment- attempt to commit suicide	92.1%	4.7%	2.5%	0.6%	0.0%
I feel life is not worth it anymore to lived	61.8%	13.9%	18.9%	3.8%	1.6%
This life feels broken until I feel like just give up	53.3%	21.1%	18.0%	5.7%	1.9%
I wish my life would just end	73.8%	11.7%	8.5%	4.4%	1.6%
It would be better for everyone around me if I am dead	72.2%	11.0%	11.0%	4.4%	1.3%
I feel there is no solution for my problem besides suicide	83.3%	9.1%	6.0%	0.6%	0.9%
I almost killed myself	91.2%	4.4%	3.2%	0.6%	0.6%

Data of table 4 shown in the data after the statistical test was carried out, namely the majority of respondents answered never in each question item from the questionnaire given, besides that there were also respondents who also answered rarely to always in each question item, but in the question item "I have conducted experiments to suicide" none of the students answered always in that section with a percentage value of 0.0%.

Table 5. The average suicide ideation based on each aspect (n=317)

	Xmax	Xmin	Mean	Std. Deviation
OVERT	27	6	7,79	3.397
COVERT	15	3	5,03	2.617

Table 5 showed that aspects of the suicide ideation scale (SIS) questionnaire which are divided into two, namely overt which has an average value of 7.79 with the smallest value of 6 and the largest value of 27 and the results of a standard deviation value of 3.397 from 317 teenage respondents. The mean results indicate that respondents who show symptoms or signs that tend to lead to overt aspects are at a low level. The average

Covert value is 5.03 with the smallest value being 3, the largest value being 15, while the standard deviation value is 2.617. The data states that respondents who belong to the covert stage in this study are at a low level.

The data shown shows that the majority of respondents in this study were female students. The results of this study are in line with research conducted by Mandasari & Tobing (2020) in Jakarta where it was found that the majority of respondents were female, namely 151 students (61.1%). The results of research conducted by Lestari et al., (2022) in Bandar Lampung show that out of a total number of 169 respondents, the majority were female, namely 98 people (58%). There are differences in how to control emotions between male and female students, male students are better able to control their emotions such as feelings of sadness, anxiety, fear, anxiety or disappointment compared to women (Zonya & Sano, 2019).

Most of the respondents were aged 17 years, and some were aged 17 years and over. Data from UNICEF that adolescents start from the age of 10 to 19 years. Adolescence is one of the stages of development which is referred to as the most vulnerable period, where at this time adolescents experience many complex problems. Before undergoing development at this time, individuals will first go through childhood when all problems that arise will be resolved by their parents, then during the adolescent phase, individuals will first solve their own problems (Jannah, 2017), the role of parents little by little it starts to decrease.

Birth order plays an important role in the level of individual anxiety, this can be caused by differences in the parenting style given. In a study conducted by Puspitasari et al., (2021) found results that there was an effect of birth order on individual anxiety levels with the highest level of anxiety felt by children born after the firstborn, namely the middle and youngest children. This is related to parenting, the firstborn usually gets full attention because there are no other siblings who were born before. The first child has low competitiveness in this case caused by the absence of comparisons from his siblings while children born after the firstborn have high competitiveness with the aim of achieving expectations to exceed their older siblings (Subroto et al., 2017). The youngest child is believed to be the most spoiled child with more attention than his siblings, therefore it can make children feel guilty quickly. Besides that, the youngest child is often a comparison of the achievements achieved by his older brother.

Most of the respondents have two siblings. The adaptation needed by individuals when they have many siblings is higher than those who have few siblings. This can have an impact on the occurrence of problems between siblings, both small and big problems, in everyday life there is often jealousy caused by differences in behavior received by children from their mothers (Andrieam & Yati, 2018). The results of research from Pertiwi & Nrh (2018) found that there is a relationship between jealousy between siblings and the psychological well-being of adolescents. The attitude of adolescents when they are jealous of their siblings has an impact on the way they make decisions, adapt, how to establish relationships with other people, and even determine the direction of their life goals.

The status of students' parents consisted of the status of intact parents, orphans, orphans, orphans and divorced, in this study most students still had complete parents. Adolescents who only have mothers and fathers and who no longer have complete parents tend to have emotional disturbances compared to adolescents whose fathers and mothers are still there and together (T et al., 2020), the role of parents is very influential in the development of children's growth and development. Fathers and mothers have their respective roles in their nuclear family, mothers are caregivers who accompany their children at all times by giving attention and affection, but besides that fathers also take an active role in parenting within the family (Cahyani et al., 2022). Adolescents as individuals who are still in the process of development really need affection around them, especially by their parents, there are many impacts that result when they lack guidance, for example decreased achievement, lack of motivation in achieving goals, and will have an impact on fulfilling needs in life (Mone, 2019).

The results of this study showed that the majority of adolescents who have a tendency to have suicidal ideation are girls. Research conducted on 365 adolescents by Chen et al., (2016) obtained data that women are more at risk of having suicidal ideation than men. This is in line with research conducted by Alifiando et al., (2022) where in his research found that among young women and men, those who did the most self-harm behavior were girls. Research conducted by Verenisa et al., (2021) also obtained data that more self-harm behaviors were carried out by female adolescents compared to males.

According to Saputra et al., (2022) actually acts of self harm are included in suicide ideation not suicide attempts, with the aim of releasing the emotions that are stuck within the individual. However, not infrequently behavior that leads to the risk of suicide is often associated with acts of self-harm beforehand, and can increase to real suicide attempts (Shafira & Hargiana, 2022). Many factors can stimulate a person to have the desire to end their life, both from internal and external factors. One of them is the bond of relationship with family and friends as well as the use and exposure in using social media (Swari et al., 2022).

The frequency distribution table for the question items given to respondents describes feelings that refer to suicidal ideation. Based on research conducted by Kurniasari & Rahmasari (2019), data were obtained from interviews conducted with respondents from their research, that the average individual who has suicidal thoughts begins with the thought that life in the world is no longer meaningful to him and the only solution to the problem experienced is by committing suicide. Suicide is caused by many factors, people at risk of suicide have complex thoughts, for example they realize that they are a burden to others, are tired of facing a life that is no longer meaningful and useful, and have no goals to reach again (Suherman et al., 2022).

Factors that can influence suicidal ideation are caused by many things, one of which is psychological factors and the individual's openness to the problems that befall him (Aulia et al., 2020). Psychological well-being can reduce the risk of suicide in someone, the way that can be done is to start understanding and

accept yourself as you are, form positive relationships with the surrounding environment, be able to take advantage of the potential that exists within yourself to achieve something you want (Prabowo, 2016). Given the vulnerability of emotional problems in adolescents, it is necessary to increase psychological well-being to add insight and is expected to form good patterns of development in adolescents (Savitri & Listiyandini, 2017).

The results shown in the exact data for all question items are that the majority of respondents answered that they had never done this, but even so there were some respondents who answered that they rarely or always take actions that are at risk of suicide. The percentage of respondents who answered rarely to always to the questions given in the suicide ide questionnaire, although the number was smaller, the respondents who answered never felt this way, if left without being given a handler were afraid it would have an impact on more serious emotional disturbances. Emotional turmoil in adolescents that cannot be resolved and restrained for quite a long time can cause conflict, tension, and even stress to depression (Sari et al., 2019). Depression is characterized by the emergence of prolonged feelings of sadness that can become a problem for physical and psychological health, in addition to negative thoughts such as fear in living daily life, feeling disappointed, insecure, thoughts like that if left alone can trigger depression. ideas about suicide (Mandasari & Tobing, 2020).

The aspect of suicide consists of thoughts of suicide that are clearly expressed and realized by the individual (overt) and thoughts of suicide that are not seen and implicitly understood but not clearly expressed (covert). Tests carried out on the data show that the average value of the covert aspect is greater than the overt aspect, suicidal ideation can be in an active form, namely when ideas about suicide are accompanied by concrete actions to end one's life and passive form when individuals have suicidal thoughts but there is no intention to take this action so it is only in the form of thoughts (Mulyana et al., 2019). Individuals who refer to suicidal behavior, even though it is still an idea that is not shown clearly but this can potentially turn to overt aspects, individuals who have thoughts of suicidal ideation even though the frequency of these ideas is rare but with few problems or situations that are considered unsolvable will affect the idea to reappear with more frequency (Idham et al., 2019).

Respondents who already have plans to commit suicide but do not realize that they are heading towards suicide (overt) such as the stage of having hurt themselves or making risky plans, this can have an impact on increasing real suicide attempts and then have a strong effect on pushes individuals into their negative thoughts all the time (Law et al., 2015). According to Nurdyanto (2020) social relations with the surrounding environment can foster positive feelings within, for example being able to accept and love yourself, be more realistic about life, create feelings of comfort, and realize that they are not alone in living life in the world.

#### **4. Conclusion**

As many as 4 out of 317 students in a high school in Badung Regency, Bali (1.3%) had suicidal ideation. The researcher found that students who had suicidal ideation were more female than male. In addition, it was found that the scores of overt and covert aspects were at a low level.

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#### **Conflict or interest**

Researchers declared no conflict in this study.

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