



Original Research

## FACTORS RELATED TO SUICIDE IDEA IN THE RURAL AREA OF INDONESIA

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### ARTICLE HISTORY

Received: December 21, 2023  
Revised: February 27, 2024  
Accepted: March 04, 2024  
Available online: March 01, 2024

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### ABSTRACT

**Background:** People in rural areas in Indonesia have many challenges and problems that lead to psychosocial. The lack of mental health facilities and services result in severe mental issue like depression

which can lead to suicide. Thus, Suicide can be prevented if the Suicide idea is detected. Unfortunately, there are few studies regarding factors related to suicide idea in rural areas especially in Indonesia, even though suicide rates in rural areas are often greater than in urban areas. This study wanted to look at the factors influencing Suicide ideas in rural Indonesia in Manggarai Regency.

**Method:** This research is quantitative research using the cross-sectional approach. Respondents in the study were 150 people with inclusive criteria of 17 years and over and were willing to fill out questionnaires distributed online through Google Forms. Data collection was conducted using the Beck Suicide Idea Questionnaire, Beck Depression Scale, the Rosenberg Self-Esteem Scale, and Social Support Questionnaire Questionnaires tested for validity and reliability. Data analysis was carried out by logistic regression.

**Results:** The results showed that the factors that influence Suicide ideas in rural areas of Indonesia are age (P-value: 0.04, OR: 0.18), depression (P value: 0.000, OR: 3.41), self-esteem (P value: 0.001 OR: 0.19), and social support (P-value: 0.002 OR: 0.2). The results of the multivariate analysis showed that the most variable influencing Suicide idea was depression (P-value: 0.000 and OR: 4.9) which means people with major depression have 4.9 times stronger Suicide idea.

**Conclusion:** In providing prevention education to clients with suicide, health professionals including nurses can emphasize the importance of family and environmental support, especially in adolescents.

**Keywords:** Suicide idea; Depression, Social Support; Self-Esteem

### Cite this as:

Eka, A. R., Meku, F. S., Krowa, Y. R.R., Iwa, K.R & Nggarang, B. N. (2024). Factors Related to Suicide Idea in the Rural Area of Indonesia. *Psych. Nurs. J.*, 6(1). 34-40. doi.org/10.52878/pnj.v6.i1.45303

## 1. INTRODUCTION

Suicide is a form of psychiatric emergency. Emergencies in mental disorders require fast, precise, and comprehensive services. In this condition, individuals can no longer control themselves, so they are very likely to endanger themselves, others, and the environment (WHO, 2021). Suicidal behavior is the act of intentionally killing oneself. Suicidal behaviors include suicide attempts, suicidal cues, and complete suicide (Cabello et al., 2020; Ipung Jatmiko, 2019; Ko et al., 2021; Shiraly et al.,

2022). Suicide is the fifth leading cause of death globally in the world. Based on data from the World Health Organization (WHO), every year, more than 800 thousand people die by suicide or one death every 40 seconds (WHO, 2021). The incidence of suicide in Indonesia is also quite significant. WHO revealed that Indonesia was ranked 9th with the most suicides in 2020, namely 5000 cases. Based on a survey conducted on 7 million people by the Ministry of Health of the Republic of Indonesia, it is estimated that 1800 in Indonesia died by suicide, while data

obtained from BPS in 2020 showed there were 5810 deaths in Indonesia (Ministry of Health Republic Indonesia, 2018). This figure is expected to increase in 2022, mainly due to the COVID-19 pandemic.

One of the places with high rates of suicide is a rural area. People in rural areas often face psychosocial struggles, especially due to low income and other socioeconomic problems, leading to depression and suicide (Hirsch, 2006). A previous study stated that poor self-rated health, low social support, and farmer syndrome as factors related to suicide. Another study showed that factors like rural socioeconomic decline; facilitators and barriers to service utilization such as service availability and accessibility, rural culture, and community attitudes to mental illness and help-seeking are linked to suicide rates (Barry et al., 2020; Stark et al., 2011). To emphasize the high rates of suicide in rural areas because of the lack of mental health facilities and services East Nusa Tenggara is one the rural places in Indonesia. According to basic health research held by the Ministry of Health, East Nusa Tenggara ranks second as the place with the most psychosocial problems in Indonesia.

East Nusa Tenggara also has a significant number of suicide rates. According to data released by the Central Statistics Agency in 2018 the number of suicide cases in NTT was 158, with 10 cases originating from Manggarai (Badan Pusat Statistik, 2018). Manggarai is one of the regions located in East Nusa Tenggara with significant suicide rates. From January to June 2022, it is estimated that the number of suicides has reached 10 cases. The phenomenon of increasing suicide cases also occurs globally, mainly due to problems arising from the COVID-19 pandemic, both mental health and psychosocial (Sher, 2020). It worsens in rural areas due to the stigma, lack of social support, and limited access to mental health facilities. Suicide occurs not in a short time, the first thing that appears before committing suicide is the Suicide idea. Research reveals people who have the idea of suicide may commit suicide 12 months later (Vilhjalmsson et al., 1998). In addition, other studies reveal early detection of suicide idea reduces the incidence of suicide (Franklin et al., 2017; Ko et al., 2021). Therefore, it is important to determine factors related to suicide in order to prevent the suicide attempt.

Suicide idea is one of the crucial factors for determining suicidal behavior. Suicide idea always appears before someone commits suicide. Various studies reveal factors influencing suicide: age, gender, chronic illness, economic problems, education, marital status, social support, depression and anxiety, and low self-esteem (Jennifer Schreiber, 2020; Vilhjalmsson et al., 1998). However, there is still little research on the factors that influence Suicide ideas in NTT, especially in Manggarai, which is still slightly reversed with the increasing number of suicides. This study aims to determine the factors that influence suicide ideas in Manggarai people aged 12-75 years

because suicide cases that occurred in Manggarai were experienced by individuals of various ages, from adolescents to the elderly. The Suicide idea factors that will be examined in this study are age, gender, occupation, income, physical illness, social support, depression and anxiety, stress, and self-esteem. The results of this study are expected to be a foundation for carrying out suicide prevention in the community, especially in *rural areas*.

## 2. MATERIALS AND METHODS

### 2.1 Design

This study used cross-sectional quantitative research methods to see the factors that influence Suicide ideas in people in rural areas. Cross-sectional research is the right method to see the relationship between the factors that cause a problem (Wang & Cheng, 2020). The population of this study is the community in Manggarai Flores district, NTT, one of Indonesia's rural areas. The research sample was selected using the purposive sampling method with inclusive criteria aged 17-75 years and willing to participate in the research. The respondents of this study were 150 people.

### 2.2 Variable and instrument

The dependent variable in this study was a Suicide Idea. Meanwhile, gender, age, education level, socioeconomic status, occupation, marital status, self-esteem, social support, and depression as independent variables.

#### Demographic data

The demographic questionnaire consists of data from respondents covering, gender, age, education level, socio-economic status based on occupation, marriage status, and history of chronic diseases

#### Suicide idea

Beck Scale for Suicide Ideas (BSSI) is questioner to measure the suicide ideas of an individual. The Indonesian version of the Beck Scale consists of 19 questions to assess the severity of the Suicide idea. The Indonesian version has been tested for validity by previous studies with a Cronbach Alpha value of 0.96

#### Depression

Beck Depression Scale II (BDS-II) is questioner to measure the level of depression of an individual. Beck Depression Scale consists of 21 question items to see the level of depression. The Indonesian version has been tested for validity by previous studies with a Cronbach Alpha value of 0.5

#### Self Esteem

Rosenberg Self-Esteem Scale (RSES) is a questionnaire that measures self-esteem consisting of

10 questions tested for validity and reliability (Cronbach's alpha value = 0.81).

### Social Support

A social support questionnaire (SSQ) is a questionnaire to measure social support, which consists of 12 questions that have been tested for validity and reliability (Cronbach's alpha value = 0.89).

### 2.3 Procedure

This research involves people aged 17-175 who are willing to join this study in Manggarai East Nusa Tenggara. Data collection is done from January to March 2023. The research procedure begins with a permission request to a one-stop permit services center in Manggarai Regency. After receiving permission, researchers distributed a Google Form containing an explanation sheet, informed consent, and questionnaire instrument to the future respondents.

### 2.4 Data Analysis

Data analysis was performed using SPSS software. Demographic data, suicide ideation, depression, self-esteem, and social support were analyzed using descriptive by looking at the numbers and percentages. The data was then analyzed using bivariate analysis to determine the relationship between the independent variable suicide ideation and the dependent variable depression, self-esteem, and social support with a significant relationship if the p-value <0.05. If there is a correlation, statistical analysis is followed by multivariate analysis, namely logistic regression to find out the magnitude of the correlation and find out the factors that most influence suicidal ideation with a P value <0.05.

### 2.5 Ethical Clearance

This research has received ethical approval from the Universitas Katolik Indonesia Santu Paulus Ruteng ethics commission with No. 81/USP/R01/K/11/2022.

## 3. RESULTS

### 3.1 Demographic Data

This study was conducted on 150 respondents in the adolescent-elderly age group. Table 1 shows the variable frequency distribution. The table revealed that most genders were female, 104 (69.3%) The most ages were adults, 88 (58.7%), balanced occupations, 75 (50%) employed and unemployed, and 126 (84%) had no chronic diseases. Meanwhile, the most variable frequency results were low Suicide ideas 129 people (86%), not depressed 104 (69.4%), good self-esteem 112 (74.6%), and good social support 124 (82.7%).

Table 1. Demographic data of respondents (n: 150)

Demographic data	(n)	(%)
Gender		
Man	46	30,7
Woman	104	69,3
Age		
Teenager (< 18 years old)	55	36,7
Adults (19-60 years old)	88	58,7
Senior (> 60 years old)	7	4,6
Work		
Work	75	50
Does not work	75	50
History of chronic diseases		
Have a chronic disease	24	16
Do not have a chronic disease	126	84
Suicide idea		
Low	129	86
Intermediate	19	12,7
High	2	1,3
Depression		
Not depressed	104	69,4
Low depression	23	15,3
Moderate depression	14	9,3
High depression	9	6
Self-Esteem		
Low self-esteem	38	25,3
Good self-esteem	112	74,7
Social support		
Good social support	124	82,7
Low social support	26	17,3

### 3.2 Relationship between Depression and Suicide Idea

The relationship between depression and Suicide idea can be seen in Table 2. The results show that there is a significant relationship between depression and Suicide ideas (P Value: 0.00), and the out-ratio results show the number 4.934, which means that people with severe depression are 4.934 times more likely to experience Suicide ideas.

### 3.3 The Relationship between Self-Esteem and Suicide Idea

The relationship between self-esteem and suicide ideas can be seen in the table. The results showed a significant relationship between self-esteem and Suicide ideas (P Value: 0.00) and the out-ratio results showed a figure of 1,691 which means people with low self-esteem were 1,691 times more likely to experience Suicide ideas.

Table 2 Relationship between Depression and Suicide Idea

Depression	Suicide idea								P Value	OR
	Low		Keep		Tall	Total				
	n	%	n	%		n	%			
No Depression	102	68	2	1,3	0	0	104	69,3	0,00	4.934
Low depression	18	12	5	3,3	0	0	23	15,3		
Moderate depression	5	3,3	9	6	0	0	14	9,3		
Major depression	4	2,7	3	2	2	1,3	9	6		
Total	129	86	19	12,7	2	1,3	150	100%		

Table 3 Relationship between Self-esteem and Suicide idea

Self-esteem	Suicide								P Value	OR
	Low		Keep		Tall	Total				
	n	%	n	%		n	%			
Low	26	17,3	10	6,7	2	1,3	129	86	0,02	1,691
Good	103	68,7	9	6	0	0	19	12,7		
Total	129	86%	19	12,7	2	1,3	150	100%		

Table 4 Relationship between Social Support and Suicide Idea

Social support	Suicide								P Value	OR
	Low		Keep		Tall	Total				
	n	%	n	%		n	%			
Less	17	11,3	8	5,3	1	0,6	26	17,3	0,02	0,202
Good	112	74,7	11	7,5	1	0,6	124	82,7		
Total	129	86%	19	12,8	2	1,2	150	100%		

Table 5. Multivariate Modeling results of Suicidal ideation with depression, low self-esteem, and social support

Variable	B	Itself	Expn (B)	95% C.I.for EXP(B)	
				Lower	Upper
Depression	1.596	0.000	4.934	2.471	9.852
Self-Esteem	0.525	0.507	1.691	0.359	7.963
Social support	-0.243	0.745	0.202	0.181	3.402

3.4 The relationship between social support and Suicide idea

The relationship between social support and Suicide ideas can be seen in Table 4. The results showed a significant relationship between social support and Suicide ideas (P Value: 0.02). The out-ratio results showed a figure of 0.202, meaning people with low social support were 0.202 times more likely to experience Suicidal ideas.

3.5 Multivariate Analysis of Dominant Factors Influencing Suicide Idea

Multivariate Modeling Results of suicidal ideation with depression, low self-esteem, and social support. Multivariate Modeling results of Suicidal ideation with depression, low self-esteem, and social support are depicted in Table 5. The results show that depression is the most dominant variable influencing suicidal ideation, with a P Value of 0.000 and OR 4.934 which means that people who are depressed are

4.934 times more likely to experience suicidal ideation.

4. DISCUSSION

The study revealed three factors that influence Suicide ideas: self-esteem, social support, and depression. The result showed that self-esteem has a relationship with Suicide ideas (P Value: 0.00; OR 1.691) which means the lower the self-esteem, the higher the Suicide idea. In addition, people with low self-esteem were 1,691 times more likely to experience Suicidal ideas. This study aligns with previous research that revealed adolescents with low self-esteem are less likely to have Suicide ideas (Nguyen et al., 2019; Soto-Sanz et al., 2019). Moreover, high Suicide idea is also found in people with schizophrenia who experience low self-esteem (Yoo et al., 2015). Research reveals that the factors causing low self-esteem include emotional and physical violence experienced by a person, especially in adolescence, and support from family

and friends (Auttama et al., 2021). Suicide can be prevented by increasing family and environmental support thereby increasing one's self-esteem.

The study revealed the presence of social support with the Suicide idea. The results showed a significant relationship between social support and Suicide ideas (P Value: 0.02; OR: 0,202) which means people with low social support were 0.202 times more likely to experience Suicide ideas. Someone with support from family and friends can obtain good social support. The lack of social support will make a person choose to be alone and increase Suicide ideas. Previous research has revealed social support has a significant association with Suicide ideas. Other studies reveal high social support decreases Suicide ideas in individuals (Kleiman & Liu, 2013). Therefore, social prevention can be done by increasing social support. Educating the family and loved ones of suicidal clients about the support they can do is essential in preventing Suicide ideas.

This study revealed a link between depression and suicide (P value: 0.00; OR; 4,934), i.e., the more severe the level of depression, the higher the Suicide idea; in addition, people with high depression 4,934 times higher Suicide ideas. This study's results align with previous studies that revealed depression has a strong influence on Suicide ideas (Chiang et al., 2022; Ipung Jatmiko, 2019; Keilp et al., 2012; Shiraly et al., 2022). Another study identified that depression was higher in youngest-old adults with loss of health, economy, and role (Lee et al., 2014). Depression is also linked to low-economy status which is often found in rural areas with limited mental health facilities (Patel et al., 2018). Therefore, early detection of depression is important to prevent suicide, especially in rural areas with limited mental health services. The stakeholders especially public health centers in rural areas must provide affordable programs to prevent severe mental health such as depression. Nurses as one the key providers in public health centers should be aware of mental health promotion.

Nurses have an essential role in caring for clients with Suicide ideas. The role of nurses includes planning therapeutic nursing care, conducting empathetic nursing care for patients, and improving knowledge and skills in caring for clients with Suicide ideas (Reid & Long, 1993; Talseth & Gilje, 2011). In providing psychosocial nursing care to clients with Suicide ideas, nurses can emphasize the importance of family and environmental support, especially in adolescents. In addition, it is essential to detect signs and symptoms of depression in clients to prevent Suicide ideas from becoming suicide attempts.

This study only provides some factors such as self-esteem, social support, and depression which is similar to previous studies that revealed self-esteem, social support, and depression as factors influencing Suicide ideas (Almeida et al., 2012; Franklin et al., 2017; Ko et al., 2021; Shiraly et al., 2022). However, there is also some factor that influences suicide idea for example age, gender, family problem, chronic

diseases, and low personal income as factors that influence Suicide idea (Deville et al., 2020; Hirsch, 2006; Jennifer Schreiber, 2020; Kim & Yi, 2022; Lalenoh et al., 2018; Melvin Omnia et al., 2023; Motillon-Toudic et al., 2022). Therefore, further research about another factor is needed.

## 5. CONCLUSION

The study revealed self-esteem, social support, and depression to be factors influencing Suicide ideas. In providing psychosocial nursing care to clients with Suicide ideas, nurses can emphasize the importance of family and environmental support, especially in adolescents. In addition, it is essential to detect signs and symptoms of depression in clients to prevent Suicide ideas from becoming a suicide attempt.

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