THE RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING AND SUICIDE IDEATION AMONG HIGH SCHOOL STUDENT IN GUNUNG KIDUL REGENCY

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Abstract - This research was conducted to find the correlation between psychological well-being and suicide ideation among High School student in Gunung Kidul Regency. Gunung Kidul regency was chosen as location in this research beacuse suicide rate in Gunung Kidul is quite high. Psychological well-being was measured by using Ryff's Scale of Psychological Well-Being (RPWB) and suicide ideation was measured by using Scale for Suicide Ideation (SSI). The participants of this research were 249 high school students of three school in Gunung Kidul regency. Correlation analysis showed r = -131; p = 0,039 significant at L.o.S 0,05. The result of this research showed that psychological well-being negatively correlated significantly with suicide ideation.

Keywords - Psychological well-being, suicide ideation, Gunung Kidul

I. INTRODUCTION

Suicide is global phenomena that occur in all countries of the world. Indonesia also did not escape from the event of suicide. One area in Indonesia that has many suicide cases is Gunung Kidul, which is 9 out of 100,000 people committed suicide (Rochmawati, 2009). Within a period of ten years during 2003-2012 it is estimated there have been approximately 330 suicides in Gunung Kidul Regency. Data obtained from the Gunung Kidul Regency Police on the number of suicides from early 2013 to early 2017 indicate that there are approximately 99 suicides.

Teenagers as one of the groups included in the productive age have a big risk to commit suicide. According to Cho and Haslam (2010) one of the vulnerabilities in adolescence is suicidal desire. Teen suicide cases also occur in Gunung Kidul. One factor is the low teenagers' psychological well-being in Gunung Kidul.

Psychological well-being is the key of individuals to be fully healthy and able to maximize their potential. Psychological well-being is the extent to which individuals develop in their lives, including self-acceptance and a sense of purpose in life (Robitsheck & Keyes, 2009). Efforts that can be made to create psychological well-being is to maximize strength and virtue. The virtues and strengths of the individual can be maximized if the individual can grow, accept oneself, have good interaction with others, dare to make decisions for him/her, have clear life goals and always have growth (Ryff, 1995). Therefore, six key-elements of psychological well-being according Ryff and Singer (2008) are self-acceptance, personal growth, purpose in life, environmental mastery, autonomy, and positive relations with others.

Psychological well-being in adolescents is needed to achieve success in life. However, adolescence is a vulnerable period of stressor either from the family or school environment. In adolescents in Gunung Kidul the pressure becomes even more daunting because they face many problems in the environment such as poverty and severe natural conditions, especially drought in the dry season. The accumulation of problems faced by teenagers may make a teenager depressed which is one of the factors that lead to the occurrence of suicide.

Davidson (2006) mentioned that people who are dissatisfied with their lives are more likely to commit suicide. Psychological well-being is related to the satisfaction of life. That's because psychological well-being is synonymous with success for self-actualizing. One of the factors that can affect psychological well-being is depression.

Depression became one of the major factors for suicidal ideation. Depression can cause interpersonal problems in the individual and decrease the level of psychological well-being. According to McGirr (in Moran 2013) although depression is a risk factor in suicide attempts, not all depressed individuals will commit suicide. The suicide rate is affected by the presence and severity of the symptoms of depression, including weight loss or decreased appetite, feelings of worthlessness and suicidal ideation. According Rochmawati (2009), most cases of suicide that occurred in Gunung Kidul Regency suicide actors show symptoms of depression. The information from the family collected by Rochmawati (2009) shows that before his death, the suicide actors showed symptoms of depression. One result of the major depression encountered in individuals before committing suicide is that the individual withdraws from the social environment and is quieter than usual.

The idea of suicide is part of suicidal behavior (Beck et al., 1979). Then Beck also argues that the idea of suicide is the beginning of the occurrence of suicide. That's because in suicide there are three levels of suicide in the form of the idea of suicide and then start a suicide attempt, and the last is suicide. The

idea of suicide is defined as the plan or the desire of the individual to end his life.

Research Jayervand et al (2013) says that there is a connection between psychological well-being and suicidal ideation. Jayervand et al (2013) also mentions that one important aspect of human life is psychological well-being. If the individual's psychological well-being is low then it can cause psychological distress. Prolonged psychological distress can cause despair which can then lead to a person having suicidal thoughts and eventually committing suicide. Rochmawati (2009) in his book mentions that despair can encourage individuals to commit suicide. On this basis the researcher has a hypothesis that there is a negative correlation between psychological well-being and suicidal ideation in adolescents in Gunung Kidul Regency.

II. METHOD

Variables

The variables in this study are psychological well-being and suicidal ideation. Conceptually, psychological well-being is defined as a state in which the individual seeks to achieve perfection based on one's own potential (Ryff, 1995). Ryff concludes that there are six dimensions of psychological well-being consisting of self-acceptance, personal growth, purpose in life, environmental mastery, autonomy, and positive relations with others. While the operational definition of psychological well-being is the total score of the Ryff's Scale of Psychological Well-Being (RPWB) constructed by Ryff in 1989.

Suicidal ideation is a plan or desire possessed by the individual to end his life but there has never been a real suicide attempt (Beck et al, 1979). Operationally, suicidal ideation here is defined as the total score obtained from the Scale for Suicide Ideation measurements prepared by Beck et al (1979).

Design

The research design used in this research is a correlational research design. This study aims to determine the relationship between psychological well-being and suicidal ideation in high school students in Gunung Kidul Regency. Therefore this study includes correlational research.

Participant

Participants in this study are high school level students in Gunung Kidul Regency aged 15-19 years. Researchers took data in high schools located in two sub-districts namely Semanu and Wonosari because based on several published online articles note that the two sub-districts have the highest suicide rates in Gunung Kidul Regency. Therefore the researchers chose three high schools in two Regencys, namely SMA N 1 Wonosari, SMA N 2 Wonosari and SMA N 1 Semanu. Another characteristic is that participants must live in the Gunung Kidul Regency.

Instrument

Psychological well-being will be measured through Ryff's Psychological Well-Being (RPWB). The instrument designed by Ryff to measure the individual's psychological well-being through the six dimensions. The alpha coefficient of this instrument is 0.686. RPWB uses Likert scale with answer range 1 (strongly disagree) to 6 (strongly agree). RPWB consists of 18 items and is divided into favorable and unfavorable items with maximum score of each item is 6. Possible score to be obtained by participants is 18 to 108.

Instrument used to measure suicidal ideation is Scale for Suicide Ideation (SSI). This instrument was constructed by Beck et al (1979) with a total of 19 items. The purpose of this instrument is to identify individuals who have the idea of suicide. Each item has a value of 0 to 2. The total score is obtained by adding the score of the items obtained by the individual. The total score range is 0 to 38. The participants' low score in the questionnaire means that the individual has no suicidal ideation; while the high score the individual possesses in the questionnaire means that the individual has a suicidal ideation. This instrument has an alpha coefficient of 0.930.

RESULT

The main result in this study is relationship between psychological well-beingand suicidal ideation in high school students in Gunung Kidul Regency. Correlation was calculated using pearson correlation. Here is the result:

Variabel	R	Sig. (p)	r^2
Psychological well-being and suicidal ideation	-0,131	.039	-0,117

The results indicate that there is a significant negative correlation between psychological well-being and suicidal ideation.

DISCUSSION

Based on the main results of the study, found a significantly negative relationship between psychological well-being and suicidal ideation in high school students in Gunung Kidul district. The results are in accordance with the research conducted by Jayervand et. Al in 2013 on the relationship between psychological well-being, religious-spiritual determinants and suicidal ideation in people who have conducted suicide attempts in Iran. The Jayervand study found out that psychological well-being has a significantly negative relationship with suicidal ideation.

Research on psychological factors (depression, anxiety & stress) and suicidal ideation committed by Ibrahim, Amit and Suen (2014) show that depression and suicidal ideation are significantly related. But according to Ibrahim, Amit and Suen (2014), only depressive variables are able to predict suicidal ideation. That means depression and suicidal ideation have a strong relationship. While depression itself is a thing that can reduce psychological well-being. Research conducted in China has found that there is a moderate relationship between the symptoms of depression and suicidal ideation (Wang, Tsi & Luo, 2017).

Based on a study of the general picture of psychological well-being, it is known that most participants had a total psychological well-being score of 71.1% proportion. This means that most participants have good psychological well-being. While research on the general picture of suicidal ideation, it is known that most participants have a low suicidal ideation with a proportion of 63.05%. This suggests that most of the study participants had low suicidal ideation.

After the calculation, there was found a significant mean difference between psychological well-being and demographic factors in the form of sex. The mean result of female psychological well-being is higher than that of men. This result is in accordance with research that has been done previously by Ryff and Keyes in 1995. The study found significant differences in psychological well-being on gender. In that study known psychological well-being score in women is higher than men, especially on the dimensions of positive relationships with others and self-growth. The results according to the study may be due to the fact that women have more positive relationships with others and have good self-growth.

In this study also found significant difference in mean between suicidal ideation and demographic factor in the form of sex. High school students in Gunung Kidul District of male sex have higher suicidal ideation scores than female female students. The results do not match with research conducted by Chen et al (2014) on students in China who stated that the ideation of suicide in women is higher than men. According to Chen, the results of the study were influenced by gender roles in which men were expected to be independent individuals, assertive and display masculinity. While women are expected to be the opposite of being a dependent individual, not firm and express stress with excessive worries. As a result, it is more prone to have thoughts or plans to end life due to excessive worries. The results of the different studies with the study were assumed because men in Gunung Kidul possessed demands of independence and hard work greater than women and rarely revealed the problem to others. This is reinforced by research conducted by Tam et al (2011) which concluded that men commit suicide three times more than women.

In this study there was no significant difference in the mean score of psychological well-being on the participants when viewed from the age, the salary of the parents and the subdistrict live. In addition, there was no difference in mean suicidal ideation scores significantly in terms of demographic aspects of age, salary of parents and residence districts. To explain these findings, it is likely that psychological well-being and participant suicidal ideation are influenced by other factors beyond the demographic aspects under study.

Results of research on the relationship of psychological well-being and suicidal ideation that is not too large indicates that there are many other factors besides the psychological well-being associated with the idea of suicide. Factors likely to be associated with suicidal ideation include depression, family history of suicides, severe physical pain, mental disorders, certain beliefs or cultures and other factors Rochmawati (2009). Many researchers have not been able to infer definitively the factors that predict the emergence of suicidal ideas. This is because the emergence of suicidal ideas is not only related to a single factor, but a combination of several factors that ultimately led to the idea of someone to commit suicide.

CONCLUSION

The results show that psychological well-being is negatively correlated with suicidal ideation. The results also show the researcher's hypothesis accepted that there is a significant relationship between psychological well-being and suicidal ideation. This means that someone who has high psychological well-being has a low suicidal ideation. Likewise on the contrary, someone who has low psychological well-being has a high suicidal ideation.

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