

EMOTION REGULATION AND SOCIAL SUPPORT WITH SUICIDE IDEATION IN BROKEN HOME ADOLESCENTS

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Abstract. The phenomenon that is currently happening in Indonesia is suicide, suicide is the deliberate act of ending one's life, often in response to severe stress or psychological pressure. It typically begins with suicide ideation, which involves thoughts or desires to end one's life that may progress to planning or actual attempts. This study aims to determine the relationship between emotion regulation and suicide ideation, the relationship between social support and suicide ideation, and the influence between emotion regulation and social support on suicide ideation in broken home adolescents in Bekasi City. The subjects in this study is broken home adolescents in Bekasi City. This study uses convenience sampling technique, which is based on the respondent's willingness. The data collection method in this study used interviews and psychological measurement scales. The instruments in this study used a suicide ideation scale, an emotion regulation scale, and a social support scale. The data analysis technique used descriptive test, Spearman's Rank correlation test, and multiple linear regression test. This study found that there is no relationship between emotion regulation and suicide ideation, there is a negative relationship between social support and suicide ideation and there is an influence between emotion regulation and social support on suicide ideation among adolescents from broken homes in Bekasi City.

Keywords: Broken Home Adolescent, Emotion Regulation, Social Support, Suicide Ideation

1. INTRODUCTION

Suicide is an act committed by an individual to kill themselves. Suicide is defined by the World Health Organization (WHO) as a global phenomenon in all regions of the world as one of the 20 leading causes of death (Putri & Tobing, 2020). Indonesia is ranked 8th as a country with a high suicide rate among other ASEAN countries (WHO, 2019). The suicide rate in Indonesia is estimated to be four times higher than reported. According to data revealed by the President of the Indonesian Association for Suicide Prevention (IASP), Dr. Sandersan Onie, in a press conference in Jakarta, Thursday, October 20, 2022 that the number of suicide attempts in Indonesia increased up to four times higher than reported (Sulsel.co, 2022). The term suicidal ideation refers to the thought that life is no longer worth living by the individual (Pratiwi et al., 2014).

The Ministry of Health of the Republic of Indonesia (2016) states that suicidal behavior is dominated by adolescents to early adults because at that age they are vulnerable to personal problems, family situations and conditions, and the social environment. In the adolescent age group, it is also very necessary to have an interpersonal relationship between themselves and their parents, especially when they will experience emotional and behavioral reactions to losing their parents (Alia Ainunnida & Hartini, 2022). Meanwhile, adolescents whose parents-divorce often have a poor relationship with their parents so that they feel lonely and can refer to suicidal thoughts (Alia Ainunnida & Hartini, 2022).

In the last ten years, divorce has been rampant. This is one sign that there is a broken home family. Based on data from the Bekasi City Supreme Court from 2021 to 2023, it shows that Bekasi City has a total of 9,121 divorce decisions. Although the cause of broken homes is not marriage completely, divorce is one of the causes. Furthermore, Willis (2015) in (Burhanuddin & Thohiroh, 2021) explains that a broken home is characterized by the breakdown of the family, especially the absence of warmth in it which is triggered by several things. Based on data from the P3A ministry in October 2022, there were 18,465 cases of domestic violence (KDRT). Broken home can be seen from two perspectives, namely a family that is divided because one of the family members has died or has divorced; and or a family that is intact or inseparable but no longer has a warm relationship (Burhanuddin & Thohiroh, 2021). There are several factors related to suicide in adolescents, including: depression, hopelessness, negative thinking and anhedonia, and low self-esteem can also trigger suicide ideation (Pratiwi et al., 2014).

Based on the phenomenon produced when conducting interviews with several broken home adolescents in Bekasi City, 5 out of 6 respondents admitted that they had committed self-harm. In addition, they also said that they had thoughts of ending their lives sooner. This shows that the phenomenon supports the existence of specific plans and wishes aspects in the suicide ideation variable. Supported by the statement of one of the supporting respondents that the six respondents were indeed from broken home families, both with divorced and disharmonious parents.

One of the toughest problems according to them is the disharmony in their family. Respondents felt devastated when they had to watch their parents fight. So, there is a statement from one of the respondents that quite describes his disappointment, namely "Why were we born to get sin and then we go to hell until eternity". It is not uncommon for them to want to hurt themselves when they see sharp objects. This is in the aspect of specific plans and wishes on the suicide ideation variable and is in line with the statement from Carlson, et al (1982) in (Pratiwi et al, 2014) that family problems such as family history of psychopathology, family history of suicide, family dysfunction, family discord, excessive control are also associated with suicide ideation in adolescence.

Then, there are 5 out of 6 respondents who have felt the loss of someone special in their lives so that they make themselves feel sad. Some of these respondents also said there was a desire to commit suicide caused by sadness due to the loss of that special person. Therefore, it can be concluded that the results of the interview have a response aspect and aspect of other in the suicide ideation variable.

Basically, adolescents do not always show emotions related to negative things because emotions can also help them in social interaction and can help adolescents understand their feelings and those around them (Choirunissa et al., 2018). According to Reivich and Shatte (2002) in (Handayani, 2016) emotion regulation is the ability to stay calm even under pressure so as to get the relief and happiness needed by individuals.

The real phenomenon found through the interview method, 5 out of 6 respondents who have not been able to think clearly about the situation at hand. This is supported by the statements of respondents who cannot concentrate when a problem occurs to them. In addition, the respondent was also unable to reassess his thoughts when faced with a situation that could cause an emotion. Therefore, it can be concluded that 5 out of 6 respondents have problems with the cognitive reappraisal dimension in the emotion regulation variable.

If an adolescent has good emotion regulation, it will help adolescents think positively in dealing with problems, but on the contrary, if the level of emotion regulation ability possessed by an adolescent is in the low category, it will be easier to show some negative emotions that can cause some symptoms of depression, stress, and thoughts of committing suicide (Choirunissa et al., 2018). This is supported by 4 out of 6 respondents, saying that they still have difficulty controlling negative emotions, causing

some bad behavioral responses. This is based on their recognition that they are still unable to regulate and convey their emotions properly. In addition, 4 of the 6 respondents are also still unable to display behavior that is in accordance with the emotions they feel. In fact, they often choose not to express their negative emotions in front of people in the surrounding environment. Therefore, it has been found that 4 out of 6 respondents have problems with the expressive suppression dimension in the emotion regulation variable.

In addition, there is social support which is another factor as a trigger for suicidal ideation because in living life, individuals need each other to interact in their social environment so that someone needs social support to help solve their problems (Adinda & Prastuti, 2021). This is supported by the opinion (Klonsky & May, 2015) that social support is the primary factor that causes suicidal ideation.

Based on the results of the interviews, it appears that there are problems with social support among adolescents. This is evidenced by 4 out of 6 respondents feeling less attention and sympathy from the surrounding environment because of their closed nature and tend to withdraw from others so that the people around them cannot find out about their problems.

2. LITERATURE REVIEW

2.1 Suicide Ideation

The concept of suicidal ideation was coined by Reynolds (1991) in (Pajarsari et al, 2019) as the main sign of an individual at risk of serious suicide or can also be considered as thoughts or awareness contained in the self-related to suicide or the desire to commit suicide. The idea here is explained by Wenzel (2009) that there are thoughts, images, beliefs, voices, or other cognitions felt by an individual regarding the desire to end his or her own life consciously (Marina Savira, 2021). Based on the concept of Reynolds and Wenzel, it shows that suicidal ideation is a conscious process. This is also emphasised by (Mandasari et al, 2020) that suicidal ideation is a plan with the aim of ending one's own life immediately. In line with Beck's statement, et al (1979) that suicidal ideation is a reflection of an individual regarding the extent to which he can resist factors preventing suicide attempts (Marina Savira, 2021). Therefore, it can be said that Suicide ideation is a reflection of an individual's thoughts of ending his life. Osman, Bagge, Gutierrez, Konick, Kopper and Barrios (2001) also state that suicidal ideation is the way an individual thinks about suicide, attempts suicide, and commits suicide (Yane Febriana, 2021).

As for Reynolds in the research of Pajarsari, et al (2019) suicide ideation is divided into two aspects, including the specific aspect of plans and wishes which means a plan or desire of an individual to commit suicide and the response aspect and aspect of others which relates to the perception of others regarding one's self-worth after being left dead by others, thoughts about other people's responses when committing suicide and there is cognition about suicide as a means of revenge.

2.2 Emotion Regulation

According to Gratz & Roemer (2004) emotion regulation is a way of accepting and responding to emotions adaptively regardless of their intensity or reactivity, including accepting a response, the ability to control behaviour in the face of emotional distress and the functional use of emotions as information. (Muarifah et al, 2019). Reivich and Shatte in (Rusmaladewi et al, 2020) define emotion regulation as the ability of an individual to manage his emotions so that he can still feel calm even though he is under pressure. There are two important things about emotion regulation, namely calming and focusing so that an individual who is able to manage both can help relieve existing emotions and focus distracting thoughts and reduce stress.

Cole, et al (2004) emphasise emotion regulation on how an emotion can control and facilitate a person's psychological processes such as concentration, problem solving,

social support and knowing the causes of emotions that can harm individuals such as interfering with the concentration process, intervening in the process of solving a problem and disrupting social relationships between individuals. (Umasugi, 2013). Gross (2007) says that emotion regulation is a way that an individual responds to emotional responses in the form of emotional experience and behaviour both consciously and unconsciously. (Azizah & Jannah, 2020). Thompson in (Azizah & Jannah, 2020) added that emotion regulation is the ability for emotional reactions to be monitored, evaluated, and modified in order to achieve a goal.

Gross and John (2003) in research (Rasyid et al, 2021) states that emotion regulation consists of two dimensions, namely the cognitive reappraisal dimension, which means a way to reconstruct the interpretation of a situation that can trigger emotions so that it can affect changes in the emotions themselves and the expressive suppression dimension, which means a strategy to inhibit the emergence of certain emotional expressions

2.3 Social Support

Social support in the opinion of Sarafino (2011) is acceptance from a person or family to an individual, which can lead to the assumption that he feels loved, valued and helped, so that it can lead to feelings that individuals are meaningful to others or can be part of that part. Sarafino in (Pramisya & Hermaleni, 2021) also explains that social support is manifested in several constructs, include attention, appreciation, and comfort, as well as help received by an individual. According to Sarafino, people who receive social support have a sense of belief that they are loved, valuable, and can feel that they belong to a group that will provide help when needed. (Tarigan & Ratnaningsih, 2018). Sarafino also added that individuals who receive social support tend to have a healthier mentality. (Samputri & Sakti, 2015).

According to Zimet et al (1988) social support is perceived as the way individuals interpret sources of support that come from significant people or people closest to them. (Pramisya & Hermaleni, 2021). Social support from the environment obtained by individuals, whether in the form of encouragement, attention, appreciation, assistance, or affection, can make individuals feel that they are loved and valued by others so that these individuals will develop a positive attitude and accept and appreciate themselves more and be able to live independently in the surrounding environment in harmony. (Kumalasari & Ahyani, 2012).

Sarafino in research (Kusrini et al, 2014.) divides social support into four aspects including emotional support, appreciation support, instrumental support, and information support.

3. RESEARCH METHODS

This study uses a research design with quantitative methods. According to Musfirah, et al (2022) quantitative research method is one type of research whose implementation from the first to the making of the research design is clearly structured, planned and systematic and requires the use of numbers, starting from data collection, interpretation of the data, and the appearance of the results. In addition, this study uses a correlational quantitative research design. According to Heryana (2020) correlational research design aims to describe a relationship between existing variables and can determine the relationship between the independent variable and the dependent variable. The data analysis technique used in this study is descriptive statistics with research subjects totalling 193 broken home adolescents in Bekasi City. The sampling in this study used convenience sampling technique, which is a sampling technique based on the availability of the subject (Creswell, 2012).

The data collection techniques used in this study were interviews and psychological measurement scales. The measuring instrument in this study is the Suicidal Ideation Questionnaire (SIQ) scale adapted by Reynolds (1988) and obtained a validity test of

27 out of 30 valid items with a reliability value of 0.971. The Emotional Regulation Questionnaire for Children and Adolescents (ERQ-CA) scale adapted by Gross & John (2003) and obtained validity test results as many as 8 out of 10 valid items with a reliability of 0.786. The social support scale made by the researcher based on Sarafino's theory (2011) and obtained validity test results as many as 21 out of 26 valid items with a reliability value of 0.913.

The data analysis techniques used in this study include descriptive techniques, assumptiontests consisting of normality tests and linearity tests, and hypothesis tests consisting of correlation tests and regression tests. Descriptive analysis technique according to Latipah (2014) is a description of existing data to obtain the real form of respondents, so that it is easily understood by researchers or other people who are interested in the results of the research conducted. Correlation testing in this study uses Spearman's Rank correlation test and multiple linear regression test.

4. RESULT AND DISCUSSION

The description of the research variables aims to obtain a description or description of the variables studied. Based on the results of data collection, a description of the variables of suicide, emotion regulation, and social support was obtained. The table of descriptions of research variables based on hypothetical categorisation is as follows:

Table 1. Description of Research Variables

Variables	Category		
	Low	Medium	High
Emotion Regulation (X1)	16 (8,3%)	65 (33,7%)	112 (58%)
Social Support (X2)	11 (5,7%)	154 (79,8%)	28 (14,5%)
Suicide Ideation (Y)	92 (47,7%)	73 (37,8%)	28 (14,5%)

Based on data processing from 193 research subjects, it can be seen that the descriptive results of emotion regulation variables as many as 16 people or 8.3% are in the low category, as many as 65 people or 33.7% are in the medium category, and as many as 112 people or 58% are in the high category. So, it can be concluded that the emotion regulation variable is dominated by subjects who are in the moderate category.

Then of the 193 research subjects, it can be seen that the descriptive results of the social support variable were 11 people or 5.7% in the low category, 154 people or 79.8% were in the medium category, and 28 people or 14.5% were in the high category. So, it can be concluded that the social support variable is dominated by subjects who are in the moderate category.

Furthermore, based on data processing from 193 research subjects, it can be seen that the descriptive results of the suicide ideation variable were 92 people or 47.7% in the low category, 73 people or 37.8% were in the medium category, and 28 people or 14.5% were in the high category. So, it can be concluded that the suicide ideation variable is dominated by subjects who are in the moderate category.

The correlation test in this study used Spearman's Rho Rank with IBM SPSS Statistics 26 for Windows. The following table shows the results of the Spearman's Rho Rank correlation test of emotional regulation with suicide ideation:

Table 2. Correlation Test Results of Emotion Regulation with Suicide Ideation

Variables	Correlation Coefficient (r)	Sig (p)	Description
Emotion Regulation with Suicide Ideation	0,037	0,606	There is no significant relationship

Based on the results of testing the first hypothesis, it is known that there is no relationship between emotional regulation and suicide ideation. The results of the analysis using the Spearman rank correlation test show the correlation coefficient of $r = 0.037$ (very low correlation coefficient level) with a significant level of $p = 0.606$ ($p > 0.05$) which means that there is no relationship between the emotion regulation variable and the suicide ideation variable. Therefore, it can be concluded that alternative hypothesis 1 (H_{a1}) is rejected. This happens because the correlation between the emotion regulation variable and suicide ideation is relatively weak and close to zero so that the emotion regulation variable cannot predict changes in suicide ideation (Ghozali, 2021).

The condition of broken home adolescents who are the subjects in this study generally experiences emotional conditions that can still be handled relatively effectively. This is supported by the level of emotion regulation which is still dominated by the high category and the level of suicide ideation is dominated by the low category, but the two are not related. Therefore, this study is not in line with the research of Hatkevich (2019), Raudales et al (2019), and Singh and Pathak (2020) which state that emotion regulation has a strong prediction of suicidal ideation. The subjects in the study were subjects who had indicated depression as evidenced by the results of psychiatric diagnosis.

Table 3. Correlation Test Results of Social Support with Suicide Ideation

Variables	Correlation Coefficient (r)	Sig (p)	Description
Social Support with Suicide Ideation	-0,223	0,002	There is a significant relationship

Based on the results of the Spearman's Rho Rank correlation test on the social support variable with suicide ideation with IBM SPSS Statistics 26 for Windows on the social support variable (X2) with suicide ideation (Y) is stated to have a positive relationship with a correlation coefficient (r) of 0.233 and a significance level of $p = 0.002$ ($p < 0.05$). So, it is concluded that there is a relationship (H_{a2}) accepted or (H_{o2}) rejected. In this case it can be stated that there is a negative relationship between social support variables and suicide ideation, which means that the higher the social support obtained by individuals, the higher the suicidal ideation, and vice versa, the lower the social support obtained by individuals, the higher the suicidal ideation. In line with the results of research by Salsabhilla (2019) which shows that there is a negative relationship between social support and suicidal ideation. This can be represented that someone who has high social support can suppress the emergence of suicide ideation.

The multiple linear regression test aims to determine how much the contribution value of the influence between the variables of emotion regulation (X1) and social support (X2) on suicide ideation (Y). The following table shows the results of multiple linear regression tests between the variables of emotion regulation and social support with suicide ideation as follows:

Table 4. Results of Regression Test of Emotion Regulation and Social Support on Suicide Ideation

Model	Coefficient B	T	Sig.
Constant	100,154	7,299	0,000
Emotion Regulation (X1)	0,658	2,075	0,039
Social Support (X2)	-0,781	-4,454	0,000
F Test	10,767		0,000 ^b
R	0,319 ^a		

Coefficient of Determination (R ²)	0,102		
Adjusted R	0,092		

Based on the results of multiple linear regression test analysis from this study, it shows that emotion regulation (X1) and Social Support (X2) simultaneously affect Suicide Ideation (Y) in broken home adolescents in Bekasi City with an F value of 10,767 and the significance test results show a significant value of 0.000 ($p < 0.05$). Therefore, it can be concluded that Ha3 is accepted and Ho3 is rejected.

This can be interpreted that there is an influence between the variables of emotion regulation and social support on suicide ideation in broken home adolescents in Bekasi City. The coefficient of determination (R) is 0.319 and the coefficient (R) is 0.102, which means that the independent variables (emotion regulation and social support) contribute to the influence on the dependent variable (suicide ideation) by 10.2% while the remaining 89.8% is influenced by other variables not examined in this study.

The effect of emotional regulation and social support on suicide ideation based on the F count of 0.000 shows a significant level of less than 0.005, which means that there is a significant influence between emotional regulation and social support with suicide ideation. This is in line with the results of research conducted by Adinda, S. T., & Prastuti, E., (2021) that there is a negative influence between emotional regulation on suicidal ideation, a negative influence between social support on suicidal ideation, and emotional regulation and social support simultaneously influence and have an effective contribution to suicidal ideation.

CONCLUSION

Based on the results of research that has been conducted on 193 broken home adolescents in Bekasi City, it can be concluded that the descriptive results of emotion regulation variables are dominated by 112 subjects or around 58% of broken home adolescents in Bekasi City who are in the high category. The social support variable is dominated by 154 subjects or around 79.8% of broken home adolescents in Bekasi City who are in the medium category. In addition, the suicide ideation variable was dominated by 92 subjects or around 47.7% of broken home adolescents in Bekasi City who were in the low category.

Furthermore, based on the correlation test or testing the first hypothesis, it is found that there is no relationship between emotion regulation and suicide ideation in broken home adolescents in Bekasi City. As for the second hypothesis, the results show that there is a significant negative relationship between social support and suicide ideation in broken home adolescents in the city, which means that the higher the social support obtained by broken home adolescents in Bekasi City, the lower the suicide ideation. Then, for the third hypothesis test, there is an influence between emotion regulation and social support with suicide ideation ja broken home adolescents in Bekasi City with a coefficient of determination of 0.102 or an effective contribution of 10.2%.

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