

Research Article



Self-Esteem and Family Support with Suicide Risk in High School in Tana Toraja

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ABSTRACT

Background: Suicide in adolescents has become phenomenal in the Toraja community recently. Suicidal ideation in adolescents is caused by factors of self-esteem and family support. The study aimed to determine the relationship between self-esteem & family support factors and suicide risk in adolescents in Bombongan Village, Tana Toraja Regency.

Methods: This study uses quantitative methods with an analytical observational design with a cross-sectional study approach. Sampling using probability sampling technique with a simple random sampling approach with a total sample of 217 respondents

Results: The statistical test used is chi-square to determine the relationship between self-esteem and family relationships with suicide risk in adolescents. The results of this study obtained there was a relationship between self-esteem with suicide risk in adolescents with a value of r value = 0.011 and there was a relationship between family support with suicide risk in adolescents with a value of r value = 0.000.

Conclusion: The more positive the self-esteem and the better the family support, the lower the risk of suicide in high school teenagers in Bombongan Village.

Key words: *Self-Esteem, Family Support, Suicide Risk, Adolescence*

INTRODUCTION

One of the tasks of adolescents is to accept themselves and have confidence in their abilities if adolescent does not have confidence in themselves in the face of problems it will affect the development of psychology and have an impact on their social life. Therefore, in the adolescent phase, parental assistance and family support are needed. But on the other hand, teenagers have free will and are independent, free from the influence of parents. During the transition period, adolescents will experience changes both physically, mentally, emotionally and socially, so sometimes adolescents are unable to cope with problems or unable to accept the circumstances resulting from the changes that occur (1). If this happens repeatedly, the teenager can experience low self-esteem, which is where the teenager will consider himself a useless person. When a teenager experiences severe depression, he will tend to want to commit suicide because he feels hopeless and helpless. Suicide for some people is one way to solve a problem that occurs in life that is considered to lead to a better life and avoid the bad.

According to the World Health Organization in (2) states that 800,000 people die every year or it can be said that every 40 seconds globally there is one person who dies due to suicide. With this huge number, WHO says suicide is among the top 20 causes of death in the world. In the Asian region, the suicide rate is still a serious concern because this case continues to increase as in Japan, the suicide rate in children has increased during the pandemic. According to data from the Japanese ministry of state, there were 415 children with an age range from elementary to high school committing suicide. During the

pandemic, changes that occurred in the school and family environment had a great impact on changes in their behaviour and psychology (3). Similarly, in South Korea, the suicide rate in the country reached 26 per 100,000 people.

In Indonesia, there have been increasing suicides in various regions, although in Indonesia itself there is no specific provincial national or regional data in terms of suicide rates. According to (4), it is estimated that the suicide rate in Indonesia can reach 2.4% of 100,000 people, for example in the Yogyakarta Province, Gunung Kidul Regency, there were 32 suicides from January to July 2021. This figure exceeds the suicide rate in 2020 (5). This number shows a tendency to continue to grow until the end of 2021. The phenomenon of suicide that has occurred in Indonesia recently has increased drastically. Especially suicides involving teenagers. According to data from the World Health Organization which acts as the international general health coordinating body, Indonesia is ranked as the fourth most suiciders in Asia (6). If all parties do not pay attention, then the phenomenon of suicide that occurs in Indonesia will be even more worrying.

The factors behind suicide include psychological factors including despair, low self-esteem, tending to blame yourself, anxiety, and anxiety. Social factors include loss of family support, economy, romantic relationships and educational issues. These factors that cause adolescents to experience depression are the beginning of the main cause of the suicide phenomenon (7). Adolescents with low self-esteem will negatively affect their social relationships, physical growth and psychological development. Teenagers believe that they are worthless so they are often afraid in social situations. this makes it more difficult for

them to regulate their behavior, and they are less able to properly accept criticism and suggestions (8). Family support is needed in adolescents, when adolescents do not have family support, adolescents will feel unnoticed which will certainly affect their social life and also have an impact on adolescent psychology. The discovery of a teenage boy who committed suicide in Toraja in 2015 is an example of a suicide epidemic that befell teenagers in Toraja in 2016, a male teenager who was intellectually recognized as intelligent at school, talented in music, and had good social interaction was found secretly hanging himself in his room while group study at his home. Furthermore, a nurse at a private hospital in Rantepao noted that they often treat patients who attempt suicide, especially teenagers. In Toraja, there were 30 suicides in 2020, with 14 incidents in Tana Toraja Regency and 16 cases in North Toraja Regency, and the number of suicide attempts was not recorded. Meanwhile, there were at least 6 suicides in Toraja in early 2021 (9). So that researchers are interested in conducting research on self-esteem and family support with suicide risk in adolescents in Toraja based on the description above, so that it can be considered in planning efforts to overcome suicide cases in adolescents in Toraja.

METHOD

The research was conducted at SMAN 5 Tana Toraja and Makale Christian High School, from February 25 to March 15, 2022. Sampling using the Probability Sampling technique with a Simple Random Sampling approach with a total sample of 217 respondents consisting of 121 respondents at SMAN 5 Tana Toraja and 96 respondents at Makale Christian High School with inclusion criteria, namely people aged

13 to 18 years and exclusion criteria aged less than 13 years (10). Furthermore, data collection using questionnaire sheets the researcher used a questionnaire that has been modified by the researcher and has been tested for validity and reliability. Moreover, the research ethics applied in this study are providing informed consent, using initials and maintaining the confidentiality of data from respondents. To determine the significance between the variables, data processing was carried out using the computer method (SPSS version 25), and then the data were analyzed using a chi - square statistical test with the interpretation of ρ value.

RESULTS

Characteristics of Respondents

Table 1. Characteristic of Respondents

Characteristic	Frequency (f)	Percentage (%)
Gender		
Male	54	24,9
Female	163	75,1
Age (year)		
15	57	26,3
16	103	47,5
17	57	26,3
Living With		
Parent	111	51,2
Brother/Sister	44	20,3
Aunt/Uncle	35	16,1
Alone	27	12,4
Self Esteem		
Positive	175	80,6
Negative	42	19,4
Total	217	100
Family Support		
Good	190	87,6
Less	27	12,4
Total	217	100
Suicide risk		
Low	181	83,4
High	36	16,6
Total	217	100

Based on table 1, the number of respondents as many as 217 women made up the majority of respondents, with a total of 163 respondents (75.1%) while the male gender amounted to 54 respondents (24.9%). The characteristics of respondents based on age are that most respondents are 16 years old with 103 respondents (47.5%), while those aged 15 years are 57 respondents (26.3%) and those aged 17 years are 57 respondents (26.3%). Most of the respondent lived with their parent as many as 111 respondents (51,2%), while lived with brother/sister as many as 44 respondents (20,3%), furthermore, respondent who lived with an

aunt or uncle as many as 35 (16,1%), and the last respondent who lived alone as many as 27 (12,4%). Adolescents with more positive self-esteem with a total of 175 respondents (80.6%) compared to negative self-esteem, which was only 42 respondents (19.4%). The number of respondents who have good family support is 190 respondents (87.6%) and the number respondents who have less family support are 27 respondents (12.4%). High school teenagers in Bombongan Village have a low risk of suicide with a total of 181 respondents (83.4%).

Analysis Of The Relationship Of Self-Esteem With Suicide Risk In Adolescents

Table 2. Analysis of the relationship between self-esteem and suicide risk

Self Esteem	Suicide Risk						ρ Value
	Low		High		Total		
	F	%	f	%	f	%	
Positive	152	70,0	23	10,6	175	80,6	0,011
Negative	29	13,4	13	6,0	42	19,4	
Total	181	83,4	36	16,6	217	100%	

Based on the results of the Chi- Square statistical test, the 2x2 table shows the value ρ value = 0.011 (ρ value < 0.05), it can be concluded that there is a relationship between self-esteem and suicide risk in high school teenagers in Bombongan Village, Tana Toraja Regency

Analysis Of The Relationship Of Family Support With Suicide Risk

Table 3 . Analysis of the relationship between family support and suicide risk

Family Support	Suicide Risk						ρ Value
	Low		High		Total		
	F	%	f	%	f	%	
Good	168	77,4	22	10,1	190	87,6	0,000
Less	13	6,0	14	6,5	27	12,4	
Total	181	83,4	36	16,6	217	100%	

Based on the results of the Chi- Square statistical test, the 2x2 table shows the value ρ value = 0.000 (ρ value < 0.05), it can be concluded that there is a significant relationship of family support with suicide risk in high school teenagers in Bombongan Village, Tana Toraja Regency

DISCUSSION

The Relationship between Self-Esteem and Suicide Risk in Adolescents in Bombongan Village, Tana Toraja

The results of the study obtained the value ρ value = 0.011 (ρ -value < 0.05) it can be concluded that there is a relationship between self-esteem and suicide risk in adolescents, supported by data on adolescents who experience positive self-esteem with low suicide risk totalling 152 respondents (70.0%) and adolescents who experience negative self-esteem with a high suicide risk totalling 13 respondents (6.0%). These results are in line with the research of (11) showed that the act of suicide is inseparable from the high or low judgment of a person towards himself. Research conducted in Toraja by (9) explains the causes of suicide in adolescents, one of which is self-esteem triggered by bullying or bullying which will certainly affect the concept of adolescent self-esteem. The same research conducted (12) on the relationship between self-esteem and suicidal ideation in high school teenagers in West Jakarta found that 5.9% of adolescents had low suicidal ideation with high self-esteem and 16.46% of adolescents had high suicidal ideation with negative self-esteem.

Self-esteem is defined as a collection of individual feelings and thoughts towards values, competencies, self-confidence, adequacy, and the ability to face challenges that have an impact on a positive or negative attitude towards oneself which is considered an important factor that can influence the way people perceive, feel and respond to the life of (7). Stuart says self-esteem does not arise from birth but occurs through the experiences a person gets from himself, his closest friends, and his environment. One of the responsibilities of adolescents is to be

able to understand themselves and believe in their abilities (1). Adolescents who lack self-confidence will have difficulty facing problems that will affect their psychological development and social life. Self-esteem is influenced by factors, four factors that influence individual self-esteem, namely family environment support, social environment support, psychological factors, and gender (13). Patients with negative self-esteem tend to be aloof and this habit triggers the appearance of social isolation problems, which causes the patient to lose focus so that sounds or whispers appear that make hallucinations. Other problems that arise include the risk of violent behaviour, disapproval of something because of feeling humiliated, or promptings that incite to take action to harm others or himself (14).

The researchers' assumptions from the results of the study, which can be seen in table 6, show that adolescents who experience positive self-esteem with a low risk of suicide amount to 152 respondents (70.0%) and adolescents who experience negative self-esteem with a high risk of suicide amounted to 13 respondents (6.0%) these results indicate that the more negative self-esteem, the higher the suicidal ideation, conversely, the more positive the self-esteem, the lower the suicidal ideation. This can be caused by changes in the social environment that affect self-esteem in adolescents because adolescents experience a process of adaptation to new schools from junior high school to high school and also teenagers who go to schools far from their hometown and have to do more activities outside the home, this is because some teenagers who go to school in bombongan villages come from outside the area and they live in a new place (boarding house) thus, of course, affecting their psychological. The teenagers are required to get out of the

existing social environment and away from the family environment. With this situation, adolescents who are in new unpleasant environmental conditions due to a lack of social support result in adolescents experiencing stressful conditions and unable to adapt otherwise adolescents who live with their parents and feel comfortable, are not in stressful conditions and can adapt will be far from suicidal desires/risks. Environmental factors coupled with separation from the family and psychological changes in adolescents become factors that affect self-esteem in adolescents it can result in suicidal ideation.

Other results from this study also showed that although negative self-esteem has a high risk of suicide, from the data it was found that there were also adolescents who had positive self-esteem but had a high risk of suicide totalling 23 (10.6%) and there were adolescents who experienced negative self-esteem but had a low risk of suicide totalling 29 respondents (13.4%) this was because self-esteem was not the only factor influencing suicide risk. The phenomenon of suicide is very complex that involves many causal factors, including psychological, biological, and sociocultural factors, therefore an in-depth analysis of the factors that play a role is needed (4)

The Relationship of Family Support with Suicide Risk in High School Teenagers in Bombongan, Tana Toraja

The results of this study obtained a value of ρ value = 0.000 (ρ value < 0.05). It can be concluded that there is a relationship between family support and suicide risk in high school teenagers in Bombongan Village. Supported by data on adolescents who have good family support with a low suicide risk of 168 respondents (77.4%) and

adolescents who have less family support with a high suicide risk totalled 14 respondents (6.5%). In line with the results of (9) in Toraja, which explains the cause of suicide in one of the adolescents, namely the lack of family support (attention and affection). Similar results were found in the (15) study where they found that adolescents who received weak family support had a higher risk of committing suicidal behaviour. This is in line with Wills' Theory (1985) that family support can cause a buffer effect, namely family support restrains the negative effects of stress on health.

Family support is the family's acceptance of its members which is manifested in attitudes and actions. Family members consider that the family is the closest person to mutual support and is always ready to provide help if needed. Family support has an impact on the physical and mental health of each member. Lack of family support is associated with increased morbidity and mortality rates (16). Points out, family support has four types of forms, namely support in emotional, informational, judgmental and instrumental forms. What Friedman means by four forms of family support is that teenagers feel comfortable when telling their problems to their parents, teenagers get advice from both parents, teenagers feel valued in the family, and families can meet the needs of teenagers (8).

Social support provided in verbal and non-verbal forms can play an effective role for individuals in the face of psychological pressure. Lack of social support can lead to a lack of meaningfulness in life for adolescents which results in the emergence of suicidal ideation (15). The tendency of a person to commit suicide often occurs at puberty, late adolescence to middle age . During the transition period, adolescents will experience changes both physically, mentally,

emotionally and socially sometimes adolescents are unable to cope with problems or are unable to accept the circumstances resulting from the changes that occur (1).

The researchers' assumptions from the results of the study as can be seen from table 5.7 show that adolescents who have good family support with a low risk of suicide 168 respondents (77.4%) and adolescents who had less family support with a high risk of suicide were 14 respondents (6.5%). This means that there is a relationship between family support and suicide risk in high school teenagers in Bombongan Village, this is caused by teenagers who lack family support because most of them come from outside Bombongan Village. Emphasized by the data found, namely teenagers who did not live with their parents but some lived with their siblings in the boarding house as many as 44 respondents, teenagers who lived with their aunts or uncles as many as 35 respondents and teenagers who lived alone in the boarding house as many as 27 respondents. This certainly affects family support in adolescents at risk of suicide, because teenagers need attention and affection from both parents. If the teenager is faced with severe problems and feels alone, no family provides support and they are afraid, feels worthless then the teenager can have suicidal tendencies. Other results from this study also showed that although family support lacked a high risk of suicide, it was also found that adolescents who had good family support but had a high risk of suicide amounted to 22 (10.1%) and some adolescents experienced less family support but had a low risk of suicide totalling 14 respondents (6.5%). As in the discussion of self-esteem, family support is not the only factor influencing suicide risk but rather requires an in-depth analysis of this study.

CONCLUSION

Based on the objectives and results of a study conducted on 217 respondents, it was found that adolescents experienced higher self-esteem than adolescents with low self-esteem and more adolescents received good family support than adolescents who lacked family support, as well as a low risk of suicide in adolescents. However, this study suggests that local health services can identify people who are at risk of suicide and provide counselling rooms to reduce the risk of suicide or suicide.

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