

The Relationship Between Perceived Social Support With Suicidal Ideation

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The Relationship Between Perceived Social Support With Suicidal Ideation



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ABSTRACT

Background: Based on data from WHO in 2015, it shows that the death rate due to suicide in the world was recorded to have increased by 23.2% compared to 2009. Research in 2016 shows that the largest age range who experienced suicide was from 15-29 years. Many things are predicted to be a protective factor against suicide, including social support. Research on suicide protection factors is useful in preventing the increasing number of suicides.

Objective: To analyze the correlation between perceived social support with suicidal ideation.

Methods: This research is a quantitative study with cross sectional design. Samples were taken from vocational school and academy in Semarang, who met the inclusion and exclusion criterias. The sample selection was carried out by the simple random sampling method. This research used the Indonesian version of the SSI (Scale of Suicide Ideation) and the MSPSS (Multidimensional Scale of Perceived Social Support) questionnaires.

Results: It was found that the prevalence of high suicidal ideation score was 50.8% while the low suicidal ideation score was 49.2%. There was a significant correlation between suicidal ideation with perceived of family support ($p = 0.002$) and peer support ($p = 0.050$). Meanwhile, there was no significant correlation between the suicidal ideation and the support from significant others ($p = 0.154$).

Conclusion: There was a correlation between perceived of family and peer support with suicidal ideation

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1. Introduction

Based on data from WHO in 2015, it shows that the death rate due to suicide in the world was recorded to have increased by 23.2% compared to 2009. Research in 2016 shows that the largest age range who experienced suicide was from 15-29 years.¹

In suicide prevention efforts, research on suicidal ideation is much more effective than studying the incidence of suicide because (1) the idea of suicide is relatively common and almost always precede suicide attempts (2) a history of previous suicide attempts has always been the strongest predictors of suicide attempts in the future (3) study the incidence of suicide is much more difficult and expensive because the incidence of suicide is much lower than the idea of suicide.^{2,3,4}

The youth and young adult population at this time carry out more complex developmental tasks. Adolescents and young adults who are less successful in building healthy identities and intimacy, run the risk of self-destructive behavior.^{5,6}

From the recent study in Indonesia (Alifia Salsabilla, 2019), the prevalence of strong suicide ideas among college students reaches 46.9%. Meanwhile, research on adolescents (Aulia, 2016) shows a higher prevalence of suicidal ideation at 66.3%.^{7,8} Depressive symptoms, as the main predictors of suicide ideas, can be reduced by social support. Social support can reduce the negative effects of stressors in a person's life. Social support can help change the meaning of life becomes more positive, change the situation, and change the reaction to stressors. Social support can reduce depression and anxiety as part of a reaction to stressors.^{9,10}

Social support will only be useful if it is needed and sufficient. Unnecessary social support will be considered as a burden. Therefore, subjective perceived social support is more accurate in predicting physical and psychological symptoms. Research on social support is useful in preventing the increasing number of suicides.^{7,9}

2. Methods

This Design, Time and Place

The experiment was conducted in Desember 2019 at a vocational school and engineering academy in Semarang This research was a quantitative study with cross sectional design

Subject

Sample selection using simple random sampling. The inclusion criteria were male or female vocational students aged 15-29 years old. Exclusion criteria were participants who did not complete the questionnaire. The minimum sample size needed in this study was 107. There are 130 people who meet the inclusion criteria. Respondents were given verbal and written explanations regarding this research. If the respondents are willing to become a research sample then later the respondents were asked to sign an informed consent form.

Tools

Primary data collected from 2 questionnaires, SSI and MSPSS. Questionnaire Scale of Suicide Ideation (SSI) is used to measure the incidence of suicide ideation. In previous studies (Nur Aulia, 2016), SSI has been adapted to Indonesian. A validity test was also conducted on SSI and all items were declared valid ($r_{count} > r_{table} = 0.361$). The reliability test has also been carried out and the SSI has been declared to have good reliability (Cronbach alpha value = 0.913). This questionnaire consisted of 19 questions with values 0, 1 and 2 for each different response to each statement. Score is calculated by summing each value with a minimum score of 0 and a maximum of 38. The higher the score showed greater suicidal ideation. Based on previous research, the score divided into two categories based on the calculation of Percentile 50 (P50) or Median (Me). A score is said to be a high category if the score is above the Median and is called a low category if the score is below the Median from the data. Subjects in the high category can be said to have a high suicide ideation, whereas subjects who entered in the low category can be said to have a low suicide ideation.⁸

Questionnaire Multidimensional Scale of Perceived Social Support (MSPSS), as the second

questionnaire, was used to measure the perception of social support. MSPSS consists of 12 items consisting of 3 subscales (family support, friend support, support of closest people) and each subscale is represented by 4 items. In the research of Indah Aprianti (2012), this measuring instrument has been adapted to Indonesian and a reliability test was carried out with a Cronbach alpha value of 0.760. Therefore, the MSPSS measurement tool can be said to have good reliability. Validity test has also been performed with the corrected item-total correlation technique and the coefficient value is more than 0.2 so that it can be said that the 12 items in the MSPSS measuring instrument are valid.^{11, 12}

Score also divided into two categories based on the calculation of Percentile 50 (P50) or median (Me). A score is called a high category if the score is above the Median and is called a low category if the score is below the Median from the data. Subjects included in the low category can be said to perceive that they receive less social support, while subjects in the high category can be said to perceive that they have more social support.^{11, 12}

Processing and data analysis

Data processing was carried out using SPSS software. Analysis test was done using the chi-square test.

3. Results

Perceived social support can be divided into 3 dimensions, namely family support, peer support and significant others.

Respondents who have a high perceived score of family support are 65 people (50%) while those who have a low perception score of family support are 65 people (50%). Respondents who had a high score of perceived peer support were 72 people (55.4%) while those who had a low score of perceived peer support were 58 people (44.6%). Respondents who had a high perceived score of support from significant others were 71 people (54.6%), while those who had a low score of perceived support from significant others were 59 (45.4%). Respondents who had high suicidal ideation were 66 people (50.8%) while those who had low suicidal ideation were 64 people (49.2%).

Table 1. Frequency of social support and suicidal ideation of the subject

Variable	F	%
Family Support		
High	65	50.0
Low	65	50.0
Peer Support		
High	72	55.4
Low	58	44.6
Support from significant others		
High	71	54.6
Low	59	45.4
Suicidal Ideation		
High	66	50.8
Low	64	49.2

Table 2. Correlation Each Dimension of Perceived Social Support with Suicidal Ideation

Variable	Suicidal Ideation				P	OR	CI 95%
	High		Low				
	n	%	n	%			
Family Support							
High	24	36.4	41	64.1	0.002 ^{¥*}	0.321	0.157 – 0.656
Low	42	63.6	23	35.9			
Peer Support							
High	31	47	41	64.1	0.050 ^{¥*}	0.497	0.246 – 1.004
Low	35	53	23	35.9			
Support from Significant Others							
High	32	48.5	39	60.9	0.154 [¥]	0.603	0.301 – 1.211
Low	34	51.5	25	39.1			

Keterangan : * Significant (p < 0.05); ¥ Pearson chi square

Based on table 2, the results show that there is a significant correlation between scores of suicidal ideation with family support (p = 0.002) and peer support (p = 0.050). Meanwhile, there was no significant correlation between the scores of suicidal ideation and the support from significant others (p = 0.154)

Table 3. Multivariate Logistic Regression Test for Each Dimension

Characteristics	p	OR	CI 95%
Family Support	0.004*	0.335	0.160 – 0.698
Peer Support	0.228	0.607	0.269 – 1.367
Significant Others	0.639	1.239	0.506 – 3.030

From table 3, the results show that the variable family support is the variable that most influences suicidal ideation. (p < 0.05). The higher the family support, the lower the suicidal ideation. (p = 0.004) (Table 1)

4. Discussion

From this study the results of respondents who have high suicide ideation scores (50.8%) more than those who have low suicide ideas (49.2%). This is not in accordance with the study by Safira Naila (2018) to the students that the number of students who have suicidal ideation fewer (37.8%) compared to students who have suicidal ideation.⁹

In addition, the study by Alifia Salsabhilla (2019) also found that more overseas students in Central Java did not have suicidal ideation (53.1%) compared to those who had suicidal ideation.⁷ The difference in the results of this study is possible due to differences in location characteristics. The respondents of this study came from urban areas while the two previous studies were conducted on respondents in the village. The demands of living in urban areas that are much higher may increase stressors which lead to the idea of suicide in students. Students at the Vocational School and Academy are also required to meet with clients more frequently when doing an internship. This challenges students to be more adaptable compared to other ordinary high schools where the learning process uses more theory as a priority. Communication with clients requires patience and high communication skills, as well as better adaptability. This differentiates between the characteristics respondents of this research with students studying in regular high school or college. If there is a lack of communication and adaptation skills, it will bring frustration to students. This is evident from the two people who resigned from the academy where this study was conducted due to have problems with communication and adaptation on campus.

Social support in this study is classified into 3 dimensions, namely family support, peer support, and support from significant others. Bivariate analysis of

the assessment of each variable of perceived social support found that there was a significant relationship between scores of suicidal ideation with family support and peer support. Meanwhile, the multivariate analysis showed that the higher the family support, the lower the suicidal ideation.

This is in consistence with the research of Alifia Salsabihilla (2019) which states that social support from family is the most influential on suicidal ideation.⁷ Family relationships are long-term, so the quality of family relationships affects suicidal ideation more than other relationship. A supportive family will make students feel supported so they don't feel stress that can trigger suicidal ideation. In addition, family is the primary support system so it is expected to provide first support to students compared to others such as friends or significant others.⁷

In Alifia's (2019) study, peer support (support from friends) also has a significant relationship. This is because friends are individuals who go through the same stages of development so that the stressors they face are generally the same. Friends can be invited to share stories and get through problems together. If someone feels they don't get social support from friends, it will cause long-term stress and can lead to suicidal ideation in students.⁷

This result is also supported by research by Fauziah Marhamah (2016) at Syah Kuala Aceh University which suggests that the higher the social support for students, the lower the level of academic stress. Academic stress is a risk factor for suicidal ideation. In the study also revealed that those who feel they can talk to the parents feel supported emotionally, parents also help make decisions in day-to-day problems. In addition, it was also found that those who felt that they had supportive friends felt that they had someone who cared about their feelings. Sources of social support can be a protector factor for individuals who do not have good coping when it is in life's problems.¹³

5. Conclusion

There was a correlation between perceived of family and peer support with suicidal ideation

Ethical Approval

Ethical clearance has been approval by Komisi Etik Penelitian Health Research Ethics Committee Faculty of Medicine, Diponegoro University. The number of ethical clearance is 511/EC/KEPK/FK-UNDIP/XII/2019.

Conflicts of Interest

The authors declare no conflict of interest

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Author Contributions

The contributions to this research are as follows: "conceptualization, Innawati and Prima; methodology, Innawati; software, Prima; validation, Innawati, Fitri, and Prima; formal analysis, Prima; investigation, Titis; resources, Prima; data curation, Prima; writing—original draft preparation, Prima; writing—review and editing, Prima; visualization, Prima; supervision, Titis and Fitri; project administration, Prima; funding acquisition, Prima.

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GENERAL COMMENTS

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