
THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND SUICIDE RISK BEHAVIOR IN GRADE IX ADOLESCENTS AT SMPN 1 KINTAMANI

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ABSTRACT

Introduction

Adolescents are an age group vulnerable to psychological pressure that may trigger suicidal behavior, especially when adequate support from the family is lacking. This study aims to determine the relationship between family support and suicidal risk behavior among ninth- grade students at SMP Negeri 1 Kintamani.

Method

This research used a quantitative design with a cross-sectional approach and involved 174 respondents selected through simple random sampling. The instruments used were the Family Support Scale (FSS) and the Suicide Behaviors Questionnaire-Revised (SBQ-R).

Result

The results of the Chi-Square test showed a highly significant relationship between family support and suicidal risk behavior, with a p value of 0.00 ($p < 0.05$). Respondents who received good family support tended to have a lower risk of suicidal behavior.

Conclusion

The conclusion of this study indicates that family support plays a protective role against suicidal risk in adolescents. Therefore, it is recommended that families enhance emotional involvement and open communication with adolescents as an early prevention effort. Schools and health institutions are also expected to participate in promoting mental health among teenagers.

INTRODUCTION

Adolescence is an age group that experiences a transition phase from childhood to adulthood, usually occurring around the ages of 10 to 19 years (Suntari, 2024). At this stage, individuals experience various normal changes, including the development of different personal abilities and resources (Pertiwi, Wardani, 2019). During adolescence, individuals tend to have a great sense of curiosity, are enthusiastic about new experiences, and tend to be reckless in taking risks without thinking, both from themselves and their parents (Pamungkas, et.all, 2023).

Adolescents who are able to cope with stress in conflict situations during development tend to have good emotional well-being. Conversely, if they are unable to find solutions in conflict situations, their emotional well-being can decline. Adolescents who cannot cope with stress and experience emotional instability are at risk of engaging in dangerous behavior, including the risk of suicide (Pertiwi, Wardani, 2019).

The phenomenon of suicide among teenagers has now become a global mental health issue. According to data from the World Health Organization (2023), suicide is the fourth leading cause of death in the 15–29 age group (National Institute of Health, 2022). In Indonesia itself, suicide cases are increasing, with Bali Province ranking third nationally in the number of cases (Health Ministry RI, 2023). Several tragic incidents of suicide among teenagers that occurred in Bali during 2024 showed a pattern of emotional stress, family conflict, and lack of support as the main triggering factors. In 2024, the public was also shocked by cases of suicide among teenagers. The first case on March 16, 2024, a 16-year-old female student died by hanging herself from the doorpost of her room, it was known that the victim's motive for committing suicide was due to an argument with her parents (Agustina, 2024). The second case on April 19, 2024, a 17-year-old male student died by hanging himself from the wooden beam of the

kitchen building (Mahendra, 2024). The third case on May 29, 2024, an 18-year-old female student died by hanging herself from a mangosteen tree (Patroli Post, 2024). The fourth case on October 28, 2024, an 18-year-old male student died by hanging himself from the kitchen doorpost (Detik.com, 2025). A preliminary study was conducted by researchers at one of the health institutions in Bangli Regency, namely the UPTD Kintamani I Health Center, where data on suicide cases in adolescents was obtained, on December 14, 2024 a male student died by hanging himself from an orange tree. This study aims to determine the relationship between family support and suicide risk behavior in adolescents.

METHOD

This type of research is quantitative correlational, examining the relationship between variables, with a cross-sectional design. The sample of this study was 174 students of SMP N 1 Kintamani who were determined using a simple random sampling technique. The sample was determined based on inclusion criteria, namely ninth-grade adolescents who were willing to be respondents and had signed an informed consent, adolescents with active status at SMP N 1 Kintamani. And exclusion criteria were adolescents who were sick or unable to attend. Data collection techniques used the FSS questionnaire and the SBQ-R questionnaire. Data analysis techniques used univariate analysis and bivariate analysis. Hypothesis testing used Chi Square with a significance level of $\alpha = 0.05$. Ethical approval for this research was obtained from the Chair of the Health Research Ethics Commission of Denpasar Polytechnic of Health Number: DP.04.02/F.XXXII.25/571/2025 dated April 21, 2025.

RESULT

Respondent characteristics are described before the research results are presented. The characteristics of adolescent respondents include: gender. The characteristic data can be described as follows:

Table 1. Frequency Distribution of Gender of Research Subjects in Adolescents at SMP N 1 Kintamani in 2025

| Gender | n | % |
|----------|-----|-------|
| 1 Male | 85 | 48.9 |
| 2 Female | 89 | 51.1 |
| Total | 174 | 100.0 |

Based on Table 1, it can be seen that the research subjects, based on gender, consisted of 85 males (48.9%) and 89 females (51.1%). This indicates that the number of female respondents is greater than the number of male respondents.

Table 2. Frequency Distribution of Family Support Levels in Grade IX Adolescents at SMP N 1 Kintamani in 2025

| No | Family support | n | % |
|----|----------------|-----|-------|
| 1 | Good | 138 | 79.3 |
| 2 | Enough | 30 | 17.2 |
| 3 | Not enough | 6 | 3.4 |
| | Total | 174 | 100.0 |

Based on the research results in Table 2, the majority of respondents received good family support, namely 138 people (79.3%). Meanwhile, 30 respondents (17.2%) received adequate family support, and only 6 respondents (3.4%) received insufficient family support. This indicates that the majority of respondents have a good level of family support.

Table 3. Frequency Distribution of Suicidal Risk Behavior in Grade IX Adolescents at SMP N 1 Kintamani in 2025

| No | Suicide Risk Behavior | n | % |
|----|-----------------------|-----|-------|
| 1 | Low risk | 121 | 69.5 |
| 2 | High risk | 53 | 30.5 |
| | Total | 174 | 100.0 |

Based on the research results in Table 3, the majority of respondents, 121 (69.5%), fell into the low suicide risk category. Meanwhile, 53 (30.5%) fell into the high suicide risk category.

Table 4. Results of the Analysis of the Relationship between Family Support and Suicide Risk Behavior in Grade IX Adolescents at SMP N 1 Kintamani in 2025.

| No | Dukungan Keluarga | Perilaku Risiko Bunuh Diri | | | | Total | P Value |
|----|-------------------|----------------------------|------|---------------|------|-------|---------|
| | | Risiko rendah | | Risiko tinggi | | | |
| | | n | % | n | % | | |
| 1 | Baik | 109 | 96.0 | 29 | 42.0 | 138 | 138.0 |
| 2 | Cukup | 10 | 20.9 | 20 | 9.1 | 30 | 30.0 |
| 3 | Kurang | 2 | 4.2 | 4 | 1.8 | 6 | 6.0 |

The results of the bivariate analysis using Chi Square obtained $p = 0.000$. Since the p value $< \alpha$ (0.05), H_0 is rejected. This means that there is a significant relationship between family support and suicide risk behavior in ninth grade adolescents at SMP N 1 Kintamani in 2025.

DISCUSSION

These results are in line with the research of Adiguna, et.al. 2024, which stated that family support has a significant relationship with suicide risk behavior in adolescents, it was found that the lower the family support received, the higher the suicide risk behavior experienced by adolescents with the results of the chi-square statistical test (p value 0.021). In line with research from (Widiarta and Megaputri, 2021) showed that low family support is associated with increased negative behavior and suicide risk in adolescents with the results of the Spearman Rank test obtained results ($p = 0.000$). In addition, this study is in line with the research of Alfi Mardiyah & Arif Widodo (2024), where the data analysis in this study used the Chi-Square test and produced a statistically significant value ($sig. = 0.001 < 0.05$), there is a relationship between family support and suicide risk in adolescents, which shows that the greater the family support, the lower the risk of suicide in adolescents..

The results of this study support previous findings by (Gusmunardi, Safrika, and

Sasmita, 2023), which showed that 309 respondents (62.0%) had a low risk of suicide. This is in line with previous findings by (Wahyudi and Burnamajaya, 2020), which showed that out of 183 respondents, 159 respondents (86.88%) had a low risk of suicide. Various factors contribute to suicidal behavior, including psychosocial factors, family support, helplessness, hostility, negative self-concept, and isolation. The main factor that most influences suicidal risk behavior in adolescents is family support. The involvement of family support in addressing suicidal situations in adolescents is very important, because when adolescents show emotional instability, they can find themselves in a vulnerable state when faced with conflict (Hardinata, 2023). The study's findings indicate that most adolescents exhibit low-risk behaviors for suicide. This is supported by data on family support, indicating that most adolescents have good family support. The relatively good family support found in most adolescents in this study is an important factor significantly influencing suicidal behavior. Effective family support extends beyond physical presence, including effective open communication, allowing adolescents to express their feelings without fear of judgment, thereby reducing the risk of suicidal ideation (Amiroh et al., 2024). Furthermore, the emotional presence of parents who are responsive to signs of psychological difficulties in adolescents also plays a significant role in reducing feelings of social isolation, a key factor contributing to suicidal behavior in adolescents (Fitria, 2018).

This study aligns with the results of previous research conducted by Adiguna, Elita, and Rahmat Aziz (2024), which stated that family support has a significant relationship with suicidal risk behavior in adolescents. This study found that the lower the family support received, the higher the suicidal risk behavior experienced by adolescents, with the results of the chi-square statistical test showing a p value = 0.021. A similar

finding was also found in research by Widiarta and Megaputri (2021), which showed that low family support was associated with increased negative behavior and suicidal risk in adolescents, with the results of the Spearman Rank test showing $p = 0.000$. Another study by Mardiyah and Widodo (2024), also showed a significant relationship between family support and suicide risk, with a p value = 0.001, indicating that the greater the family support received, the lower the suicidal risk behavior in adolescents (Mardiyah, 2024). Overall, the results of this study reinforce the understanding that family support plays a significant role in reducing suicidal risk behavior in adolescents. The protective role of family factors against psychological disorders has also been demonstrated in various previous studies. Therefore, strengthening family communication and providing better emotional support should be a priority in suicide prevention efforts in adolescents.

Suicide is an act carried out consciously with the aim of ending one's life, where the individual has a desire and tries to realize his or her desire to die (Pamungkas, 2023). Teenagers who show emotional instability may find themselves in a vulnerable state when faced with conflict, feeling a lack of support and affection from their parents. As a result, these adolescents may experience a sense of helplessness (Hardinata, 2023).

According to sociologists, data on the proportion of students in Indonesia who have thoughts, intentions, and attempts to commit suicide indicate that severe depression can be a driving factor. According to sociologists, this condition is often caused by various pressures faced by the younger generation (Farika, 2024). Several factors underlying suicide cases include psychological factors, such as feelings of hopelessness and low self-esteem, a tendency to blame oneself, anxiety, and restlessness. Social factors include loss of family support, economic problems, romantic relationships, and educational problems. These factors can cause adolescents to experience depression, which is one of the main causes

of the phenomenon of suicide (Aulia, dkk, 2020).

The family plays a crucial role in supporting adolescents through crucial phases of their lives. As the primary source of support, the family helps adolescents implement adaptive coping strategies. When the family fails to provide adequate support, adolescents are at risk of experiencing psychological disorders that can trigger thoughts of suicide (Widiarta, Megaputri, 2021). The existence of the family is needed in various aspects, both instrumentally and functionally, so that adolescents are able to understand and respond to the problems they face. Families that have optimal support capabilities play a vital role in shaping the psychological development of their members. As a primary component in maintaining mental resilience, the family is a key element in preventing suicidal behavior (Julianto, dkk. 2024).

There are still many families who do not understand the importance of support for teenagers, this is proven by the results of previous studies which showed that the majority of family support for teenagers was in the sufficient category (84.4%), only 8.1% in the good category and the rest in the less than sufficient category (7.4%) (Widiarta, Megaputri, 2021).

Previous research has shown that there is a relationship between family support and the risk of suicide in adolescents, which can be influenced by the level of family support, where the greater the support provided, the lower the likelihood of adolescents experiencing the risk of suicide (Widodo, 2024). Another study conducted by Salsabhilla & Panjaitan (2019) also showed a moderate relationship between the level of family support and the emergence of suicidal thoughts among adolescents.

This study is in line with a study conducted by Yunita Eka Rahmayanti and Teti Rahmawati in 2018, entitled *The Relationship between Family Support and the Incidence of Depression in Early Adolescents*. This study is descriptive analytical with a cross-sectional approach,

involving 176 students of SMPN 106 East Jakarta who were selected through a stratified random sampling technique. Data analysis used the chi-square test with a 95% confidence level (p -value = 0.05). The results showed a p -value of 0.010 (<0.05), which indicates a significant relationship between family support and the incidence of suicide in early adolescents at the school .

Preventing suicide in adolescents is a top priority that must be realized. The Ministry of Health has strived to prevent suicide in adolescents through several activities such as increasing literacy through seminars, webinars, and education through social media regarding adolescent mental health. Positive parenting programs focus on parenting and education for children and adolescents with an approach that facilitates healthy psychological development. In addition, the First Aid for Psychological Wounds Program (P3LP) was created to train parents, teachers, and peers in identifying early signs of psychological problems and providing rapid and empathetic support to adolescents experiencing emotional crises. Life skills training for teachers and students aims to prepare children and adolescents to face life's challenges in a more adaptive and healthy manner.

CONCLUSION

Based on the research results, it was found that the majority of ninth-grade adolescents at SMP N 1 Kintamani showed good family support (79.3%) and showed low suicidal risk behavior (69.5%). The results of statistical analysis using the Chi-Square test showed a significant relationship between family support and suicidal risk behavior in adolescents ($p = 0.000$). This proves that the higher the support provided by the family, the lower the likelihood of adolescents engaging in suicidal risk behavior. Family support has been shown to play an important protective factor in maintaining emotional stability and mental health in during development.

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