

THE RELATIONSHIP BETWEEN RELIGIOSITY AND SUICIDAL IDEATION IN FINAL SEMESTER STUDENTS

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Abstract

This study aims to determine the relationship between religiosity and suicidal ideation in final-semester students. The research was conducted using a correlational quantitative approach. The population in this study were final semester students of the Faculty of Ushuluddin and Da'wah with a sample of 107 people (80.4% female and 19.6% male) collected by random sampling technique and the scales used were religiosity scale and suicidal ideation scale. The results showed that the correlation coefficient between religiosity variables and suicidal ideation was -0.121, so it can be concluded that there is a negative relationship between religiosity and suicidal ideation in final-semester students. For further research, it can expand the scope of research and consider relevant variables.

Keywords: *Religiosity; Suicidal Ideation, Final Semester Students*

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara religiusitas dengan ide bunuh diri pada mahasiswa semester akhir. Penelitian dilakukan dengan menggunakan pendekatan kuantitatif korelasional. Populasi dalam penelitian ini adalah mahasiswa semester akhir Fakultas Ushuluddin dan Dakwah dengan sampel 107 orang (80,4% perempuan dan 19,6% laki-laki) yang dikumpulkan dengan teknik *random sampling* dan skala yang digunakan adalah skala religiusitas dan skala ide bunuh diri. Hasil penelitian menunjukkan nilai koefisien korelasi antara variabel religiusitas dan ide bunuh diri sebesar -0,121 maka dapat disimpulkan ada hubungan negatif antara religiusitas dan ide bunuh diri pada mahasiswa semester akhir. Untuk penelitian selanjutnya dapat memperluas cakupan penelitian dan mempertimbangkan variabel yang relevan.

Kata kunci: Religiusitas, Ide bunuh diri, Mahasiswa semester akhir

INTRODUCTION

According to World Health Organization (WHO) data, in 2019 suicide was in the number four position of the highest death cases in the world with an average age of 15-29 years with 77% of suicides occurring in countries that have low-income levels (WHO, 2023). In Indonesia alone, from January to July 2023, the National Police Chief recorded at least 663 cases or at least three suicides that occurred every day (Gatra, 2023). A survey conducted in 2022 by the Indonesia National Adolescent Mental Health Survey (I-

NAMHS) showed that 1.4% of adolescents had suicidal ideation, of which 0.5% had made suicide plans and 0.2% had attempted suicide (Wilopo, 2023).

It is difficult to understand the causes of suicide itself, but in general, suicide can be understood as a complex event influenced by various psychological, social, biological, cultural, and environmental factors (Poorolajal et al., 2022). In most cases, the phenomenon of suicide progresses from suicidal ideation to suicidal behavior. Suicidal ideation or thinking is a broad term that refers to a series of considerations, desires, and tendencies with death and suicide (Fitriana et al., 2022). Furthermore, (Zortea et al., 2021) say that this series of considerations, desires, and tendencies towards death and suicide include thoughts and contemplations of ending one's own life, as well as plans or preparations to commit suicide. Even though it is only limited to suicidal ideation, it needs special attention because this can become an attempted suicide.

Among students, several news related to suicide cases continue to recur, in the October 2023 period in NTT there were three suicides by students from different campuses and each of them was a final semester student (AMA, 2023). In addition to these cases, students, especially those studying at Islamic Universities themselves, are also not free from similar cases, for example, in 2023 a third-semester student of IAIN Curup was found lifeless in his contract (Supandi, 2023). Another case that occurred in 2022, a student of UIN KH. Achmad Siddiq, Jember attempted suicide because the victim felt unable to cope with his study load (Supriadi, 2023).

In line with the previous discussion, research conducted by Atqiya & Coralia, (2023) highlighted that although suicidal ideation in college students tends to be low overall where women have higher scores compared to men. However, it cannot be denied that someone who has suicidal ideation is at risk of committing suicide. This can be because suicidal thoughts can resurface in certain situations and trigger individuals to commit suicide. For this reason, even though it is only an idea, it needs special attention. Suicidal thoughts and attempts are often impulsive, where suicidal ideation is the first step that precedes suicidal behavior and can occur with little prompting.

In college students, there are psychological pressure factors that cause suicide, including a lack of balance in various aspects of life, such as study, health, and relationships; accepting new responsibilities, such as becoming an independent adult, including managing finances, decision making, and household management; conflict with others, and performance pressure (Logan et al., 2021). Furthermore, research by Wu et al., (2021) added the dimension of awareness of life values, where some students often do not have awareness of their life values, this is because students think that suicide can be a solution or a way to avoid problems.

In this context, Durkheim's (in Rumbi, 2021) concept of the influence of social integration provides an interesting perspective. Durkheim identified four categories of suicide, namely egotistical, altruistic, anomic, and fatalistic, and linked them to the level of social integration. Durkheim made assumptions about the social factors that drive suicide and

the reasons why suicide rates are higher in certain groups. Furthermore, this understanding can be applied to students involved in religious communities, where higher levels of social integration may protect them from the risk of suicidal ideation. This means that students who have problems do not fully commit suicide, because there are factors that distinguish students in dealing with their problems, one of which is the factor of religiosity.

Religiosity can be explained as a religious concept applied by individuals by internalizing, believing, knowing, understanding, interpreting, and feeling it and interpreted as a commitment that must be obeyed through the implementation of worship, rituals, and implementation in daily activities. (Hafiz & Aditya, 2021). Religious teachings are very helpful in preventing suicidal behavior and other abnormal behaviors that can lead to suicide attempts. Commitment to faith can help a person avoid suicide attempts.

The results showed a negative relationship between the five dimensions of religiosity (beliefs, emotions, knowledge, outcomes, and rituals) and suicide attempts. In other words, the more dimensions and sub-dimensions of religion and religiosity, the lower the likelihood of someone committing suicide (Lotfi et al., 2012). In line with this research, the results of a study conducted by Krisnandita & Christian, (2022) also stated that religion, faith, support from others, prayer, getting closer to God, and internal motivation are things that can prevent someone from committing suicide. Everyone has different religiosity and different ways to solve the problem of suicide.

A person can be categorized as having serious suicide ideation if the score is greater than the mean plus standard deviation, in this measurement if the score is >22 . Through the results of pre-research conducted on 103 final semester students aged between 21-25 years, the mean and standard deviation were obtained at 28.85, meaning that there were indications of suicidal ideation in final semester students. Through this pre-study, insight was gained into how the factors of suicidal ideation amid academic pressures and challenges are inevitable.

This study offers a new perspective by examining the influence of religiosity on suicidal ideation among university students, different from previous studies that focus more on psychological, social, and academic pressure factors as causes of suicidal ideation. Previous studies have often discussed the impact of academic pressure and social stress without considering how religiosity may influence suicidal ideation. In contrast, this study specifically explores various dimensions of religiosity such as religious beliefs, rituals, and commitments that may act as protective factors.

The urgency of this study lies in understanding how religiosity can provide additional protection for college students facing severe stress, both academic and social. The findings of this study can significantly contribute to the development of suicide prevention strategies by incorporating religiosity as an effective protective factor. This study brings novelty by introducing religiosity as an important variable in suicide prevention interventions, an aspect that has not been widely studied in the context of

Indonesian university students. As such, this study has the potential to enrich the literature on suicide prevention and provide a basis for more holistic student support programs.

Thus, this study was conducted to explore the relationship that may exist between religiosity and suicidal ideation specifically in final-semester university students. This study hypothesizes that there is a significant relationship between the level of religiosity and the likelihood of final-semester college students having suicidal thoughts or ideation. Specifically, this hypothesis states that the higher one's level of religiosity, the lower the likelihood of having suicidal ideation amidst academic pressures and challenges.

METHOD

This research is correlational quantitative research. In this study, the independent variable is religiosity and the dependent variable is the suicidal ideation of final semester students. The research was conducted in the campus environment of UIN Raden Mas Said Surakarta. The population of this study were final semester students of the Faculty of Ushuluddin and Da'wah UIN Raden Mas Said Surakarta, the number of samples in this study were 107 people taken by random sampling technique with the criteria of active students in the final semester. The sample size in this study refers to Roscoe's opinion (in Firdaus, 2021) regarding the research sample size where a feasible sample in research is between 30 to 500 samples. The data collection technique in this study adapts the religiosity scale questionnaire and the suicidal ideation scale. The religiosity scale used is The Centrality of Religiosity Scale (CRS-15) which has been adapted into Indonesian, the results show that each item validly measures the dimensions of religiosity, ($T > 1.96$) with a range of R^2 ranging from 0.06-0.61 (Chairani et al., 2023). Then the suicidal ideation scale used is The Suicidal Ideation Scale (SIS) which is adapted into Indonesian and shows the results that the SIS scale is a valid measuring tool and can be used to select suicidal ideation in non-clinical populations, namely adolescents and young adults (Fitriana et al., 2022). In the research process, data were analyzed using Kendall's Tau correlation technique to determine the relationship and test the hypothesis between the independent variable and the dependent variable.

RESULTS AND DISCUSSION

Table. Demographic Data of Research Subjects

CATEGORY		FREQUENCY	%
AGE	20	1	0,9
	21	50	46,7
	22	42	39,3
	23	12	11,2
	24	2	1,9
GANDER	Female	86	80,4
	Male	21	19,6

In this study based on Table shows a variety of respondents' ages, ranging from 21-24 years old with the majority of subjects aged 21 years with a percentage of around 46.7%.

While in gender, it is dominated by women as many as 86 or 80.4% of female subjects and the remaining 21 people or 19.6 are men.

Table. Normality Test

N	SIGNIFICANCE VALUE (SIG.)	DESCRIPTION
107	0,000	Abnormal

In this study, a normality test was carried out using the Kolmogorov-Smirnov test with a significance value of $\alpha = 0.05$. The analysis results show that the significance value of the data obtained is $0.000 < 0.05$, meaning that the data is not normally distributed because the significance value is less than 0.05, therefore, the normality assumption is not met. Because the research data did not meet the normality requirements, other statistical tests were carried out to obtain more accurate data.

Table. Linearity Test

VARIABEL PENELITIAN	F DEVIATION FROM LINEARITY	P	DESCRIPTION
SUICIDAL IDEATION * RELIGIOSITY	0,835	0,679	Nonlinear

Furthermore, the linearity test was carried out, and the results of the linearity test on the variables of suicidal ideation and religiosity had a significance value of $0.679 > 0.05$. These results indicate that there is no significant linear relationship between the two variables studied. Statistically, when the significance value exceeds the predetermined significance level (e.g. 0.05), the H_0 hypothesis stating that there is no linear relationship cannot be rejected. Therefore, based on the results of the analysis, it can be concluded that there is no statistical evidence to support a linear relationship between the variables of suicidal ideation and religiosity in this study. This result illustrates that changes in the suicidal ideation variable cannot be explained linearly by changes in the religiosity variable.

Since the prerequisite tests of normality and linearity did not meet the assumption of normal distribution, the statistical test used in the study was an alternative non-parametric test. Kendall's Tau Correlation Test was used in this study to measure the degree of correlation between two variables measured on an ordinal scale. This test is suitable for use when normal assumptions are not met. The use of Kendall's Tau correlation test in this context makes it possible to evaluate the relationship between variables without relying on normal distribution or linearity assumptions.

Table. Kendall's Tau Correlation Test

RESEARCH VARIABLES	KENDALL'S TAU	P
SUICIDAL IDEATION * RELIGIOSITY	-0,121	0,091

Data analysis in the table above shows the coefficient value between the religiosity variable and suicidal ideation of -0.121 which can be concluded as a weak relationship between the two variables. The value of -0.121 leads to a negative relationship, meaning that when one variable increases, the other variable will tend to decrease. Although the relationship is relatively weak, the interpretation of this negative coefficient reflects the tendency that the presence of religiosity factors can have a protective impact on suicidal ideation in other words, the hypothesis can be accepted, namely the higher the level of religiosity, the lower the possibility of having suicidal ideation. Thus, the results of this statistical analysis contribute to the understanding of the relationship between the variables of religiosity and suicidal ideation, keeping in mind that other factors may play a role in this complex dynamic.

In general, suicidal ideation refers to a person's thoughts or desires to commit suicide (Liu et al., 2021). Suicidal ideation does not arise suddenly or by chance, the factors that cause suicidal ideation in a person can be explained through the Integrated Motivation-Volitional (IMV) conceptual model. There are two main factors involved in IMV: motivational factors that cause a person to feel trapped in their problems, feelings of helplessness, hopelessness, and feelings of isolation that ultimately lead to suicidal thoughts. Meanwhile, volitional factors have a role in filling the gap between suicidal thoughts and the execution of suicidal actions. A study also mentioned that demographic factors, general psychopathology, physical illness, cognitive problems, and social factors are also associated with the development of suicidal ideation and the transition from suicidal ideation to suicide attempts (Ko et al., 2021). Several factors can increase the risk of suicidal ideation such as depression and anxiety, excessive alcohol use, experiences of sexual abuse, maladaptive behavior, sleep difficulties, psychological burden, feelings of social unacceptability, and problems in interpersonal relationships. These factors can increase the likelihood that someone has suicidal ideation (Madhavan et al., 2021).

The findings in this study are in line with research conducted by Poorolajal et al. (2022) who found a relationship between the concept of suicide and religiosity. The results of the meta-analysis show that someone religious has a lower risk of suicidal ideation than someone who is not religious. Similarly, research conducted by Hajjyousouf & Bulut (2021) concluded that there is a negative relationship between the level of religiosity and the concept of suicide. This means that individuals with high religiosity tend to have a lower risk of experiencing suicidal ideation. These findings indicate that the tendency to practice religious activities can act as a barrier to the emergence of suicidal ideation. Thus

it can be concluded that belief and involvement in religious practice can play an important role in preventing suicidal ideation.

Involvement in religious activities or religiosity is not limited to the implementation of worship rituals but also includes other activities that are based on spiritual strength. In this case, religiosity is not only related to actions that can be observed physically but also involves internal activities that occur in a person's heart, which reflects the importance of the inner aspects in measuring religiosity (Suryadi & Hayat, 2021). A person's religiosity can affect the structure of thoughts and emotions through four main aspects: conviction (the belief that God knows everything), concern (contemplation of God and belief), guidance (the belief that God will provide life guidance), and emotional involvement (emotional attachment that can affect rationalization) (Głaz, 2021).

Religiosity can affect a person's psychological well-being. Individuals with high psychological well-being tend to have good self-acceptance, which can lead them to life satisfaction and happiness, even when facing problems. Tend to have a better level of religiosity if they have high self-acceptance because religiosity can have a positive impact on psychological well-being, including happiness, well-being, and life satisfaction (Ambarukmi & Savira, 2024). Someone with a high level of religiosity can use religion as a coping to overcome their problems, religion can positively help someone become more optimistic (Korkmaz, 2021; Suprpto, 2020).

Religiosity can also protect someone with major depression from suicidal thoughts. The existence of support in the form of spirituality and also meaning in facing life's challenges can reduce the risk of suicidal thoughts (Berardis et al., 2020). In addition, the prohibition of suicide in a belief or religion can play a protective role in protecting someone from suicidal behavior (Eskin et al., 2020). Then the provision of social support can also act as a protective factor that provides support and strength in dealing with crises involving suicide (Mariyati et al., 2023).

Furthermore, the role of social support in maintaining mental health, which includes knowledge, understanding, and mental health literacy, is also an important factor. A good understanding of mental health literacy is also important for university students as a strong knowledge base in terms of mental health, especially in an academic environment (Hasibuan, 2022). Broader education and socialization efforts need to be strengthened to support students' increased understanding and awareness of aspects of mental health that may not be fully met.

In addition, suicidal ideation can be effectively reduced by treatments, such as supportive counseling techniques, that make subjects feel relieved, especially in patients with suicidal ideation. Therefore, educational institutions such as campuses also need to protectively organize services that implement counseling programs that are easily accessible to students, because assisting in the form of counseling has been shown to reduce the level of suicidal ideation (Zahrok, 2024). The services provided are expected to provide significant psychological support, as well as assist students in overcoming

emotional distress and managing their mental health. In addition, educational institutions also need to actively promote awareness of the availability of counseling services as described earlier so that students feel open and ready to utilize them when needed.

CONCLUSION

Based on the research that has been done, it can be concluded that there is a negative relationship between religiosity and suicidal ideation in final-semester students, meaning that when religiosity increases, suicidal ideation will decrease and vice versa. Although the results of the study are fairly weak this does not necessarily mean rejection of the hypothesis but rather indicates a relationship that is not so strong or linear. Therefore, statistically, the hypothesis can be accepted. However, it is important to remember that interpretation of statistical results must be seen in a clinical and practical context and given the weakness of the relationship found. As for suggestions for future research, it can involve additional variables to provide a more comprehensive and in-depth picture of relevant factors. In addition, the campus can also develop mental health intervention programs that focus on suicide ideation prevention strategies.

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