

MENTAL HEALTH CRISIS IN INDONESIA FROM A SOCIOLOGICAL PERSPECTIVE: COMMUNITY PERCEPTIONS OF SUICIDE BEHAVIOR AMONGST STUDENTS

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ABSTRACT

The issue of the mental health crisis in Indonesia is increasingly worrying. Sociological analysis, which examines the influence of social factors on individuals and society at large, provides insight into this crisis. Suicidal ideation is a common concern often associated with mental health crises, especially among college students. Suicide is an act that intentionally causes one's own death. This disease can affect anyone and is often associated with mental health problems, such as depression. To overcome the societal stigma associated with suicide, it is important to advocate to increase understanding of mental health issues. In addition, access to adequate mental health services and social support must be improved. Social support can create a supportive and stigma-free environment for individuals struggling with mental health issues. Suicide and mental health are interconnected concepts. The Indonesian Ministry of Health has implemented preventive and promotional measures related to the well-being of adolescents and young adults, including students, in recognition of the importance of mental health issues. The student suicide prevention program is one of the initiatives implemented jointly with UNICEF. An additional effort is the Healthy Campus program, which seeks to improve students' mental well-being.

Keywords: *Mental health crisis; suicide; society stigma; social support; Ministry of health.*

ABSTRAK

Isu krisis kesehatan mental di Indonesia semakin mengkhawatirkan. Analisis sosiologis, yang mengkaji pengaruh faktor-faktor sosial terhadap individu dan masyarakat secara luas, memberikan wawasan mengenai krisis ini. Ide bunuh diri merupakan kekhawatiran umum yang sering dikaitkan dengan krisis kesehatan mental, terutama di kalangan mahasiswa. Bunuh diri adalah tindakan yang dengan sengaja menyebabkan kematian pada diri sendiri. Penyakit ini bisa menyerang siapa saja dan sering dikaitkan dengan masalah kesehatan mental, seperti depresi. Untuk mengatasi stigma masyarakat yang terkait dengan bunuh diri, penting untuk melakukan advokasi untuk meningkatkan pemahaman tentang masalah kesehatan mental. Selain itu, akses terhadap layanan kesehatan mental dan dukungan sosial yang memadai harus ditingkatkan. Dukungan sosial dapat menciptakan lingkungan yang suportif dan bebas stigma bagi individu yang berjuang dengan masalah kesehatan mental. Bunuh diri dan kesehatan mental adalah konsep yang saling berhubungan. Kementerian Kesehatan Indonesia telah menerapkan langkah-langkah preventif dan promosi terkait kesejahteraan remaja dan dewasa muda, termasuk pelajar, sebagai pengakuan atas pentingnya masalah kesehatan mental. Program pencegahan bunuh diri pelajar merupakan salah satu inisiatif yang dilaksanakan bersama dengan UNICEF. Upaya tambahannya adalah program Kampus Sehat yang berupaya meningkatkan kesejahteraan mental mahasiswa.

Kata kunci: Krisis kesehatan mental; bunuh diri; stigma masyarakat; dukungan sosial; Kementerian Kesehatan

INTRODUCTION

Suicide ranks as the third leading cause of death after murder and accidents, both of which involve the deliberate ending of a person's life. Furthermore, self-harming behaviour carried out to remove someone's soul is categorized as suicide. PBD can appear as a biological or psychological disorder or as a combined symptom that includes both. The desire to escape from life's sorrows and problems, the need for help and attention from others, or both often trigger episodes of PBD. PBD and mental health relate to an individual's evaluation of their optimal condition, characterized by the ability to face life's challenges effectively, demonstrate consistent behaviour, operate efficiently, and contribute positively to their community. There is a significant correlation between mental health disorders and suicide because more than 90% of people with mental health disorders who do not receive proper treatment die by themselves. Depression and anxiety are associated with about 80 to 90 per cent of suicides (Zulaikha & Febriyana, 2018).

Optimizing mental health can facilitate increasing one's abilities and fostering positive interpersonal relationships. Several mental health conditions, such as schizophrenia, anxiety, depression, and bipolar disorder, have been associated with an increased likelihood of suicidal behaviour. An additional consequence of feeling uncomfortable about being inundated with other people is that it can disrupt social interactions, erode a sense of belonging, worsen mental health problems, and increase the likelihood of suicidal ideation. To reduce suicidal ideation, it is essential to understand the relationship between mental health and suicide and implement programs that promote social support, eliminate stigma, and increase awareness.

A person's mental and psychological health is closely related to physical well-being. A disposition characterized by calm and serenity fosters solid interpersonal relationships and the capacity to find value in the mundane events of one's existence. Psychosis, post-traumatic stress disorder (PTSD), anxiety, melancholy, obsessive-compulsive disorder (OCD), and bipolar disorder are examples of mental health problems. In addition to head trauma, heredity, and other factors, mood-regulating brain compounds such as serotonin and noradrenaline may play a role in the development of health problems in men (Salsabhilla & Panjaitan, 2019)

There is a substantial reduction in psychological well-being associated with suicide risk. Mental health conditions such as anxiety, depression, and bipolar disorder, which can increase a person's tendency to engage in self-destructive actions, are risk factors for suicide. Bipolar disorder, for example, is a mental disorder that can lead to suicidal thoughts. Suicide is exacerbated by depression, which the World Health Organization says is one of the most common and dangerous conditions on the planet. Suicide is seen as a social phenomenon that is influenced by social factors in society from a sociological perspective. Emile Durkheim is a sociological figure who often discusses suicide. According to Durkheim, suicide is not solely the result of individual will but is also influenced by societal factors. Durkheim classified four categories of suicide according to social integration and social regulation. The following are forms of suicide:

1. Egoistic Suicide: Egotistic suicide occurs when individuals experience a sense of alienation or separation from the broader social order. Those who commit egoistic suicide often lack strong social connections and feel isolated from their surroundings.

2. Altruistic Suicide: Altruistic suicide occurs when an individual puts the welfare of society above their interests. Altruistic suicide is committed by those who believe that they are a burden on society or that their actions will benefit others.
3. Anomic Suicide: Anomic suicide occurs when individuals face social instability or confusion as a result of sudden changes in societal values and conventions.
4. Fatalistic Suicide: Individuals commit fatalistic suicide when they feel tied to circumstances that cannot be changed or controlled. Individuals who commit fatalistic suicide may consider themselves hopeless and powerless to change their circumstances because of the oppressive social norms and structures they encounter (Arif, 2020).

Several sociological investigations have revealed that many factors contribute to the development of suicidal ideation among college students. For example, financial difficulties, academic stress, difficulty assimilating to the campus environment, and lack of social support can be significant risk factors. Sociology can provide invaluable insight into suicide prevention among college students. Educational institutions and governments can increase the effectiveness of their prevention initiatives for the good of society by gaining knowledge about the social determinants that impact suicidal ideation. Examples of such initiatives include fostering an atmosphere that enhances student well-being, increasing awareness through an interdisciplinary reach, and facilitating access to mental health services. (Santoso et al., 2018).

The number of suicide victims each year exceeds 703,000, as reported by the World Health Organization in its data compilation. Suicide is one of the leading causes of death on a global scale. Indonesia received 971 reports of suicide cases in September 2023. Suicide cases increased by 36.4% compared to the same period in 2021, which was recorded at 486 cases. Suicide is a significant and complicated problem that affects many people in Indonesia, including students. This phenomenon requires careful consideration by various stakeholders, including educational institutions, government agencies, and the general public. In recent years, there have been repeated cases of suicide among Indonesian students; this shows the need for a deeper understanding of the underlying factors and more effective prevention strategies. Examples like this occur more often in the Malang, Surabaya and Central Java regions. Many factors, for example, may have contributed to the increase in suicide rates among students in Surabaya and Malang. Financial difficulties, hopelessness, anxiety, family problems, and excessive academic demands are some of the factors. Academics may face tremendous psychological pressure due to burdensome academic requirements and intense peer competition that motivates them to achieve extraordinary achievements. In addition, personal problems such as sadness, anxiety, and family problems can also contribute to the risk of suicide among college students. (Idham et al., 2019).

Reactions and support provided to individuals grappling with mental health challenges may be influenced by society's perception of suicidal behaviour. When society has a perception that it does not understand suicidal behaviour, individuals facing mental health challenges will likely experience unsupportive or stigmatizing responses. As a result of this stigma and discrimination, those with mental health problems may feel patronized, unappreciated, and unable to get the help they need. Society must develop a more comprehensive understanding of the problem of mental disorders. Better understanding will allow society to offer more empathetic help, recognize indicators and manifestations that require attention, and be aware of steps that can be implemented to help people grappling with mental challenges, such as suicidal thoughts. (Putri et al., 2015).

Mental health challenges can be positively influenced by social support from family, friends and community. Those in crisis may find solace in moral support, compassion, and understanding. To address the mental health crisis and the stigma surrounding suicidal ideation, various stakeholders such as government, health institutions, education and society must work together. Raising public awareness about mental health and effective treatment methods is essential. Mental health crises can have devastating impacts on individuals and society, as suicidal behaviour can hinder prevention and treatment efforts. Maintaining mental health is essential for social relationships, productivity, and daily balance. A mental health crisis can have significant consequences for interpersonal relationships, professional performance and overall well-being.

Mental health crises, such as suicidal ideation, often face discrimination and stigma due to a lack of understanding. This stigma discourages individuals from seeking help and hinders effective prevention and treatment efforts. To overcome this, it is essential to increase public awareness about mental health and remove the social stigma related to mental health problems. This will enable communities to provide more effective assistance and facilitate access to resources. An interconnected approach involving communities, families, and individuals is critical to preventing and controlling mental health crises (Ayuningtyas et al., 2018).

METHOD

This research uses a qualitative methodology with a case study design. (Muh. Fitrah & Luthfiyah, 2018) Argues that qualitative research is an investigative method used to obtain a comprehensive and descriptive understanding of phenomena. The goal of this methodology is to explain and provide a description of the characteristics or attributes of social influence that cannot be measured, explained, or quantified. A case study is a qualitative research approach used to examine specific social events, circumstances, or circumstances to understand how the phenomenon manifests in the social context under investigation and to examine cases that differ from others. This technique requires thorough data collection and examination of the problem under study. (TISDELL & MERRIAM, 2015)

This methodology is used to gain a comprehensive and descriptive understanding of the mental health crisis phenomenon in Indonesia from a sociological perspective and public perception of suicidal behaviour among students. This approach aims to describe and explain the characteristics or attributes of social influences associated with mental health crises and suicide. A sociological approach will be used in this qualitative research to understand the social factors that contribute to mental health crises and suicide. An examination of the social structures, norms, values, and social interactions that impact individuals in the context of mental health crises and suicide is a sociological approach.

The qualitative research methodology used in this case study includes obtaining data through surveys, in-depth interviews, and participant observation. Case studies analysis will be conducted on the data collected to gain insight into individuals' experiences, perceptions and social determinants regarding mental health crises and suicide.

RESULT AND DISCUSSION

Mental Health Crisis in Indonesia

The mental health crisis in Indonesia, especially among students, is quite an urgent issue. The 2022 Indonesian National Adolescent Mental Health Survey revealed that around 34.9% of adolescents experienced mental health problems, with anxiety disorders being the

most common disorder, accounting for 26.7% of the sample. The availability of mental health services is still limited because a population of 260 million people is only served by 773 psychiatrists and 451 clinical psychologists. This puts tremendous pressure on initiatives to improve mental health services in Indonesia (Rokom, 2021).

Discrimination and stigma around mental health persist in Indonesia, and many people are reluctant to discuss mental disorders due to a lack of knowledge. According to Basic Health Research (Riskesdas), more than 19 million Indonesians aged 15 years and over suffer from mental and emotional disorders. The lack of qualified personnel in the field is also a significant problem, as only one psychiatrist treats 250,000 residents. To overcome this crisis, significant attention and action are needed to increase access, awareness and effectiveness of mental health services in Indonesia.

The Mojokerto City Health Service emphasizes the importance of mental health and nutrition to a person's overall well-being. Mental health problems such as OCD, addiction, narcissism, anxiety disorders and melancholy are common in Indonesian society. Research shows that a person's diet dramatically influences sleep quality and mental health, especially among students. A balanced diet supports cognitive function and chemical balance, which can impact students' mental health.

Suicide and Mental Health Issues

Suicide and the mental health crisis in Indonesia are closely linked. The Indonesian Ministry of Health has documented an increase in suicide cases, as evidenced by the 826 cases reported in 2022. Around 80% to 90% of suicide cases are caused by symptoms of melancholy and anxiety. Based on 2018 Riskesdas (basic health research) data, the prevalence of emotional and behavioural disorders among adolescents (15-24 years) is 6.2%, with depression as one of the most significant proportions. A person suffering from severe melancholy may develop a tendency to self-harm or even attempt suicide. This underscores the importance of addressing mental health issues and implementing suicide prevention initiatives in Indonesia (NAPITUPULU, 2023).

According to the Mojokerto City Health Service, suicide has become a serious problem and social dilemma in many countries, including Indonesia. The social issue of suicide is influenced by many factors that contribute to its historical context and social impact. Suicide is an urgent social problem that requires consideration. The World Health Organization (WHO) reports that Ministry of Health data shows the global suicide rate is approaching 800,000 per year, or one death every forty seconds. Additionally, suicide ranks as the second leading cause of death among individuals aged 15 to 29 years. Suicide accounts for 79% of total deaths in low- and middle-income countries. Every suicide is a distressing event that may have lasting impacts on the bereaved person, their social environment, and the local community. As a result, suicide is categorized as an essential social problem that requires immediate attention (Ratih & Tobing, 2020).

Suicide not only has a significant impact on the perpetrator but also society as a whole. Social problems arise in a particular community, have a social essence, and are closely related to communal institutions and values. Various factors, including mental disorders, psychological violence, substance abuse, alcoholism, critical illness, psychological tension, life challenges, and family circumstances, can influence suicidal ideation.

Concept of Suicidal Behavior

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Suicide not only has a significant idea or concept of suicide in students but can be influenced by various factors, including approval of suicidal behaviour, certain behaviours, responses to stress, and social interactions. Adverse life experiences, such as sexual harassment, cyberbullying, and bullying, can contribute to the development of suicidal thoughts. Family dynamics, social environment, and cultural influences also play a role in suicidal ideation. Research has identified financial difficulties, feelings of isolation, and family neglect as risk factors for suicidal behaviour. The emotions of grieving family members after a loved one commits suicide are also important. Therefore, comprehensive awareness of these components must be included in suicide prevention efforts. Family dynamics, social environment, and cultural influences must be considered in suicide prevention efforts to reduce the risk of suicidal behaviour among students.

Suicide includes many aspects, including psychological considerations, religious beliefs, motivation, social influences, and cultural dynamics. Psychologically, suicidal ideation is often associated with depression, anxiety, tension and other mental health problems. Contemplation of suicide is closely related to psychological variables and decision-making processes. When faced with a dilemma, a person is faced with two choices: solving the problem positively through proactive action or negatively by committing suicide. (Ratih & Tobing, 2020).

Suicide is influenced by religion, honour, and social significance, and some traditions consider it immoral. Mental health problems such as anxiety, depression and stress are often associated with suicidal ideation. Factors such as a history of suicide, anxiety, depression, hopelessness, stress, loneliness, sleep disorders, harmful religious coping mechanisms, and stress contribute to an increased risk of suicidal ideation among adolescents. Research shows that psychological factors are the main risk factors for suicidal ideation among teenagers.

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Impact of Suicide

Failure to address a mental health crisis can result in suicidal tendencies, potentially wreaking havoc on families and society at large. Failure to promptly address mental health crises and suicide can result in the following consequences:

A. Family: The family left behind will experience deep sadness due to the loss of their loved one. Deep grief is one of the impacts of suicide on the victim's family. The loss of a family member by hanging has caused deep sorrow for the family members left behind.

B. Social Stigma: Prejudice and stigma can be imposed on a family due to the suicide of a family member. The social stigma surrounding suicide may impact how society views and responds to the issue. Individuals who are suicidal or mentally ill may experience feelings of regret and reluctance to seek treatment due to the social stigma associated with the condition.

C. Emotions of regret: The victim's relatives may feel feelings of shame for their inability to prevent their loved one's suicide. Because guilt, emotional tension and mental conflict are two trigger factors that often occur.

D. Emotional Challenges: The death of a person can cause emotional difficulties for the family left behind, including but not limited to sadness, anxiety, and trauma. Emotional challenges can trigger suicidal thoughts. When experiencing emotional problems, they need to seek support and help.

E. Suicidal ideation: After a loss, one's close relatives may be susceptible to suicidal ideation. Suicidal ideation can manifest in someone who is in a very challenging situation and lacks self-control. Suicidal ideation may arise from these thoughts.

Factors Causing Suicidal Behavior Among Students

The age distribution of students usually ranges from 18 to 24 years. The study primarily consisted of adult participants in the age range of 20 to 35 years. Adults face many obstacles during this phase that must be overcome to achieve developmental goals and become mature individuals. Amid the transition from adolescence to adulthood, individuals must also face various obstacles, emotional stress, and the need to adapt to a new way of life. According to the Mojokerto City Health Service, students who are at risk of committing suicide can also be influenced by several primary factors. These factors include internal factors that contribute to suicide in students and are closely related to the ability to recognize one's identity. In adolescence, a person must make significant personal discoveries regarding identity. Depressive symptoms may strongly influence suicide. In addition to moodiness, irritability, and melancholy, cognitive distortions, including self-criticism, worthlessness, and pessimism, are also indicative of depression. In addition, mental errors (Fradinta et al., 2022).

Emile Durkheim's Sociological Theory of Suicide

Suicide can be viewed as a socially sanctioned act of self-sacrifice, as in ancient Indian customs, or as an act of despair triggered by psychological disorders, economic hardship, or

societal expectations. The cultural and socio-economic environment can influence the definition of suicide in society. There are two categories: intentional suicide, which is done intentionally and knowingly, and unintentional suicide, which is unknown. Intentional suicide can be carried out through various methods, but differentiating them requires particular criteria according to Emile Durkheim, namely:

1. Egoistic Suicide: Egoistic suicide is one of the four forms of suicide identified by Emile Durkheim. This state of affairs arises from the individual's lack of integration in a community or social environment. Egoistic suicide victims often face emotions of alienation, alienation, and lack of acceptance of their background or neighbourhood. This can be exacerbated by feelings of isolation, lack of social interaction, or social disconnection.

2. Altruistic Suicide: Suicide committed selflessly for the benefit of another person or group, collective welfare, or preservation of societal norms and prestige is categorized as altruistic suicide. Altruistic suicide is always deliberate, planned, and carried out voluntarily.

3. Anonymous Suicide: This type of suicide is triggered by significant social and economic disruptions that give rise to a sense of moral ambiguity and lack of social purpose. A loss of adherence to ethical principles, goals, and societal norms characterizes anonymous suicide.

4. Fatalistic Suicide: This category is triggered by despair due to highly distressing situations, such as oppression or excruciating pain. This particular archetype reflects individuals who resort to extreme actions, such as suicide, because they are deemed unable to deal with the challenges they face (Biroli, 2018).

Aspects that influence public perception of suicidal behavior

Public perception of student suicidal behaviour is influenced by factors such as economic difficulties, social isolation, and melancholy. The stigma surrounding suicide still exists, necessitating campus-wide prevention and treatment initiatives. Cultural background, social values, and awareness of mental health problems can influence society's perspective on suicidal behaviour among students, including:

1. Stigma and worry avoidance: Certain communities may continue to have adverse social perceptions regarding mental health problems and suicidal tendencies. Their understanding of the complexity and impact of these issues on the parties involved may be incomplete. Lack of support and ignorance may result from stigma towards students suffering from mental health problems.

2. Evaluation and understanding: On the other hand, some individuals recognize the importance of addressing mental health issues, such as suicide, among students. They may be more aware of the complexity of these issues and seek to provide critical help and resources for students struggling with mental challenges.

3. Mental health and prevention services: In response to the issue of student suicide, several academic institutions and universities have implemented mental health prevention and services initiatives. They recognize the importance of promptly identifying early indications of psychological challenges and providing appropriate student assistance. These efforts include counselling services, emotional support, and mental health education.

4. Education and awareness: The importance of educating and raising awareness regarding mental health issues, such as suicide, among students is also recognized by society. They

advocate for educational initiatives that foster an understanding of mental health, provide coping mechanisms and problem-solving skills, and eliminate the social stigma associated with this issue (Pajarsari & Wilani, 2020).

Efforts to overcome student mental health crises and suicidal ideation

It is essential to know that suicide is a significant problem that requires attention and help. Suicide prevention efforts include an all-encompassing approach, such as providing adequate mental health services, educating the public, and providing social support. Autonomy is awareness of one's will to end one's existence. This concept includes psychological, social, cultural, religious and mental health dimensions. To fully understand and address the problem of suicide, it is essential to adopt holistic strategies that involve the involvement of diverse stakeholders. By doing this, social issues and concerns related to suicide can be addressed effectively (Wahyudi & Burnamajaya, 2020).

The mental health crisis in Indonesia is an urgent problem as the suicide rate increases. Promoting mental health can improve decision-making, interpersonal relationships, and stress management. Increasing the number of mental health workers and increasing public awareness about mental health can help provide necessary services to those struggling with mental health problems. However, public sentiment regarding suicidal thoughts among Indonesian students varies due to stigma and disinformation. Factors such as personal loss, romantic conflict, academic challenges, economic stress, and social rejection contribute to the persistence of suicidal ideation and reluctance to implement preventive interventions. Those closest to the suicide attempt tend to judge the perpetrator, further highlighting the need for improved mental health services.

Society can combat suicide through the implementation of various intervention and prevention strategies, including education and awareness campaigns aimed at increasing knowledge about the warning signs of suicide and raising awareness about mental health, such as:

1. **Strict Restrictions on Suicide Methods:** Implement restrictions on the availability of potentially lethal substances, weapons and drugs.
2. **Media Intervention:** Compliance with responsible and professional reporting of suicide cases; avoid spreading news that could inadvertently encourage suicide in the future.
3. **Facilitate Social Support:** Create a conducive environment by offering readily available therapists, support organizations, and social networks.
4. **Early Detection and Follow-up:** Know the warning signs of suicidal ideation, help individuals at risk, and provide necessary treatment.
5. The above actions are an essential part of broader efforts aimed at preventing suicide and providing assistance to individuals who need support (Hendrawati et al., 2023).

Recognition by diverse stakeholders of the critical nature of mental health issues and suicide among college students is increasing. Implemented by the Indonesian Ministry of Health are promotional and preventive initiatives, including campaigns to increase student awareness about mental health and programs to prevent student suicide. Getting professional help and social support is equally important when someone is facing mental health challenges or contemplating suicide. Mitigating the mental health crisis and reducing student suicide rates requires joint efforts from various parties, including educational institutions, families, and community members in general. Eliminating the stigma associated with mental health problems, expanding access to mental health services, and increasing public awareness about the importance of mental health are essential steps in overcoming this crisis (Lakadjo, 2023).

CONCLUSION

The mental health crisis occurring in Indonesia, especially among teenagers, is very urgent and requires great attention. Based on research findings, many teenagers suffer from mental disorders, including anxiety disorders, which can have long-term impacts on their health. Access to and quality of mental health services is inadequate. What makes this problem worse is that there are significantly fewer clinical psychologists and psychiatrists in Indonesia compared to the population in this country.

Specifically regarding public perceptions of suicidal behaviour among students, this can be studied through a sociological lens. Intentionally ending one's life is suicide, an event that is often unavoidable in contemporary society. In society, suicidal behaviour is influenced by various social factors. Academic pressure is one of the factors that influence suicidal behaviour among students. Undergraduates often face enormous time constraints in completing academic assignments, including theses and capstone projects. This burden has the potential to cause feelings of melancholy and stress, thereby increasing the possibility of suicidal ideation.

Additionally, the stigma and discrimination associated with mental health pose further challenges in addressing this issue. Society's perception of student suicidal behaviour must be understood within a sociological framework as one element of the complexity of crises related to mental health. Increasing access to services, educating the public, and eliminating the social stigma associated with mental health are critical to addressing this problem. Therefore, it is essential to overcome societal stigma and improve the quality, accessibility, and awareness of mental health services to address the mental health crisis, including those related to students' perceptions of suicidal behaviour.

From a sociological point of view, it is essential to understand that suicidal behaviour is not only an individual problem but is also the result of social interactions and social factors in society. Therefore, efforts to prevent and handle mental health crises among students need to involve a holistic approach, including social support, increasing awareness of mental health problems, and increasing access to adequate mental health services.

A person is said to be in good mental health when they are free from illness or mental disorders, which allows them to grow to their full potential in a harmonious and balanced manner and adapt to their environment and themselves. Teens' mental health is essential because it can help them face life's obstacles, form positive relationships, and live fulfilling lives. Adolescents' psychological well-being, competence and resilience can be improved, as can their emotional and physical safety. As a result, findings drawn from various sources emphasize how important maintaining mental health is to achieving overall well-being (Setyanto, 2023).

The mental health crisis in Indonesia requires a multifaceted approach. First, education and mental health services must be improved, especially in education. Addressing public awareness about mental health and the importance of mental health contributes to reducing stigma and increasing public understanding. Second, increasing access and accessibility to mental health services throughout Indonesia is very important. This includes providing mental health services to remote areas, improving mental health facilities, and providing quality health services. Third, addressing the stigma surrounding mental health issues is critical. The government can work to reduce this stigma and increase public awareness of mental health problems. The social environment can also help alleviate mental health problems. The mental health crisis in Indonesia requires active participation from the government, educational

institutions, society and individuals. This crisis can be overcome by implementing effective measures, and individual mental health, including education, can be improved (Arfiariska & Hariyati, 2021). Therefore, future researchers aspire to achieve a sociological understanding of public perceptions of suicidal behaviour among Indonesian students. They sought to investigate the social determinants that shape these perceptions and their subsequent consequences on Indonesia's mental health crisis. In this way, they hope to prevent a mental health emergency in the country.

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