

The Relationship Between Bullying Victimization and Suicidal Ideation in Student Victims of Bullying in Yogyakarta

Debby Sannya Indah Putry M^{1*}, Ratna Yunita Setiyani Subardjo²

Universitas 'Aisyiyah Yogyakarta, Indonesia¹

Universitas Kebangsaan Malaysia, Bnagi, Selangor, Malaysia²

Email: debbydannaiindah08@gmail.com

*Correspondence

ABSTRACT

Keywords: Suicidal Victimization; Support; Intervention	Bullying; Ideation; Social	Suicidal ideation arises in individuals or groups who feel overwhelmed by pressure and a sense of hopelessness. Bullying is a significant factor that contributes to severe psychological and social impacts on both victims and perpetrators. The growing prevalence of bullying today requires special attention, as it not only harms the victims but also negatively affects the bullies themselves. This study uses the scale of the Relationship of Bullying Victimization to Suicidal Ideation (suicidal ideation) in students who are victims of bullying in Yogyakarta. The type of research used is correlational quantitative research. Quantitative research is a research method that aims to find out if the individual has experienced a victim of bullying that causes suicidal thoughts. Suicidal Ideation and Bullying are known to have a significance value of 0.736, where this value is greater than 0.05. So, it can be concluded that the two variables have a significant relationship or correlation with a strong correlation level. Victims of bullying can be open and seek help from their parents, close friends and family so that they do not experience the risk of suicidal ideation (suicidal ideation) or other effects of bullying. In addition, victims must have positive thoughts when they feel hurt so that they do not think badly to do suicidal ideation (suicidal ideation).
---	----------------------------------	---



Introduction

Suicidal ideation is a person's memory of taking his life, which is communicated verbally or with a message that has a specific reason or to show people around him about the consideration of damaging the person. Suicide ideation is a thought that leads to death; the individual plans to die, specifically eliminating from life (Dowie, 2020). Suicidal ideation is caused by the vulnerability of a group of people or individuals due to pressure that they cannot cope with and a sense of inability to survive in their lives (Yunitasari et al., 2023).

The stressful current conditions and situations that occur in a person's life can give rise to emotional reactions, both positive and negative, which can cause the individual to experience severe stress that leads to depression and even suicidal behavior. Several studies mention that several risk factors can be associated with suicidal behavior, namely depression, absence or low coping ability, high avoidance of stressors and lack of close

social relationships (Ati et al., 2021). However, not everyone who experiences negative emotions will continue to commit suicide. When a person is faced with a situation that raises negative emotions, some people can cope and regulate their emotions well so that it does not lead to suicidal behavior. Still, some other people, when they feel that they are not able to regulate their emotions, can have the urge and idea to commit suicide (Brausch et al., 2022).

Suicidal behavior is an individual's attempt to avoid or avoid emotions when facing emotional distress. Thus, the regulation of emotions is a very important process in a person's life related to suicidal ideation. In addition to emotional regulation, social support is another factor that can influence suicidal ideation. The importance of social support has consistently emerged in studies that address suicidal recognition and psychopathological development. From year to year, suicide cases are increasing, and the World Health Organization (WHO) states that there is one person who dies by suicide every 40 seconds. This suicide case is also growing in Indonesia, which ranks 159th in suicide cases in the world (Al-Halabí & Fonseca-Pedrero, 2021). Suicide in Indonesia also ranks second as the cause of death at a young age ranging from 15-29 years old (Susilawati, 2018). Meanwhile, the Centers for Disease Control and Prevention stated that in 2013, suicide was the second leading cause of death in 13-34-year-olds (Center for Disease Control and Prevention, 2015). In Indonesia itself, Amarullah (Ratih & Tobing, 2016) also stated that the highest suicide cases in Indonesia are in the age group of 15 to 24 years.

Some suicide cases at a young age occurred in students, which at the end of 2022 became news in several media. These suicide cases include the discovery of students in Yogyakarta who jumped from the 11th floor, three students in Semarang who also committed suicide by jumping and cutting their hands and students in Makassar who committed suicide by hanging themselves (Ratih & Tobing, 2016). Based on research conducted in six ASEAN countries, of which Indonesia is one, it was found that students had suicidal ideation of 22.7% and suicide attempts of 2.4% (Peltzer et al., 2017). However, there is no definite data regarding the number of suicide cases, whether it is tied to ideas, intentions or suicide attempts. This is because suicide cases are not well recorded, so many cases are still not neatly reported and still not centralized. So far, reports of suicides have been obtained from provincial data. There is a difference in case data between the police and the Indonesian Ministry of Health data. Therefore, it is difficult to conclude suicide case data other than some given in the media. In this suicide attempt, data was obtained that most individuals committed suicide by hanging themselves, using poison, jumping from heights, and using sharp weapons (Hakim et al., 2023).

Some studies have found that bullying has a role in suicidal ideation in victims. The results of research from (Bannink et al., 2014) and (Reed et al., 2015) found that bullying victims have a relationship that causes an incident to occur with the risk of suicidal ideation. In addition, suicidal ideation in research conducted by (Pratiwi & Undarwati, 2014) states that several factors, such as social pressure, friendship, low self-esteem, psychological pressure, and others, influence the occurrence of suicidal ideation. Some victims of bullying also experience social pressure from peers, making them feel anxious and depressed. As a result of the initial interviews in this study, some people said that they feel too hurt when they are bullied and cannot return the pain to others because they have no other way to get rid of the pain and only have thoughts of hurting themselves with suicidal thoughts.

Bullying is currently one of the problems that needs more attention. Bullying is one of the problems that must be considered because bullying can have a serious psychological and social impact both on the victim and the behavior concerned (Tumon, 2014). The current condition of bullying, which is often encountered, needs to be given special attention because the prevalence of bullying at this time is increasing, causing a negative impact on the victim and the bullying perpetrator. Mesesini (Evans & Smokowski, 2016) added that bullying is a dangerous behavior that permeates so that it causes many risky impacts for the victim. The risks of bullying behavior include that it can trigger individuals to experience interpersonal difficulties, depression, loneliness, anxiety, low self-esteem, and the worst is suicidal ideation.

Bullying can be in the form of ridicule, insults, beatings, or bullying from social media by providing comments that contain bad words and swear words on someone's posts. The incidence of bullying with suicide attempt behavior is currently influenced by other factors that aggravate the behavior. Still, bullying as the initial trigger, in line with the theory of mental health problems, is multi-factorial, not a single cause (Khalid, 2019). The physical impact that victims usually experience is the appearance of physical health complaints such as headaches, abdominal pain, and tension in the muscles. Meanwhile, the mental impact that can occur on bullying victims is depression, anxiety, and sleep problems (Zakiyah et al., 2017). The appearance of depression in bullying victims that occurs in a person can make the person feel depressed (Tumon, 2014). Bullying attacks can also occur through technology or the internet, which is usually called cyberbullying. Cyberbullying is a traumatic event that can cause various psychopathologies, including feelings of depression, low self-esteem and low self-esteem, depressive symptoms, as well as feelings of hopelessness and loneliness that can give rise to suicidal ideation (Baiden & Tadeo, 2020). Meanwhile, the impact of cyberbullying, such as smoking, alcohol consumption, and even suicidal ideation, on suicide attempts (Wiguna et al., 2018).

However, from the legal realm, the legal rules on cyberbullying are still weak, so they cannot be used effectively in court even though cyberbullying behavior can have a fatal impact. There is even a potential suicide attempt by the victim if they cannot overcome the trauma of cyberbullying (Nugraha, 2019). Based on age group data in WHO Indonesia, the age group of 15-29 years shows that the suicide rate is higher compared to the age of 30-49 years. Suicide is the second highest cause of death in 15-29 years in general (WHO, 2016 in (Dwiyanti, 2022)

Based on the problems that have been discussed by the researcher above, along with the theories and results of previous studies on the influence of bullying on suicidal ideation or suicidal ideation, is the background of the research in this study. Based on this phenomenon, researchers are interested in further researching this problem in male and female students who get bullied by others so that they have suicidal ideation.

Methods

In a study, the user of the method is essential in finding the validation of the data to be obtained. Likewise, with this research, it is hoped that the technique used is by the object of the problem to be studied. The research entitled *The Effect of Bullying on Suicidal Ideation (suicidal ideation) on Bullying Victim Students in Yogyakarta*. The type of research used is correlational quantitative research. Quantitative research is a research method that aims to find out if the individual has experienced a victim of bullying that causes suicidal thoughts. This research data is in the form of numbers and analysis that

will be used to research a specific population or sample by collecting data using quantitative/statistical data analysis research instruments to test the hypothesis that has been determined (Ali, 2021). Correlational research tests how much variation is from one variable to another in the correlation coefficient. This correlation approach can provide information about the level of a relationship between variables (Franzese & Iuliano, 2018).

This data collection method or research instrument uses a psychological scale. It uses a questionnaire as a data collection tool that will be disseminated through social media or the Internet. A questionnaire consists of several written statements to obtain answers from respondents. The answers to each item of this instrument ranged from the highest to the lowest for determining the number of samples using the Krejcie and Morgan tables for a population of 384 respondents.

This study uses the scale of the Relationship of Bullying Victimization to Suicidal Ideation (suicidal ideation) in students who are victims of bullying in Yogyakarta. The scale used consists of the Bullying scale statement item and the Suicidal ideation scale item (suicidal ideation), which will be supported using the SPSS application and statistical methods in the form of normality, linearity and product moment tests.

Results and Discussion

This study uses a quantitative method with a correlational approach to determine the relationship between two variables, namely the bullying and suicidal ideation variables. This data tester used a product-moment correlation test, where the researchers previously took several steps, such as categorizing variables by conducting a normality test and a linearity test using SPSS 21.

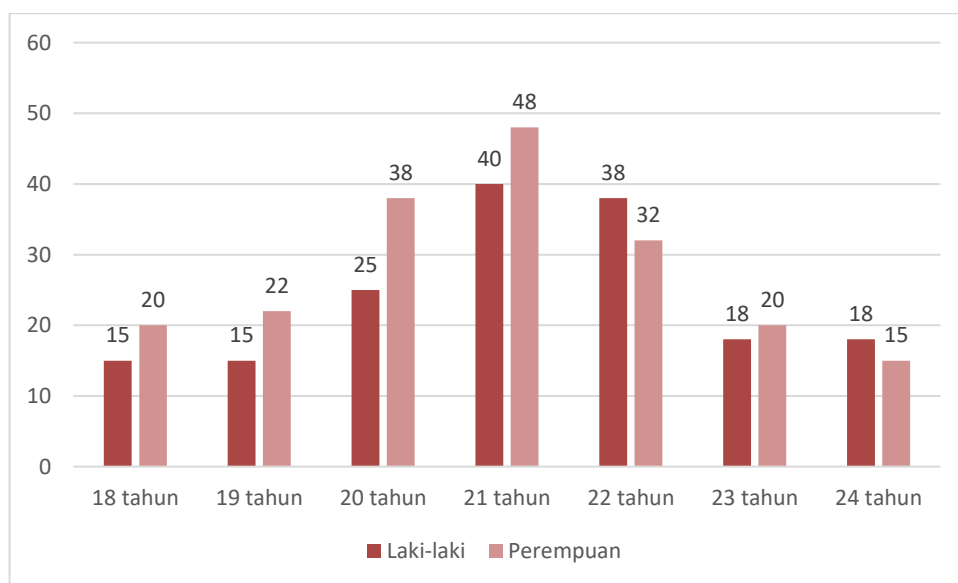


Figure 1. Number of males and females by age

Respondents in this study are characterized by active students in Yogyakarta, with 169 male and 195 female respondents. Thirty-five people consisted of 15 men and 20 women who were 18 years old, thirty-seven people consisted of 15 men and 22 women who were 19 years old, sixty-three people consisted of 25 men and 38 women who were

20 years old, eighty-eight people consisted of 40 men and 48 women who were 21 years old, seventy people consisted of 38 men and 32 women who were 22 years old, thirty-eight people consisted of 18 men and 20 women who were 23 years old, and thirty-three people consisted of 18 men and 15 women who were 24 years old.

Based on the results of the normality test analysis (Table 1), it is known that the Asymp.Sig (2-tailed) value is 0.219, where this value is greater than 0.05. So, it can be concluded that the data in this study is normally distributed

Table 1. Normality Test

		Unstandardiz ed Residual
N		384
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	8.88451293
Most Extreme Differences	Absolute	.054
	Positive	.054
	Negative	-.052
Kolmogorov-Smirnov Z		1.051
Asymp. Sig. (2-tailed)		.219

Based on the results of the linearity test (Table 2), it is known that the variable can be seen that the significance value is 0.82, where this value is greater than 0.05. So, it can be concluded that the data obtained from the two variables in this study are linear.

Table 2. Linearity Test

			Sum of Squares	df	Mean Square	F	Sig.
VAR00003 * VAR00004	Between Groups	(Combined)	22586.479	29	778.844	320.238	.000
		Linearity	22490.139	1	22490.139	9247.288	.000
		Deviation from Linearity	96.339	28	3.441	1.415	.082
	Within Groups		860.956	354	2.432		
	Total		23447.435	383			

Based on the results of the Pearson correlation test (Table 3), Suicidal Ideation and Bullying are known to have a significance value of 0.736, where this value is greater than 0.05. So, it can be concluded that the two variables have a significant relationship or correlation with a strong correlation level.

Table 3. Pearson Correlation

		VAR00001	VAR00002
VAR00001	Pearson Correlation	1	.736**
	Sig. (2-tailed)		.000
	N	384	384
VAR00002	Pearson Correlation	.736**	1
	Sig. (2-tailed)	.000	
	N	384	384

Bullying and Suicidal Ideation (suicidal ideation) are interrelated aspects because the higher the level, the higher the bullying in the subject. The level of suicidal ideation consists of an active desire to commit suicide, specific plans for suicide and passive willingness to commit suicide; the higher the suicidal ideation (suicidal ideation) in the subject.

Bullying is an influencing variable because bullying has serious problems that can have a psychological and social impact both for the victim and the perpetrator concerned. Individuals who are unable to develop themselves will be at risk of having strong suicidal ideation and making active efforts to end their lives.

Connectivity and pain factors are the main focus to determine the effect on the rate of suicidal ideation. High interpersonal sensitivity can interfere with an individual's connection to others. Likewise, dissatisfaction with body shape can cause psychological pain and intrapersonal problems.

In practical terms, victims of bullying can be open and seek help from their parents, close friends and family so that they do not experience the risk of suicidal ideation (suicidal ideation) or other effects of bullying. In addition, victims must have positive thoughts when they feel hurt so that they do not think badly to do suicidal ideation (suicidal ideation).

Conclusion

Suicidal ideation is thoughts about ending a life that is often triggered by emotional distress and stressful situations, including bullying. This phenomenon is increasing among students, especially in Indonesia, where suicide cases at a young age are relatively high.

This study shows that the higher the level of bullying experienced by students, the higher the level of suicidal ideation they experience. This confirms that bullying is a significant factor that affects suicidal ideation in students. In the regulation of emotions, the ability to manage emotions is essential. Individuals who experience bullying often are unable to regulate their emotions properly, which increases the risk of suicidal ideation (suicidal ideation). For social support, this lack of social support can exacerbate the impact of bullying; In contrast, good support can reduce the risk of suicidal ideation; bullying victims need to seek support from their parents, close friends or family to reduce the risk of suicidal ideation.

This study states that there is a significant and robust relationship between bullying and suicidal ideation (suicidal ideation) in students in Yogyakarta. This can provide appropriate treatment and adequate support to victims of bullying to reduce the negative impact of bullying and prevent suicidal ideation (suicidal ideation) on their mental health.

Bibliography

- Al-Halabí, S., & Fonseca-Pedrero, E. (2021). Suicidal behavior prevention: The time to act is now. *Clínica y Salud*, 32(2), 89–92.
- Ali, A. (2021). Quantitative data analysis. University of Sindh 9p.
- Ati, N. A. L., Paraswati, M. D., & Windarwati, H. D. (2021). What are the risk factors and protective factors of suicidal behavior in adolescents? A systematic review. *Journal of Child and Adolescent Psychiatric Nursing*, 34(1), 7–18.
- Baiden, P., & Tadeo, S. K. (2020). Investigating the association between bullying victimization and suicidal ideation among adolescents: Evidence from the 2017 Youth Risk Behavior Survey. *Child Abuse & Neglect*, 102, 104417.
- Bannink, R., Broeren, S., van de Looij–Jansen, P. M., de Waart, F. G., & Raat, H. (2014). Cyber and traditional bullying victimization as a risk factor for mental health problems and suicidal ideation in adolescents. *PloS One*, 9(4), e94026.
- Brausch, A. M., Clapham, R. B., & Littlefield, A. K. (2022). Identifying specific emotion regulation deficits that associate with nonsuicidal self-injury and suicide ideation in adolescents. *Journal of Youth and Adolescence*, 51(3), 556–569.
- Dowie, S. E. (2020). What is suicide? Classifying self-killings. *Medicine, Health Care and Philosophy*, 23(4), 717–733.
- Dwiyanti, R. (2022). Bibliokonseling Dalam Mengatasi Permasalahan Kesepian, Antisosial dan Patah Hati (Studi Novel The Little Paris Bookshop Karya Nina George). UIN KH. Abdurrahman Wahid Pekalongan.
- Evans, C. B. R., & Smokowski, P. R. (2016). Theoretical explanations for bullying in school: How ecological processes propagate perpetration and victimization. *Child and Adolescent Social Work Journal*, 33, 365–375.
- Franzese, M., & Iuliano, A. (2018). Correlation analysis. In *Encyclopedia of bioinformatics and computational biology: ABC of bioinformatics* (Vol. 1, pp. 706–721). Elsevier.
- Hakim, L. N., Prayoga, R. A., Ganti, M., Sabarisman, M., & Hidayatulloh, A. N. (2023). Kesejahteraan Semu dalam Dialektika Perilaku Bunuh Diri di Kabupaten Gunung Kidul: Tinjauan Sosial Psikologis. *Sosio Konsepsia: Jurnal Penelitian Dan Pengembangan Kesejahteraan Sosial*, 12(2).

The Relationship Between Bullying Victimization and Suicidal Ideation in Student Victims of Bullying in Yogyakarta

- Khalid, M. (2019). Ethnocentrism as a Predictor of Cyberbullying & Cyber Victimization among adults: A Cross-Cultural Study. Department of Forensic Science, Gujarat University.
- Nugraha, R. Z. (2019). Pengaruh Terpaan Game Mobile Legends: Bang Bang Terhadap Tingkat Cyberbullying Pada Anak Di Yogyakarta (Studi Pada Siswa Siswi Kelas X dan XI di SMA N 1 Depok Babarsari Yogyakarta). Universitas Pembangunan Nasional Veteran Yogyakarta.
- Peltzer, K., Yi, S., & Pengpid, S. (2017). Suicidal behaviors and associated factors among university students in six countries in the Association of Southeast Asian Nations (ASEAN). *Asian Journal of Psychiatry*, 26, 32–38.
- Pratiwi, J., & Undarwati, A. (2014). Suicide ideation pada remaja di kota Semarang. *Developmental and Clinical Psychology*, 3(1).
- Ratih, A., & Tobing, D. H. (2016). Konsep diri pada pelaku percobaan bunuh diri pria usia dewasa muda di Bali. *Jurnal Psikologi Udayana*, 1, 56–70.
- Reed, K. P., Nugent, W., & Cooper, R. L. (2015). Testing a path model of relationships between gender, age, and bullying victimization and violent behavior, substance abuse, depression, suicidal ideation, and suicide attempts in adolescents. *Children and Youth Services Review*, 55, 128–137.
- Susilawati, D. (2018). Angka Bunuh Diri di Anak Muda Meningkat. retrieved on June 27, 2020.
- Tumon, M. A. B. (2014). A Descriptive Study of Bullying Behavior in Adolescents. Surabaya: Calyptra. *University of Surabaya Student Scientific Journal*, 3(1).
- Wiguna, T., Ismail, R. I., Sekartini, R., Rahardjo, N. S. W., Kaligis, F., Prabowo, A. L., & Hendarmo, R. (2018). The gender discrepancy in high-risk behaviour outcomes in adolescents who have experienced cyberbullying in Indonesia. *Asian Journal of Psychiatry*, 37, 130–135.
- Yunitasari, E., Yusuf, A., Aditya, R. S., Acob, J. R. U., Solikhah, F. K., & Alrazeeni, D. M. (2023). Nursing students facilitating the transition from suicidal ideation to action in the rural: a qualitative study. *Neuropsychiatric Disease and Treatment*, 171–180.
- Zakiah, E. Z., Humaedi, S., & Santoso, M. B. (2017). Faktor yang mempengaruhi remaja dalam melakukan. *Jurnal Penelitian & PPM*, 4(2), 324–330.