

Research Article

How is the relationship between hopelessness and suicidal ideation in adolescents?

Yucktav Nindya Sukma¹ and Dwi Nikmah Puspitasari²

Faculty of Psychology, Universitas Negeri Malang, Indonesia

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Abstract

The number of adolescents who suicide has increased from year to year. Suicidal behavior begins with suicidal ideation. There is a positive relationship between suicidal ideation and suicidal behavior. In other words, suicidal ideation is a trigger for suicidal behavior. The main factor of suicidal ideation is a psychological condition, especially related to hopelessness. This study aimed to analyze the relationship between hopelessness and suicidal ideation in adolescents. The research method is quantitative with a correlational design. Participants were 100 youth aged 15-20 years. Data were collected using the Beck Hopelessness Scale (BHS) by Beck, et al (1974) and the Beck Scale for Suicidal Ideation (BSS) by Beck (1979). The data were analyzed using Pearson's Product Moment correlation. The results of the data analysis showed that there was a significant positive correlation ($r = 0.749$; $p = 0.001$) between hopelessness and suicidal ideation among adolescents. This study concludes that the higher the level of hopelessness, the higher the suicidal ideation in adolescents, and conversely the lower the hopelessness, the lower the suicidal ideation.

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Introduction

Adolescent stage is one of the stages with its own development role. The stage begins from the age of 12 to 20, which considered as the most important stage in human development since it must reach a sufficient level of identity. The role of search for identity will lead the adolescents to experience their roles and capabilities for meeting pre-established goals, but at this stage they tend see themselves as unrealistic because of perceiving themselves or others as they expected and not as they really are, and causes disappointment if difference arises between desires and realities and other people or themselves fails to achieve the pre-established goals. This difference also causes the adolescents suffer inferiority and feel worthless which turns to depression or even suicidal attempt (Marliani, 2016).

In the survey conducted in 2015 called Global School-Based Student Health Survey, a cooperation between WHO and Ministry of Health of Republic of Indonesia on junior and senior high school students at the ages of 12 – 18 concerning Health in Adolescent from various provinces. The results show that 3.8% of adolescents have attempted suicide at least once, 5.7% of adolescents have planned to suicide, and 5.5% of adolescents have suicidal ideation in the last 12 months. The suicidal ideation is now increasingly found among adolescents, even if they are abnormal idea for adolescent (Aulia, 2020).

A suicide is a phenomenon that continues to increase every year, WHO (2016) confirmed that there are approximately 800,000 people die by suicide, and Indonesia was in the fourth position of most suicidal behavior in Asia.

¹ Student of Psychology Department, Faculty of Psychology, Universitas Negeri Malang, Indonesia. E-mail: yucktav.nindya.1808116@students.um.ac.id ORCID: 0009-0000-5239-0758

² Lecture of Psychology Department, Faculty of Psychology, Universitas Negeri Malang, Indonesia. E-mail: dwi.nikmah.fpsi@um.ac.id ORCID: 0000-0002-2714-101X

The Ministry of Health of Republic of Indonesia predicted that in Indonesia there were more than 16,000 suicide cases per year and it kept growing throughout the year (Infodatin, 2019). Suicidal behavior is the deliberate and attempt to kill oneself (Muhith, 2015). Brown & Vinokur (2003) argues that there is connectedness between suicidal ideation and completed suicidal behavior; in other words, suicidal ideation is intent behind suicidal behavior. Suicide ideation is defined as thoughts to kill oneself, either in their mind or expressed to the others (Stuart, 2013). Suicidal ideation refers to thoughts for hurting or killing oneself (Valentina, 2016).

In the Beck Scale for Suicidal Ideation proposed by Beck (1979), there are 3 dimensions for suicidal ideation i.e. active suicidal desire which involves attitude of death and life, such as motivation to end their life with specific plan for a suicidal attempt. Passive suicidal desire represents a passive suicidal ideation with desire for death, but without specific plan to make suicide attempt and preparation which involves plan or concrete preparation made by individual to commit suicide using poisons or drugs. According to Klonsky & May (2015, in Karisma, 2021) there are steps to suicidal ideation which is motivated by psychological or physical pain from family or colleagues relationship. Second step is the increase both in passive and active ideation where the relationships with family or friends are stronger than pain and hopelessness, then there are only passive ideas and not turn into active ideas, and vice versa. The third stage is the progression of suicidal ideation into suicide attempts, if at this stage the suicidal ideation grows, the risk of completed suicidal behavior will increase (Karisma, 2021). Handriani (2011, in Khairunisa, 2018) divides the causes of suicidal ideation into 2 factors, among others, the internal factor which occurs from themselves such as depression and hopelessness, and the external factors which arise from environment, such as social support, both from family and environment.

Hopelessness is a psychological condition that becomes source or factor for depression and some other conditions such as suicidal behavior; Hopelessness refers to a cognitive schema system which generally represents negative expectations about future (Beck, 1979). Hopelessness represents a desperateness contributing to lack of energy, loss of hope, and loss of aspirations due to a lack of support in life and causing individuals feel tired and discouraged to deal with problem. It can also occur due to the unexpected situation which can result in frustration and despair in themselves (Melinda, 2017).

In Beck, Weissman, Lester & Trexler (1974) mentioned that hopelessness have three dimensions. First, feelings about the future, the subject of hopelessness have anxiety about their lives in the future. Second, loss of motivation, lack of enthusiasm leading to discouraged feeling and loses optimism in them. Third, future expectations, the anticipation about their future will be dark and difficult. One of the symptoms of hopelessness is an individual only focus on the past and the future instead of the present, and is lack of flexibility in thinking, lack of imagination and capacity to hope, inability to find source of hope, and having suicidal thoughts. (Oktaviana, 2019).

Study on suicidal ideation in adolescents has been carried out in Indonesia as it is made by Pratiwi (2014) which suggests that a psychological pressure is one of the factors influencing suicidal ideation in adolescents. The results of this study were in line with the research made by Aulia in 2020 on psychological factors as the primary risk of suicidal ideation in adolescents. The results also explain that psychological factors are the most dominant factor in adolescent suicide ideation, one of which is hopelessness. This study uses sample of teenagers without specific characteristics and therefore it differs from the previous one. The authors provide sample characteristics on teenagers with suicidal ideation. In consideration of the discussion above, the authors have interest in conducting the same research on the connection— if any—between teenage suicide thoughts and feelings of hopelessness in order to determine whether or not these two phenomena are related.

Problem of Study

Several studies regarding suicidal ideation in adolescents is carried out in Indonesia, such as by Pratiwi (2014) and Aulia (2020). The two researchers concluded that psychological pressure is one factor that affects suicidal ideation in adolescents, especially hopelessness. Research it using a sample of adolescents without any specific characteristics. Therefore to distinguish this study from research previously, the researchers gave certain characteristics to the sample.

The sample is adolescents who are having ideas of suicide. Based on that researchers are interested to research the relationship between hopelessness and suicidal ideation in adolescents.

Method

Research Model

This study uses an approach quantitative with correlational research design to analyze the correlation of hopelessness and suicidal ideation in adolescents. Correlational research is research that analysis produces data in the form of numbers, obtained through measurement and processed with data analysis methods (Anzwar, 2017). The independent variable is hopelessness and dependent variable is suicidal ideation.

Participant

The population in this study was adolescents in Java Island with age ranging from 15 to 20 years old, while the sample in this study were adolescents with suicidal ideation. In determining research population, the author used Lemeshow formula. This formula is used if the population in the study is unknown about the outcome with total minimum samples of 96. Sampling in this study used non-probability sampling techniques covering purposive sampling. The sample of this study were 100 adolescents.

Table 1 Data description of sample

Descriptions	Types	Number	Percentage
Gender	Male	24	24%
	Female	76	76%
Ages	15 Years	7	7%
	16 Years	8	8%
	17 Years	28	28%
	18 Years	27	27%
	19 Years	23	23%
	20 Years	7	7%

Based on the data described by the research above, it can be concluded that the study involved 100 adolescents. There are more female subjects than male subjects. From 100 respondents it is identified that the majority respondent is the age of 17 in the amount of 28 subjects (27%), followed by the age of 18 in the amount of 27 subjects (27%), and the age of 19 in the amount of 23 subjects (23%), the age of 16 in the amount of 8 subjects (8%), and the least is the age of 15 and 20 in the amount of 7 subjects (7%).

Data Collection Tools

The instrument used for measuring hopelessness is adapted from Beck Hopelessness Scale (BHS), with total of 20 items while for determining suicidal ideation the authors use Beck Scale for Suicidal Ideation (BSS) scale, with total of 19 items. The adaptation procedure was carried out based on the stage of back translation according to Beaton (2000) which includes: Translation stage, translating the scale source language (English) into the target language (Indonesian) with help from 2 translators.

Synthesis stage, select the translated item by expert, taken from one of the lecturers at the Faculty of Psychology, State University of Malang. Back-translation stage, the translation concluded by experts will be converted into the source language (English) with assistance from a translator. The fourth stage is expert judgment which aims at reviewing all translation results with the support from two lecturers at Faculty of Psychology, State University of Malang, and the final stage is pretesting item, distributing the scale minimum for 30 people to test the feasibility of the scale. The validity test used in this study is content validity as carried out by testing the feasibility of the test content with expert judgment and the value is calculated using Aiken's V, to know the differentiator level of items using item differentiator test

through comparisons between r-counts and r-tables. Meanwhile, for obtaining item reliability, the authors used Alpha Cronbach formula.

Beck Hopelessness Scale

This scale was adapted from Beck Hopelessness Scale (BHS) develop by Beck, Weissman, Lester & Trexler (1974). This aspect measures three dimention: *feelings about the future, loss of motivation, and future expectations*. Based on the reliability test results, a BHS scale was obtained with an alpha Cronbach coefficient of 0.867.

Beck Scale for Suicidal Ideation

This scale was adapted from Beck Scale for Suicidal Ideation (BSS) by Beck (1979), this aspect This aspect measures three dimention: *active suicidal ideation, passive suicidal desire, and preparation*. Based on the reliability test results, BSS scale with *alpha Cronbach* coefficient of 0.895.

Data Analysis

In this study, the data analysis used was descriptive and correlational analysis. Descriptive analysis found minimum value scores, maximum values, moderate values, and standard deviations, which were further divided into three categories: low, medium, and high. Next, a normality test is carried out to determine the distribution of data on normal or not distributed variables, a linearity test to determine the relationship between the variables studied, and a correlation test using *Pearson product-moment*.

Results

Descriptive Analysis

Table 2. Hopelessness categorization

Category	Frequency	Percentage
Low	20	20%
Moderate	42	42%
High	38	38%
Total	100	100%

According to the table 2, the subject with most hopelessness lies in moderate category in the amount of 42 adolescents with a percentage of 42%. Meanwhile, the research subject with least hopelessness lies in low category where the in result of categorization subject number in low category is 20 adolescents or 20%

Table 3. Suicidal ideation categorization

Category	Frequency	Percentage
Low	20	20%
Moderate	46	46%
High	34	34%
Total	100	100%

Based on the table 3, it is found that the subject with most suicidal ideation lies in moderate category in the amount of 46 adolescents with a percentage of 46%. Meanwhile, the subject with least suicidal ideation lies in low category where in the categorization result subject number in low category is 20 adolescents or 20%.

Correlational Analysis.

The correlation analysis process will begin by testing the normality and linearity of data. Kolmogorov-Smirnov is used in this study's normality test, which is supported by SPSS. Since the significance value is larger than 0.05 and is equal to 0,200, it can be said that the data is regularly distributed. See the table 4.

Table 4. Normality test result

<i>p</i>	Sig.	Conclusion
0.200	>0.05	Normal

This study's linearity test makes use of SPSS to test for linearity. There is a linear association between hopelessness and suicidal thoughts, according to the results of the Linearity Test, where the Significance value was 0,509, higher than 0,05. see the table 5.

Table 5. Linearity test result

<i>p</i>	Sig.	Conclusion
0.509	>0.05	Linear

The hypothesis in this study is that there is a relationship between hopelessness and suicidal ideation in adolescents. Test the hypothesis in this study using pearson's product moment correlation with the help of SPSS, the results of the hypothesis test can be seen in the table 5:

Table 5. Hypothesis testing result

<i>r</i>	Sig.	Conclusion
0.749	0.001	a significant positive correlation

According to the findings of the correlation test, there is a positive strong correlation between hopelessness and suicidal ideation in adolescents with $r = 0.749$ and $p = 0.001$ as the results. The research concludes that there is the higher the hopelessness, the higher the suicidal ideation, and conversely the lower the hopelessness, the lower the suicidal ideation.

Table 6. Correlation dimensions of hopelessness and suicidal ideation

	hopelessness		
	feelings about the future	lost of motivation	future expectation
Suicidal ideation	0,550 ($p = 0.001$)	0,705 ($p = 0.001$)	0,635 ($p = 0.001$)

Based on table 6 is known that the first, the correlation coefficient of the dimensions of feelings about the future and suicidal ideation is 0.550 ($p=0.001$). These results indicate that there is a significant positive relationship between the dimensions of feelings about the future and suicidal ideation. The second, the correlation coefficient of the dimensions of lost of motivation and suicidal ideation is 0.705 ($p=0.001$), which means that there is a significant positive relationship between the dimensions of lost of motivation and suicidal ideation. The third, the correlation coefficient of the dimensions of future expectations and suicidal ideation is 0.635 ($p=0.001$). These results indicate that there is a significant positive relationship between the dimensions of future expectations and suicide ideation.

As for the correlation strength between dimension of hopelessness and suicidal ideation, it is known that lost of motivation and hope for the future have a strong positive correlation with suicidal ideation, while feelings about the future have a moderate positive correlation with suicidal ideation. The dimension of lost of motivation is the dimension that has the strongest relationship with suicidal ideation in adolescents.

Discussion and Conclusion

The purpose of this investigation is to ascertain how adolescent suicide ideation and hopelessness are related. Based on overview of research subjects, the most of respondent in this study are female adolescents by 76%, by majority of respondents at the age of 17 with 28 respondents. The result of decriptive analysis using categorization shows the majority of respondents in this study are at moderate hopelessness. The adolescent stage is a vulnerable stage in emotional and behavioral development since they are in a transitional period from childhood to adulthood, and therefore at this stage the adolescents tend to suffer from various problems which are the main cause of hopelessness or

desperate (Azari, 2020). Hopelessness can occur in adolescents due to lack of proper understanding about various events they have experienced. The adolescents with difficult situations tend to perceive that as a problem that can affect their future life (Kusumayanti, 2020).

The result obtained from descriptive analysis test in suicidal ideation variable shows that the majority of respondent in this study also have suicidal ideation at moderate category. Suicidal ideation in adolescents may be developed due to lack of support from family and no open communication both with family or friends (Bertera, 2007, in Aulia 2020). The lack of attention from community may lead adolescents having suicidal ideation because of their adolescents. An individual starts to develop its self-identity since during their adolescents the pressure is getting stronger. The adolescents considers that having a group is necessary and therefore they need someone closed such as friends (Aulia, 2020).

According to the study's findings, adolescent suicidal ideation and hopelessness are positively correlated, with a correlation coefficient of 0.749 and a significance value of 0.001 to 0.05. This means that independent variables related to hopelessness have a significant impact on variables related to suicidal ideation. The result of positive correlation between hopelessness and suicidal ideation is in line with Beck's argument (1974) that hopelessness is the key factor contributed to suicidal behavior, attempts and ideation in various populations, where hopelessness has a significant correlation with suicidal ideation. This study has the same results with the research made by Kusumayanti (2020) that hopelessness has a positive relationship with the Suicidal Ideation. Research conducted by Huen, IP, Ho & Yip (2015) said that the higher the hope, the lower the suicidal ideation will be, while the higher the hopelessness, the higher the suicidal ideation will be.

Based on the results of correlation test between hopelessness dimension with suicidal ideation, it is found that lost of motivation is a dimension with significant correlation with suicidal ideation in adolescents. Motivation for living is crucial for adolescents since they will be a driving force to stimulate, direct or maintain behavior at specific direction (Yuwono, 2005). Loss of motivation in adolescents can be affected by several factors. In general, they may arise from internal such as emotion, mood, and belief. Those factors also may arise from external such as human relationship (Astinawati, 2019). Individuals with loss of motivation in life tend to focus on discouraged and unoptimistic attitude, and choose to give up and do nothing to reach their goal (Beck, 1974).

Based on the findings of this study, the authors draw the conclusion that there is a positive relationship between hopelessness and suicidal ideation in adolescents. A positive relationship means that adolescents will have more suicidal ideation when their level of hopelessness is higher; conversely, when their level of hopelessness is lower. The result of data categorization demonstrated that hopelessness and suicidal ideation category in adolescents tend to moderate.

Recommendations

The authors realize that this study is far from perfect, and therefore the authors suggest for further researchers, writer hoped that they can conduct more detailed research, for example examining the dimensions of suicidal ideation more specifically. The authors also suggest for the adolescents with suicidal ideation to grow their motivation to reduce hopelessness and desire for suicide.

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