

The Role of Counselors in Preventing Suicide Cases in Adolescents

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Abstract. This research aims to analyze the role of counselors in preventing suicide among adolescents, which is a serious problem in today's society. In Indonesia, suicide is a case that gets more attention. Suicide attempts in adolescents after 7-12 years as much as 46.82%. The method used is literature study and data analysis from various journals, focusing on the phenomenon of suicide, which is influenced by several factors. The results showed the role of counselors to adolescents often face pressure from various aspects, such as family problems, economics, breakups, which can trigger the desire to commit suicide. Counselors play an important role in identifying at-risk students, providing emotional support, and conducting appropriate interventions. Through individual, group, and class.

Keywords: Counselor; Suicide; Adolescent; Mental Health.

Abstrak. Penelitian ini bertujuan untuk menganalisis peran konselor dalam mencegah bunuh diri dikalangan remaja, yang merupakan masalah serius dimasyarakat saat ini. Di indonesia kasus bunuh diri menjadi kasus yang mendapat perhatian lebih. Percobaan bunuh diri pada remaja usai 7-12 tahun sebanyak 46,82%. Metode yang digunakan adalah studi kepustakaan dan analisis data dari berbagai jurnal, dengan fokus pada fenomena bunuh diri yang dipengaruhi oleh beberapa faktor. Hasil penelitian menunjukkan peran konselor terhadap remaja sering kali menghadapi tekanan dari berbagai aspek, seperti masalah keluarga, ekonomi, putus cinta, yang dapat memicu keinginan untuk bunuh diri. Konselor sekolah berperan penting dalam mengidentifikasi siswa yang berisiko, memberikan dukungan emosional, dan melakukan intervensi yang tepat. Melalui sesi konseling baik individual, kelompok, dan klasikal.

Kata kunci: Konselor; Bunuh Diri; Remaja; Kesehatan Mental.

INTRODUCTION

Adolescent mental health is increasingly receiving attention in various parts of the world. The adolescent phase is very vulnerable in its development, they often experience various pressures both from the school environment, family, and social interactions. One of the natural causes of adolescents is suicide, the impacts experienced by adolescents, Research conducted (Utamial, et al. 2019) discusses the impact of mental health covering a number of aspects that influence. First, this impact can be manifested in the form of mental disorders, such as depression, anxiety, personality disorders. Second, poor mental health can also have an impact on physical health such as chronic stress or depression and other physical health problems.

Suicide is an act of intentionally taking one's own life. Suicidal behavior is further classified into three categories: suicidal ideation, which refers to the thought of engaging in behavior intended to end one's life; suicide plan, which refers to the formulation of a specific method in which a person intends to die; and suicide attempt, which refers to engaging in behavior that has the potential to harm oneself with the intention of dying. According to data from the World Health Organization (WHO) (2019), the main cause of the high suicide rate in adolescents is due to mental health disorders such as depression and anxiety. This phenomenon shows a gap between the ideal conditions expected in adolescent development and the reality they face. Another study also found that 27% of students wanted to commit suicide and 10% of them had committed various acts of suicide during their lives (Pachkowski et al, 2021). The Indonesian Police noted that there were 451 suicide deaths in January-October, Central Java had the highest suicide cases of 174 cases, followed by East Java with 82 cases, Bali with 42 cases, and West Java with 31 cases (Pusiknas, 2023).

To prevent suicide from occurring, interventions from various parties need to be taken to break the chain of suicide cases in adolescents, one of which is a counselor. Counselors are professionals who have expertise in the field of counseling services to solve client problems. The role of counselors is very important in providing psychological support and appropriate interventions and being a good listener for adolescents in dealing with the problems they face. However, there are still many challenges faced such as stigma against mental health disorders and lack of understanding about the importance of the role of counselors in supporting adolescent mental health.

The benefits of counselors for adolescents to recognize more deeply about suicide prevention in adolescents, by identifying factors that affect adolescent mental health. By understanding the ideal conditions and realities faced by adolescents, this study is expected to contribute to more effective counseling programs for adolescent needs.

METHODOLOGY

The method used is a literature study (library research). Through descriptive analysis, which is trying to describe clearly and systematically the object of study, then analyzing the meaning of various relevant literature sources regarding the role of counselors in preventing suicide in adolescents. The selection of sources includes the relevance of the topic of the publication and the year of publication that is no more than 5 years to ensure that the information data obtained is up to date. Data was collected through Google Scholar, Scopus, publish or perish using keywords related to the role of counselors, adolescent mental health and the phenomenon of suicide among adolescents. After the appropriate data sources were collected, the author conducted an analysis to identify risk factors for suicide and counseling intervention strategies for adolescents. To find out the description of the role of counselors in preventing suicide in adolescents.

RESULTS AND DISCUSSION

CONTEXT OF SUICIDE REVIEWED FROM SOCIAL PSYCHOLOGY THEORY

Based on the theory of social psychology, it was found that the reason teenagers commit suicide is because of the inability to face pressure within themselves, such as family problems, economic problems, broken hearts, resulting in a sense of despair and wanting to commit suicide. Therefore, based on the results of the literature study, the author found three types of suicide phenomena that are currently rampant in teenagers.

Emile Durkheim's theory explains suicide into three types, egoistic, altruistic, and anomic. In his work entitled "Le Suicide: Étude de Sociologie" suicide is the most influential research and isolated action and is a social phenomenon influenced by social factors.

Durkheim stated that suicide is not an isolated individual act, but also a social phenomenon influenced by social factors. He emphasized that the suicide rate in a society is not only related to the characteristics of individuals who feel pressured, but also to the social factors that influence the individual. Durkheim identified three types of suicide based on social integration and social regulation. Durkheim identified suicide based on social integration and social regulation into three types:

a. Egoistic Suicide: Egoistic Suicide occurs when individuals feel hopeless and less connected to society or social groups. Factors that cause it are high idealism, lack of social support, and feelings of isolation.

- b. Altruistic Suicide: Altruistic Suicide occurs when individuals sacrifice themselves for the sake of others and high social norms. Factors that cause it are strong social pressure.
- c. Anomic Suicide: Anomic Suicide occurs because of social imbalance in society which causes confusion or loss of purpose. Factors that cause it are sudden social changes, economic instability or social conflicts that disrupt the social structure.

Durkheim's research shows that suicide rates vary between different social groups and social factors such as the level of social integration, social regulation and social change.

Many people today choose to commit suicide in solving their problems, considering that suicide is the shortest way to avoid and eliminate the pressures they feel. The World Health Organization (WHO) notes that there are 800 thousand cases of suicide each year, some of which are teenagers, this is also supported by the latest data from the Centers for Disease Control and Prevention (CDC) that suicide is the second highest cause of death in adolescents aged 10-17 years. Suicide cases in adolescents are ranked second after the elderly (CNN Indonesia, 2019). The increasingly widespread news of suicide in the mass media has increased the number of suicide cases in 2019 by 50 percent (Mustofa, 2020).

Suicide is a repeated attempted behavior, the risk of repeating the attempt is around 10% after a 6-month follow-up, 42% after a 21-month follow-up with an average probability of doing it again of 5-15% per year. Suicide attempts in adolescents aged 7-12 years were 46.82% (Dadras, 2023). In another study, data was also obtained that 27% of students wanted to commit suicide and 10% of them had committed various acts of suicide during their lives (Pachkowski et al, 2021).

One of the phenomena experienced by adolescents in Japan on February 3, 2020 showed a case of anomic suicide: namely the weakness of school norms and regulations in preventing bullying, which makes students feel unsafe, causing depression, frustration and despair which leads to suicide. An example of the suicide phenomenon that occurred was a 13-year-old junior high school student who committed suicide by hanging himself in his house, the student also left a letter containing the suffering he had felt as a victim of bullying and wrote down the names of four friends who bullied him. The student also made a recording of a confession to his parents that he had been bullied, blackmailed and was ordered around by a group in power. One of the suicide cases in Indonesia occurred in East Jakarta by a student with the initials SN aged 14 who committed suicide on Tuesday, January 14, 2020 at SMPN 20 East Jakarta.

MENTAL HEALTH DISORDERS EXPERIENCED BY ADOLESCENTS

The public perspective on mental health disorders is considered a problem that is currently widely considered trivial and unacceptable, causing acts of discrimination, rude behavior towards those who suffer from it. This could arise due to a lack of information, knowledge about mental health disorders from the individual. People with mental health disorders should receive special treatment and attention from those closest to them so that they are not simply ignored. The lack of caring attitudes around them is a new problem that arises in dealing with mental health. The next inhibiting factor lies in the professional workforce regarding mental health, which in Indonesia is still said to be small. And this is an inhibiting factor as a solution to mental health disorders in society, especially in adolescents.

According to WHO (World Health Organization), mental health is a person's well-being, awareness of their abilities, being able to manage the stress they experience and being able to adapt well, work effectively, and be involved in the surrounding environment.

Talking about mental health, it can be said that it refers to all aspects of a person's development, both physical and psychological. Mental health also refers to efforts to deal with stress, inability to adapt, how to relate well to others, also related to decision-making abilities. (Fakhriyani, 2019)

An individual and a group in interacting with each other are carried out by controlling their well-being, maximizing self-development and cognitive, affective and relational abilities are used to achieve personality and cooperative goals (Rowling, et al. 2002). Consistent with justice is a strong definition and strengthens the WHO definition of mental health disorders (Purba, et al., 2021). Mental health is referred to as being good at controlling oneself well towards emotions so as to reduce emotional instability behavior or uncontrolled thoughts that interfere with a person's psyche, called mental health disorders.

Mental health disorders are situations in which a person's mental function is dysfunctional. The meaning of this mental health disorder is something that causes a person to be in an abnormality towards the mental or soul. According to the terminology of mental disorders, instability occurs within ourselves, which focuses on feelings, emotions and drives such as lust, which results in disharmony of the functions of the soul, causing loss of mental resilience, ending up as an unstable soul and easily influenced by something

negative, plus a feeling of displeasure within himself and the inability to actualize his abilities naturally. Currently, there are many factors or causes for a teenager to experience mental health disorders, both psychologically and physically. The emergence of these factors comes from the environment, those closest to him, or even himself. The strongest cause of mental health disorders is caused by the environment, "the changes that occur make teenagers not strong in dealing with them; the rapid development that occurs in their social environment. The factor is the lack of readiness for change based on the internal of the teenager himself (Ryo, 2019).

Another factor that has an impact is communication with people around, humans are social creatures who always communicate. Having problems or conflicts with other people can trigger excessive stress. On the one hand, having someone who can be trusted and is close can provide a sense of calm. Having someone who can be trusted and is close is important for mental health. Starting from good relationships with family and close friendships.

The role of the closest person is very important in shaping a person's way of thinking and behavior when responding to or facing problems in his life. The role of parents is the main one seen from how the parenting pattern is the basis for the formation of a child's behavior in life. A close relationship with children can increase a child's sense of comfort, where the child becomes open to the problems they experience so that the child does not feel lonely and alone in his problems when with his parents.

In addition to the role of parents, the closest people in socializing are also very important. Be it from friends, best friends or lovers who try to understand the conditions they experience, listen to what is told. Sometimes when someone has a problem they just need to be heard and appreciate their feelings so that their thoughts improve. Providing support for what is experienced to provide a sense of comfort and not feel alone when experiencing less than ideal conditions.

Mental Health Disorders Often Experienced by Adolescents

Mental health disorders often experienced by adolescents include various interrelated problems, such as emotional problems, lack of gratitude, and lack of social support, which can contribute to depression (Haryanti, et al. 2016). In addition, adolescents also face uncontrolled feelings of anger, bullying experiences, and family conflicts that can worsen their mental state (Tawalujan, et al. 2018). Other factors such as sleep disorders, minimal physical activity, and the use of addictive substances also play an important role.

Academic pressure and parental divorce have a significant impact on children entering adolescence. Causing feelings of sadness, helplessness, disappointment, anger, and despair because the divorce gave rise to ideas of ending his life (Adofo, et al. 2016). In addition, authoritarian parenting patterns can have a negative impact on children's mental development (Fitri, et al. 2018).

THE ROLE OF COUNSELORS

School counselors play an important role in preventing suicide among adolescents in developing effective prevention programs. Counselors are also tasked with educating students, training staff and reducing stigma related to mental health, as well as providing psychosocial interventions and professional support.

In addition, school counselors also have a fairly important role in dealing with anxiety and depression in preventing suicide in adolescents, some of which are as follows: Monitoring each student's development at school, in this case the school counselor will examine the level of academic development of students, identify students who may need more attention because they are left behind among other students because they tend to experience anxiety or depression, take an approach like 'friends: then motivate students.

Conducting a 'confidential' session, a confidential session in the context of guidance and counseling refers to the time or opportunity for counselees (in this case students) to have the opportunity to openly and honestly talk about their problems, feelings, or personal experiences to the counselor. In a confidential session; students can express their feelings, concerns, or situations they face without fear of being judged or criticized. This is a form in which the school counselor functions as an empathetic and supportive listener, aiming to understand and help students overcome the problems they are facing.

Providing individual counseling, individual counseling is a form of guidance or support given personally by a counselor to one individual. In conducting individual counseling at school, the school counselor works exclusively with one student to discuss personal, emotional, social, or psychological problems that the student may be facing. The purpose of this individual counseling is to help students identify, understand and overcome the problems or challenges they face.

Collaborating with parents, school counselors must establish open communication with the student's parents and then work together to observe behavior and evaluate student progress. This is done because some students who experience anxiety/depression disorders tend to withdraw. Collaboration with parents is carried out with the aim that parents also

monitor and observe changes in student behavior. If the student is too withdrawn and when faced with a problem he gives an excessive response, the student's parents immediately report this to the school counselor, then the school counselor will take steps such as conducting individual counseling to determine what is happening to the student. Providing Self-talk techniques can overcome anxiety.

According to Hackford and Schwenkmezger, they explained that self-talk techniques are where individuals communicate with themselves which can regulate and change thoughts to follow instructions and reinforcement for themselves (Murphy, 2007), S. Positive self-talk aims to motivate oneself in an effort to carry out planned activities to achieve positive change (Permatasari, et al. 2016: 4).

One solution that can be used to overcome suicide is by providing Self Talk services, namely: First, the BK teacher makes an assessment in the form of a questionnaire regarding several questions about anxiety. Furthermore, the BK teacher works together to distribute the questionnaire in each class. After distributing it, the filling process is carried out. Furthermore, the BK teacher sees that in the results of the questionnaire there are students who are experiencing anxiety. After that, the BK teacher calls the students in the process of getting to know each other first and reconfirms the questionnaire that has been filled out. After that, the BK teacher creates a relationship with the students with the aim that students can be open about their problems. After the students provide confirmation, the BK teacher can then conduct a counseling session to identify the factors that caused why it happened, make a diagnosis, and prognosis. Furthermore, the BK teacher conducts individual counseling by carrying out the initial stages starting from getting to know each other, listening actively, fostering empathy. After the client tells their problem, the counselor listens actively and then carries out a CBT approach, if after the diagnosis it turns out that they are experiencing anxiety and their thoughts tend to think negatively.

The BK teacher provides a self-talk technique and convinces the client that what is thought is not the truth. The BK teacher provides assistance with self-talk, where students are directed to close their eyes while doing breathing relaxation, after which the BK teacher guides them to give positive affirmations to themselves with very positive words such as "I can do it" so that the client feels relieved so that they can take steps starting from the easiest but consistent. This will have a positive impact on the client both physically and psychologically. The ending process where the BK teacher concludes what has been discussed and provides positive feedback and positive reinforcement so that the client

continues to move forward and think positively about what happened. Evaluating the strategy is by looking at changes in students whether after carrying out the counseling process above they feel calmer or not.

CONCLUSION

The conclusion of this study shows the importance of the role of school counselors in handling cases of suicide in adolescents. School counselors have a very important role in supporting student development, as explained by (Ar Noya et al. 2020). First, counselors function as consultants who receive from various parties to help monitor student development. Second, act as educators who instill good character values in everyday life. This can be done through counseling services with a psychosocial support and empathy approach, helping students who experience anxiety, emotional distress and depression. In addition, counselors play a role in providing education to students and school staff about mental health, thereby reducing the stigma associated with this problem. Therefore, schools play an important role in providing adequate support for counselors to carry out this task optimally and create a comfortable, safe environment in supporting adolescents.

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