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## The Influence of Perceived Stress and Emotional Intelligence on Suicidal Ideation in Early Adulthood

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**Abstract:** Suicide is a mental health condition that has received attention in many countries over the years. Suicide is a mental health problem that increases the overall burden of mental and physical illness, especially in young people. This study used 97 respondents who were sampled in the study. The sampling technique used in this study was purposive sampling. Data collection methods using the scale of perceived stress, emotional intelligence, and suicidal ideation with a Likert scale model. Based on the results of partial hypothesis testing, it shows that there is an influence with a positive direction between perceived stress on suicidal ideation in early adulthood. The results of hypothesis testing partially show that there is an influence with a negative direction between emotional intelligence on suicidal ideation of early adults in Jabodetabek. The results of simultaneous hypothesis testing show that there is a significant influence between perceived stress and emotional intelligence on suicidal ideation in early adulthood.

**Keywords:** Suicidal Ideation, Perceived Stress, Emotional Intelligence

### INTRODUCTION

Every individual has the necessity to go through their developmental tasks starting from childhood, continuing adolescence, then adulthood, to old age. The developmental tasks that each individual goes through must be passed well so that the individual's life can be happy, so as not to face serious problems in the future. Entering early adulthood, which is the transition period from adolescence to adulthood is a challenge for individuals to live life well. In the early adult phase, individuals begin to face various new challenges in their lives such as new challenges in work, education and social relationships. The many challenges faced can cause stress for some individuals to get into difficult situations and develop suicidal tendencies.

Suicide is a mental health condition that has received attention in many countries over the years. Suicide is a mental health problem that increases the overall burden of mental and physical illness, especially in young people. Globally, suicide is the second leading cause of death in the 15-29 age group (WHO, 2018). According to data from the World Health Organization (2019) about 800,000 people die by suicide every day or one person every 40 seconds. This suicidal tendency increases in adolescence and continues to increase into adulthood. Based on data from the World Health Organization (2018), it was found that

suicide in adolescent individuals aged 15 years increased and continued to increase until adulthood and decreased with age.

Based on data from the National Criminal Information Center (Pusiknas) of the Indonesian National Police (Polri), there were 971 suicides in Indonesia during the period January to October 18, 2023. And there were 287 suicides in Indonesia during January 1 - March 15, 2024. Meanwhile, according to the Indonesian Suicide Prevention Association, the number of reported suicides may be less than the entire incident.

*Suicidal* individuals will begin by having *suicidal* thoughts or *ideation*. Suicidal ideation is defined as thinking about engaging in planned behavior to end one's own life. According to Shneidman (in Karisma & Fridari, 2021) suicidal ideation is a thought, planning, consideration to commit suicide. Karisma & Fridari (2021) say that suicidal ideation is the first step towards suicide attempts caused by various life factors. Although some individuals with suicidal ideation do not make attempts, those who experience negative situations in life are more likely to commit suicide.

One factor that often appears in research on suicide is stressful. An event is considered threatening and stressful if the individual feels that their personal capacity and resources are unable to cope with the event. This assessment is subjective or in other words, the same event or stressor can lead to different psychological assessments with different impacts on different individuals. This assessment process is also called *perceived stress*.

*Perceived stress* is defined as feelings and thoughts such as feelings of pressure, thoughts of not being able to predict an event and thoughts and feelings of not being able to control what happens outside themselves (Cohen, Kamarck, & Mermelstein, in Saraswati, 2022). Van Heeringen (in Yuniaty & Hamidah, 2020) argues that *perceived stress* is a cognitive process where individuals make judgments about how stressful, how *escapable*, and how many resources they have to get out of stressful situations. *Stressful* events that occur continuously and are not handled, can have an impact on prolonged stress lead to suicidal ideation. Based on research conducted by Yuniaty & Hamidah (2020) *perceived stress* has a significant effect on intentions in early adulthood and the contribution of influence is 6.7% and is positive

Emotional intelligence has been identified as one of the internal protective factors against suicidal behavior. According to Goleman (in Franyanti, 2022) *emotional intelligence* is the ability to recognize one's own feelings and the feelings of others, the ability to motivate oneself, and the ability to manage emotions well on oneself in relationships with others. Someone who has good emotional intelligence will be able to accept himself, can be responsible for every problem in his life. Individuals with weak emotional intelligence will face some difficulties in managing stress-related problems. Emotional intelligence can be viewed from a mental health perspective as an adaptive ability that can improve individual well-being. Research on emotional intelligence and suicidal ideation has been conducted by Destianda & Hamidah (2019) with the results of the study there is a negative influence between emotional intelligence and suicidal ideation with the influence of emotional intelligence on suicidal ideation by 15.6%.

This research is expected to provide a comprehensive picture of the influence of perceived stress and emotional intelligence on suicidal ideation in early adulthood. Therefore, these findings can be used by individuals to avoid suicide.

## **METHOD**

This research was conducted using quantitative research methods. The population in this study were early adults who had suicidal ideation. The sample was determined 97 early adult respondents in Jabodetabek who have had suicidal ideation. male and female aged 18-40 years.

**The sampling technique used was non-probability sampling with purposive sampling.**

There are three research instruments used, The Beck Scale for Suicide Ideation (BSS) adopted from Kesuma (2020). The BSS consists of 19 items used to measure suicidal ideation in early adult individuals, the Perceived stress scale (PSS-10) which consists of 10 questions to evaluate a person's stress level in the past month in the subject's life and emotional intelligence adopted from Franyanti (2022).

The data collection procedure used in this study was obtained through a questionnaire. The measurement scale used is the Likert scale. The statistical method for testing the hypotheses tested in this study uses multiple regression analysis techniques, namely by analyzing the effect of perceived stress and emotional intelligence as independent variables and suicidal ideation as the dependent variable. Data analysis was carried out with JASP 0.19.0.0 software program for Windows.

**RESULT AND DISCUSSION**

**1. The Influencet of Perceived stress on suicidal ideation**

The results of the first hypothesis test show that there is a significant influence with a positive direction between Perceived stress on Suicidal ideation with a value of  $p < 0.05$  with  $r = 0.597$  and has an influence of 35.7%. This shows that the higher the perceived stress, the higher the suicidal ideation.

This is in line with research conducted by Febriana et al., (2021) which shows that perceived stress can increase a person's suicidal ideation. This is also supported by research conducted by Yuniaty & Hamidah (2020) which explains that perceived stress significantly explains variants in suicidal intentions. Perceived stress has a contribution of 6.7% in explaining suicidal intentions in early adulthood.

**Table 1. Result of Percived stress withsuicidal ideation**

<b>Model</b>		<i>Unstandardized</i>	<i>Standard Error</i>	<i>Standardized</i>	<b>t</b>	<b>p</b>
H <sub>0</sub>	(Intercept)	38.268	1.437		26.628	< .001
H <sub>1</sub>	(Intercept)	2.187	5.103		0.429	0.669
	PS (X <sub>1</sub> )	1.404	0.193	0.597	7.260	< .001

Source: Research data

**Model Summary**

<b>Model</b>	<b>R</b>	<b>R<sup>2</sup></b>	<b>Adjusted R<sup>2</sup></b>	<b>RMSE</b>
H <sub>0</sub>	0.000	0.000	0.000	14.154
H <sub>1</sub>	0.597	0.357	0.350	11.411

Source: Research data

**2. The influence of emotional intelligence on suicidal ideation**

The results of the second hypothesis test show that there is a negative and significant influence between emotional intelligence and suicidal ideation. the coefficient of emotional intelligence is  $p = 0.001$ , where the  $p$  value is  $< 0.05$  with  $r = -0.696$ . the contribution of influence is 48.4%. This shows that there is a negative direction which means if emotional intelligence is low, suicidal ideation tends to be high.

This is in line with research from Destianda & Hamidah (2019) shows that there is a negative correlation between emotional intelligence and suicidal ideation where the higher the suicidal ideation score, the lower the emotional intelligence score. Individuals with high levels of suicidal ideation show low levels of emotional intelligence.

Table 2. Result of emotional intelligence with suicidal ideation

Model		<i>Unstandar dized</i>	<i>Standard Error</i>	<i>Standard ized</i>	t	p
H <sub>0</sub>	(Intercept)	38.268	1.437		26.628	< .001
H <sub>1</sub>	(Intercept)	109.120	7.579		14.399	< .001
	KE (X <sub>2</sub> )	-0.633	0.067	-0.696	-9.438	< .001

Source: Research data  
Model Summary

Model	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	RMSE
H <sub>0</sub>	0.000	0.000	0.000	14.154
H <sub>1</sub>	0.696	0.484	0.478	10.222

Source: Research data

### 3. The influence of perceived stress and emotional intelligence on suicidal ideation

Based on the results of the third hypothesis test, it is known that there is a significant influence of perceived stress and emotional intelligence on suicidal ideation with a p value p value of 0.001 <0.05; F = 49.190 and contribution of influence of 51.1%. This means that perceived stress and emotional intelligence together have an influence on suicidal ideation in early adults in Jabodetabek area.

Table 3. Result of perceived stress and emotional intelligence on suicidal ideation

Model		<i>Sum of Squares</i>	df	Mean Square	F	p
H <sub>1</sub>	Regression	9835.432	2	4917.716	49.190	< .001
	Residual	9397.599	94	99.974		
	Total	19233.031	96			

Source: Research data

Model Summary

Model	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	RMSE
H <sub>0</sub>	0.000	0.000	0.000	14.154
H <sub>1</sub>	0.715	0.511	0.501	9.999

Source: Research data

## CONCLUSION

Overall, this study has a significant influence on the dependent variable. There is a positive and significant effect between *perceived stress* and suicidal ideation in early adults in Jabodetabek. This means that early adults in Jabodetabek who have a high level of perceived stress will tend to have high suicidal ideation, whereas early adults in Jabodetabek who have a low level of perceived stress will tend to have low suicidal ideation. Then, there is a negative and significant effect between emotional intelligence and suicidal ideation among early adults in Jabodetabek. This implies that early adults in Jabodetabek who have high levels of emotional intelligence will tend to have low suicidal ideation, while early adults in Jabodetabek who have low levels of emotional intelligence will tend to have high suicidal ideation. There is a positive and significant effect between *perceived stress* and emotional intelligence on suicidal ideation in Early Adults in Jabodetabek. This implies that early adults in Jabodetabek who have low levels of *perceived stress* and emotional intelligence will tend to have low suicidal ideation, while early adults in Jabodetabek who have high levels of *perceived stress* and emotional intelligence will tend to have high suicidal ideation.

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