

THE INNER CONFLICT OF SUICIDE PERFORMERS AND SOLUTION TO THE SUICIDE PROBLEMS IN YOGYAKARTA

Supadiyanto^{1*}, Jamalullail²

¹Sekolah Tinggi Ilmu Komunikasi (STIKOM) Yogyakarta

²Universitas Sahid Jakarta

supadiyantostikomyogyakarta@gmail.com

Abstract

Suicide cases in Indonesia are increasing from year to year. Suicide cases befell students in Yogyakarta, a major blow to the world of higher education. The formulation of the problem is, what is the model of inner conflict experienced by the perpetrators of student suicide in Yogyakarta? What is the solution to prevent and overcome cases of suicide experienced by students in Yogyakarta? This research paradigm is qualitative. Data collection techniques through focus group discussion (FGD), content analysis of news reports in the media, literature review, and observation. The research time is November 2023 to January 2024. Data analysis using the Miles and Huberman Model or Flow Model. The result is that suicide perpetrators experience inner conflict due to being hit by academic and/or non-academic problems. Romantic problems or failure to establish a love relationship, as well as difficulties in completing studies are the main causes of student suicide. The solution is that the campus detects the potential for student suicide earlier by establishing more intensive communication. Students must be more open and communicative with lecturers and other students. In another aspect, strengthening mental health, faith and devotion in students is important to prevent suicide. Revision of regulations regarding the prohibition of suicide is urgently implemented.

Keywords: *Conflict, Inner self, Suicide, News, Hanging*

Abstrak

Kasus bunuh diri di Indonesia semakin meningkat dari tahun ke tahun. Kasus bunuh diri yang menimpa mahasiswa di Yogyakarta merupakan pukulan telak bagi dunia pendidikan tinggi. Rumusan masalahnya, bagaimana model konflik batin yang dialami pelaku bunuh diri pelajar di Yogyakarta? Bagaimana solusi untuk mencegah dan mengatasi kasus bunuh diri yang dialami pelajar/mahasiswa di Yogyakarta? Paradigma penelitian ini adalah kualitatif. Teknik pengumpulan data melalui Focus Group Discussion (FGD), analisis isi pemberitaan di media, tinjauan pustaka, dan observasi. Waktu penelitian adalah November 2023 sampai Januari 2024. Analisis data menggunakan Model Miles dan Huberman atau Flow Model. Dampaknya, pelaku bunuh diri mengalami konflik batin akibat diterpa permasalahan akademik dan/atau nonakademik. Masalah romantisme atau kegagalan menjalin hubungan cinta, serta kesulitan menyelesaikan studi menjadi penyebab utama bunuh diri pelajar. Solusinya, pihak kampus mendeteksi lebih dini potensi bunuh diri mahasiswa dengan menjalin komunikasi yang lebih intensif. Mahasiswa harus lebih terbuka dan komunikatif dengan dosen dan mahasiswa lainnya. Di aspek lain, penguatan kesehatan mental, keimanan dan ketaqwaan pada santri/pelajar/mahasiswa penting untuk mencegah tindakan bunuh diri. Revisi peraturan mengenai larangan bunuh diri segera dilakukan.

Kata kunci: Konflik, Batin, Bunuh diri, Berita, Gantung diri

INTRODUCTION

Suicide is a serious problem in various countries around the world. Based on data from the International Association for Suicide Prevention (2023), 703,000 people commit suicide every year. 77 percent of suicide cases occur in poor (developing) countries. The 10 countries with the highest suicide rates are Lesotho, Guyana, Eswatini, South Korea, Kiribati, Micronesia, Lithuania, Suriname, Russia and South Africa. Indonesia is not included in the list above, but suicide cases continue to experience a sharp increase. The number of suicide cases from 2018 to 2023 in Indonesia is quite surprising to the public.

The National Criminal Information Center of the Republic of Indonesia Police recorded that there were 3,618 cases of suicide in Indonesia. The details: 3 suicide cases in 2018; 230 cases in 2019; 640 suicides in 2020; and respectively in 2021, 2022, and 2023 are 629 cases; 902 cases; and 1,214 cases of suicide. These statistical data show a very significant increase every year; and strengthen that suicide cases pose a serious threat to public safety.

Referring to the databox (2023), there are 5 provinces in Indonesia with the highest suicide rates: Central Java, East Java, Bali, West Java, and Special Region of Yogyakarta. The Special Region of Yogyakarta is one of the provinces where suicide cases are likely to occur. In 2023, there will be 36 cases of suicide recorded in the Special Region of Yogyakarta; where there were 8 cases of suicide as students of state/private universities in Yogyakarta.

Based on the results of the analysis of media reports, there were at least 8 suicide

incidents involving students in the Special Region of Yogyakarta in February, April, July, and September, as well as October, November, and December 2023. According to the regional police chief of the Special Region of Yogyakarta (2023), the cause of suicide due to not being able to endure chronic pain in as many as 15 cases; 4 cases were due to romantic problems; There were 5 cases of depression, 1 case involved in a legal case and 1 case of mental disorders, another 10 cases were caused by other problems.

Even though the Special Region of Yogyakarta has a lot of early childhood education/ kindergartens, elementary schools/ ibtidaiyah madrasahs, junior high schools/tsanawiyah madrasahs, high schools/ vocational/ madrasah aliyah, universities are potential advantages in human resources. The Special Region of Yogyakarta has 105 universities with a total of 269,850 students (Achjari, et al., 2020), proving that Yogyakarta has the title of student city or education city. Suicide cases that occurred in the Special Region of Yogyakarta, especially those that befell students, are worthy of being used as material for joint study. So that similar cases do not happen again. The following are several fragments of media reports related to student suicide incidents in the Yogyakarta Special Region in 2023.

A private campus student in Jogja was found dead hanging himself on the stairs of a boarding house in Depok, Sleman. East Depok Police Chief Police Commissioner Masnoto revealed that the victim was a student at a private university in Jogja. "The victim was a private campus student in Jogja in the 7th semester," said Masnoto

when contacted by journalists, on Wednesday (6/12/2023). (Quoted from Detik.com).

A UMY student died of suspected suicide on Monday (2/10/2023) morning. The student with the initials SM (18 years old) allegedly jumped from the 4th floor of the UMY Unires women's dormitory building, Ngebel Hamlet, Tamantirto Village, Kapanewon Kasihan, Bantul Regency. The victim was a 1st-semester UMY communication science student who came from Bandar Lampung. Head of Public Relations of the Bantul Police, Iptu I Nengah Jeffry Prana Widnyana, explained that the victim was found by a lecturer with the initials TN who was doing assignments in the Y building office on the ground floor of Unires UMY. Previously, in September 2023, a Gadjah Mada University (UGM) student was also found dead in his boarding room. in Sleman Regency, suspected of committing suicide. (Quoted from republika.co.id)

A student was found dead hanging himself in his boarding room in the Condongcatur area, Depok, Sleman. East Depok Police Chief Commissioner Masnoto revealed that the victim was a student from Bali. "The victim from Bali died by hanging himself. The victim was a private campus student," said Masnoto when contacted by journalists, Saturday (23/12/2023).

Based on the results of the crime scene investigation, the police found a piece of paper with a thank you note written on it. "There is a paper written in English saying thank you and see you later," he said. (Quoted from detik.com)

From the three news stories about suicide above, suicide does not recognize gender, affects students at state/private universities, is carried out in various ways; and is terrible. The media also reported it quickly. Three main issues need to be

explored in this scientific study. First, the correlation between depression, mental-spiritual crisis, inner conflict, suicidal ideation, and suicidal decisions. Second, there needs to be in-depth research into the scientific reasons why students are intellectuals, but several cases have been found - students commit suicide. Third, the positive legal map that regulates the prevention and handling of suicide cases in Indonesia needs to be re-examined. There are no studies or research related to suicide among students in the Special Region of Yogyakarta and has never been carried out, so this research is a point of excellence. The 2024 election which will be held on February 14, 2024 is also a potential trigger for a spike in the number of people who are stressed or crazy, and suicides. Because February 14, 2024 will be the most decisive day for the fate of hundreds of thousands of prospective legislative members (house of representatives, regional representative council, provincial/regency/city regional people's representative council) as well as 3 pairs of presidential/vice presidential candidates. There are 20,616 positions up for grabs consisting of above: 2 positions for president and vice president; 152 positions for members of the regional representative council, 580 positions for members of the people's representative council, 2,372 positions for members of the provincial regional people's representative council, and 17,510 positions for members of the regency/ city regional people's representative council throughout the country, Indonesia. This means that there are tens of thousands of legislative member candidates and 2 pairs of presidential/vice presidential candidates who failed to win

the contest. For those who fail, if they are not mentally prepared, it can trigger stress, depression, and mental disorders, and lead to suicidal behavior.

Due to several technical and substantive reasons, this research only focuses on searching for patterns or models of inner conflict that occurred among students who committed suicide in the Special Region of Yogyakarta in the last 1 year. Two main problem formulations are worth proposing. What is the model of inner conflict experienced by suicide perpetrators who are students in the Special Region of Yogyakarta? What is the solution to prevent and overcome the problem/cases of suicide experienced by students in the Special Region of Yogyakarta?

Based on an investigation of the results of previous research, the extract is as follows. First, research initiated by Ying-Yeh Chen, Feng Chen, et al. (2023) confirmed the existence of a reciprocal relationship between social media, traditional media, and youth suicide cases in Taiwan. An increase in the volume of suicide-related social media posts is positively correlated with an increase in adolescent suicide rates in Taiwan. New strategies are needed to prevent this, especially with the increasing number of social media users.

Second, Silviana Purwanti's research, Ainun Nimatu Rohmah (2020) emphasized that students' difficulties in working on their theses are a trigger for students to commit suicide, especially when students have difficulty communicating with lecturers and have poor mental health. Students' difficulty in communicating with their thesis supervisors, especially their thesis,

is one of the variables in how long it takes students to complete their thesis work. This is what triggers why students become easily stressed, and depressed, and can lead to suicide.

Third, Faisal Risa's research (2022) uses a descriptive qualitative paradigm. As a result, the people of Gunungkidul still believe in mystical culture; especially in lower-middle-class families. The high number of educated people in Gunungkidul and the relatively high number of poor families have caused complex problems in overcoming suicide in Gunungkidul. Fourth, research by Faika Rachmawati and Tri Suratmi (2020) is interesting to look at. The research paradigm is descriptive analysis. The result is to reduce suicide cases through outreach to the community regarding suicide prevention. Another way is to involve religious figures and religious activities, forming a rapid reaction team to deal with suicide. The strong culture of cooperation and kinship in Gunungkidul provides social capital to overcome the problem of suicide socially.

Fifth, research by Ayu Ariyana Mulyani and Wahyu Eridiana (2018) revealed that the factors causing the high suicide rate in Gunungkidul were the community's closed attitude towards problems and the inability to find solutions to problems. Social factors, where someone is far from family and finds it difficult to move. Economic factors, where many elderly suffer from chronic illnesses and are still working. There is a need for a multisectoral approach to overcome the problem of suicide. Sixth, Yenny Aristia Nasution's research (2020) uses Anthony Giddens' version of the structuring theory.

The research paradigm is qualitative. As a result, crime occurs more often in junior high school students in Japan. Many of the *ijime* victims chose to commit suicide by hanging themselves and free-falling from the roof of the apartment. The most common type of suicide chosen is anomic suicide. On the other hand, the least common types of suicide are egoistic suicide and anomic suicide. Suicide perpetrators generally write a suicide note before committing suicide. *Ijime* or bullying is a big problem in Japan.

Seventh, research belonging to A.A. Sagung Weni Kumala Ratih, and David Hizkia Tobing. The research paradigm is qualitative phenomenology. As a result, there are 5 components of self-concept in young adult male suicide attempters in Bali. Other factors that influence the self-concept of young adult male suicide attempters in Bali are educational, economic, genetic, social learning, and cultural factors. This has attracted attention from many groups.

Eighth, research by Supadiyanto (2013), revealed that poverty and unemployment in Indonesia are the causes of various social problems; including one of the problems of suicide. The solution provided is through development based on the economic iron triangle, namely cooperation involving the bureaucracy, corporations, and universities. Through this strategy, the problems of poverty and unemployment; which trigger social problems can be addressed properly.

Ninth, research belonging to Tatag Maulana Ali, and Aloysius L.S. Soesilo (2021). This phenomenological research directly examines 2 Gunungkidul residents who failed to attempt suicide. They attempted suicide because they could not

bear the chronic pain. This research cannot answer the relationship between “the *pulung gantung* myth” in Gunungkidul and suicidal behavior. Further research is needed regarding “the *pulung gantung* myth” which tends to be imaginative. Tenth, research by Muhammad Fadhli Dzil Ikram (2020), concluded that the Japanese government made the *Jisatsu Taisaku Kihon Hou* (Suicide Prevention Law) very effective in reducing suicide rates. Through these law enforcement efforts, the suicide rate in Japan can be reduced effectively until now.

Through 10 previous research results, it was concluded that the causes of suicide are various triggers ranging from economic, social, and mental health problems, to breakups, and depression, as well as various other causes. This research tries more specifically to conduct research on suicide cases committed by students in the Special Region of Yogyakarta, especially by tracing reports exposed in the mass media and optimizing literature reviews through the latest research.

RESEARCH METHODS

The paradigm of this research is qualitative. Data exploration using new studies in the mass media, previous research results, and other supporting reference sources is the mainstay of this research. Data collection techniques were carried out through focus group discussions (FGD), analysis of news content in the media, literature review, and observation. The time for this research is quite short, namely November 2023 to January 2024.

Data analysis relies on the Miles and Huberman Model (or Flow Model). The steps go through 3 stages: data reduction, data presentation (display) stage, and conclusion drawing/verification stage (Ghony and Almanshur, 2012). The researcher's experience as a lecturer and journalist about 12 years is an additional strength in analyzing research data.

ANALYSIS AND DISCUSSION

Durkheim's Theory of Suicide and Social Construction of Mass Media

Suicide is human behavior that deviates from nature or natural destiny; because humans prefer to shorten their lives for various self-righteous reasons. Various cases of suicide are relevant to be approached using knowledge in the fields of communication, sociology, medicine, psychology, culture, and spiritual-religious. First, Durkheim (1897), who was a sociologist, once initiated the theory of suicide through his work: *Le Suicide*. There is a relationship between social integration and the tendency to commit suicide. Durkheim saw suicide as an individual act motivated by social factors. Durkheim denied that the causes of suicide were mental illness, imitation, climate, the effects of alcohol, poverty, and race.

Social factors greatly influence the decision to commit suicide. Social phenomena are very influential on individuals when they have social relationships in society. All forms of minimal or excessive social integration influence human actions. The existence of very strong or weak regulations also has an impact on society. Durkheim formulated 4 types of suicide, namely: egoistic suicide, namely the act of committing suicide

because individual interests are higher than social interests. Altruism suicide is a feeling of integration between individuals and others, thus creating a society that has strong integration. Anomie suicide is more focused on the moral condition of the suicide actor, losing his ideals, goals, and norms of life. Fatalistic suicide occurs when the values and norms that apply in society increase and feel excessive (Durkheim, 1897; Jones, 1986; Upe, 2010).

Second, Burhan Bungin's (2008) Social Construction Theory of Mass Media reveals that the social reality constructed in humans occurs very quickly and is massive in its spread due to the influence of mass media which can carry out three roles at once, namely externalization, internalization and objectification of various things. The meaning formed from the media process ultimately forms objective, subjective, and intersubjective meaning which can occur very quickly; covers a wider area, and is more evenly distributed. It is even capable of forming mass opinion, and the mass tends to be constructed according to media exposure, and even mass opinion itself tends to be a priori and cynical. The social construction theory of mass media is a refinement of the theory initiated by Peter L. Berger and Thomas Luckman with the social construction theory of reality. Berger and Luckman's theory of social construction of reality does not involve the effects of mass media as a variable in the formation of existing social reality; so the process of forming social reality tends to be slow, long, and natural.

In the context of suicide, the perception and meaning of suicide are spreading rapidly to various corners of the world

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through mass media coverage. As a result, someone who reads news about suicide will experience three spontaneous reactions at once. Firstly, a terrible feeling because they see and read through the news about people who commit suicide, and of course, this is very painful. Second, feelings of fear because this incident should not happen to him and his closest family or friends. Third, after reading the suicide news, the person concerned had the idea of committing suicide to overcome the problem that was befalling him.

Reporting on suicide in the mass media can provide references or ideas for suicide to someone who is experiencing confusion or acute depression so that the person concerned thinks about taking the path of suicide. Suicide always begins with a trigger problem; then confusion occurs in the mind of the person experiencing it; and because they feel no solution can be done; The person concerned takes the path of suicide.

David Phillips (1974) once coined the term the werther effect. This idea was inspired by the rise of suicides in Europe in the 18th century. There is a threatening danger from the habit of publicizing suicide cases. Not only does it create a sense of horror, vulgar publication of suicide triggers the werther effect. In the past, Europe experienced a rapid increase in suicide cases after the launch of the novel: *Die Leiden des Jungen Werthers*. At the same time, nearly 2,000 young Europeans committed suicide similar to what werther did. Suicide by shooting a gun at his head (Phillips, 1974). This proves that the influence of reading novels containing suicide can trigger other people to have suicidal ideas and make suicidal decisions.

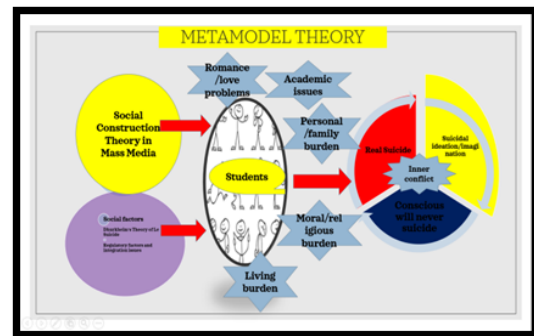


Chart 1: Model of Inner Conflict of Suicide Actors, In fact, Students

The inner conflict of students who commit suicide can only be detected from notes, videos, recordings, and/or messages conveyed in writing or verbally before they die. Because people who commit suicide obviously cannot be interviewed; or asked for information. Unless the person concerned fails to attempt suicide.

In the context of this research, the research focuses on studying the deaths by suicide of 8 students in the Special Region of Yogyakarta in 2023. From several documents, it was found by suicide victims that the method of their suicide was generally prepared beforehand. Those who commit suicide have burdens in their lives; love or romance problems, academic problems, and other complex reasons; causing the person concerned to experience depression; hopelessness; loneliness; and feeling like no friends or other people care about them. Acute and prolonged depression; This is a time of serious testing for the victims before committing suicide. There is an inner conflict to find a solution to the problems raging within him. The inner conflict that occurs in suicide perpetrators can occur as a result of an inner war to find solutions to

the problems they face. The idea of suicide can be embedded in the process of inner war or inner conflict; where in the mind of the suicide actor, there is an extraordinary chaos of trying to get out of the problem that is ensnaring him. The inner conflict that befalls students who commit suicide can be seen in Chart 1.

The following is a piece of news containing a message or testament written by the victim and perpetrator of suicide. "We found a paper written in English which said thank you and see you later. The temporary motive was a matter of romance", concluded the police officer who examined the condition of the suicide victim with the initials PR (20 years old), a student at a university. Private in the Special Region of Yogyakarta from Bali who committed suicide on December 23 2023 by hanging himself in his boarding house.

When the idea of committing suicide arises, the person concerned devises a path towards it. Of the 8 students who committed suicide, 6 students committed suicide by hanging themselves and two people allegedly committed suicide by throwing themselves from a tall building. If analyzed, the majority of student suicides come from outside the Special Region of Yogyakarta. They are far from parents and family. Perpetrators who are far from their families, when they have certain problems; cannot communicate directly with the family because of the long distance. This alienated condition causes the victim to commit suicide.

When compared with the method of suicide carried out by 971 suicide cases in Indonesia in 2023; Most people commit

suicide by hanging themselves. 741 cases occurred in residential/residential areas; 104 cases in plantations; 18 cases occurred in rice fields; 246 cases occurred in the morning (05.00-07.59 AM), and 212 cases occurred in the afternoon (08.00-11.59 AM). This idea of suicide may not be carried out by someone; when the person concerned finds a solution or at least mental strengthening; which originates from within oneself or from others; including those closest to him (family and friends).

Review of Suicide Regulations

Based on a search for regulations relating to suicide, the following data was found. First, in the Koran it is stated that suicide is prohibited by Allah through the Koran Surah An-Nisa verse 29: meaning: Do not kill yourself. Indeed, Allah is most merciful towards you. Even in the holy books of other religions, suicide is prohibited because it is a disgraceful act.

Second, based on positive law; Suicide and its attempts are not criminal acts because they are not punishable by criminal law. Involvement of other people in committing suicide is punishable by crime. The involvement of other parties is more popularly referred to as participation, namely a criminal act in which a party participates in committing someone's suicide. The inclusion of suicide is regulated in article 345 of the criminal code. "Anyone who deliberately encourages another person to commit suicide, and assists him in doing so, will be punished with a long prison sentence of 4 years if that person commits suicide."

This regulation, namely article 345 of the criminal code, shows that positive law is

still weak in regulating the prevention and handling of suicide cases. Suicide should be equated with criminal or criminal acts. Self-harm is an act that endangers the safety of one's soul. There needs to be regulatory updates because these regulations are a legacy of dutch colonialism. The idea of improving this regulation is to provide legal sanctions to perpetrators or victims of suicide by tarnishing someone's good name. That people who have died clearly cannot be punished again in this world. This is because criminal law can only apply while the person concerned is still alive. Tarnishing the good name of someone who commits suicide, can be a last alternative or positive legal sanction that can deter those who commit suicide.

Third, Press Council Regulation Number: 2/Regulation-DP/III/2019 concerning reporting guidelines regarding suicide acts and attempts. Through this regulation, limits on reporting in the mass media related to suicide cases have been regulated. It's just that law enforcement regarding violations of various reports in the mass media related to suicide cases has not been firmly implemented.

Solutions to Prevent and Overcome Student Suicide Cases in Yogyakarta

To prevent and overcome the problem of suicide can only be done in an integrated manner, namely strengthening faith and devotion; moral-based education, communication of empathy and sympathy for people who have the potential to commit suicide; cross-sectoral communication; personal approach, early detection (mitigation) of potential people who will commit suicide; as well as law enforcement

through the creation of laws regarding the prohibition of suicide and restrictions on reporting suicide in the mass media.

Within the tertiary institution itself, a special section needs to be formed to detect and handle early the potential for suicide cases that could befall students, especially those who come from outside the area (far from parents and family). Attention and communication between students and lecturers is an effective means of overcoming problems that often befall students. Lecturers must be wiser in accompanying students in completing their studies at university. Students themselves must strengthen aspects of morality, faith, and devotion to Allah; as well as mental and mental health so that they have strong mental resilience when facing various problems in the world of higher education and community life; they still survive and adapt, so they do not have suicidal ideas, let alone committing suicide. The intellectual excellence possessed by students should be a mainstay for them to overcome various challenges and problems in the academic and non-academic world.

DISCUSSION

There is no positive law that regulates the prohibition of suicide in Indonesia. Breakthroughs and innovations are needed to create the Republic of Indonesia Law on the Prohibition of Suicide and also reporting on suicide in the mass media. The 2024 general election, which is only a few weeks away, will produce a president and vice president, as well as members of the legislature for 2024-2029. This is the hope that the members of the people's representative council of

the republic of Indonesia as a result of the 2024 general election can produce a law on the prohibition of suicide and stricter rules regarding reporting on suicide in the mass media. Japan is a country that deserves to be an example in controlling suicide cases.

Until now there has been no comprehensive study regarding the relationship between suicide reporting in the mass media on suicidal ideas or inspiration and suicidal decisions in Indonesia, including in Yogyakarta. This is a golden opportunity for other researchers to conduct further research on this issue.

CONCLUSION

There are two big conclusions. First, the model of inner conflict experienced by suicide perpetrators is very complex; namely as a form of despair in facing the various problems he faces. These problems can be triggered by academic problems, personal problems, family problems, and other problems. Students who are classified as educated and educated people should stay away from suicidal behavior; because this is a disgraceful act both religiously and socially. Students should be able to be good examples in dealing with every life problem that binds them by prioritizing the values of rationality and chivalry. The positive laws that apply in Indonesia to prevent and overcome the problem of suicide in Indonesia are still very weak. According to the law, committing suicide is not prohibited; and are not punished or subject to legal sanctions. Only those who were involved in helping the perpetrators of suicide carry out their actions were punished.

Second, preventing and overcoming the problem of suicide can only be done in an integrated manner, namely strengthening faith and devotion; moral-based education, communication of empathy and sympathy for people who have the potential to commit suicide; cross-sectoral communication; personal approach, early detection (mitigation) of potential people who will commit suicide; as well as law enforcement through the creation of a law prohibiting suicide and strictly limiting the reporting of suicide in conventional mass media, broadcasting, online and social media. Until now there has been no comprehensive study regarding the relationship between suicide reporting in the mass media on suicidal ideas or inspiration and suicidal decisions in Indonesia, including in the Special Region of Yogyakarta.

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