Analysis of Student Suicide Cases in Electronic Media: Perspectives and Roles of Islamic Education

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Abstract

The study focused on a spike in suicide rates among college students highlighted in electronic media. The goal is to identify the problems faced by college students as well as how these problems contribute to the emergence of suicidal ideation as an escape option. With qualitative methods through literature studies, this research explores data from various sources such as journals, articles, and related papers. A sociological approach was used to emphasize the need for serious treatment of the problem of suicide among college students. Furthermore, this study confirms the importance of spiritual aspects in the social context as a key to suicide prevention. The concept of Islam-based science, Iman, and Ihsan as a prevention strategy from suicide and depression. These efforts are expected to strengthen social integration, improve mental well-being, and overcome suicides so that it becomes a very crucial discussion in this framework.

Introduction

Suicide cases in the world continue to increase from time to time, including one of them also in Indonesia. WHO notes that every 40 seconds, one individual dies by suicide worldwide, and with a ratio of 3.7 per 100,000 population, Indonesia ranks 159th in global suicide statistics (Zatnika, 2020). In Indonesia, suicide is the second leading cause of death in the age range of 15 to 29 years (Susilawati, 2018). This phenomenon also occurs among teenagers, especially in South Korea, where academic pressure is one of the main causes. Families often put a lot of pressure on children to achieve academic success. If they do not succeed in achieving these expectations, children tend to experience severe stress and feel ashamed, which can encourage them to consider suicide (Adhiwena, 2019).

The increasing incidence of suicide among students has been prominent recently. We can know this by the spread of the news in various media. An old phenomenon that has now been reborn. The loss of life has been happening constantly. The incident that happened was not just one or two people. One life after another fell in their own hands. I don't know what came to their minds. For some reason, many choose this escape like an unbroken link. Causing the number of statistics to soar since the end of 2022 until now. This tragic incident was also widely raised in the news. One by one obituaries began to be displayed in various media. Sheet by sheet, article by article, journal by journal. Their deaths have filled public spaces. Appears several times past the homepage. Announce to the public the final choice they have determined. Their favorite choice, the final choice to take a break from the absurdity of life. Whether conscious or unconscious, forced or voluntary, ending a life may seem to them a truism. Stopping survival is considered a truth for them, by condemning the worth or absence of life, there is no definite goal, no meaningful meaning. Life is like a saturating span of time to return to the soil and grow cypress. However, this is never justified. Because it has insulted their existence as human beings who should get their rights. The right to live freely with meaningful meaning.

This tragic incident has awakened us to the complexity of social peroblematics, opened our eyes to reality, blocked our minds to very strange trends, felt uncomfortable about oddities. With soaring statistics, it indicates that many depressed people choose suicide as an escape. Until we wonder, what is the factor of all this? Various investigations have been carried out. Various interpretations have been initiated. In the end summarizes a complex answer. Starting from economic, academic, family, romance problems, to high expectations for an ideal life. Even in some cases the cause has not been found. Of all of them has one end, namely mental health which will lead to suicide. Assume that all causative factors are true, because not all perpetrators have the same problem background. We can think so for a while because not all perpetrators, explicitly, have their motives easily identified. But haven't we ever wondered why suicidal ideation came to mind? Why out of so many life escapes, emotional releases, last resorts, only suicide was chosen? Of the many ideas that are enough to be *coping*, only suicidal ideation is chosen?

In this discussion, it does not focus too much on the factors that cause suicide attempts per case, but on the emergence of suicide ideation itself through a sociological approach so that many people desire to be desperate to do it. It's as if something inspires them, moves them to do it, and jumps up the statistics because it's a choice they make a lot of them.

This is a serious challenge, especially when considered in the context of Islamic education. In-depth analysis of the role and perspective of Islam is becoming increasingly important to understand and address the rise of suicide incidents involving students. As an integral part of understanding as well as solutions to these problems, Islamic education plays an important role in providing deep understanding and sustainable solution development.

Methology

The research method used in this study is qualitative with a literature study approach. This research is sourced from data obtained through writings published in electronic media such as journals, articles, and papers relevant to the research topic. This research also uses additional references to enrich information carried out through text analysis from selected sources, including journals and books as a theoretical basis that supports the development of related knowledge. The aim is to place more emphasis on conceptual understanding and analysis of previously published information to develop a strong theoretical foundation.

Results and Discussion

Student Suicide Case

The increase in suicide statistics was contributed through cases involving students. Based on data according to *databok.id*, based on the National Criminal Information Center (PUSIKNAS) of the Indonesian Police (POLRI), suicide cases were found in Indonesia starting from January to October 2023. In 2023, 971 suicides were recorded, so when compared to the previous 2022 which amounted to 900 cases, this year is much more than last year. This includes students who are also involved in the soaring statistics. If calculated from the 10 provinces with the most reported suicide cases in Indonesia, Central Java occupies the most position. In full, if calculated throughout January to October 18, 2023 at 09.08 WIB:

1. Central Java: 356 cases
2. East Java: 184 cases
3. Bali: 94 cases
4. West Java: 60 cases
5. D.I Yogyakarta: 48 cases
6. North Sumatra: 41 cases
7. Lampung: 27 cases
8. West Sumatra: 26 cases
9. Bengkulu: 22 cases
10. North Sulawesi: 18 cases [1]

It contains several cases that happened to students that have been published by the media, including:

1. June 2019: A student from Binus Jakarta (HO) committed suicide by jumping from the 8th floor of his campus, allegedly due to academic pressure and personal issues weighing on his mind.
2. December 2018: Unpad (MB) student passed away for no apparent reason, but it is estimated that there was strong psychological pressure affecting his condition.
3. October 2022: UGM students (TSR) jumped from the 11th floor of Porta Hotel, Jogja, allegedly due to academic pressure and personal problems that weighed on his mind.
4. January 2023: Students at one of Jakarta's universities committed suicide by jumping from the 4th floor, allegedly due to academic pressure and personal issues weighing on his mind.
5. February 2023: A student of Universitas Mercu Buana (VAS) was found floating in Embung Tambakboyo, possibly due to academic pressure and personal issues affecting her situation.
6. March 2023: Jambi student found lifeless in boarding room, likely due to personal issues weighing on her mind, followed by UI student (MPD) who freefell in a South Jakarta apartment, allegedly due to academic pressure and personal issues weighing on her mind.
7. April 2023: A female student at a university in Yogyakarta hanged herself in her boarding room, presumably due to academic pressure and personal issues weighing on her mind.
8. July 2023: Student from Bantul found hanged in his boarding room, possibly due to academic pressure and personal issues weighing on his mind.
9. August 2023: Diponegoro University (MFSP) student was found dead by hanging himself at Diponegoro Regional Command IV, presumably due to academic pressure and personal problems that weighed on his mind.
10. September 2023: UGM (AAS) student committed suicide in his boarding room, allegedly due to academic pressure and personal problems weighing on his mind.
11. October 2023: A UMY (SM) student fell from the fourth floor of the University Residence, followed by a Semarang State University (NJW) student who was found dead in the parking exit area of Mall Paragon Semarang

due to academic pressure and personal problems weighing on her mind, and a UNNES (EN) student was found lifeless due to suicide.

12. December 2023: Unpad student (RWP) was found dead in his boarding room due to financial problems and unfinished thesis, this condition allegedly triggered heavy psychological pressure. [2] [3] [4]

And there are many more cases that may have been out there and have not been exposed by the media, even today, this second, and today. We can still wait for the results of the report for the latest information with full hope that the statistics will decrease.

Factors of The Emergence of Suicidal Ideation

According to Hadriami (2006), suicide cases will always be preceded by the emergence of suicidal ideation that precedes it. On the other hand, Woelandarie (2017) says that suicidal ideation usually occurs first over a period of time before launching the action, but there are some individuals who may never think about it and occur impulsively. Emile Durkheim (1917) explained that suicide must be studied through the social structure of society. So that the emergence of suicidal ideation is basically motivated by social symptoms. It can even be said, based on the results of his observations of suicide rates in several countries, showing that the emergence of suicidal ideation is not always motivated by mental disorders. In Indonesia, the current high number of suicides is generally not always based on mental disorders alone, but rather on social problems. [5]

Social fact is a concept introduced by Emile Durkheim to facilitate the analysis of social symptoms by looking at the influence of patterns, values, and structures of social dynamics. It should be underlined, to analyze it we are not focused on the events that befall each individual (individual facts) with all their motives. But through a set of individual facts calculated using numbers *(rate)* social, e.g. marriage rate, suicide rate, unemployment rate. Individuals do not have that number, whereas a society that contains a set of individuals does. View the entire event on a macro scale through numbers *(rate)* Social being the basic methodological principle, the consequence is that individuals do not play a role in shaping social facts because they do not have numbers *(rate)*. Conversely, if individuals cannot form social facts, then social facts must be explained in relation to other social facts. That is, although a social fact is filled by a set of individuals as its instrument, to see it, through associating with other social facts that make up the social fact itself without associating it with individual symptoms on a microscale. [6]

In the case of suicides involving college students, we combine the plurality and scale it up to macro. By looking at a group of students who contributed to the increase in suicide rates; It was concluded that the "student suicide rate" is the so-called social fact in this discussion. This became a basic principle in the methodology used by Emile in explaining social facts through student suicide rates (filled in by a group of students in it) formed due to social facts that preceded it. This set of causalities involves cross-classification of certain variables of social fact to see to what extent they are related. Let's see, what variables make up the suicide rate variable based on the conclusions from the data previously described. [6]

Clinical psychologist, Kasandra Putranto, states that triggers for suicidal ideation including financial problems, academic burdens, interpersonal conflicts with friends, romantic problems, and depression are the motives behind these tragic events. [7]Based on the factors that cause suicide, although there are some that have not been fully revealed, it can be summarized in outline into six variables:

1. Economics
   Difficult economic conditions make parents prioritize children's education at the primary to secondary levels. Actually, tuition fees at most private universities (PTS) nationwide did not experience a significant increase, but some private universities, especially in Jogja reported an increase in fees (daily Jogja). But difficulties in the economy are not only felt in the scope of education, but in all aspects of daily life that lead to depression. [8]

2. Adaptation Rate
   Reporting from harianbhirawa.co.id and jurnalpost.com, students are often stressed when adapting. They move from their native environment to a new place, living independently without a family. Adaptation to a new environment causes stress, both socially, academically, and emotionally. Failing to adapt can lead to feelings of isolation and possibly alienation in life. [9] [10]

3. Romance
   Accumulated emotional wounds can drive a person to act recklessly. One example is when someone experiences a breakup. Personal problems in love, such as unfulfilled marriage expectations, betrayal, or the end of a relationship, can be a serious trigger for someone to consider suicide. This shows that love issues are not only emotionally impactful, but can also be a trigger for crises that threaten one's personal safety. [11]

4. Academic Load
   Academic studies pose a heavy burden on students, often being a major trigger in suicides. The dense curriculum forces them to take 20-24 credits per semester, equivalent to 60 hours of work per week. As many as 20% of college students can quit or experience severe stress, including the risk of suicide. Likewise with thesis, which adds to the burden of stress. Compiling it requires high independence, from determining the title to the final writing. Studies show that 71.3% of final year students experience moderate stress, and 14.8% experience severe stress.

5. Family Structure

In many families, the expectations placed on the child are often very high. So there are moments where children feel that they are not able to meet or achieve these expectations. When these excessively high expectations collide with a child's abilities, it can trigger high levels of stress due to feeling unable to meet the expectations set by the family.

6. Unemployment Rate

In addition, many students feel worried about the future, especially about employment after graduation. This uncertainty causes depression and is exacerbated by the increasing number of undergraduate unemployment as seen from BPS data. About 12% of undergraduates are unemployed in February 2023, which stands at 958,800 out of a total of 7.99 million unemployed people. Intense competition in finding a job causes high levels of stress, as shown by Hasanah and Rozali's (2021) research, where 64% of unemployed scholars feel great pressure, experience anxiety and doubt for the future. [9]

In this context, all variables that have aspects of social facts are involved in forming variables charged with social facts in the form of depression numbers. This variable becomes the main essence that will be connected with another variable, namely suicide rate. Because the variable of student depression rate is formed through a set of variables containing previous social facts that are so complex, be it economic problems, unemployment rates, academic load, romance, adaptation levels, and family structure; on a macro (social) scale of course. In the end, a set of variables that are interrelated with each other, are mutually bound, and have a fairly complicated correlation boils down to one variable, namely the rate of student depression. So it can be concluded that depression experienced by students does not just happen without any factors that precede it.
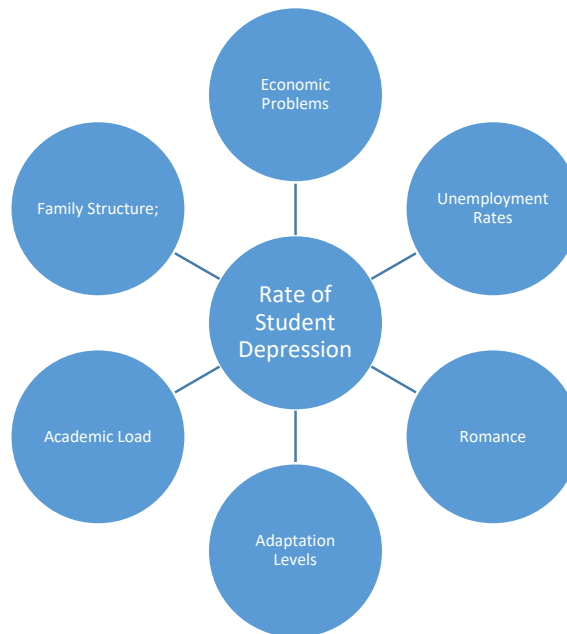
The variable containing social facts that will be discussed is "student depression rate" which will lead to the second variable, namely "suicide rate". So we focus on the variable depression rate that will be associated with the second variable, namely student suicide rate, and rule out other variables first.

But this covariation is not as simple as imagined. To see the relationship between one variable of depression rate and the variable suicide rate sometimes requires a third variable as a link to prove causality logically. Because suicide must have a social cause according to Emile Durkheim's principle, namely its relation to the tenuous conditions of integration in social solidarity. This is very important because it is with this that we can intervene all that leads to the idea of committing suicide. Then this link will be removed like breaking the connected chain. By breaking this relationship, suicide, at least temporarily, can be prevented. [6]

Between the relationship with the first variable (depression rate) and the second variable (suicide rate), based on the conclusions drawn from the data obtained, the "level of social integration" becomes the connecting variable. Thus, the main concern is not on suicide as an individual act, but rather on the increase in student suicide rates which is reviewed through the level of social integration that reflects the state of community solidarity at that time.
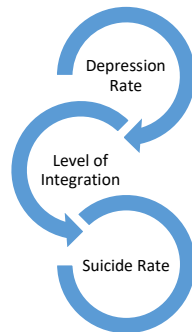
Social integration of society now tends to stretch, this can be seen how people underestimate the depression experienced by young people. In the social sphere of today's modern era, organic solidarity is based on dominant individual attitudes and the weakening of collective consciousness with the cessation of working norms of common rules. That is, there is a "*tension*" that arises due to heterogeneity and individuality in the modern era today due to heterogeneous structures, groups, and conditions. So that it allows many people to only pay attention to the condition of themselves and their groups. For example, *"generation 90"* considers the current generation weak and not as resilient as its generation. This triggers the weakening of social integration where concern between human beings is tenuous.

Lack of social support is a major factor in suicidal thoughts among college students. Bad stigma is a label for the current generation due to the rampant news in the media that they are a generation that is mentally weak and easily affected by depression. This is what makes the discourse about mental health a disgrace. The stigma against depression is evident, supported by a low understanding of mental health in Indonesia, reflected in high rates of shackling (14% for life, 31.5% in the last 3 months) and lack of proper treatment (only 9% receive treatment). Limited facilities and understanding reinforce the stigma of bad, discouraging individuals from seeking help. This stigma makes them feel embarrassed to seek help, often without professional guidance, potentially exacerbating the problem to suicidal ideation. [12] [10] [13]

The impact threatens social integration and constricts students with mental disorders into their objective world alienated from subjective reality. The socialization process fails because of the gap between objective and subjective reality, alienating individuals with a bad stigma related to mental health. They are confused about finding a way to survive and reluctant to seek help because it has been considered a disgrace in itself, accompanied by a terrible image of the outside world interpreted with its subjective point of view. [14]

When emotional connectedness and concern for fellow human beings are tenuous, society can lose solidarity and engagement between individuals. The absence of social support and feelings of alienation can be triggers for a person to consider suicide as a final option. Ironically, this phenomenon can lead to an increase in overall suicide rates within a community or society. In a situation where social care is weakening, the need for collaborative efforts to strengthen social integration and improve mental well-being in society becomes even more urgent.

The Paradox of Suicidal Ideation as An Alternative Option

Stretching social integration has been identified as a factor enabling suicidal ideation, which may ultimately contribute to an increase in suicide rates among college students. However, often we do not look deeper why out of the various alternatives available to escape from problems or release emotional distress, it is precisely the act of suicide that is taken? Why are the many ways that can be used as intervention, only suicidal ideation is an option? This is a thought-provoking paradox. Despite the availability of many options for managing stress or dealing with stress, sometimes individuals are driven to choose the most extreme and dangerous path, namely by formulating suicidal ideation as a solution.

In the age of advanced technology, unlimited access to information has become a reality, but its impact has not always been positive. Especially in the mental health of the younger generation, digital technology carries a significant burden. The hedonistic lifestyle plastered on social media, plus economic pressures and dual roles as *"Sandwich generation"* has further weakened their mental stability. Comparisons with previous generations show that today's generation reports mental problems more often, highlighting the vulnerability of their mental state. While social media may be one of the triggers, the increase in reports of mental problems is more related to this generation's activeness in voicing complaints, thanks to easier access to mental health information. [15] [16]

Social media not only affects mental health, but also attracts individuals into their own world. Media consumption is now to find values obtained in social media through markers spread in cyberspace. The systematic influence of media and the production of visual markers is a problem in itself, making the selection of information without the ability to sort out

what is good or bad. This generation shows changes in mindset, lifestyle, and emotional stability that are more likely to face cyberspace, replacing moral values and reality with simulations in their consciousness. The difficulty of finding meaning in life values related to social media semiotics often makes it difficult for individuals to sort out true values. Exposure to the negative values presented by social media often confuses individuals in search of the essence of life. The constant influence of symbols and messages instilled through social media complicates the search for meaning in life, often obscuring the view of true values. This often leads to a squeezing psychological state, which in turn, for some individuals, can lead to extreme thoughts of ending life as a way out of the elusive void of values. [17] [18]

This feeling of alienation leads the individual to confusion and emptiness, dragging the mind to the thought of ending life as a way out of uncertainty. Why do other activities as meaningless escape? Everything is meaningless. The siphony of life and the despair of doing everything. This sense of being trapped in the absurdity of life and this deep emptiness often leads the mind to extreme thinking. That is the condition that results in some individuals finally choosing to end their lives in an effort to solve the insurmountable void.

The Role of Islamic Education in Preventing Suicide

The adolescent stage, according to Erik Erikson, is an important transition period marked by the development of identity and autonomy, influencing adolescents' views of religion and beliefs. This context shows the need for a new approach to Islamic learning for Generation Z.

Religious education has a crucial role in adolescent mental health. Recent reviews show the positive effects of religious and spiritual interventions on mental health. However, the importance of religious education in supporting physical and mental health has not been fully emphasized. Contextual learning models in Islamic education can enable students to understand and feel the application of religious teachings in everyday life, supporting the important role of Islamic education in addressing mental health challenges today.

Understanding religion in a social context is a strong foundation in efforts to prevent suicide. The concept of social piety offered by Islam blends man's relationship with God and his social responsibility. Buya Syafii and Fazlur Rahman affirm that Islam demands not only individual values, but also social responsibilities that shape the moral order and dignity. This indicates that the quality of good individuals contributes to creating a healthy social order. Islam is also incarnated as a religion carrying the mission of liberation, from various forms of ignorance and bondage that prevent people from worshiping Allah alone. [19]

Clearly, the concepts of Islam, Iman, and Ihsan offer significant relevance in Islamic education and adolescent mental health. Islamic education becomes the foundation for mental health by integrating Islamic values and practices that support the emotional and psychological balance of individuals. A focus on personal hygiene, stress management, and a healthy diet are integral parts of Islamic teachings that form the cornerstone of mental health. With a contextual approach, students have the opportunity to understand the practical application of Islamic teachings in everyday life, providing an important basis in dealing with mental health issues.

In the Faith dimension, religious education plays a role in strengthening beliefs and helping adolescents navigate internal conflicts. Religious beliefs and religious practices provide a solid foundation in supporting adolescent mental health, providing resilience when facing stress and stress in their lives. The concept of Ihsan emphasizes perfection in worship and daily behavior. Islamic education that emphasizes the concept of Ihsan not only focuses on religious knowledge, but also encourages the application of these values in everyday life. Thus, Islamic education provides the tools for adolescents to achieve mental and spiritual perfection, pushing them towards a solid psychological balance. The concepts of Islam, Iman, and Ihsan become the foundation for Islamic education in guiding adolescents towards strong mental balance, firm conviction, and perfection in their spiritual aspects.

In dealing with this problem, Islamic education needs to optimize mental health services in madrassas through the role of Islamic teachers and Counseling Guidance and utilize social media as an educational tool to fill religious values and teachings in this digital era. Islam, with its principles, is considered a relevant solution to the challenges of today, so Islamic education must be responsive and adaptive to changing times, ensuring the relevance of religious values in guiding students to face the complexity of mental health issues.

Acknowledging the link between depression and lack of faith is an important part of this context. Rejection of suicide is often associated with a lack of awareness of captivity and a strong connection with the Creator. The belief in God's decree and the strict prohibition against suicide depicted in religious teachings affirm that every test will end in goodness. Immunity to depression and stress is strengthened by strong faith, and the role of the state's responsibility in ensuring people's well-being is also an important part of maintaining mental health. In addition, social improvement that prioritizes mental health services and *faith-based self-love* reinforcement are important strategies in suppressing extreme acts such as suicide.

Thus, through an integrated understanding of religion in the social context, especially in Islam, good individual qualities, liberation from various shackles of ignorance, and a better understanding of the relationship between depression and faith as important steps in preventing suicide and improving people's mental well-being. [20] [21]

Conclusion

The conclusion of this journal is that social integration in society has experienced a detrimental decline, especially in view of the depressive conditions experienced by young people. Social solidarity, which was supposed to be built on a collective awareness of mental health issues, is now threatened by the stigma attached to this topic. Ignorance and lack of understanding about mental health in Indonesia are the main factors behind the low level of care and high rates of shackling for mental disorders. This negative stigma causes individuals to be reluctant to seek help, while a lack of emotional stability and social support becomes a major factor in suicidal thoughts, especially among college students.

This problem strains social integration, confining individuals with mental disorders into their objective reality alienated from subjective reality. As emotional connectedness and concern for others decline, society loses solidarity and engagement between individuals, opening the door for suicidal thoughts as a last resort. Ironically, this phenomenon can trigger an increase in suicide rates in a community or society.

The importance of religious understanding, especially in Islam, integrated in the social context is key in preventing suicide. The concept of social piety in Islam blends man's relationship with God and his social responsibilities, which in turn can form a healthy social order. Acknowledging the link between depression and lack of faith is a focus in encouraging prevention efforts, affirming the strict prohibition against suicide in religious teachings.

Islam, Iman, and Ihsan play a crucial role in religious education and adolescent mental health. Islam provides basic values, while Faith strengthens beliefs and helps to overcome stress and inner conflicts. Ihsan emphasizes perfection in daily behavior. Overall, Islamic religious education guides adolescents to a solid mental and spiritual balance, applying these values in their daily lives.

Through an integrated understanding of religion in a social context, along with a better understanding of the relationship between depression and Islamic education, collaborative efforts are needed to strengthen social integration and improve mental well-being in society. In this context, it is important to encourage good individual qualities, liberation from the shackles of ignorance, and faith-based approaches in overcoming stigma and preventing suicide.

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