



Early Adults Have Suicidal Ideas, Why? A Systematic Review

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ABSTRACT

Suicidal ideation is a negative thought of an individual to end his life intentionally and immediately, but this is only limited to thoughts, intentions, and imagination not to commit suicide. A person has thoughts of ending his life intentionally not only limited to thinking about it, even someone can in detail think about how the process will be carried out until finally suicide occurs. From 13 international journals in this systematic review, it resulted that the background of suicidal ideation is dominated by something internal from oneself, namely psychological factors, such as depression, stress, and anxiety. In addition, there are some research results that mention that the background of suicidal ideation is something external such as bullying and discrimination. In the systematic review, the subject used is early adulthood, where in this phase a person is vulnerable to stress, anxiety, and depression. Because in this phase a person is required to adapt to his new phase, which is the transition phase from late adolescence to early adulthood, the transition period from school to college. If a person is not able to adapt well to the pressures that exist in the early adult phase, they are vulnerable to experiencing this psychological pressure, which can eventually lead to suicidal ideation.

Keywords: Suicidal Ideation, Early Adulthood

1. Introduction

Until now, suicide has become a phenomenon that is very interesting not only in Indonesia, the phenomenon of suicide has also become something that attracts attention in international classes. Meanwhile, in Indonesia, this phenomenon is of concern because the number of cases increases significantly every year. This is in accordance with the official report submitted by the National Police Criminal Investigation Agency that as of April 2023 there were 451 cases of suicide recorded (Republic of Indonesia Police Criminal Information Center, 2023). Even until the end of 2023 there were several cases of suicide that occurred not long after, a teacher in Malang City who allegedly committed suicide taking his wife and one child with him (Indonesian Kompas, 2023), then there was a woman who was found dead after allegedly jumping from the 12th floor of the Brawijaya University Malang lecture building (detik.com, 2023).

Before suicide occurs, there are thoughts that cause it to finally lead to suicide, these thoughts are called suicidal ideation. Reynolds defines suicidal ideation as a person's thoughts related to suicidal behavior and the desire to commit suicide (Pajarsari & Wilani, 2020). Suicidal ideation is also defined as an individual's plan with the aim of ending his or her life immediately (KF Putri & Tobing, 2020). Suicidal ideation is an individual's thought process about suicide, this includes the individual's thoughts, intentions, imagination and plans to his desire to commit suicide (Chinyere, Ifeagwazi, Nkwuda, Nwonyi, & Oginyi, 2020). From several explanations about suicidal ideation, it can be concluded that suicidal ideation is a negative thought of an individual to end his life intentionally and immediately, but this is only limited to thoughts, intentions and imagination, not to the point of committing suicide.

Someone's thoughts about ending their life on purpose are not just about thinking about it, someone can even think in detail about the process that will be carried out until suicide occurs. In line with this, suicidal ideation is classified into two, namely passive suicidal ideation where a person imagines himself as if he is lying dead, sleeping until he doesn't wake up again, and death due to an accident. And secondly, active suicidal ideation, where a person fantasizes about how to hurt themselves and commit suicide (Lalenoh et al., 2021). Reynolds classifies suicidal ideation into two types, namely suicidal ideation as a desire and an individual's plan to end his or her life which is specific, meaning that the individual has specific thoughts about how to die and how to die. Then secondly, suicidal ideation is related to reactions from other people or other people's perceptions of the self-worth of the individual who died (Karisma & Fridari, 2021).

The phenomenon of suicide occurs not only in certain circles, but the phenomenon of suicide can occur among teenagers and adults. In this study, the author will focus on the phenomenon of suicide that occurs among adults, especially early adults. Where the early adulthood phase is a person's transition phase from adolescence to adulthood, which is usually called emerging adulthood, which occurs at the age of 18 to 25 years (Santrock, 2012). It is considered time for a person in this phase to let go of adolescence, but has not yet reached the phase where a person takes on the responsibilities

that are common to adulthood (Rahmania & Tasaufi, 2021). The early adulthood phase is considered the peak of a person's development phase, where in this phase a person is required to adapt to every change that occurs to themselves, just like school students who transition to college. Early adulthood is considered to have great opportunities for self-exploration, but in this phase a person is also faced with a lot of pressure (Rahmania & Tasaufi, 2021). Early adults who are unable to overcome the problems they are facing and adapt to change can result in someone experiencing an unhealthy mental condition, giving rise to depression and anxiety (Rahmania & Tasaufi, 2021). This unhealthy mental condition can cause someone to make a decision about something negative, such as committing suicide, before suicide occurs, there are thoughts that influence it.

Many things can cause someone to finally have thoughts of ending their life on purpose. One of the many causes of suicidal ideation is psychological factors, the psychological factors in question are anxiety, stress and depression. Research that has been conducted shows that psychological factors have a significant relationship to suicidal ideation (Aulia, Yulastrri, & Sasmita, 2020). Apart from the psychological factors that cause it, there is research which states that social support is a strong predictor of suicidal ideation (Richie et al., 2021). The social support in question is support from family, friends and other social environments. It can be concluded that the trigger for suicidal thoughts is not only from a person's psychological side, but can also arise from something external, such as social support.

From everything that has been explained previously, it can be concluded that suicide occurs because there were previously thoughts of suicidal thoughts. The phenomenon of suicide that occurs in early adulthood can occur because the problem solving system is not positive. This occurs because someone in the early adulthood phase is unable to face the pressure of their problems and has not been able to adapt well to the early adulthood phase they are experiencing. Triggers for suicidal ideation occur not only from a person's psychological side, but external factors can also be triggers, such as lack of social support from family, friends or other social environments. Apart from this, there are many things that can cause suicidal ideation, the points of which are discussed specifically from various kinds of research. Therefore, the aim of writing this systematic review is to find out what factors cause suicidal ideation.

2. Method

In the review process there are several steps taken, starting with the author creating a research question. The formulation chosen by the author is PCC (Population, Concept, Context). Referring to this formulation, the author formulates research questions. The question in this research is what are the factors that cause suicidal ideation in early adulthood? The next step is for the author to design keywords from the research questions to be used to search the data base. The keywords used by the author are "Early Adulthood", "Young Adult", "Suicidal Ideation", and "Asian". The author uses several databases, namely Scopus, Springer Link, Wiley Online Library, Taylor & Francis Online, and Sage Journals. From searching the data base, the researcher obtained 469 articles. The next step was to check for duplication using Mendeley and Rayyan. Then the author filters the title and abstract, and continues with the entire manuscript. Of the 469 articles obtained from the data base, there were 13 articles that met the criteria, namely factors that cause suicidal ideation.

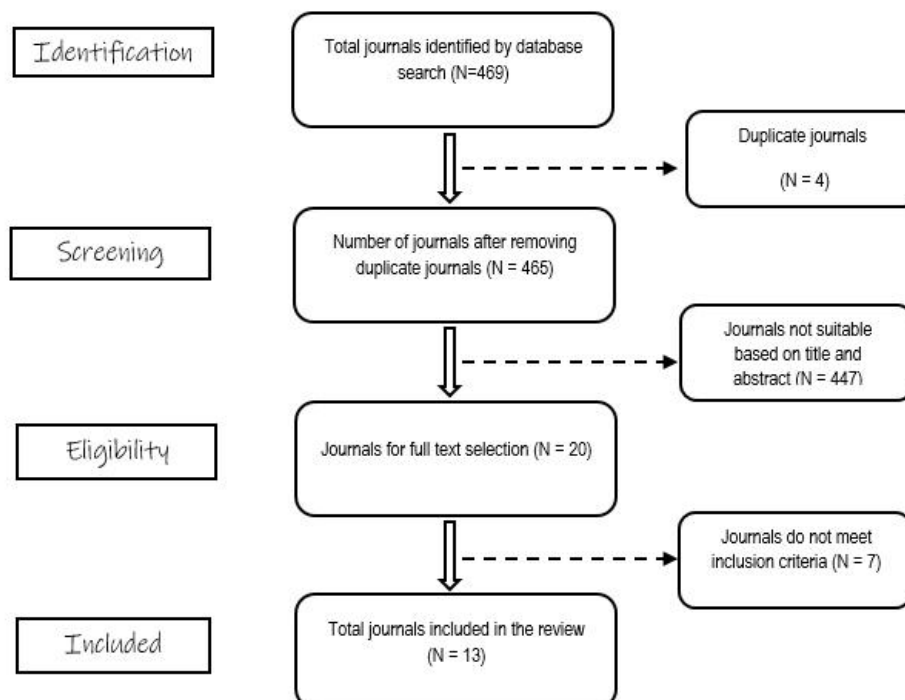


Fig. 1 - PRISMA Graph of Journal Selection Flow

In Figure 1 you can see the journal selection flow through a prism graph. In reviewing journals, the author determines several limitations, namely 1) Journal content that discusses factors that cause suicidal ideation, 2) English language journals, 3) Quantitative research type, 4) Journals published from 2019-2023, 5) Subjects in the research are people in the adult phase, 6) Research conducted in Asian countries. Meanwhile, the criteria for journals that will not be selected are 1) Journals whose research methods and subjects are not specifically explained, 2) Journals discussing suicidal ideation but not clearly discussing the factors that cause them, 3) Articles in book form and meta-analysis.

3. Result and Discussion

Suicidal ideation is a general public health problem because it can result in and develop into suicidal behavior and there are indications for suicide. Although the exact causes of suicide are not fully understood, it is generally accepted that suicidal ideation and behavior are the result of a complex interaction between a wide variety of factors (Pearl & Ariana, 2022). Beck said that someone who has suicidal ideation is someone who currently has plans and desires to end his life intentionally but has not yet attempted suicide. This happens because logically the idea of suicide appears earlier before there is a suicide attempt or committing suicide. So it is very appropriate in the future to assess suicide in predicting the risk of suicide (Kesuma, Atmodiwirjo, & Idulfilastri, 2021).

The phenomenon of suicide among early adults occurs because the early adulthood phase is a transitional phase from adolescence, from school to college. Where this phase requires adjustment to the changes that occur, both socially and morally. In this phase a person has a tendency to experience loss and detach himself from the family, make a decision to make a commitment, and a person is required to choose a career and job decision that interests him (RA Putri & Arbi, 2023). A person who cannot adapt to these changes can trigger emotional reactions, both negative and positive reactions. Negative reactions will arise if a person is unable to accept the pressure which is so heavy that ultimately depression and even suicide occur (Adinda & Prastuti, 2021).

In this case, it is important to know what actually causes someone to have suicidal ideas in their mind. The previous explanation explains psychological dynamics that psychological pressure can result in suicidal ideation in the early adulthood phase, but in reality it is not only psychological pressure that is the background for someone having suicidal ideas, external things can also be the background for someone having suicidal ideas. In line with this, the research conducted showed that there was an influence between social support and emotional regulation on suicidal ideation (Adinda & Prastuti, 2021). This is clear evidence that the background to suicidal ideation is caused by a person's psychological dynamics and external things such as social support, whether social support from family, friends or other social support. Apart from that, there is research which shows that anxiety has a significant relationship with suicidal ideation (Pearl & Ariana, 2022). Therefore, the aim of this systematic writing is to show what is the background to suicidal ideation in the early adulthood phase from various research results conducted in several Asian countries.

Table 1-List of Factors that Influence Suicidal Ideation

No.	Writer	Predictor Variables	Subject	Research result
1.	Huang, Liu, & Lee, 2023	Perceptions of burdensomeness and thwarted sense of belonging	403 Students in Taiwan	Perceived burdensomeness and thwarted belongingness significantly predicted suicidal ideation ($F(2, 397) = 87.97, p = .000$).
2.	Valderrama, Macrynika, & Miranda, 2022	Childhood trauma	426 Students in New York	These findings suggest that early life trauma may increase the risk of suicidal ideation to a degree that leads to ruminative thinking and lack of follow through on difficult tasks.
3.	Ortiz et al., 2023	Academic expectations of oneself, feelings of burden, and thwarted sense of belonging	432 Students in India	Academic expectations of self, perceived burden, and thwarted sense of belonging were significantly associated with suicidal ideation.
4.	Keum, Wong, & Salim-Eissa, 2023	GRM Stress (Gendered Racial Microaggressions)	309 AWW (Asian American Women)	GRMS significantly predicted suicidal ideation with a threefold increase in the odds of suicidal ideation.
5.	Yu et al., 2022	Excessive sleepiness during the day	6,944 Students in China	Students who experienced excessive daytime sleepiness ($p < 0.001$) and those who had depressive symptoms ($p < 0.001$) were more likely to have suicidal thoughts. Additionally, excessive daytime sleepiness ($\beta = 0.14, 95\% \text{ CI: } 1.01-1.32$) and depressive symptoms ($\beta = 1.47, 95\% \text{ CI: } 3.80-5.00$)

				were associated with suicidal ideation.
6.	Defayette et al., 2023	Momentary interpersonal stress	42 Students in the Mid-Atlantic USA	Results: There was a tendency for an individual's increase in feelings of ostracism which was associated with a concomitant increase in the intensity of suicidal ideation. Additionally, within-person increases in negative peer events were associated with increased odds of subsequent suicidal ideation among individuals with very low IL-6 activity. However, these findings are still preliminary.
7.	Dizon & Mendoza, 2023	Mental health symptoms (depression, anxiety, and stress)	632 Students in the Philippines	Greater symptoms of depression ($r=0.63$; $p<0.001$), anxiety ($r=0.46$; $p<0.001$), and stress ($r=0.45$; $p<0.001$) correlated with greater suicidal ideation. Overall, greater mental health symptoms were associated with greater suicidal ideation.
8.	Lin, 2021	Gratitude	814 Students in Taiwan	Structural equation modeling demonstrated partial mediation effects of self-esteem and depression between gratitude and suicidal ideation. Additionally, a multigroup analysis found that men with higher levels of self-esteem were able to protect themselves from depression more easily compared to women.
9.	Graham & Ciciurkaite, 2023	Food insecurity	14,987 adults in the United States	A significant path coefficient indicated that risk of food insecurity was associated with greater log odds of suicidal ideation ($b = 0.66$, $SE = 0.09$). With the addition of perceived stress and social isolation, the path coefficient from food insecurity risk to suicidal ideation became smaller but remained significant ($b = 0.40$, $SE = 0.09$).
10.	Kwon & Han, 2019	Discrimination	1916 Latino adults in the United States	The main findings are: (a) daily discrimination has an independent relationship with suicidal ideation and has an indirect effect through anxiety disorders. (b) Racial/ethnic discrimination is not directly related to suicidal ideation, but its deleterious effect on suicidal ideation is mediated by depressive disorders. (c) The three types of mental disorders together accounted for approximately 32 and 42% of the impact of daily discrimination and racial/ethnic discrimination on suicidal ideation, respectively.
11.	Polanco-Roman, Anglin, Miranda, & Jelgic, 2019	Racial/Ethnic Discrimination	1,344 Students in America	Cumulative experiences of racial/ethnic discrimination may impact suicide risk through increased psychiatric symptoms (e.g., traumatic stress and depressive symptoms), especially in young women. Experiences of racial/ethnic discrimination should be taken into account as a potential source of psychological distress in the assessment, diagnosis, and treatment of

				suicidal thoughts and behavior, especially among young women experiencing traumatic stress and depressive symptoms. Further research is needed to better understand gender differences in the association between racial/ethnic discrimination and suicide risk.
12.	Bornheimer et al., 2019	Hallucinations and Delusions	12,195 adults in the United States	These findings emphasize the high risk for suicidal ideation among individuals who experience hallucinations or delusions, with the cumulative effect of experiencing hallucinations and delusions most dangerously related to the likelihood of experiencing suicidal ideation; especially among those experiencing depression. Assessment of risk factors for suicidal ideation is critical given its association with the potential for attempted and/or completed suicide.
13.	Zou et al., 2023	Bullying victimization	2,106 female students in China	The results showed that (1) the mediating effect of rumination in the relationship between various forms of bullying victimization and suicidal ideation was significant; (2) The mediating effect of insomnia in the relationship between traditional bullying victimization and suicidal ideation was not significant; the mediating effect between cyberbullying victimization and suicidal ideation was significant. (3) The serial mediation effects of rumination and insomnia in the relationship between various forms of bullying victimization and suicidal ideation were both significant.

The purpose of this systematic review is to answer the research question, namely to find out what factors cause suicidal ideation in the early adulthood phase. To answer this question, from the table above it can be seen that from several studies the background to suicidal ideation is dominated by something internal to oneself, namely psychological factors, such as depression, stress and anxiety. Apart from that, there are several research results which state that the background to suicidal ideation is something external, such as bullying and discrimination. From the various studies conducted in various Asian countries with very large research subjects, it can be taken into consideration that this could also be the background for suicidal ideation among young adults in any country, especially in Indonesia.

The early adulthood phase is at the age of 18-25 years, where at that age it is identical to someone who is currently in a college position, usually called a student. In general, students are in a transitional developmental period from adolescence to early adulthood. It is in this stage of life development that many challenges arise, in which there is also the need to achieve individual independence and also maintain relationships with family, develop intimate relationships, and also to pursue career and personal goals (Atqiya & Coralia, 2023). This can trigger psychological pressure, when one is unable to adapt to the situation one is experiencing, thus providing incorrect coping strategies and suicidal ideation can be one of the coping methods that is considered correct and is the only way to resolve the problems one is facing.

Psychological pressures in the form of stress, anxiety and depression are common in people in the early adulthood phase, including students. Stress can be one of the factors causing suicidal ideation in students. Stress in students which is usually called academic stress occurs as a result of pressure and the inability of students to carry out their academic obligations in lectures (Putra & Nelwati, 2023). Anxiety is also one of the causes of someone having suicidal ideas. Anxiety is a person's negative emotion which is associated with uncomfortable symptoms in the body, such as tremors and nausea. Anxiety is normal if someone uses it as a protection against the threats they face, but it becomes abnormal when the anxiety occurs over a long period of time (Santoso & Arbi, 2023). Meanwhile, depression is a condition where a person has emotions or feelings of sadness, helplessness, hopelessness and loss of enthusiasm for life. Depression appears to begin with a person's negative perception of a stressor, which then in the accumulation phase of the stressor worsens the situation, such as self-injury and even suicide (Melvin Omnia et al., 2023).

4. Conclusion

Suicidal ideas are thoughts of someone who wants to end their life intentionally and immediately. There are many things that become the background to someone having suicidal ideas, both factors that are created within oneself or external factors such as social support. Of the 13 journals that were studied in this systematic review, the factors that cause suicidal ideation are dominated by factors originating from within, such as stress, anxiety and depression. In the systematic review, the subjects used were early adulthood, in this phase a person is vulnerable to experiencing stress, anxiety or depression. Because in this phase a person is required to adapt to a new phase, where the early adulthood phase is the transition phase from late adolescence to early adulthood, the transition period from school to college. If a person is unable to adapt well to the pressures of the early adulthood phase, they are vulnerable to experiencing psychological pressure which can ultimately give rise to suicidal ideas.

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