



# The Influence of Parenting Patterns on Suicidal Ideation: A Systematic Literature Review

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## ABSTRACT

Parental parenting patterns influence adolescents in developing suicidal ideation. Authoritarian parenting is coercive, harsh, and rigid, where parents impose strict rules that are strictly enforced without considering the child's emotions. However, this parenting pattern minimally contributes to suicidal ideation in children. This study aims to determine the impact of parenting patterns on suicidal ideation in adolescents. Several parenting patterns influence suicidal ideation, including 1) Parent-Child Connectedness (PCC) parenting, 2) Affectionless control and neglectful parenting, and 3) Authoritarian parenting as defined by Baumrind. This study employs a systematic literature review method guided by PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) on international journals examining the influence of parenting patterns on suicidal ideation in adolescents. The findings suggest that adolescents raised with authoritarian parenting exhibit fewer suicidal ideations.

Keywords: Parenting, Suicidal Ideation, Suicidal Thoughts

## 1. Introduction

Issues related to suicide need to be considered in an individual. The phenomenon of suicide is something that is not expected to happen. Still, for people with mental disorders, suicide is often used as a way out in situations that are considered insoluble. Suicide is one of the phenomena that causes high mortality and threatens all ages. Suicide committed by the community is often a shocking or extraordinary phenomenon, and some people will feel fear or discomfort when someone around them commits suicide. Regarding this suicide case, it is a meaningful discussion that the Indonesian people, especially adolescents, must face. Furthermore, adolescence is a period of transition from childhood to adulthood. During this transition process, adolescents experience several changes that can cause them to feel depressed, including changes in biological, cognitive, and socio-emotional aspects (Sulaiman et al., 2020).

On the other hand, suicide data worldwide in 2019 (Global Health Estimates) shows that suicide is a serious issue in global public health. Globally, there are 703,000 cases of death due to suicide each year. Suicide is one of the leading causes of death worldwide, surpassing malaria, HIV/AIDS, breast cancer, and conflict and homicide. In 2019, more than one in every 100 deaths (1.3%) was due to suicide, as reported by the World Health Organization. Therefore, globally, suicide causes almost 800,000 deaths every year, with a global age-standardized rate of 10.5 per 100,000 population, according to Rezapur Shahkolai's 2020 study. Globally, suicide is the third leading cause of death among young people, with youth suicide rates tripling in the last three decades. In Indonesia, the suicide rate ranks 8th among ASEAN countries as a country with a high suicide rate, as stated by Pajarsari in 2020. The prevalence of suicidal thoughts ranges from 15 to 25% in the general population, while lifetime suicide attempts among adolescents range from 1.3 to 3.8% in males and 1.5 to 10.1% in females, with higher rates in females, especially in developed countries and older age groups, following findings stated by Consoli in 2013.

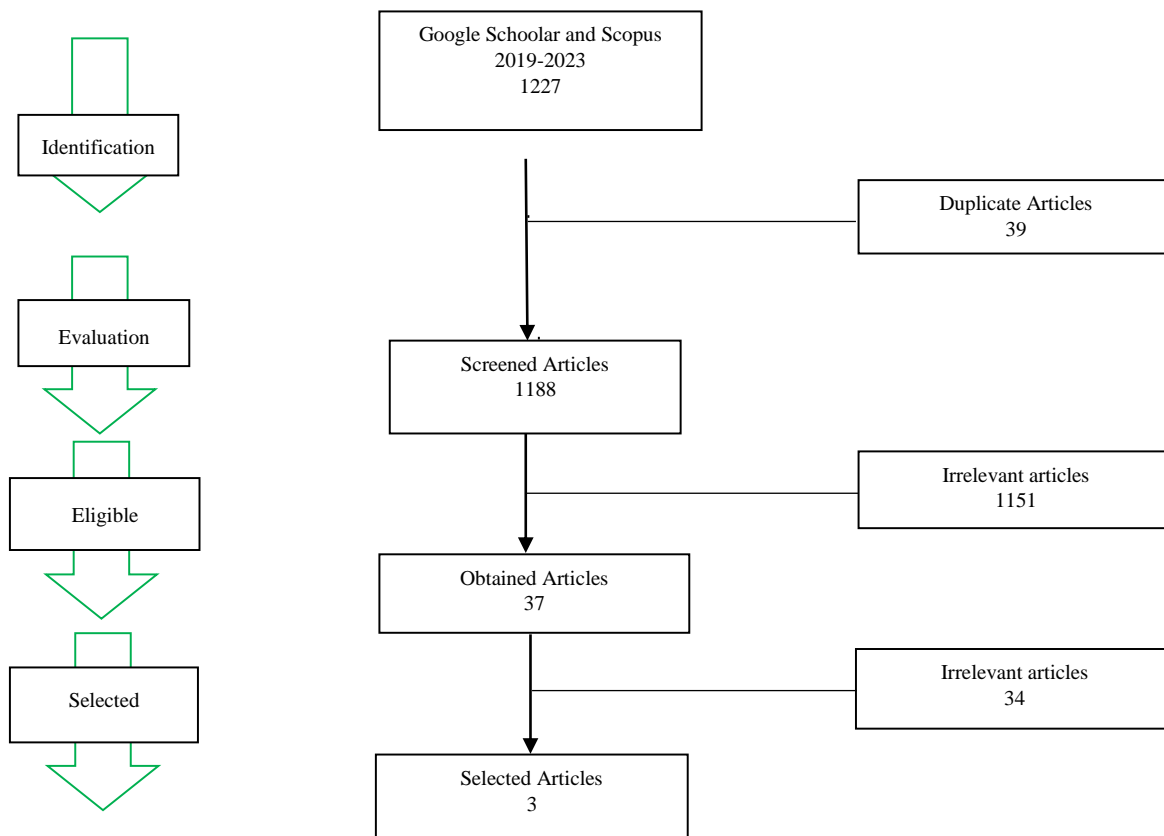
Suicide has quite serious negative impacts on oneself and others around them, such as family, friends, and society. Those left behind feel sadness and guilt and may have difficulty in prolonged grieving. In addition, society is also negatively impacted by the loss of valuable individuals and the economic consequences that arise from suicide. Due to the sensitivity of this issue, suicide has become a significant concern in the context of global public health in recent years. In addition to the loss of life and the economic impact on society, there is also the long-term psychological trauma that befalls the friends and family left behind. Suicide prevention is the best option, considering that most suicides are untreated and untreatable (Pandey et al., 2019).

## 2. Methods

This study uses a systematic literature method with guidance using PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) for international journals that examine the influence of parenting patterns on suicidal ideation in adolescents. This journal search uses Google Scholar and Scopus. The inclusion criteria for the journals reviewed are: (1) Journals in English; (2) Journals available in full text; (3) journals researching parenting patterns and suicidal ideation in adolescents; (4) The population studied is adolescent students; (5) Journals released from 2019-2023. The exclusion criteria are: (1) Journals that do not match the topic discussed; (2) Research subjects are not adolescents; (3) Duplicate journals; (4) Journals that use languages other than English.

The search was carried out using the keywords ((Patterns of parenting OR "Parenting Patterns") AND (Suicidal Ideation OR "Suicide Attempts")).

### 2.1 Systematic Literatur Review



### Study Results

No	Authors	Title	Year	Subject	Results
1	Uwaoma, Blessing C.; Aniche, Alexander N.; Isiwu, Prisca I.; Chinawa, Francis C.	Parenting Style And Self Esteem As Predictors Of Suicidal Ideation Among Adolescents In Isi Ala Ngwa, Abia State	2023	137	Parenting style and self-esteem as predictors of suicidal ideation among adolescents in Isi Ala Ngwa South Local Government Area of Abia State. Authoritarian parenting style showed significant results in predicting suicidal ideation. The study also showed positive results between authoritarian parenting style and suicidal ideation. The positive side of authoritarian parenting style showed that adolescents who did not have authoritarian parenting style were more likely to commit suicide.

2	Julie Mann	Adolescent Suicidal Ideation and Parental Perception, Parenting Style, and Parental Denial	2020	83	Social change in adolescents can occur if the emphasis is on Parent-Child Connectedness (PCC) . Researchers emphasize that even though PCC has little effect on adolescent suicidal ideation and has an impact on influencing adolescent thought patterns, but the impact Parent-Child Connectedness (PCC) efforts in reducing suicidal ideation in adolescents not enough to be considered in its application .
3	Stefano Tugnoli, Ilaria Casetta, Stefano Caracciolo and Jacopo Salviato	Parental bonding, depression, and suicidal ideation in medicine students	2022	671	Female students experience more stress and self-harm behavior. Male students experience more drug and alcohol abuse. The impact of <i>affectionless control</i> and <i>neglectful parenting</i> on suicidal ideation and depressive symptoms is greater in females than in males.
4	Philippe Nunes , Catarina P. Mota	Parenting styles and suicidal ideation of adolescents: The moderating role of social skills	2023	604	Parental empathy can be related to the relationship between authoritative and authoritarian styles of both parents and can influence children's suicidal ideation. Parenting styles by Baumrid consider the importance of parents and social skills in understanding suicidal ideation in adolescents.

## 4. Discussions

### 4.1 Parenting Patterns

Authoritarian parenting is restrictive. Parents force children to follow the rules and punish them if they violate them. Parenting patterns of complete control and firmness make children feel stressed because they do not allow for an exchange of ideas between children and parents. Authoritarian parenting is related to a lower dimension of acceptance than control (Pertiwi and Wardani, 2019).

Authoritarian and democratic parenting patterns can be applied and maintained by parents so that their teenagers avoid emotional and mental problems that result in suicidal ideation. Parents can minimize the use of permissive parenting patterns because the tendency of parents not to reprimand or warn children can be risky for teenagers to experience emotional and mental problems (Fany, 2023)

#### 1. Parent-Child Connectedness (PCC) parenting style

PCC parenting can have an impact on children's suicidal ideation. The negative perspective of implementing PCC parenting is that children will feel their self-esteem decreases, which will create a sense of discomfort in the child. This condition develops suicidal ideation among adolescents (Mann Julie, 2020).

#### 2. *Affectionless control* and *neglectful parenting* patterns

*Affectionless control* has a significant impact on high suicide rates. Parental bonding can be considered very specific as a factor that influences a child's personality. Fathers' parenting patterns often show low attention and are often without affection, which is associated with an increased risk of suicide. Control carried out by parents without affection invests more in the development of children's thinking and behavior and increases the risk of suicide (Tugnoli, et al., 2022).

#### 3. Parenting Patterns According to Baumrid

Parenting patterns must be relevant to the child's skills and personality. Children have different personalities so parents must be able to adjust a good parenting style until the child grows into a teenager. Parenting style will shape attitudes and some unique aspects of interactions with parents, such as body language, attention, tone of voice, and child behavior.

According to Baumrind (1996) in Nunes & Mota, permissive parenting can be related to suicidal ideation. The implementation of permissive parenting behavior is more likely to give rise to suicidal ideation than the influence of a bad external environment. Parental behavior that shows assertiveness and poor self-control significantly influences suicidal ideation.

#### **4.2 Suicidal Ideation**

Suicidal ideation is a thought that arises due to a low sense of belonging and a high burden of life felt by a person. Suicidal ideation is a process of contemplating suicide that is often not expressed explicitly (Muhith, 2015). Suicidal ideation is also defined as the activity of thinking, considering, or planning suicide due to negative behavior directed at oneself (Klonsky et al., 2016). People who commit suicidal behavior usually have planned it. Suicidal ideation is a specific thought that an individual has to end their life from the many thoughts about death that exist (Gonçalves et al., 2014). Based on the opinions of the experts above, it can be concluded that suicidal ideation is the beginning of attempts and acts of suicide, where the phenomenon of suicide is one of the leading causes of death in the world. Suicidal ideation is a construction of negative thoughts due to a person's low self-confidence in a certain mindset, which results in triggering changes in a person's behavior to carry out harmful actions.

#### **4.3 Aspects of Suicidal Ideation**

Suicidal Ideation has dimensions, namely according to Artissy (2022) that there are two dimensions in suicidal ideation, including:

1. Resolved plans and preparations are plans and preparations that are carried out, this is characterized by a history of suicide attempts (or almost attempting suicide), the belief that life will end in suicide, and the belief that there is no solution to overcome the problems faced.
2. Suicidal desire is a desire to commit suicide which is characterized by the desire to end one's life, feeling burdened, and feeling like giving up.

Further research is needed based on the above aspects (Fitriana et al., 2022). There are two aspects of suicidal ideation namely the first is suicidal desire, where someone has feelings of wanting to end their life, feels like giving up, and feels like a burden. The second is resolved plans and preparations, where someone believes that their life will end in suicide and feels that there is no other solution than suicide. In addition, someone can also make and communicate plans to commit suicide.

#### **4.4 Suicidal Ideation Factors**

There are 17 factors that influence suicide ideation in adolescents, namely, family problems, love affairs, psychological pressure, problems faced, lack of attention, problems at school, friendships, low self-esteem, social and economic pressure, boredom with life, hopelessness, health, someone's death, fear of the future, and failure (Pratiwi, 2014). The results of Pratiwi's study where family is the main factor influencing suicide ideation are likely that the individual concerned not only has problems in his family but can also be influenced by other factors such as conflicts with friends and lovers, failure to achieve what he wants, problems at school or in his social environment. In addition, various factors such as economic conditions, health, and lack of support or lack of attention received also contribute to the emergence of suicide ideation. Another factor that influences suicide ideation in adolescents is bullying. This is in line with previous research, which states that bullying is a potential risk factor for depression, suicide ideation, and suicide attempts in adolescents, both those who are victims, perpetrators, and the most problematic are those who are victims and perpetrators of bullying (Klomek et al, 2007). The next factor that influences bullying is the somatic factor. This is explained in previous research that headaches can trigger suicidal ideation (Stuart, 2023).

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## **5. Conclusions**

Suicidal ideation is an individual's thoughts that arise about wanting to end their life due to the burden of life being so heavy. Factors that adolescents have suicidal ideation include family problems, love affairs, psychological pressure, problems faced, lack of attention, problems at school, friendships, low self-esteem, social and economic pressure, boredom with life, hopelessness, health, someone's death, fear of the future, and failure. Authoritarian parenting patterns can prevent adolescents from having suicidal ideation. Suicidal ideation has a considerable impact. Namely, it can cause trauma to those around them. Therefore, it is necessary to have knowledge related to suicidal ideation among adolescents, which can be done by conducting socialization in every school

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**Conflict of Interest Statement**

The author (Oktavia Pridiningtyas) does not work for, consult with, own shares in, or receive funding from any company or organization that might profit from the publication of this manuscript.

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