

## The Relationship Between Depression and Suicidal Behavior in Adolescents at SMAN 2 Mataram

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**Abstract:** Adolescence is a vulnerable period for mental health problems, particularly depression, which has been associated with suicidal behavior. Suicide remains a major public health concern among young people, with 1,350 cases reported in Indonesia in 2023. This analytical observational study used a cross-sectional design to implicate 306 students selected through stratified random sampling based on grade level (10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade) with proportional allocation from each stratum. Data were collected using the Indonesian version of the Beck Depression Inventory-II (BDI-II) and Suicide Behaviors Questionnaire-Revised (SBQ-R). The BDI-II includes a total of 21 questions that can yield scores between 0 and 63, which are divided into categories of minimal, mild, moderate, and severe depression. In contrast, the SBQ-R features 4 questions that evaluate the risk of suicidal behavior. Both instruments demonstrated good validity and internal consistency, with Cronbach's alpha values of 0.90 for BDI-II and 0.896 for SBQ-R. Data were examined through the application of Spearman's correlation analysis. The findings revealed a significant positive relationship between depression and suicidal actions ( $r = 0.420$ ;  $p < 0.001$ ), suggesting a moderate connection between these two factors. Among the adolescents at SMAN 2 Mataram, depression was found to be positively linked with suicidal behavior, displaying a moderate correlation; nonetheless, causation cannot be determined because of the cross-sectional study design.

**Keywords:** Adolescents; Depression; Suicidal Behavior.

### Introduction

Depression is a mental health condition marked by emotions of sorrow, void, despair, and a decline in enthusiasm and drive for everyday tasks. Globally, approximately 280 million people experience depression (World Health Organization, 2023). In Indonesia, Riskesdas (Riset Kesehatan Dasar) data (2018) shows that the prevalence of depression in people aged 15 years and older reached 6.1% across various provinces, but only around 9% of those received adequate treatment. According to data from the Indonesian Ministry of Health (2023), the prevalence of depression in the 15-24 age group reached 2%, making it the age group with the highest rate of depression in Indonesia. In West Nusa

Tenggara Province, including Mataram City, the prevalence of depression in the 15-year-old age group was recorded at 8.41%, with an estimated number of cases reaching 1,460 people. Depression, especially among adolescents, is closely associated with a 20-fold increased risk of suicide (Anjani et al., 2023).

Suicide is a death resulting from self-harm with the intention of ending one's life (Novitayani and Nurhidayah, 2023). This process often begins with thoughts or ideas about ending one's life, which are part of the human thought process. Suicidal ideation encompasses thoughts, plans, and actions related to death, as well as self-harming behaviors (Karisma and Fridari, 2021). Suicidal behaviors can be divided into several

categories: suicidal ideation, suicidal plan, suicide attempt, and self-harm (Anjani *et al.*, 2023). Each year, more than 720,000 people worldwide die from suicide, which ranks as the third leading cause of death in the 18–29 age group, with numbers continuing to rise (World Health Organization, 2025b). Kepolisian Republik Indonesia (POLRI) data shows that suicide deaths increased to 1,350 in 2023, compared to 826 cases the previous year (Ministry of Health of the Republic of Indonesia, 2024). Suicide cases are currently becoming more frequent, especially among adolescents, with reports of adolescents ending their lives almost every month in various regions across Indonesia. It should be noted that media reports only cover a portion of cases, while many others go unreported. This phenomenon indicates that adolescents are a particularly vulnerable age group for suicidal behavior, making it crucial to understand the developmental characteristics of this phase (Pradipta and Valentina, 2024).

Adolescence represents a difficult period of transition, characterized by notable physical, emotional, and social transformations. Throughout this time, young individuals engage in exploring their identities, experiencing social pressures to conform, and getting ready for emotional growth. Inability to cope with these challenges can trigger prolonged stress that can lead to psychological disorders, one of which is depression (Riziana K, Fatmawati, and Darmawan A, 2023). Prevalence data shows that adolescents are a vulnerable age group for depression. If not properly managed, depression in adolescents can have serious consequences, such as disrupted social relationships, family conflict, decreased academic achievement, and an increased risk of substance abuse and deviant behavior (Axelta A and Abidin F, 2022; Ibda, 2023).). When depression is not properly managed, it can develop into suicidal ideation, which can potentially lead to actual suicide. This circumstance is made even worse due to insufficient social backing from relatives, companions, and important individuals who ought to assist young people in dealing with emotional turmoil. This lack of support makes adolescents even more vulnerable to feelings of hopelessness and social isolation (Pajarsari and

Wilani, 2020).

A study involving 188 adolescents, mostly 14 years old and female, at SMPN 20 East Jakarta found a relationship between depression levels and the risk of suicidal ideation. The results showed a strong and positive relationship, meaning that the higher the depression level, the greater the likelihood of suicidal ideation in adolescents (Febrianti and Husniawati, 2021). Moreover, research conducted by Riziana K and colleagues in 2023 indicated a notable connection between symptoms of depression and thoughts of suicide among high school students, showing that a rise in depressive symptoms correlated with a greater likelihood of experiencing suicidal thoughts.

Gusmunardi, Sarfika, and Sasmita (2023) stated that various factors can trigger suicidal behavior in adolescents, one of which is psychological factors such as depression. Depression itself is an increasingly common mental health problem among adolescents and can affect how they cope with life's pressures. The selection of the research location at SMAN 2 Mataram was based on previous research findings showing that adolescents at this school have a fairly high prevalence of depression, with various risk factors such as parental parenting styles, single parent conditions, gender, and a tendency for Post-Traumatic Stress Disorder (PTSD) which have been shown to be associated with the incidence of depression (Antari, Syuhada, Handayani, and Dahlia, 2024). Since depression is a key psychological element that can lead to suicidal actions, it is essential to explore how depression correlates with suicidal behavior among teenagers at SMAN 2 Mataram. This study is expected to provide a clear picture of the mental health conditions of adolescents, as well as serve as a basis for efforts to prevent and address suicide cases among students in Mataram City.

## Materials and Methods

The population of this study consisted of adolescents studying at SMAN 2 Mataram. The accessible population included students from grades 10, 11, and 12 who were present and willing to participate during the data collection

period. The total population consisted of 1,409 students. Based on the inclusion and exclusion criteria, the accessible population was estimated at 85% of the total population, resulting in 1,198 students.

The sample size was calculated using the Slovin formula with a 5% margin of error. The use of an estimated population proportion and margin of error was based on the consideration that the exact proportion of the target population meeting the study criteria was not known with certainty (Sugiyono, 2013). The computation led to a minimum of 300 respondents needed for the sample size. Nonetheless, a total of 306 individuals took part in this research due to their availability and readiness to engage during the data gathering phase.

The variable that was controlled in this research was depression, assessed through the Beck Depression Inventory-II (BDI-II), and the variable that was affected was suicidal behavior, evaluated using the Suicide Behaviors Questionnaire-Revised (SBQ-R) (Ginting *et al.*, 2013). Depression was categorized into four ordinal categories: minimal, mild, moderate, and severe depression. Suicidal behavior was classified into low risk (score <7) and high risk (score ≥7) (Beck *et al.*, 1996).

This study obtained ethical approval from the Health Research Ethics Committee of the Faculty of Medicine and Health Sciences, University of Mataram, prior to data collection. Prior to participation in the study, parents/guardians of respondents were provided with information regarding the purpose, procedures, benefits, and potential risks of the study, and written assent was obtained as consent for their child's participation. Furthermore, all students received an explanation of the study and provided their voluntary consent before completing the questionnaire.

Data were collected using self-administered questionnaires after participants received an explanation regarding the research procedure and provided informed consent. The Spearman Rank correlation test was used because both variables were measured on an ordinal scale. The Spearman correlation coefficient varies from -1 to +1, with positive figures signifying a direct relationship and negative figures showing an opposite relationship. The nearer the coefficient is to 1, the

more robust the association between the variables (Sugiyono, 2013).

## Results and Discussion

### Univariate Analysis

Depression is closely linked to an increased risk of suicidal ideation and actions in adolescents. This condition often develops as a reaction to emotional stress, traumatic events, or other negative experiences, and acts as a dominant trigger for the urge to end one's life. Adolescents experiencing depression generally exhibit distorted thinking, such as pessimistic views of themselves, their environment, and their future. This mindset can increase vulnerability to suicidal ideation, especially during adolescence, when emotional instability is still prevalent. Furthermore, depression can amplify the influence of other psychological factors, such as loneliness, hopelessness, and feelings of helplessness, which contribute to suicidal ideation.

Research by Pradipta and Valentina (2024) revealed that high levels of depression in adolescents are positively correlated with their tendency to have suicidal thoughts or intentions. Therefore, depression needs to be viewed as a significant risk factor, not simply a mild emotional disturbance, requiring prompt attention and treatment in efforts to prevent suicide in adolescents. Based on the results of the frequency distribution of the depression, the findings are presented as follows.

**Table 1.** Depression Frequency Distribution

| Depression          | Frequency |      |
|---------------------|-----------|------|
|                     | n         | %    |
| Minimal Depression  | 78        | 25,5 |
| Mild Depression     | 154       | 50,3 |
| Moderate Depression | 48        | 15,7 |
| Severe Depression   | 26        | 8,5  |

The results of the Beck Depression Inventory-II (BDI-II) questionnaire are presented in Table 1, which shows quite diverse levels of depression among respondents. The majority of students, 154 in the mild depression category. Furthermore, 78 students in the minimal depression category. Meanwhile, 48 students experienced moderate depression, and 26 students experienced severe depression.

**Table 2.** Suicide Behaviors

| Suicide Behaviors | Frequency |      |
|-------------------|-----------|------|
|                   | n         | %    |
| Low Risk          | 252       | 82.4 |
| High Risk         | 54        | 17.6 |

The results of the Suicide Behaviors Questionnaire-Revised (SBQ-R) questionnaire are presented in Table 2, which shows a wide variation in the level of suicidal behavior among respondents.

### Bivariate Analysis

The investigation into how depression correlates with suicidal actions among teenagers was performed utilizing the Spearman correlation test. This approach was taken due to the findings

from the normality test, which indicated that the data did not follow a normal distribution, with a significance level of  $p < 0.05$ . Based on Table 3, there is an increase in the proportion of high risk suicide categories along with the increasing severity of depression. In severe depression, 57.7% of respondents were included in the high risk category, in moderate depression 37.5%, in mild depression 13.6%, and in minimal depression no respondents were found with high risk (0%). The results of the Spearman test show a value of  $r = 0.420$  with  $p < 0.001$ , which means there is a statistically significant positive relationship between depression and suicidal behavior in adolescents, with a moderate correlation strength, so there is a tendency for an increase in the risk of suicidal behavior as the level of depression increases.

**Table 3.** Bivariate Results of the Relationship between Depression and Suicidal Behavior in Adolescents at SMAN 2 Mataram

| Depression          | Suicidal Behavior |      |          |       |       |       | <i>p-value</i> | rs    |
|---------------------|-------------------|------|----------|-------|-------|-------|----------------|-------|
|                     | High Risk         |      | Low Risk |       | Total |       |                |       |
|                     | n                 | %    | n        | %     | N     | %     |                |       |
| Severe Depression   | 15                | 57,7 | 11       | 42,3  | 26    | 100,0 |                |       |
| Moderate Depression | 18                | 37,5 | 30       | 62,5  | 48    | 100,0 |                |       |
| Mild Depression     | 21                | 13,6 | 133      | 86,4  | 154   | 100,0 |                |       |
| Minimal Depression  | 0                 | 0    | 78       | 100,0 | 78    | 100,0 |                |       |
| <b>Total</b>        | 54                | 17.6 | 252      | 82.4  | 306   | 100.0 | < 0.001        | 0.420 |

### Bivariate Analysis of the Relationship between Depression and Suicidal Behavior in Adolescents at SMAN 2 Mataram

This research focused on exploring the connection between depression and self-harming tendencies among teenagers at SMAN 2 Mataram. Information was gathered through the utilization of the Beck Depression Inventory-II (BDI-II) along with the Suicide Behaviors Questionnaire-Revised (SBQ-R) surveys. Statistical analysis revealed a significant relationship between depression and suicidal behavior in adolescents. A Spearman correlation coefficient of  $r = 0.420$  indicated a positive relationship with moderate strength, while a  $p$ -value  $< 0.001$  indicated that the relationship was statistically significant. These findings confirm that there is a tendency for an increased risk of suicidal behavior with increasing levels of depression.

These results align with research by Jacobson *et al.* (2013), which found that individuals with depressive symptoms are more likely to develop suicidal thoughts than individuals without

depression. This study also showed that individuals with depressive symptoms are up to six times more likely to experience suicidal thoughts. A similar finding was found in a study by Mandasari and Tobing (2020) among high school adolescents in Jakarta, which showed a significant relationship between depression and suicidal ideation. In the study, the majority of respondents were female. The analysis indicated that increasing levels of depression were associated with an increased likelihood of suicidal thoughts. The relationship between the two variables was positive, with a correlation coefficient of 0.410 and a  $p$ -value  $< 0.05$ , indicating a moderate strength of the relationship (Djungu *et al.*, 2021)

This research corresponds with the findings of Febrianti and Husniawati (2021), who identified a notable link between levels of depression and the factors contributing to suicidal thoughts among adolescents at SMPN 20 in East Jakarta. The respondents mainly consisted of 14-year-olds, predominantly females. The outcomes of statistical

analyses revealed a robust correlation coefficient of  $r = 0.696$ , accompanied by a p-value of 0.000. This suggests that increased depression levels in adolescents correspond with a heightened risk of suicidal thoughts. This signifies that depression has a strong and positive influence on the possibility of suicidal ideation among junior high school students, highlighting the critical need for early identification and mental health support within educational settings.

The results of this study indicate a tendency for the risk of suicidal behavior to increase with increasing levels of depression. This relationship can be explained by the symptoms of depression itself. Depression is characterized by feelings of deep sadness, loss of interest or pleasure, feelings of worthlessness and guilt, withdrawal, sleep disturbances, decreased energy, and difficulty concentrating. In adolescents, these symptoms can also manifest as irritability, depression, fear, lack of enthusiasm, and prolonged sadness. This condition can lead to negative self-concept and feelings of hopelessness. If persistent and not promptly addressed, it can develop into suicidal ideation as a response to the psychological stress experienced. In addition to psychological factors, neurobiological mechanisms also play a role. Depression causes decreased serotonin levels and increased cortisol levels, which can lead to hippocampal atrophy. Low serotonin levels are associated with aggressive behavior and impulsivity, which are considered predictors of suicidal ideation and attempts. This suggests that biological changes in depression may increase adolescents' vulnerability to suicidal thoughts (Riziana K, Fatmawati, and Darmawan A, 2023).

The emergence of suicidal ideation is also influenced by other factors such as emotional state, personality characteristics, deficits, and stressors. Adolescence is a stressful and conflict-ridden period, requiring adolescents to face academic pressure, responsibilities to parents and teachers, and demands for adjustment. Immaturity in decision-making and emotional instability can exacerbate depressive symptoms. Furthermore, depression can lead to limited social interactions and impaired adjustment, thus reinforcing feelings of isolation and negative thoughts. Therefore, the more severe the depressive symptoms experienced by adolescents, the greater the risk of suicidal ideation (Riziana K, Fatmawati, and Darmawan A, 2023).

From an age perspective, adolescence, particularly between the ages of 15 and 19, is the period most vulnerable to depression due to biological and hormonal changes, as well as immature psychological development (Putri *et al.*, 2022). This vulnerability increases at the ages of 17 and 19, the final phase of adolescence, when faced with more complex academic, social, and emotional demands (Ramadhan *et al.*, 2025). This condition can increase the risk of stress developing into depression, and if not handled properly, can lead to suicidal behavior, considering the high incidence of suicide in the 15-19 age group (World Health Organization, 2025a).

There was a significant association between depression and suicidal behavior among adolescents at SMAN 2 Mataram. However, the cross-sectional design limits the interpretation of causal relationships.. This indicates a tendency for the risk of suicidal behavior to increase as levels of depression increase. This relationship can be explained through psychological and emotional mechanisms, where depression plays a role in causing feelings of hopelessness, worthlessness, and difficulty coping with stress, which ultimately can increase vulnerability to suicidal behavior. The results of this study emphasize the importance of early detection and intervention for depressive symptoms in adolescents as a means of preventing suicidal behavior (Mandasari dan Tobing, 2020).

The strengths of this study lie in its relatively large sample size ( $N = 306$ ) and its specific focus on the adolescent population at SMAN 2 Mataram, which provides a more contextualized picture of adolescent mental health conditions in the region. Furthermore, these findings can serve as a basis for further research exploring other factors that may contribute to the relationship between depression and suicidal behavior, such as social support, family factors, and the school environment. However, this study has several limitations. The cross-sectional study design limits the ability to determine a causal relationship between depression and suicidal behavior. Furthermore, the use of self-administered questionnaires may introduce response bias, including social desirability bias, as participants may underreport or modify their responses on sensitive issues such as suicidal behavior. Potential confounding factors, such as socioeconomic status, family circumstances, and other psychological factors, were not controlled for in this study, which

may have influenced the observed associations. Furthermore, the findings have limitations in terms of generalizability because the study was conducted in a single school and therefore may not be fully representative of adolescents in other settings or populations.

## Conclusion

Based on the research results, it can be concluded that the majority of students at SMAN 2 Mataram are in the mild depression category. The majority of respondents are also in the low-risk suicidal behavior category. The statistical analysis results show a significant relationship between depression and suicidal behavior in adolescents at SMAN 2 Mataram, indicating a tendency for the risk of suicidal behavior to increase as depression levels increase in this age group.

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