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The Influence of Emotional Regulation on Tendencies Suicide In Early Adulthood In East Jakarta

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Original Article

The Influence of Emotional Regulation on Tendencies Suicide In Early Adulthood In East Jakarta

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Abstract. This research aims to determine the influence of emotional regulation on suicidal tendencies in young adults in East Jakarta. Early adulthood as a period of self-realization, becoming parents, resolving conflicts and emotional tension, social isolation, attachment and dependency, shifting values, creativity, and adopting new ways of living. Adulthood in particular is a period of growth rapidly, but also a time full of conflict. According to Lumen Learning, conflict and crisis in early adulthood can take the form of feelings burdened with new responsibilities, worries about the future, and division of time between oneself and peers. People who experience difficulty regulating negative or suggestive emotional responses inappropriate emotional responses to certain situations Glatz and Roemer, and unable to recognize, control, and adapt with signs of emotional regulation difficulties. Emotional dysregulation resulting in difficulty controlling maladaptive emotions and behavior or behavior that causes an individual Difficulty in self-regulation is one of the contributing factors physical violence. Emotion regulation is the ability to manage, identify and manage emotions effectively. This involves self-awareness of emotions, an understanding of the factors that trigger emotions, and the skills to manage emotional responses in healthy and productive ways. This research is a quantitative research with research subjects as many as 196 early adults in East Jakarta. Data collection in this study used the Emotion Regulation (ERQ) Questionnaire and Scale for Suicide Ideation measuring instruments. This research uses a simple linear regression data analysis technique to determine the influence of the two variables and is processed using SPSS version 26. Based on the results of data analysis, an F value of 925.630 is obtained with a significance of 0.000 and a coefficient of determination (R^2) of 0.838, which shows that emotional regulation has an effect on trend. suicide was 83.8%.

Keywords: Emotion regulation, Suicidal tendencies, Adulthood

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Introduction

Mental health is a condition where a person does not feel guilty or experience psychological disorders, has a realistic view of himself, and can accept personal shortcomings or weaknesses. Apart from that, someone with good mental health is able to manage life's problems, feel satisfied in social life, and feel happiness. Health can also be understood as a condition of well-being of the body, soul and social relations that allows a person to live productively, both in social and economic aspects. According to law, health is a state of well-being that includes physical, mental and social, which allows individuals to live socially and economically productive lives.

Erikson (Siregar et al. 2022) defines early adulthood as a time of self-realization, becoming a parent, resolving emotional conflict and tension, social isolation, attachment and dependency, shifting values, creativity, and adopting a new way of life. A person's obligations and responsibilities should increase as they approach adulthood. In the early stages of adulthood, a person who is just beginning to break away from psychological, social, and economic dependence is working hard to improve himself and become more independent.

Adolescence is followed by a stage of life known as adulthood. Age is one factor in the development of emotional maturity. Adults choose standards of norms that they agree with and work hard to ensure that those choices are respected. According to Erikson (1950), the ages of 20 and 30 mark the beginning of adulthood. People in their twenties and thirties may face various problems that cause them to question their self-identity, life goals, have difficulty making decisions, and feel a loss of motivation (Dwiayuningtyas 2020).

Each period of development has its own strengths and weaknesses. Adulthood in particular is a time of rapid growth, but it is also a time of conflict. According to Lumen Learning, conflicts and crises in early adulthood can take the form of feelings of being burdened with new responsibilities, worries about the future, and division of time between oneself and peers. Swinson points out that people who suffer from this problem but cannot overcome it may become emotionally unstable. Emotional instability can affect decision making, the way people think, and react to situations. People who have difficulty regulating negative emotional responses or who show inappropriate emotional responses to certain situations Glatz and Roemer, and are unable to recognize, control, and adapt to signs of emotional regulation difficulties (Sya'diyah et al. 2022).

Not all individuals in the early adulthood development process can achieve this development process easily. Early adults often face various conflict problems. The results of the researchers' initial survey of early adult individuals in the East Jakarta area with an age range of 21 years had low emotional regulation, that is, it was difficult to control their emotions when facing problems with themselves. Someone who has difficulty regulating their emotions becomes emotional easily, shows aggressive behavior, and may even commit physical violence (Maditia & Sakti 2021).

Emotional dysregulation, which results in difficulty controlling emotions and maladaptive behavior or behavior that causes individuals to have difficulty regulating themselves, is one of the factors causing physical violence. The impact on emotional stress is one of the causes of violent behavior, depression, helplessness or poor coping skills, avoidance behavior towards stress triggers, and lack of close social relationships are some of the risk factors that may be associated with suicidal behavior. However, no person experiencing negative emotions engaged in suicidal behavior. Some people can control and control their emotions to avoid negative behavior when they are in situations that can push them into difficult situations. However, some individuals experience difficulty in regulating emotions and considering actions when in difficult situations which results in negative behavior (Malfasari et al. 2023).

Emotion regulation is a method that individuals use to control their negative emotions. Emotion management is related to suicidal behavior (Ong, Elsie & Thompson 2019). This means that if a person has difficulty controlling certain emotional responses, they may have difficulty managing their emotions, which can lead to suicidal thoughts. Suicidal behavior is defined as a person's attempt to eliminate or avoid the negative emotions they experience due to their inability to control their emotions when faced with emotional stress. Therefore, managing emotions is very important in the process for people who experience them.

Suicidal tendencies are defined as the deliberate idea of killing life with the aim of causing harm. Death by suicide is a mental health emergency. This behavior is thought to be caused by intense and prolonged stress, which indicates that the individual has failed to overcome the current problem (Krisnandita & Christanti 2022). In Indonesia, suicide is nothing new, although it is still a topic of conversation and is often considered taboo. In fact, negative stigma is often

associated with suicidal behavior. However, we often do not realize when individuals need our help, because it is difficult to believe the stigma in society (Aisyah 2021).

According to Siau (Aisyah 2021), the feeling of shame and fear of being negatively stigmatized by someone with suicidal tendencies causes them to try to hide their psychological condition and avoid discussing it with other people or seeking help from professionals. In fact, few people with suicidal tendencies are able to find the courage to seek help from others or use professional services. This is why victims' families often view suicide as something unexpected because they could not get help while they were still alive.

According to suicide studies experts, suicidal tendencies exist among educated individuals. It is said that some students in Jakarta are thinking about committing suicide. Based on Benny's research on students in Jakarta, there are variations in the level of suicidal thoughts compared to other cities, such as Yogyakarta. Student Karl Peltzer committed suicide in Yogyakarta. Jakarta has a much higher number of suicidal thoughts than Yogyakarta. Based on Benny's research, 34.5% of students aged 18 to 24 years in Jakarta have had suicidal thoughts in the last year (Prawira & Sukmaningrum 2020).

Considering that suicide cases continue to increase every year and Indonesian people are often shocked by this news. In most of life, these cases are caused by family problems, bad environment and love relationships. Suicide knows no age limits, feelings of shame and fear of expressing one's problems can trigger suicidal thoughts or ideas, especially in people who have difficulty controlling their emotions. Suicide is also seen as a way to escape their problems in the belief that doing so can solve them (Defianti 2024).

Based on previous research. Emotional dysregulation can directly impact the desire to commit suicide, where individuals who experience emotional dysregulation are vulnerable to experiencing thoughts of suicide because emotional dysregulation usually results in an urge to commit suicide (Keyne et al. 2015). Increased emotional reactivity in individuals can lead to suicidal thoughts and behavior, negative emotional reactivity is a risk factor for suicide (Shapero et al. 2019). If emotional dysregulation is not handled appropriately, there is a risk of substance abuse, addictive behavior, and suicidal ideation and attempts (De Berardis et al. 2020).

The urgency of this research aims to determine the influence of emotional regulation on suicidal tendencies in young adults in East Jakarta. The subjects in this research are seen from the phenomena that occur from the results of surveys conducted and interviews with willing subjects. Based on the results of an interview conducted by one of the subjects, he said that when he was in a bad situation and his emotions were difficult to control, the subject often thought about giving up on his life, because according to him that was one way out in solving the problems he was facing. Then in the next subject, tell about the experiences felt while dealing with emotional problems. In high school, the subject experienced self-harassment by his classmates and then the subject told his teacher and parents. However, the response obtained was not a good response, after the incident, sometimes the subject felt that his emotions were difficult to control because of the trauma he faced, the absence of someone he trusted meant that the subject had to bear the burden of his own problems which resulted in emotions that were difficult to control, the subject realized that after the problem occurred, he often thought to give up rather than solving the problem at hand, the difficulty of trusting people around makes the subject often think in negative situations. In the next subject, during a period of stress the subject sometimes feels explosive emotions that are difficult to control. When the subject has a problem that is difficult to deal with, sometimes their negative emotions explode, the subject often hurts themselves to vent the emotions that occur. Apart from that, this research is useful, especially in early adulthood, to provide knowledge about the risk factors for suicidal ideation and help in preventing suicidal ideation.

Method

This research is quantitative research on early adulthood in East Jakarta. The sample in this study consisted of 196 young adults (men = 21.4%; women = 78.6%), the young adults in the research sample were aged 20-30 years. Sampling used purposive sampling technique. Data was collected through questionnaires, including an emotion regulation instrument from Gross's theory (Fadhilah 2021) with a total of 38 items and a suicidal tendencies instrument developed from Beck's theory (Kesuma et al. 2021) with a total of 19 items.

The questionnaire uses 4 points with a Likert scale model including answer choices: strongly agree (SS), agree (S), disagree (TS), and strongly disagree (STS). The instrument has been tested for validity using SPSS version 26 software. The results of SPSS analysis on the emotional regulation instrument show that item reliability is 0.941 out of 20 valid items, so the items on the instrument that have been tested are declared reliable because they meet the prerequisite criteria for the reliability test, namely $> 0,60$ with the level of relationship being in the strong category, meaning that the instrument has good quality for measuring suicidal tendencies and the items in the instrument are representative for measuring suicidal tendencies.

Meanwhile, the results of the SPSS analysis on the suicidal tendencies instrument showed that item reliability was 0.802 from 17 valid items, so the items on the instrument that had been tested were declared reliable because they met the prerequisite criteria for the reliability test, namely > 0.60 with the level of relationship being in the category strong, meaning that the instrument has good quality for measuring emotional regulation and the items in the instrument are representative for measuring emotional regulation. Furthermore, this research data was analyzed using SPSS software with simple linear regression techniques.

Participants

According to (Sugiyono 2019), population is a part composed of subjects which has certain characteristic qualities applied by researchers so that it can be deepened which can then be concluded. In this study, early adults in East Jakarta were between the ages of 20-30 year totaling 196 early adults who were obtained by researchers from the results of distributing questionnaires to be used as research data.

Sampling Procedures

In this research, the sampling technique used was purposive sampling criteria: male and female, aged 20 to 30 years, status currently a student and worker, domiciled in East Jakarta. Purposive sampling is a sampling method carried out by researchers based on certain factors. The sample size will be determined based on krejcie and morgan table rules apply to determine the size of the sample in the research. Based on the explanation regarding the sample, the researcher also distribute questionnaires via social media and distribute questionnaire via relatives who live in the surrounding East Jakarta area.

Materials and Apparatus

This research collects data using a questionnaire. A questionnaire is a method used to collect data in the form of several written statements to obtain information from respondents regarding things they have experienced. The measuring instrument corresponds to the items of the emotional regulation measuring instrument, namely: (1) Acceptance of emotional response, (2) Engaging in goal directed behavior, (3) Emotional control response, (4) Strategies to emotions regulation. Items for measuring suicidal tendencies: (1) Desire to kill active self, (2) Preparation, (3) Desire to kill passive self.

Procedures

The materials and equipment used by researchers in conducting research were using a cell phone, then distributing questionnaires via Google Form. The independent variable is suicidal tendencies and the dependent variable is emotional regulation. This research aims to determine the influence of emotional regulation on suicidal tendencies in young adults in East Jakarta and to find out how much influence emotional regulation has on suicidal tendencies in early adults in East Jakarta. The researcher's role during the research was to provide directions for filling out the Google Form. Then what the subject does when filling out the Google Form is to fill in a statement according to the conditions they are experiencing.

Design or Data Analysis

The method used in this research uses a quantitative approach, so it uses a simple linear regression statistical method to see the influence of emotional regulation on suicidal tendencies.

Results and Discussions

Based on the distribution of an emotional regulation questionnaire to 196 early adults in East Jakarta with 38 statement items, the lowest score was 18 and the highest score was 95. This score was then used as a basis for determining the categorization of data on emotional regulation which is presented in table 1.

Table 1. Categorization of emotion regulation data

Category	Formulation	F	Percent
Very low	$X - M - 1,5 \text{ SD}$	18	9.5%
Low	$M - 1,5 \text{ SD} < x \leq M - 0,5 \times \text{SD}$	53	27.0%
Currently	$M - 0,5 < x \leq M + 0,5 \times \text{SD}$	30	15.3%
Tall	$M + 0,5 \text{ SD} < x \leq M + 1,5 \times \text{SD}$	95	48.5%
Very high	$X > M + 1,5 \times \text{SD}$	0	0%

Based on the results of the table above, it can be seen that of all the 196 respondents tested, the number of early adults is known, which shows that 18 respondents are in the very low category, 53 respondents are in the low category, 30 respondents are in the medium category, 95 respondents are in the high category. This shows that the majority of young adults in East Jakarta have high emotional regulation.

Table 2. Data Categorization of Emotion Regulation Aspects

Aspect	Persentase (%)
Cognitive Reappraisal	39.7%
Expressive Suppression	60.2%
Total	100%

Based on the results of the table on aspects of emotional regulation above, this emotional regulation describes an individual's emotional regulation strategy for regulating and managing. The final results of the researchers provided information that as many as 39.7% had the ability to regulate emotions with a cognitive reappraisal strategy and as many as 60.2% used emotional regulation with an expressive suppression strategy. This explains that individuals

form emotional regulation using expressive suppression to form the ability to find ways to inhibit perceived negative emotional behavior.

Table 3. Categorization of data on suicidal tendencies

Category	Formulation	F	Percent
Very low	$X - M - 1,5 \text{ SD}$	27	13.8%
Low	$M - 1,5 \text{ SD} < x \leq M - 0,5 \times \text{SD}$	38	19.4%
Currently	$M - 0,5 < x \leq M + 0,5 \times \text{SD}$	36	18.4%
Tall	$M + 0,5 \text{ SD} < x \leq M + 1,5 \times \text{SD}$	95	48.5%
Very high	$X > M + 1,5 \times \text{SD}$	0	0%

Based on the results of the table above, it can be seen that of all the 196 respondents tested, the number of early adults is known, which shows that 27 respondents are in the very low category, 38 respondents are in the low category, 36 respondents are in the medium category, 95 respondents are in the high category. This shows that the majority of young adults in East Jakarta have a high tendency to commit suicide.

Using a valid instrument, a regression analysis was carried out which aimed to determine the influence of emotional regulation on suicidal tendencies in young adults in East Jakarta. Based on simple linear regression analysis using SPSS 26 software, the following results were obtained:

Table 4. Results of the Coefficient of Determination (R^2)

R	R Square	Adjusted R Square	Std. Error of the Estimate
.915	.838	.837	5.817

Based on the analysis of table 4 above, it is known that the coefficient of determination is used to determine the extent to which the independent variable, namely X (emotional regulation), can explain the variance in the dependent variable Y (suicidal tendencies) in the regression model. In testing using SPSS, the coefficient of determination is shown by the R-square value (R^2). An R^2 value close to 1 indicates a model that is better at explaining data variance. Based on the results of the regression analysis, it is known that R^2 is 0.838 for the emotional regulation variable on suicidal tendencies, meaning that there is an influence of emotional regulation of 83.8% on suicidal tendencies in early adults in East Jakarta.

Table 5. Results of Simple Linear Regression Analysis

	F	Sig
Regression	925.630	.000

Based on the analysis of table 5 above, it is known that the calculated value = 925,630 with a significance level of $0.000 < 0.05$, so the regression model can be used to predict participation variables or in other words there is an influence of emotional regulation variables on suicidal tendencies variables. So the lower an individual's emotional regulation, the higher the tendency to commit suicide, this shows that H_a is accepted and H_o is rejected.

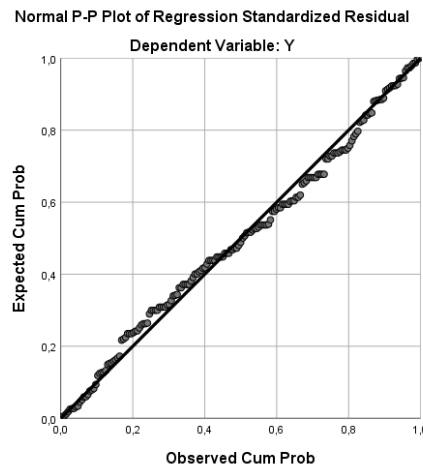


Figure 1. Scatterplot graph

Figure 1 The scatterplot graph in this study shows parallel dots forming a diagonal line from bottom left to top right, meaning that it shows that linearity is met for the variables of emotional regulation (X) and suicidal tendencies (Y).

Based on the results of research hypothesis testing that has been carried out, data analysis shows that there is a classification of emotional regulation and suicidal tendencies in young adults in East Jakarta which has a classification of very high, high, medium, very low and low with the majority of early adults as much as 48.5% having a tendency level. high suicide. This means that early adults have difficulty controlling emotions, managing and not being able to recognize their emotions. This research is in line with (Putriana & Gunatirin 2021) which suggests that individuals have a low suicidal tendency if they have high social support and low ability to regulate emotions.

This research shows that there is a significant influence between emotional regulation on suicidal tendencies in young adults in East Jakarta. This means that the lower the emotional regulation, the higher the suicidal tendencies. Results are similar to previous research by research (Handayani 2016) which suggests that suicidal ideation shows a connection with emotional regulation. This is because suicidal ideation is more influenced by the coping strategies carried out by individuals when facing negative emotions that hit them.

Emotional regulation has a direct influence on suicidal tendencies. If emotional regulation is not controlled, individuals are susceptible to thoughts of committing suicide. These results are similar to previous research (Keyne et al. 2015) stating that individuals who experience emotional dysregulation are vulnerable to experiencing thoughts of suicide because emotional regulation usually results in an urge to commit suicide.

Previous research (Ong, Elsie & Thompson 2019) supports the results of this study by showing that emotional regulation is related to suicidal tendencies. It is said that emotional regulation states that a person's failure to control or accept certain emotional responses, this shows that the individual experiences failure in implementing emotional regulation, which will significantly influence thoughts of committing suicide.

Early adults in East Jakarta have the ability to regulate emotion strategies related to Expressive Suppression by managing and understanding the expression of emotions experienced by inhibiting negative emotions, changing emotions into positive emotions, this research is in line with research (Adinda & Prastuti 2021) which states individual abilities Controlling emotions is related to the individual's way of understanding the expression of his emotions. When individuals can control their emotional expressions effectively, they can

increase or decrease the influence of their positive or negative emotions in certain circumstances.

Based on the results of the coefficient of determination test, it is known that R^2 is 0.838 for the emotional regulation variable on suicidal tendencies, meaning that there is an influence of emotional regulation of 83.8% on suicidal tendencies in early adults in East Jakarta. The results of this study are in line with previous research (Tate et al. 2024), the inability to accept emotions will significantly increase the risk of suicidal tendencies. This research suggests that controlling emotional dysregulation, and specifically the inability to accept difficult emotions, may be a useful strategy in reducing suicidal behavior in individuals with a history of trauma and concurrent suicidal ideation.

This research has an influence value of emotional regulation of 83.8% on suicidal tendencies. The results of previous research (Febrina 2024) show that there are other factors of 19.2%. In this study, other factors, namely cultural factors in the environment, are certainly able to control the level of emotional regulation they have, the religiosity factor of individuals who have a good level of religiousness will tend to be able to overcome emotions, personality factors, the individual's way of solving the problems faced, psychological condition factors, when the individual's mental health is not disturbed, it will be easier to respond to the problems being faced.

The findings in this research are that early adult individuals are more likely to manage their emotions using the expressive suppression method to emphasize their negative emotions in managing the emotions they face. This is in line with previous research (Milgram et al. 2024), individuals who have suicidal thoughts tend to ruminate, expressive suppression, self-harm, and substances such as alcohol or drugs to regulate emotions.

This research produces a significant influence of emotional regulation on suicidal tendencies in young adults who have difficulty controlling or regulating their negative emotions. The results of this research are consistent with previous research (Rogante et al. 2024). The use of emotional regulation strategies remains significantly associated with suicidal ideation.

This research produces the influence of regulation on suicidal tendencies, which in the hypothesis results in H_a being accepted and H_o being rejected. The results of this research are also strengthened by previous research (Singh 2020). The research findings show that negative emotions can affect the ability to regulate emotions which is a potential cause of suicidal ideation and the ability to regulate emotions is very effective in managing negative emotions to manage suicidal tendencies. somebody.

This research is also supported by previous findings explaining the influence of emotional regulation when negative emotions are difficult to control causing suicidal ideation, supported by previous researchers (Rigucci et al. 2021) research findings provide the hypothesis that dysregulation of negative emotions is directly related to suicidal ideation and behavior, difficulties in emotional regulation will result in negative emotional dysregulation which can influence suicidal ideation.

This research is also supported by previous research (Raudales et al. 2019), the findings of which support the establishment of emotional dysregulation as a risk factor for suicidal ideation and provide evidence of the role of attempts in suicide. These findings also warrant the development of interventions on emotional dysregulation in preventing suicide effectively. Emotional regulation of suicidal tendencies is effective in reducing suicidal ideation caused by a person's dysregulation.

This research is also supported by the findings of previous research (Rania et al. 2020) that the lack of strategies in managing negative emotions that are felt can lead to suicidal ideation and suicide attempts, and this research also shows the potential for emotional dysregulation regarding suicidal ideation. Emotional dysregulation is a risk for suicidal ideation in someone who has negative emotions that cannot be managed well. Treatment of emotional regulation difficulties can reduce suicidal ideation.

Equations, and formulas

Equations and formulas. Data processing is carried out by looking at the value column in Kolmogorov-Smirnov. Data is said to be normal if the value displayed in the Kolmogorov-Smirnov value column shows a value greater than 0.05. For decision making, the normality test is if the significance value is >0.05 then the data is normally distributed. If the significance value is <0.05 then the data is not normally distributed. Linearity Test is a test that will ensure whether the data the researcher has is in accordance with a linear line or not. The linearity test is used to ensure whether the linear properties between two variables identified in the theory are in accordance with existing observation results or not. The results of this linearity test are expected to be linear for the variables studied by obtaining a linearity deviation value greater than 0.05.

$$F_{hitung} = \frac{R_{jk}(tc)}{R_{jk}(E)}, F_{tabel} = (1 - \alpha)(k - 2; n.k)$$

If the $F_{count} < F_{table}$ then H_0 is accepted, meaning the equation is linear, whereas if the $F_{count} > F_{table}$ then H_0 is rejected, meaning the equation is not linear.

Conclusions

The findings of this study indicate that there is a significant influence between emotional regulation variables on suicidal tendencies. The contribution amount of 83.8% shows that emotional regulation of suicidal tendencies is very influential in early adulthood. However, the remaining 19.2% was influenced by other factors not examined in this study. Based on the results of the analysis and discussion in this research, the researcher can draw the conclusion that the hypothesis in this research is accepted, because the research results show that there is an influence of emotional regulation on suicidal tendencies in early adults in East Jakarta. Emotion regulation has a significant influence on suicidal tendencies in early adulthood.

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