

Society Concern Can Reduce Suicide Rate Number

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Suicide is still one of the most-face problems in the world, including Indonesia. In the world, every year, there are 800,000 people die from suicide.

Prof. Sofia Retnowati as a Professor of Clinical Psychology UGM said that we actually could prevent suicide. One of the ways is a concern to the closest people, family, friends, and other people who will save the life of someone who has suicidal intentions.

"By showing empathy, concern, and support for people with suicidal tendencies (OKBD), it can prevent suicide. According to OKDB, about what they think and feel can help them to keep hanging on," said Sofia on Wednesday (9/9) to welcome the commemoration of World Suicide Prevention Day, which falls every September 10.

Triggers

Sofia explained that various factors provoke a person to commit suicide, such as psychological, social, biological, and cultural factors. For example, bad socioeconomic conditions, old age, have chronic illnesses, depression, abuse of alcohol and drugs, inadequate levels of religiosity, and others.

"A risk factor for suicide is experiencing unpleasant events such as breakups, divorce, domestic violence, bullying, sexual harassment," added the lecturer in the Faculty of Psychology UGM.

Recognize the Hints

She mentioned that before committing suicide, most OKBD would show several changes in their behavior, both verbal and non-verbal, called as early signs of suicide. There are some examples of the most common early signs of suicide: revealing to those closest to you that they want to kill themselves, injuring themselves, threatening suicide, always talking about their life despair, seeing themselves as a burden to others, and withdrawing from the environment, keep talking. Some people also tend to write about death, feel lonely and isolated, display high anxiety levels and feel resentment towards oneself and others.

Besides, there are secondary signs in people who are committing suicide. One of them is sleep disturbance. Then, the tendency to feel a longing to the closest person who has died, he or she also has the desire to disappear for saying "the time has come" or "it's time to rest." Besides, he or she stops taking medical drugs, feels intense guilt, has a drastic decline in lust in appetite, and prepares his or her death kit.

"Sometimes he or she does unusual activities on social media, for example, changing profile pictures with something associated with suicide and symbols of death, unsettling status, and deactivating accounts," she explained.

By recognizing the early signs of suicide, Sofia hopes that the community will immediately respond, show concern, and open communication with people who have signs and intend to commit suicide. Hopefully, it can prevent people from committing suicide.

Don't Underestimate it

She asked the community not to take it as a simple thing when someone expressed their wish to commit suicide. People who keep talking about suicide are in a state of hopelessness who seeks for help.

"Don't be ignorant and underestimate them for assuming it just as a form of seeking attention. When someone talks about committing suicide, please don't leave OKDB alone. Soon, immediately accompany them and ensure that there are still people who care about them," she said.

When approaching the OKBD, hopefully, both the family and the community do not show excessive worry. This condition is due to a tendency that will make them feel only as a burden for us. Then, avoid giving a lot of advice, just being a good listener. Then make sure the person concerned is in a safe and comfortable condition and keep away items that can threaten safety.

"Family, friends and the environment must be more concerned with the surroundings. If you have difficulty, immediately seek help from professionals," she explained.

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