Suicidal Ideation in Early Adult Women: Testing the Role of Emotional Maturity and Forgiveness

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ABSTRACT

The suicide emergency has reached more than four thousand people died every year in Indonesia. This is caused by suicidal ideation and women are prone to suicidal ideation. The aim of the study examined emotional maturity and forgiveness as predictors of suicidal ideation in early adult women. The study used quantitative correlation, with accidental sampling technique, from 233 early adult women aged 18-25 years who live in Surabaya City and are unmarried. This research instrument uses a suicidal ideation scale (α=0,941), emotional maturity scale (α=0,879), and forgiveness scale (α=0,921). Data analysis techniques with multiple regression tests, showing simultaneously the relationship between emotional maturity and forgiveness of suicidal tendencies, p = 0.326 (32.6%). Partial value of emotional maturity r = - 2.781 and forgiveness value of r = -6.098. Emotional maturity and suicidal ideation have a significant negative relationship with suicidal ideation in early adult women. Suggested to manage emotions well and forgive problems, in order to avoid suicidal ideation.

Keywords: Early Adult Woman; Emotional Maturity ; Forgiveness, Suicide Ideation

INTRODUCTION

In Indonesia there are reports of the number of individuals who have made suicide attempts, around 2016 to 2018, reaching 4,036 with the total number and based on data from the regional police available (Onie et al., 2023). This is certainly worrying, because suicidal ideation is a trigger for suicide attempts and even suicidal behavior. Of course this is included in the negative actions.

Suicidal ideation can be defined as the actions and thoughts of individuals to commit suicide, by preparing plans and consciously wanting to commit suicide (Luxton et al., 2011). Suicidal ideation can result from a stressful life, problems with loved ones, physical health problems, access to firearms, drugs, affective disorders and traumatic events. (Jones et al., 2003). Lack of self-control, negative emotions, psychological disorders (Al-Mosaiwi & Johnstone, 2018) difficulty in social adaptation, lack of social support and low self-esteem (Lieberman et al., 2005).

Psychological disorders that can lead to suicidal ideation are also vulnerable to early adult women, this can be due to failure to carry out their developmental tasks (Vanes et al., 2020), as well as things that must be done to survive as an early adult individual, such as having a job, a place to live and even social demands sometimes provide excessive burden and time pressure, causing psychological problems in the form of anxiety and severe depression (Melchior et al., 2007).

In addition, a study has been found in Indonesia regarding suicidal ideation, which explains the tendency of suicidal ideation is more experienced by women with a percentage of 15%, compared to

men who only have a percentage of 1%. In the study, a sample of 1254 participants who were university students and high school students was taken (Fitriana et al., 2022).

As well as a study was conducted to get an initial picture of suicidal ideation in Surabaya City, using a modification of the SIS (Suicide Ideation Scale) measuring instrument owned by Luxton, et al. (2011) using a sample of 40 participants aged 18-25 years. This preliminary study, showed a tendency for early adult women to have suicidal ideation, with a high category of suicidal ideation in 15 participants. Researchers have conducted interviews with five participants who have a high level of suicidal ideation category, using the SIS measuring instrument items.

There are main reasons for the tendency of suicidal ideation. Subject 1 (22 years old) felt that their life was full of pressure from the expectations of the surrounding environment and had experienced abuse from his parents. Subject 2 (23 years old) had inadequate economic problems, problems with family and had experienced bullying when he was in school. Subject 3 (22 years old) was often humiliated by his parents and always felt lonely, since the departure of his grandmother who was one of the individuals who was always on his side and felt sorry for him.

Subject 4 (22 years old) got pregnant outside of marriage and her partner did not want to take responsibility, and her family did not provide support and even hated the subject. Subject 5 (23 years old) was ridiculed by his extended family, because he was not promoted in class and always fought with his parents, because he was always compared by his brother. Suicidal ideation is strongly influenced by how the individual copes and behaves in response to a pressure that triggers suicidal ideation, so emotional maturity can be something that needs attention (Wilson et al., 2006)

Emotional maturity is a critical form of a person's emotions and reactions to various emotional behaviors, which are considered in accordance with current norms and rules (Singh & Bhagrava, 1990). And one of the indications is not excessive and stable emotions, not easily changing feelings, positive thinking, able to adjust to the environment, independent (Singh & Bhagrava, 1990), thinking well and wisely in making decisions for the long-term good (Prasetyo, 2016).

Emotional maturity is considered very important when facing a life problem so as not to get involved in negative emotions that can lead to hasty and unwise decisions. (Putri & Sofia, 2021). Emotional maturity also makes the individual become a person who easily accepts real conditions and is full of affection (Walgito, 2003). So, it can be seen that emotional maturity is one of the important things that exist in individuals to control negative emotions, into positive emotions, which is the same as forgiveness.

Forgiveness is defined as a form of individual reducing negative emotions, motivations and negative thoughts, towards an unfavorable experience, which may lead to resentment against it. is an individual behavior that changes negative things, such as thoughts (Worthington et al., 2007). Individuals who forgive easily tend to have positive emotions, by changing negative feelings into positive ones (Budi Utami et al., 2022). It is known that forgiveness is included in positive psychology that can counteract negative influences on individuals with various life problems, with even fatal mental risks (Sansone et al., 2013).

This, of course, can fight wrong negative emotions and turn them into a more meaningful life, be grateful and feel life is a blessing (Van Tongeren et al., 2015). Also, forgiveness also has a role to stop negative emotions by breaking the chain of hatred, resentment and anger into positive things such as calmness and happiness (Setiyana, 2013). Based on the explanation, there is a contributing role between emotional maturity and forgiveness on the tendency of suicidal ideation in early adult women, so research was conducted to test this hypothesis.

METHOD

Research Design

In this study, this study uses quantitative research methods, with the function of finding a correlation between emotional maturity (X1) and forgiveness (X2) with suicidal ideation (Y) in early adult women.

Participants

The population of early adult women in Surabaya City is known to be 168,133 in 2022 Surabaya (https://opendata.surabaya.go.id/dataset/3200-   5487-   237/resource/3394b9f9-5c3e-406d-845f-f294ebab875), so with this, calculations are carried out to obtain an ideal sample using G Power. The result is that the ideal sample for this study is 204 samples, with a power amount, as much as = 0.80. This research was conducted using non-probability sampling, namely accidental sampling

Suicide Ideation Scale

The data collection instrument in this study for variable Y belonging to Luxton, et al, (2011). The suicidal ideation scale in this study consists of 10 items, all of which are favorable and in accordance with Luxton, et al (2011). This scale is based on the Likert scale type with four answer options, namely very unsuitable (sts), unsuitable (ts), suitable (s) and very suitable (ss). The higher the total score on the suicidal ideation scale, the higher the tendency to have suicidal ideation and the opposite. Here are examples of suicidal ideation scale statements "I have attempted suicide" and "It would be better for everyone if I died".

The validity test on this scale has a correlation value criterion> 0.30 on the items used (Anzwar, 2006). The results of the validity test of the suicidal ideation scale were obtained, which moved from 0.643 - 0.858, from trials conducted on 60 early adult women living in Surabaya city, aged 18-25 years and unmarried. Meanwhile, the Alpha Cronbach reliability coefficient value is 0.941.

Emotional Maturity Scale

The data collection instrument in this study for variable X1 belonging to Singh & Bhagrava (1990) The emotional maturity scale in this study consists of 20 items, with 14 items is a favorable and 6 items is an unfavorabel. This scale is based on the Likert scale type with four answer options, namely very unsuitable (sts), unsuitable (ts), suitable (s) and very suitable (ss). The higher the total score on the emotional maturity scale, the higher emotional maturity and the opposite. Here are examples of emotional maturity scale statements "I be responsible for anything that I do" and "I tried to calm and focus on solve my problem"

The validity test on this scale has a correlation value criterion> 0.30 on the items used (Anzwar, 2006). The results of the validity test of the suicidal ideation scale were obtained, which moved from 0.321-0.747, from trials conducted on 60 early adult women living in Surabaya city, aged 18-25 years and unmarried. Meanwhile, the Alpha Cronbach reliability coefficient value is 0.879.

Forgiveness Scale

The data collection instrument in this study for variable X2 belonging to Worthington (2007) The forgiveness scale in this study consists of 20 items, with 9 items is a favorable and 11 items is an unfavorabel. This scale is based on the Likert scale type with four answer options, namely very unsuitable (sts), unsuitable (ts), suitable (s) and very suitable (ss). The higher the total score on the forgiveness scale, the higher forgiveness and the opposite. Here are examples of forgiveness scale statements "I have the intention of doing good to people who have hurt me" and "I want individuals who hurt me to feel bad, like what happened to me".

The validity test on this scale has a correlation value criterion> 0.30 on the items used (Anzwar, 2006). The results of the validity test of the suicidal ideation scale were obtained, which moved from 0.327-

0.776, from trials conducted on 60 early adult women living in Surabaya city, aged 18-25 years and unmarried. Meanwhile, the Alpha Cronbach reliability coefficient value is 0.921

Research procedure

Data collection was carried out by distributing online questionnaires through Google Forms equipped with participant criteria, which were then disseminated on social media networks, such as WhatsApp, Instagram and Twitter applications. Also, the distribution of questionnaires was also carried out face-to-face in three places in Surabaya City, namely. St. Tunjungan, around the scope of the University of 17 August 1945 and Bungkul Park. After data collection, 233 samples were obtained to test the role of emotional maturity and forgiveness on suicidal ideation of early adult women.

Data Analysis Techniques

Data analysis is the stage of compiling the data that has been collected, in order to answer the research hypothesis or problem formulation in the study. Based on the results of this research prerequisite test, it is known that the data has a normal and linear distribution. The analysis technique carried out by researchers in the form of parametric analysis methods and using multiple linear regression analysis techniques is intended to test the presence or absence of interrelationships between variables. test whether or not there is a relationship between variables, which is in the form of regression. Data processing by researchers, using the SPSS 25.0 for windows application.

RESULT

Table 1
Subject Demographic Data

No	Place	Date	Age	Frequency	Total
1	Online Questionnaire	5 May 2023	18 Years Old	9	105
			19 Years Old	12	
			20 Years Old	18	
			21 Years Old	14	
			22 Years Old	17	
			23 Years Old	18	
			24 Years Old	7	
			25 Years Old	10	
2	St. Tunjungan	10 May 2023	18 Years Old	-	57
			19 Years Old	3	
			20 Years Old	8	
			21 Years Old	5	
			22 Years Old	12	
			23 Years Old	8	
			24 Years Old	12	
			25 Years Old	9	
3	Bungkul Park (On *Car Free Day)*	14 May 2023	18 Years Old	12	40
			19 Years Old	14	
			20 Years Old	11	
			21 Years Old	3	
			22 Years Old	-	
			23 Years Old	-	
			24 Years Old	-	
			25 Years Old	-	
4	Untag Area	19 May 2023	18 Years Old	4	31
			19 Years Old	2	
			20 Years Old	-	
			21 Years Old	8	
			22 Years Old	9	
			23 Years Old	4	
			24 Years Old	3	
			25 Years Old	1	
	Total				**233**
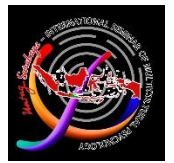
This study received a sample of 233 participants, with 22 years old as the most participants, totaling 38 individuals (38%). As well as the highest frequency of online questionnaire data collection results, which resulted in 105 samples out of 233 participants. Based on data analysis calculations, it was found that the average score of suicidal ideation tendency, M=20.25 (SD =8.961), emotional maturity, M=57.64 (SD =8.426) and forgiveness, M=50.24 (SD =10.317).

Table 2
Categorization of Suicidal Ideation in Early Adult Women

Score	Category	Total	Percentage
X ≤ 29,211	High	34	15%
29,11 < X ≤ 11,289	Medium	134	58%
X ≥ 11,289	Low	65	28%
Total		**233**	**100%**

Based on the results from table 2, it is known that the high score has a value above 29.211. The medium score has a value between 29.11 to 11.289. And the low score has a value below 29.211. It is known that 34 individuals are categorized as having a high level of suicidal ideation (15%), 134 individuals are categorized as having a moderate level of suicidal ideation (58%) and 65 individuals are categorized as having a low level of suicidal ideation (28%).

Table 3
Categorization of Emotional Maturity in Early Adult Women

Score	Category	Total	Percentage
X ≤ 66,066	High	31	13%
66,066 < X ≤ 49,214	Medium	161	69%
X ≥ 49,214	Low	42	18%
Total		**233**	**100%**

Based on the results from table 3, it is known that the high score has a value above 66.066. The medium score has a value between 66.066 to 49.214. And the low score has a value below 49,214. It is known that 31 individuals are categorized as having a high level of emotional maturity (13%), 161 individuals are categorized as having a moderate level of emotional maturity (69%) and 42 individuals are categorized as having a low level of emotional maturity (18%).

Table 4
Categorization of Forgiveness in Early Adult Women

Score	Category	Total	Percentage
X ≤ 60,557	High	29	12%
60,557 < X ≤ 39,923	Medium	108	46%
X ≥ 39,923	Low	97	42%
Total		**233**	**100%**

Based on the results from table 4, it is known that the high score has a value above 60.557. The medium score has a value between 60.557 and 39.923. And the low score has a value below 39.923. It is known that 29 individuals are categorized as having a high level of forgiveness (12%), 108 individuals are categorized as having a moderate level of forgiveness (46%) and 97 individuals are categorized as

having a low level of forgiveness (42%).

Assumption Test

Table 5
Normality Result

Emotional Maturity, Forgiveness with Suicidal Ideation	P-Value	Description	Conclusion
	0,200	Sig.>0,05	Normal

Based on table 5, it is explained that the data in this study runs normally by testing using the Kolmogorov-Smirnov method, which has a significance of p = 0.200 (p>0.05).

Table 6
Linearity Result

Variabels	F	Sig	Description
Suicidal Ideation – Emotional Maturity	1,027	0,000	Linear
Suicidal Ideation – Forgiveness	1,356	0,000	Linear

Based on table 6 , this study is declared linear, with a significance value of 0.000 (p< 0.05) . Suicidal ideation - forgiveness has a value of F = 1.356 with a significance value of 0.000 (P < 0.05).

Table 7
Multicollinearity Results

Variabels	Tolerance	VIF	Conclusion
Emotional Maturity (X1) – Forgiveness (X2)	0,598	1,671	No multicollinearity

Based on table 7, this study did not find regression similarities between the independent variables (X1) and (X2), so it has a tolerance value = 0.598> 0.10 and a VIF value = 1.671 < 10.00. So that there is no multicollinearity.

Table 8
Heteroscedasticity Results

Variabels	P-value	Description	Conclusion
Emotional Maturity	0,964	(p>0,05)	No heteroscedasticity
Forgiveness	0,206	(p>0,05)	No heteroscedasticity

Based on table 8, this study conducted a variation difference test on the regression model, there were results, with an ABS-RES value on emotional maturity (X1) of 0.964 (p>0.05) and on forgiveness (X2) of 0.206 (p>0.05). So it is concluded that this study does not occur heteroscedasticity.

Hypothesis Test Results

Table 9
Effective Contribution

Model	F	R	R Square	Significance
1	55,505	0,571	0,326	0,000

Based on table 9, the hypothesis test in this study, the simultaneous correlation between emotional maturity (X1) and forgiveness (X2) with suicidal ideation (Y) obtained a score of R = 0.571

with a significance of = 0.000 (P < 0.01) and the calculated F value of F = 55.505. This means that simultaneously (together) emotional maturity and forgiveness have a positive influence on suicidal ideation. The R Square score of 0.326 means that emotional maturity and forgiveness simultaneously (together) have an influence of 32.6% on suicidal ideation, while 67.4% is influenced by other variables.

Table 10
Multiple Regression Analysis Results

Model	Coefficient	t-count	Significance
Emotional Maturity	3.371	2,781	0,006
Forgiveness		6,098	0,000

Partial correlation test of emotional maturity variables, obtained a score of t = 2.781 with a significance of 0.006 (p>0.05). This means that there is a significant relationship between emotional maturity and suicidal ideation, so that if the higher the emotional maturity, the lower the suicidal ideation and also the other way around, if the emotional maturity is lower, the higher the suicidal ideation. The partial correlation test of the forgiveness variable, obtained a t score = 6.098 with a significance of 0.000 (p>0.05). This means that there is a significant correlation between forgiveness and suicidal ideation, so that the higher the forgiveness, the lower the suicidal ideation, and also the other way around, the lower the forgiveness, the higher the suicidal ideation.

Table 11
Regression Equation

Model	Coefficient	t-count	F	Significance
Constant	50,812	15,072		0,000
Emotional Maturity	0,207	2,781	55,505	0,006
Forgiveness	0,371	6,098		0,000

The calculated F value of F = 55.505 with a significance of 0.000 (p < 0.05) indicates that the regression model obtained can be used to predict suicidal ideation. Also, there is a regression equation obtained, namely Y = 50.812 + (0.207) X1 + (0.371) X2. The constant of 50.812 states that if there is no emotional maturity and forgiveness, then suicidal ideation is 50.812. The regression coefficient of emotional maturity of 0.207 states that each addition of 1 score of emotional maturity will reduce suicidal ideation by 0.207. The regression coefficient of forgiveness is 0.371, stating that every additional 1 score of forgiveness will reduce suicidal ideation by 0.371. So it can be concluded that the hypothesis of a negative relationship between the three variables is accepted, so that if individuals have a high level of emotional maturity, then the tendency of suicidal ideation will be low. Likewise with forgiveness, if forgiveness in individuals has a high level, then the tendency of suicidal ideation will be low. Also, in individuals who have a high level of emotional maturity and forgiveness, the tendency of suicidal ideation will be low.

DISCUSSION

Based on the results of the study, it can be concluded that the three hypotheses are accepted, namely with a negative relationship, between emotional maturity and suicidal ideation in early adult women has a significant correlation. So, with a high level of emotional maturity, the level of suicidal

ideation tendency will be low. But, if on the contrary, the level of emotional maturity is low, then the level of suicidal ideation will be high. Also, there is a negative relationship, having a significant correlation on forgiveness with suicidal ideation in early adult women. Thus, if the individual has a high level of forgiveness, then the tendency of suicidal ideation will be low. However, if they have a low level of forgiveness, then the tendency of suicidal ideation will be high. And the relationship is negative between emotional maturity and forgiveness towards suicidal ideation tendencies which has a significant correlation. Thus, if the level of emotional maturity and forgiveness is high, then the tendency of suicidal ideation will also be low. Also the other way around, if emotional maturity is high and forgiveness is low, then the tendency of suicidal ideation will increase.

Based on the analysis, can be explained, if individuals have a low level of emotional maturity and forgiveness, it can lead to suicidal ideation. And also the other way around, if individuals have a high level of emotional maturity and forgiveness, it will not lead to suicidal ideation. This is a new finding, for research related to the three variables, because there is no research on the correlation between emotional maturity and suicidal ideation. However, this study found a significant correlation between emotional maturity and suicidal ideation. So it is known that emotional maturity can be one of the determining factors of suicidal ideation.

However, there is a study by Morales-Vives & Dueñas, (2018) regarding the prediction of suicidal ideation tendencies, which indirectly has a relationship with psychological maturity, emotional stability and individual impulsivity behavior that can affect suicidal ideation. This, still has a relationship with emotional maturity, with the knowledge of emotional stability which is an aspect of the emotional maturity scale, which is adapted from Singh & Bhargava's theory, (1990). Also, impulsivity behavior can be a predictor of suicidal ideation.

Meanwhile, it is known that this thoughtless behavior is also an influential factor in suicidal ideation according to the American Association of Suicidology (2021) even in early adult women, this impulsive behavior can also be a determinant of suicidal ideation according to Baca-Garcia, et al. (2008). As well as, psychological maturity, including emotional maturity also in individuals, this is known based on research by Muawanah & Pratikto (2012) which explains that emotional maturity is a psychological variable that is positive.

It is known that emotional stability, psychological maturity and impulsivity behavior, have an indirect relationship with emotional maturity and have been known to be predictors of suicidal ideation. So, with this research conducted by researchers in line with several studies that have been presented, that emotional maturity has a relationship with suicidal ideation.

Forgiveness is known to have a correlation with suicidal ideation. This, in line with research by Bryan, et al, (2014) which explains that forgiveness has a negative relationship and a small correlation to suicidal ideation. Meanwhile, in Liu's research, et al, (2013). It is known that forgiveness can be a protective factor in the tendency of suicidal ideation. In their research, Liu, et al., (2013) explained that by providing forgiveness, it is the best method to fight the tendency of suicidal ideation, substance abuse to clinical disorders in individuals.

Also, there is an experimental study by Lee, et al, (2015) on forgiveness of suicidal ideation in a 60-year-old woman as a respondent. However, the name, age and story were slightly changed to protect the privacy of the respondent. It should be noted, that the woman had a history of suicidal behavior committed by her family. In addition, feelings of resentment towards the perpetrator made one of her family members commit suicide.

At that experiment, the woman was given forgiveness therapy for all the things that had happened, especially for grudges, guilt and feelings of loss for her family members who experienced suicide. In this study, it is shown on the pretest with a score of (16) that has been filled in by the woman, that she has the idea of committing suicide as a form of revenge, anger and guilt, she has towards the

loss of her family members. And after forgiveness therapy, the woman showed a significant decrease in suicidal ideation, namely with a value of (2) in the posttest that she had filled in.

So this is in line with the research conducted by the researcher that, forgiveness has an influence on the tendency of suicidal ideation in individuals. Research on the correlation of emotional maturity and forgiveness, with suicidal ideation tendencies, has not been found before this study. So that it is the first research that raises the correlation between the variables of emotional maturity and forgiveness with the tendency of suicidal ideation. With this, it is known that overall the three variables have a correlation.

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