



CYBER COUNSELING BASED SELF COUNSELING IN OVERCOMING SUICIDE IDEAS IN ADOLESCENT

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Abstract: This study aims to determine the level of suicidal ideation in adolescents, the level of effectiveness of the use of self-counseling based on cyber counseling in overcoming suicidal ideation, and data on the types of cyber counseling platforms and materials used in self-counseling by adolescents in overcoming suicidal ideation when facing severe psychological problems. This type of research is descriptive and quantitative through a description of the level of suicidal ideation in adolescents. The research location was in the Islamic Education Guidance and Counseling (BKPI) study program, Faculty of Islamic Religion, University of Ibn Khaldun Bogor. The research population was all students in the BKPI study program who showed symptoms or indicators of suicidal ideation. The samples obtained were 84 students. The sampling technique used was purposive sampling. The data collection technique used a structured questionnaire containing an attitude scale related to suicidal ideation. Data analysis used the Quantitative Descriptive Analysis (QDA) technique. The results of data analysis on self-counseling research based on cyber counseling in overcoming adolescent suicide ideation in the Islamic Education Guidance and Counseling study program show that there are suicidal ideations in adolescents when facing acute or severe psychological problems. The dominant application of self-counseling based on cyber counseling helps adolescents to overcome suicidal ideation. The cyber counseling platforms used in the self-counseling process are YouTube, Instagram, WhatsApp, Twitter, TikTok, Google, Telegram, and Pinterest.

Keywords: Self-Counseling, Cyber Counseling, Suicidal Ideation

Abstrak: Penelitian ini bertujuan untuk mengetahui tingkat ide bunuh diri pada remaja, tingkat efektivitas penggunaan self-counseling berbasis cyber counseling dalam mengatasi ide bunuh diri dan data jenis platform cyber counseling dan materi yang digunakan dalam self-counseling oleh remaja dalam mengatasi ide bunuh diri ketika menghadapi permasalahan psikologis berat. Jenis penelitian adalah deskriptif kuantitatif melalui deskripsi tingkat kecenderungan ide bunuh diri pada remaja. Lokasi penelitian di program studi Bimbingan dan Konseling Pendidikan Islam (BKPI), Fakultas Agama Islam,

Universitas Ibn Khaldun Bogor. Populasi penelitian adalah seluruh mahasiswa pada program studi BKPI yang menunjukkan gejala atau indikator ide bunuh diri. Sampel yang diperoleh sebanyak 84 mahasiswa. Teknik sampling yang digunakan adalah purposive sampling. Teknik pengumpulan data menggunakan angket terstruktur yang berisi tentang skala sikap terkait ide bunuh diri. Analisis data menggunakan Teknik Quantitative Descriptive Analysis (QDA). Hasil analisis data pada penelitian self-counseling berbasis cyber counseling dalam mengatasi ide bunuh diri remaja di program studi Bimbingan dan Konseling Pendidikan Islam menunjukkan hasil bahwa terdapat ide bunuh diri pada remaja ketika menghadapi permasalahan psikologis akut atau berat. Penerapan self-counseling berbasis cyber counseling dominan membantu remaja dalam mengatasi ide bunuh diri. Platform cyber counseling yang digunakan dalam proses self-counseling adalah Youtube, Instagram, WhatsApp, Twitter, Tik-Tok, Google, Telegram dan Pinterest.

Kata Kunci: Konseling Diri, Konseling Dunia Maya, Pemikiran Bunuh Diri

A. Introduction

Life is one of the blessings that Allah SWT has given to mankind, so guarding the soul is an order, so that in the aim of religion or maqasid sharia protecting the soul (hifzh an nafs) is a goal in Sharia¹. Allah SWT said in QS. Al Ma'idah (5):32, "Whoever maintains the life of a human being, it is as if he has preserved the lives of all human beings". The phenomenon of suicide in the world is increasingly worrying, around 1 million people die by suicide every year. Globally, suicide is the tenth leading cause of death for all ages and the second leading cause of death among young people aged 15-29 years². Suicide is the number 3 cause of death in the younger generation. The youth suicide rate has tripled in the last 30 years³. Indonesia as a country that adheres to a collectivity culture also has a high suicide rate. The World Health Organization (WHO) estimates that by 2020 the suicide rate in Indonesia could reach 2.4 percent of 100,000 people if it does not receive serious attention from various parties⁴. National Geographic Indonesia stated that in 2012 and 2013 there were 981 and 921 cases of death due to suicide. The National Commission for Child Protection said that the youngest suicide case occurred at the age of 13⁵. The causes of individuals having suicidal ideation are caused by several factors including psychological factors, family factors, environmental factors,

¹ Purnomo, Hadi J.: Comparative Analysis of Indonesia and Malaysia Budget Policies in Handling the COVID-19 Pandemic from Maqâshid al-Syarî'ah Perspective. *Journal* 25(2), 1–14 (2021).

² Schmaal, L., Harmelen, AL., Chatzi, V: Imaging suicidal thoughts and behaviors: a comprehensive review of 2 decades of neuroimaging studies. *Molecular Psychiatry Journal* 25(2), 408–427 (2020).

³ Salsabihilla, A., Panjaitan R.: Article title Dukungan Sosial dan Hubungannya dengan Ide Bunuh Diri pada Mahasiswa Rantau. *Jurnal Keperawatan Jiwa*. 7(2), 107–114 (2019).

⁴ Andari, S. Fenomena Bunuh Diri di Kabupaten Gunungkidul. *Journal* 2(5), 92–107(2017).

⁵ Aulia, N, Yulastri.: Analisis Hubungan Faktor Resiko Bunuh Diri dengan Ide Bunuh Diri pada Remaja. *Jurnal Keperawatan* 11(4), 303–310 (2019).

biological factors, previous suicidal behavior, and sexual orientation. While the results of Ibrahim's research, there is a significant relationship between psychological factors, namely depression, anxiety, and stress, with suicide ideation in Malaysia⁶. Meanwhile, according to Burke⁷ confirms psychometrically that the perpetrators of suicidal ideation such as ending oneself (self-injury) are caused by anxiety and depression. Anxiety and depression are caused by bullying behavior which leads to suicidal ideation in students⁸. Suicidal ideation is not just a single factor (Putri and Tobing, 2020), however, there are several factors that cause suicidal ideation, including social media factors, such as YouTube videos, Instagram, Facebook, Twitter and WhatsApp. Social media facilitate interaction between one another. The rapid development of web-based media among young people as a special tool that can be used by anyone and can be accessed anywhere makes harassment on websites or better known as cyber bullying which can have an impact on suicidal behavior.⁹ Several studies have been conducted to detect signs of depression through social media. Researchers from Harvard University and the University of Vermont, United States of America, found out through photos on Instagram. As a result, out of 166 participants, 71 of them were known to have depression which had an impact on suicide¹⁰. The cause of suicidal ideation caused by social media does not mean that social media such as Youtube, Instagram, Facebook, Twitter or WhatsApp videos only have a bad impact. There are positive benefits that can be obtained from social media. Internet-based self-help therapy was associated with reduced suicidal ideation at post-intervention and 6-month follow-up¹¹. One of them is self-counseling based on cyber counseling.

Self-counseling is a way of counseling services for counselees or patients without having to meet directly with the counselor, but can be done based on the instructions given by the counselor. Self-counseling as a self-help system that has been formulated on the basis of behavioristic learning theory and has been shown to be effective in therapeutic settings¹² can help oneself towards happiness through rational self-counseling. Self-counseling refers to the practice of examining one's own behavior, using psychoanalytic methods of free thought and free association, which can assist in taking more effective control over everyday situations, and enabling continuous progress to be made.¹³ Self-counseling can assist in controlling everyday situations more effectively, and enable continuous progress to be made¹⁴. So, self-counseling is an individual effort to help himself effectively using various approaches, one of which is the cyber counseling approach.

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⁷ Burke, F.: Measuring Acquired capability for suicide within an idea to action framework. APA Psycnet Journal 8(2), 277-286 (2018).

⁸ Kwan., Chin: Comparative Analysis of Indonesia and Malaysia Budget Policies in Handling the COVID-19 Pandemic. IJERPH Journal 19(5), 277-286 (2022).

⁹ Seprianasari, A.: Hubungan Cyberbullying di Sosial Media dengan Ide Bunuh Diri pada Remaja di RW 01 Tanjung Barat Tahun 2021. OJJHS Journal 1(08), 283-289 (2022).

¹⁰ Nurulia, <https://www.klikdokter.com/>, last accessed 2023/01/07

¹¹ Mühlmann, C: Effectiveness of an Internet-Based Self-help Therapy Program for Suicidal Ideation With Follow-up at 6 Months: Results of a Randomized Controlled Trial. JCP Journal, 82(5)

¹² Maultsby, MC: Help yourself to happiness through rational self-counseling. APS PyscNet, 1975)

¹³ Moore, C., <https://positivepsychology.com/self-therapy-anxiety-depression/>, last accessed 2023/1/7.

¹⁴ Martin, A. <https://www.thecounsellorsguide.co.uk/importance-selfcounseling.html>, last accessed 2023/1/8.



The use of cyber counseling in self-counseling service activities can be an alternative for counselees to become self-control in their lives, even though online counseling was previously considered unreasonable. Barak explained that many people say that cyber counseling services as an alternative service to counseling are impossible and unreasonable, this opinion was put forward because for them counseling services are a combination of face-to-face interaction and a combination of body language.¹⁵ Currently online counseling is in great demand. The power of cyberspace has led to increasing client demand for online counseling and a dramatic growth in cyber counseling, a trend that is expected to continue in the coming years.¹⁶ The ability of the internet to provide an intimate setting has led some counseling practitioners to take the initiative to offer alternative counseling services in the view of Skinner & Latchford. The history of the use of computers and the Internet in counseling has provided practitioners with other alternatives¹⁷. Through the internet today, especially during the COVID-19 outbreak, everyone who works in the mental health sector can provide free online/cyber counseling services by advertising them as a form of humanity towards others. Online interventions (cyber counseling) are increasingly seen as having the potential to meet the increasing demand for mental health services¹⁸. According to Lewis, Coursol, Wahl¹⁹ explained that cyber counseling is more comfortable than face-to-face counseling. Even online-based cyber counseling helps actively address mental health problems²⁰. Thus, cyber counseling has its own advantages in overcoming mental problems, one of which is suicidal ideation.

Cyber counseling related to information technology that is connected through computer devices. Cyber Counseling is a virtual guidance and counseling strategy or counseling that takes place through the help of an internet connection. In this case, the counseling process takes place via the internet in the form of a Web Site, Email, Facebook, Video Conference (Yahoo massager), and other innovative ideas. The counseling process uses cyber counseling or virtual counseling, meaning that the counselor and client are not physically present in the same space and time²¹. Cyber counseling services are inseparable from platforms in the form of computers, laptops, telephones, and smartphones. The telephone has a strong history of serving clients and is a forerunner of more sophisticated remote technologies (Mallen., et.all, 2016). *Self-counseling online-based* or cyber counseling can utilize Youtube, Instagram, Tiktok, and Facebook platforms in overcoming suicidal ideation in adolescents. The existence of various cyber counseling platforms, of course, there are platforms that have the strongest influence in influencing individuals to overcome suicidal ideation in adolescents in cyber counseling-based

¹⁵ Zainuddin, ZN., Yusop, M: Cyber-Counseling: Is It Really New?. International Research Journal of Education and Sciences (IRJES), 2 (43), 169-179 (2013)

¹⁶ Mishna, F., Bogo, M., Sawyer, J. Cyber Counseling: Illuminating Benefits and Challenges. Clinical Social Work Journal, 43(2), 169-178 (2015)

¹⁷ Zainuddin, ZN., Yusop, M: Cyber-Counseling: Is It Really New?. International Research Journal of Education and Sciences (IRJES), 2 (43), 169-179 (2013)

¹⁸ Dowling, M. Counsellia Jurnal Bimbingan dan Konseling Journal of Technology in Human Services, 31(1), 1-21 (2013).

¹⁹ Bloom, JW., Walz GR: Cybercounseling and Cyberlearning An Encore. CAPS Press, Greensboro (2004).

²⁰ Kraus, R., Stricker, S.: Online Counseling: A Handbook for Mental Health Professionals Cedrik. 2nd ed. Elsevier Publishers, America (1999).

²¹ Budianto: ICT application in cyber counseling as a teacher accelerator by optimizing WhatsApp based mobile computing. Journal of Physics. 1375 (2019)

self-counseling services, although some experts state that there is a need for a special approach in implementing cyber counseling based self-counseling, such as Rational Emotive Behavior Therapy (REBT) or Cognitive Behavior Therapy (CBT)²². However, some experts argue that cyber counseling is a separate approach in counseling services, and can even be developed as a model in counseling²³.

Based on this explanation, in this research, researchers want to know descriptively the level of suicidal thoughts in adolescents, to know the role of online media in overcoming suicidal ideation, and the variations of online media used as self-counseling based on cyber counseling. This research will contribute in the form of information for counselees or clients as a model for overcoming suicidal ideation.

B. Method

This type of research is descriptive quantitative. Based on the panel principle is the ability to verbalize the perception of a product in a reliable way²⁴. This method embodies formal screening and training procedures, development and use of sensory language, and product assessment on repeated trials to obtain a complete quantitative description. This study describes the level of suicidal ideation tendencies in adolescents. The research location was the Islamic Education Guidance and Counseling (BKPI) study program students, Faculty of Islamic Religion, Ibn Khaldun University, Bogor. The study population was all students in the BKPI study program who showed symptoms or indicators of suicidal ideation. The samples obtained were 84 students, the sampling technique used was purposive sampling. The data collection technique used a structured questionnaire containing an attitude scale related to suicidal ideation. Data analysis used the Quantitative Descriptive Analysis (QDA) technique.²⁵ In this study, the data presented is based on the variables studied, namely suicide ideation and the use of cyber counseling. Suicidal ideation data will be presented based on frequent, sometimes, and infrequent categories. The data will be presented based on spider charts and vector charts for clear and specific data presentation²⁶, so you can see which categories are high and which are low. To see data on the use of social media platforms or cyber counseling for self-counseling, we will map which social media platforms are most dominantly used in efforts to overcome suicidal ideation.

C. Results and Discussion

²² Fakhriyani: Pendekatan REBT Melalui Cyber Counseling untuk Mengatasi Kecemasan di Masa Pandemi COVID-19. *Counsellia Jurnal Bimbingan dan Konseling*, 11(1),55-70 (2021)

²³ Arista, Rohiman, and Annisa: Aplikasi Cyco (Cyber Counseling): Sebagai Salah Satu Alternatif Model Konseling Di Sekolah. *Prosiding Seminar Nasional BK FIP-UPGRIS*, pp. 162–168. UPGRIS, Semarang (2017).

²⁴ Stone, H., Hotman: *Manual on Descriptive Analysis Testing for Sensory Evaluation*. ASTM Publisher, America (1992)

²⁵ Sugiyono: *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta, Bandung (2017)

²⁶ Kemendikbud: <https://lldikti5.kemdikbud.go.id/>, last accessed 2023/1/7.

Analysis of the results of the study included data on the level of suicidal ideation in adolescents, data on the level of effectiveness of using self-counseling based on cyber counseling in overcoming suicidal ideation, and data on the types of cyber counseling platforms used in self-counseling by adolescents. Based on the analysis of the data questionnaire on the level of adolescent suicide ideation when facing severe psychological problems, there were 84 people. Adolescents who often had suicidal ideation were 6 people or 7.1%, teenagers who sometimes had suicidal ideation were 23 people or 27.4%, while teenagers who did not often have suicidal ideation were 55 people or 65%. The following is the distribution of data based on the table,

Table1.Suicide Idea Frequency Table

Suicide Idea	Frequency	Percentage
Often	6 people	7.1%
Sometimes	23 people	27.4%
Not often	55 people	65.5%
Total	84 people	100%

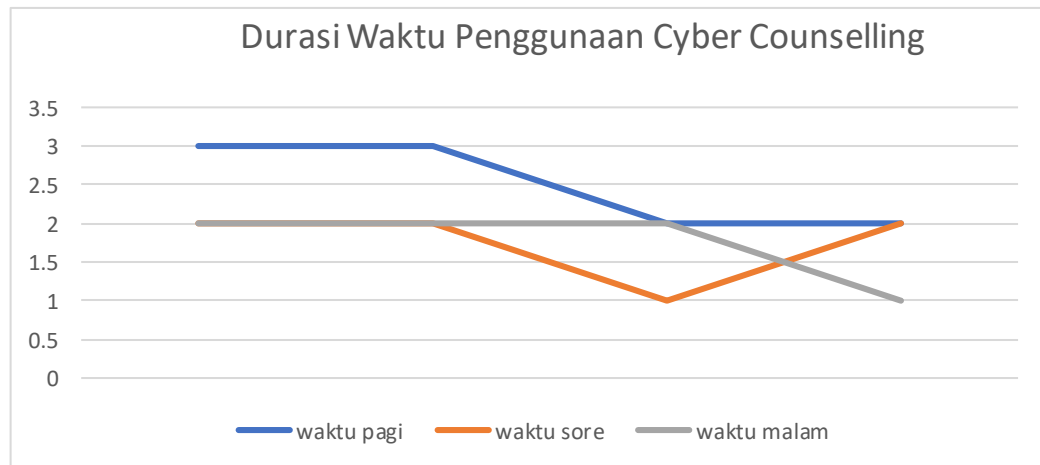
In terms of the effectiveness of the use of cyber counseling-based self-counseling in dealing with suicidal ideation, 13 people or 15.5% strongly agree that cyber-counseling-based self-counseling can help overcome suicidal ideation, 50 people or 59.5% agree that self-counseling cyber counseling based can help overcome suicidal ideation, 14 people or 16.7% disagree that cyber counseling based self-counseling can help overcome suicidal ideation, while 7 people or 8.3% strongly disagree cyber counseling based self-counseling is able help overcome suicidal ideation.

Table 2.Table of Effectiveness of Cyber counseling based Self-Counseling

Suicide Idea	Frequency	Percentage
Very effective	13 people	15.5%
Effective	50 people	59.5%
Effective enough	14 people	16.7%
Less effective	7 people	8.3%
Ineffective	0 people	0%
Total	84 people	100%

The duration of using social media for cyber self from adolescents in a week has different. The category of duration of use of social media includes in the morning on average between 05.00-09.00, in the afternoon on average between 16.00-17.00, and at night on average between 21.00-22.00.

Picture 1. Duration Of Use Cyber Counseling

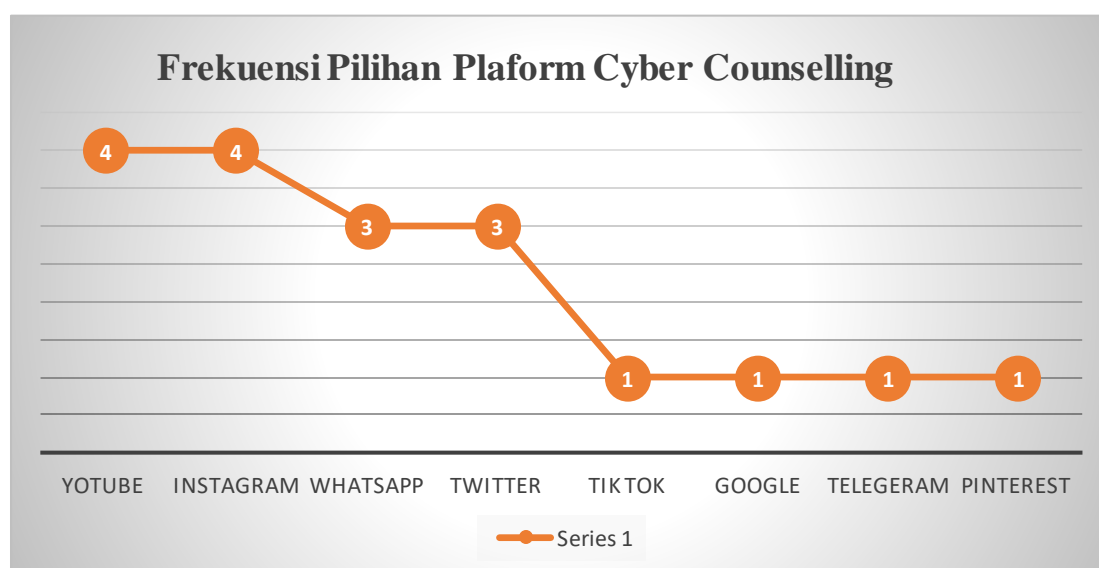


In the cyber counseling platform data questionnaire (social media) used are Youtube, Instagram, Facebook, WhatsApp, Twitter, Tik-Tok, Google, Telegram, and Pinterest. Based on these data the most popular platforms can be described in the following table,

Table 3. Cyber Counseling Platform Frequency Table

Cyber Counseling Platforms	Scale	Category
YouTube	4	Very high
Instagram	4	Very high
WhatsApp	3	Tall
Twitter	3	Tall
Facebook	1	Low
Tik-Tok	1	Low
Pinterest	1	Low
Google	1	Low
Telegram	1	Low

Picture 2. Frequency of choice of cyber counseling platform

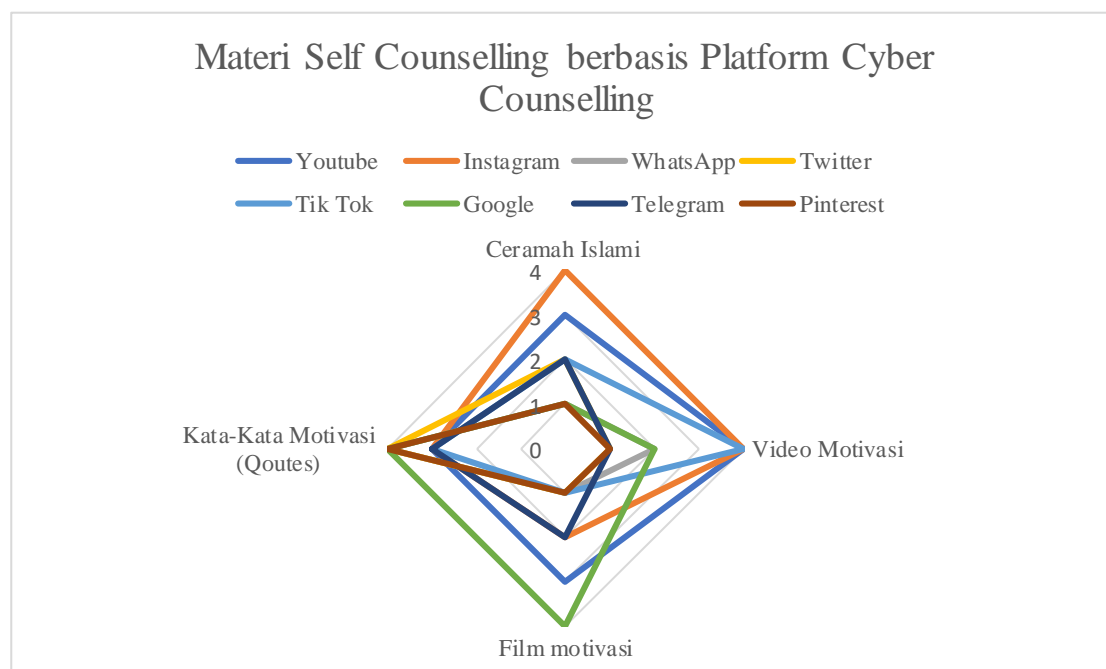


Based on the data above, the cyber counseling platforms most often used for self-counseling are Youtube and Instagram which have the highest levels, after WhatsApp and Twitter in the medium category, followed by Tik-Tok, Pinterest, Google, and Telegram in the low category. The themes chosen for the self-counseling material based on cyber counseling have a variety, including Islamic lectures, motivational short videos, motivational films, and motivational words (quotes).

Table 4. Table of Frequency of Themes Viewed in Cyber Counseling

Theme	Scale	Category
Motivational Videos	4	Very high
Islamic Lectures	4	Very high
Motivational Movie	3	Tall
Motivational Words (Quotes)	3	Tall

Based on the cyber counseling platform and themes or material on the Youtube platform to access motivational video themes or materials, Islamic lectures, and motivational films; Instagram to access motivational video themes or materials, Islamic lectures, and motivational words material (quotes); WhatsApp to access themes or motivational video material and motivational words (quotes); Twitter to access themes or materials of motivational words (quotes); Facebook to access motivational video themes or materials, Islamic lectures and motivational words (quotes); Tik-Tok to access motivational video themes or materials, Islamic lectures, and motivational words (quotes); Google for motivational movies and motivational quotes; Telegram for motivational videos, Islamic lectures and motivational words (quotes), And; Pinterest to access material in the form of motivational words (quotes).

Picture 3. Self-counseling material based on Platform cyber counseling

Based on the spider chart above, it can be seen that the Youtube and Instagram platforms have a wider net than the WhatsApp, Twitter, Tik Tok, Google, Telegram, and Pinterest platforms.

Based on data findings, the level of suicidal ideation in adolescents is in the category that often arises when facing acute psychological problems, adolescents who often generate suicidal ideation are 6 people or 7.1%, adolescents who occasionally generate suicidal ideation are 23 people or 27.4%, while 55 people or 65% do not often bring up suicidal ideation. Even though those who do not often appear are in the dominant category, this is a potential threat for adolescents to generate massive suicide ideas if they are depressed.²⁷ so that this potential should receive more attention so that preventive measures can be taken.

Based on data on the level of effectiveness of using cyber-counseling-based self-counseling in overcoming suicidal ideation, 13 people or 15.5% agreed that cyber-counseling-based self-counseling could help overcome suicidal ideation, 50 people or 59.5% agreed that self-counseling based on cyber counseling can help overcome suicidal ideation, 14 people or 16.7% do not agree that self-counseling based on cyber counseling can help overcome suicidal ideation, while 7 people or 8.3% strongly disagree that self-counseling based on cyber counseling can help overcome suicidal ideation. This data shows that self-counseling based on cyber counseling has a significant contribution in helping counselees or clients who are facing severe psychological problems to optimize cyber counseling through self-counseling. However, there is a need for a specific approach to self-counseling, such as Cognitive Behavior Therapy or other approaches based on cyber counseling to overcome suicidal ideation, as explained by Warmerdam (2010). Recently, a study on Internet Cognitive Behavioral Therapy

²⁷ Flink, N. et.al.: Early maladaptive schemas and suicidal ideation in depressed patients. The European Journal of Psychiatry, 31(3), 87-92 (2017).

interventions for depression demonstrated a reduction in suicidal ideation (Kerkhof, Bregie AJ, Spijker, 2013).

The cyber counseling platforms used for self-counseling include YouTube, Instagram, Whatsapp, Twitter, Tiktok, Google, Telegram, and Pinterest. The contribution of cyber counseling in forming a new or positive perspective for counselees or clients, one of the influencing factors is the duration of viewing time. In the data analysis, it was found that the duration of video viewing was highest at night, which was around 2 hours more, then in the morning around 2 hours, and in the afternoon around 1 hour more. The material used as a choice of self-counseling material based on cyber counseling includes motivational videos, Islamic lectures, motivational films, and motivational words (quotes). So, motivational videos or lectures have a strong influence in shaping the positive outlook of adolescents that is, in the range of more than 2 hours, then in the morning in the range of 2 hours, and in the afternoon in the range of 1 hour more.

The material used as a choice of self-counseling material based on cyber counseling includes motivational videos, Islamic lectures, motivational films, and motivational words (quotes). So, motivational videos or lectures have a strong influence in shaping the positive outlook of adolescents that is, in the range of more than 2 hours, then in the morning in the range of 2 hours, and in the afternoon in the range of 1 hour more. The material used as a choice of self-counseling material based on cyber counseling includes motivational videos, Islamic lectures, motivational films, and motivational words (quotes). So, motivational videos or lectures have a strong influence in shaping the positive outlook of adolescents²⁸. Nonetheless, there are other factors that become variables in helping counselees or clients to be able to overcome suicidal ideation, such as parents, family, peers, and other people who have significant influence.

D. Conclusion

The results of data analysis on self-counseling research based on cyber counseling in overcoming adolescent suicide ideation in the Islamic Education Guidance and Counseling study program show that there are suicidal ideations in adolescents when facing acute or severe psychological problems. The application of self-counseling based on dominant cyber counseling helps adolescents to overcome suicidal ideation. The cyber counseling platforms used in the self-counseling process are Youtube, Instagram, WhatsApp, Twitter, Tik-Tok, Google, Telegram, and Pinterest.

²⁸ Pratiwi, Ridwan: Pengaruh Penggunaan Media Video Animasi Terhadap Motivasi The Effect Of Using Animation Video Media On Motivation. JOPE Journal, 4(1), 77-86 (2021)

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