

The Risk Factors of Suicidal Ideation Among Kuptm Students

Sri Durghasheni Muthamil Maran¹, Nur Amirah Eusni Ahmad Fathil²
Nursyamimi Ruazaman³, Muhamad Shamsul Ibrahim⁴, Nathasya Mohd Kamal⁵

^{1,2, 3,4,5}Kolej Universiti Poly-Tech MARA Kuala Lumpur

Corresponding Author Email: shamsul@kuptm.edu.my

ABSTRACT

This study aims to identify the relationship between thwarted belongingness, perceived burdensomeness, depression, and perceived stress with suicidal ideation. The research is conducted by referring to previous studies. This study used The Interpersonal–Psychological Theory of Suicide as a basis to conduct the study. The study used a survey as a data collection method. For the pre-test, the study collected 129 responses from the Kolej Universiti PolyTech Mara Kuala Lumpur. The study used an online form to collect the data. The findings suggested that the independent variables were all correlated to suicidal ideation. Thus, the research finding is significant to expand literature in suicidal ideation issue in Malaysia. Besides, many precautions measures can be implemented in advance to avoid suicide cases to happen.

Keywords: *Suicidal Ideation, thwarted belongingness, perceived burdensomeness, depression*

How to Cite:

Maran, S. D. M., Ahmad Fathil, N. A. E., Ruazaman, N., Mohd Kamal, N., & Ibrahim, M. S. (2020). The Risk Factors of Suicidal Ideation Among KUPTM Students. *Jurnal Evolusi* , 1(1), 1–17. <https://doi.org/10.61688/jev.v1i1.17>

Copyright: © 2023 The Author(s)

Published by Universiti Poly-Tech Malaysia.

This article is published under the Creative Commons Attribution (CC BY 4.0) license.

<http://creativecommons.org/licenses/by/4.0/legalcode>

INTRODUCTION

Suicidal ideation is defined as thinking about, considering, or planning suicide; it spans a continuum from wishing one were dead to have a specific plan to end one's life; indeed, suicidal ideation is exhibited by almost all attempters (Klonsky, May & Saffer, 2016). In short, suicidal ideation is the first step on the pathway to suicide. (Zhu, Tian & Huebner, 2019). Thus, in this research, suicidal ideation refers to thoughts, ideas and the desire among adolescents to commit suicide.

It has become a severe public health problem. Suicidal ideation is considered a vital predictor of a potential suicide threat. According to the World Health Report (2002), suicide has become the world second-largest cause of death among the students and young adults.

In Malaysia, the adolescents' prevalence of suicidal behaviour is troubling even though Malaysia was reported one of the countries with the lowest completed suicide rate, which is 0.6% over 100,000 people. (Chan et al., 2016).). According to Kok and Goh (2011), about 7% of the adolescents in Malaysia plan to commit suicide, where half of them have already attempted suicide.

This topic is crucial to forming a clear understanding of how belongingness, perceived burdensomeness, depression and stress could contribute to the suicidal ideation among the students. By dissecting this topic, it will give further information on the reasons for students to think of to commit suicide. Aside from that, it is crucial to study the factors that drove students to commit suicide because their intention has started as early as an adolescent.

This research is focused on the risk factors of suicidal ideation on undergraduate students in Kolej Universiti Poly-Tech Mara Kuala Lumpur (KUTPM). Teenage students need to have the right state of mind as it is essential to execute daily tasks with critical and high order thinking skills. Students might experience suicidal thoughts resulting from the stress of deadlines and assignments. By conducting this research, we will know the risk factors of suicidal ideation from the student perspective.

Thus, the objectives of this research are as follow:

1. To determine the relationship between thwarted belongingness with suicidal ideation.
2. To determine the relationship between perceived burdensomeness with suicidal ideation
3. To determine the relationship between depression with suicidal ideation
4. To determine the relationship between perceived stress with suicidal ideation.

LITERATURE REVIEW

Relationship between Thwarted Belongingness and Suicidal Ideation

Past research has described thwarted belongingness as social isolation, where one will experience a lack of social connectedness. For example, the individual will often have thoughts such as "I am alone" and "There are no people I can turn to in times of need." (Acosta, Hagan & Joiner, 2017)

In the Interpersonal theory of suicide, Joiner has emphasised that thwarted belongingness is one of the most valid and strongest predictors for suicidal ideation compared to perceived burdensomeness. It is said that belongingness is a basic human need. When this need is not met, individuals experience emotional and psychological pain, which may result in suicidal thoughts. Apart from that, perceived burdensomeness will be an insufficient element to lead to suicidal ideation without thwarted belongingness. The study also shows that; suicidal ideation can still occur if acquired capability does not present because suicidal thoughts and desire can self-stand from having the means to complete suicide. Thus, thwarted belongingness is a primary and essential factor related to suicidal ideation. (Ploskonka & Servaty-Seib, 2015)

The students' mental health is related to the domains of belongingness. Examples of domains of belongingness for students are family, peers, and academics. The suicidal ideation may exist between these domains of belongingness. Discovering whether the domains of belongingness are connected differently with suicidal ideation could better understand the relationship between belongingness and suicidal ideation for this people. Such findings would cultivate the development of specific prevention and intervention strategies for college students at suicidal risk. (Ploskonka & Servaty-Seib, 2015).

Thus, the study hypothesised that,

H1: There is a relationship between thwarted belongingness and suicidal ideation.

Relationship between Perceived Burdensomeness and Suicidal Ideation

Thwarted belongingness has received more research attention than perceived burdensomeness which is the second component of the theory is known much less. Researchers have examined that perceived burdensomeness is correlated with higher suicide risk. (Joiner et al., 2002).

The Interpersonal Theory of suicide's second component is perceived burdensomeness. Perceived burdensomeness is when one believes that they are a burden or a nuisance to other people. For example, the individual will think they are a burden to friends, family members, and society. Besides that, they also feel that their death is worth more than his or her life, and it is thought to be a critical risk factor for suicide ideation, through which other risk factors influence suicide risk (Joiner, 2005). Perceived burdensomeness appears to be a risk factor for suicide ideation among psychiatric inpatients. (Jahn, Cukrowicz, Mitchell, Poindexter & Guidry, 2015)

This study examined the interpersonal theory of suicidal behaviour within a sample of adolescents at elevated risk for suicidal behaviour due to interpersonal problems like bully victimisation, bullying perpetration, and low interpersonal connectedness. According to the theory, low family connectedness (thwarted belongingness) combined with a high sense of perceived burdensomeness was significantly associated with more severe suicidal ideation in these adolescents. These results prove that the presence of low family connectedness and high burdensomeness predicted suicidal ideation simultaneously. For example, when perceived burdensomeness was high, the family connectedness was low, leading to more severe suicidal ideation. However, when perceived burdensomeness was low, the point of family connectedness did not affect the severity of suicidal ideation. The results suggest that, even if interpersonal problems are a risk factor for suicidal ideation, adolescents who crave the need of belonging of their family and who feel like a burden on others are at higher risk. (Opperman, Czyz, Gipson & King, 2015)

Besides that, perceived burdensomeness plays a vital role in the relationship between mental functioning and suicide risk. For example, suppose individuals have low ability to self-monitor. In that case, they may underestimate themselves to others or misjudge their effectiveness in daily activities. This misjudgement may create feelings of liability or burdensomeness to others, which may be related to suicide risk. Similarly, suppose individuals believe that they cannot solve their problems and feel that they need others' assistance to help with problem-solving. In that case, they may feel like a burden on those in their lives, which will increase the suicide risk. (Jahn, Cukrowicz, Mitchell, Poindexter & Guidry, 2015)

Another study shows that perceived burdensomeness is predicted between the fourth and tenth therapy session but not at the end of therapy. The treatment did not affect on suicide ideation and only a slight effect on the perceptions of burdensomeness. (Teismann, Forkmann, Rath, Glaesmer & Margraf, 2016)

Thus, the study hypothesised that,

H2: There is a relationship between perceived burdensomeness and suicidal ideation.

Relationship between Depression and Suicidal Ideation

Depression or major depressive disorder is a common and serious medical illness that negatively affects how people feel, the way one thinks and acts. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems. It can decrease a person's ability to function at work and home. (American Psychiatric Association, 2017)

Depression is one of the best predictors of suicidal ideation (Evans et al., 2004; Barzilay and Apter, 2014). Depression also mediates the interpersonal factors, which are thwarted belongingness and perceived burdensomeness. It is also said that depression is strongly related to interpersonal factors than independently related to ideation. (Barzilay et al., 2015)

A study shows that medical practitioners are at high risk of depression and suicide. This risk may be greater in female medical practitioners, younger doctors, and students, who also report higher stress and burnout rates. (Bailey, Robinson & McGorry, 2018)

According to the National Evidence-based healthcare Collaborating Agency (NECA), the most critical factor that leads adolescents to suicide ideation is depression. (Zong, 2015)

According to the research result, 68% of students answered that they had experienced depression, and 45% have experienced suicide ideation in South Korea. Results show that more than half of the students went through depression before reaching suicide ideation. Therefore, the research said that depression was an essential factor that made them feel suicide ideation (Zong, 2015).

Thus, the study hypothesised that,

H3: There is a relationship between depression and suicidal ideation.

Relationship between Perceived Stress and Suicidal Ideation

Perceived stress comprises feelings about the uncontrollability and unpredictability of one's life, how often one must deal with irritating hassles, how much change occurs in one's life, and confidence in one's ability to deal with problems or difficulties. Generally, it's all about how individuals feel about the general stressful events in their lives and their ability to handle the stress and not measure the stressful events that have happened to someone else. (Phillips, 2013)

Perceived stress is one the risk factor of suicidal ideation, therefore in this study we are finding the relationship of these variables among Kolej Universiti Poly-Tech Mara students.

In earlier research studies, findings have shown that perceived stress is among the contributors to suicidal ideation among all age groups. In a study in Pakistani medical college, most students have said that they are incredibly stressed and one of the main reasons is because of study-related reasons. The study-related reasons revolved around poor performance in exams and the increased workload in their college, leading them to suicidal ideation. (Osama et al., 2014)

A Saudi Arabia study reported that stress levels among the students were high. The academic stress was common among the other stressors. Therefore, the study believes that students' active involvement would reduce stress; besides, reducing frequent assessments would also help. (Gazzaz et al., 2018). Thus, the study hypothesised that:

H4: There is a relationship between perceived stress and suicidal ideation.

Hence, the conceptual research framework is developed based on the the interpersonal-psychological theory of suicide and Beck's Cognitive Theory of Depression and the empirical findings from the previous studies. The conceptual framework consists of independent variables namely the thwarted belongingness, perceived burdensomeness, depression, and perceived stress. At the same time, the dependent variable for this research is suicidal ideation. The conceptual framework is presented in figure 1.

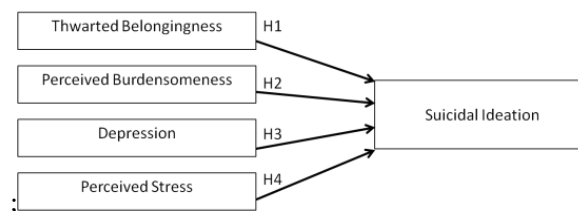


Figure 1: Conceptual Framework of Risk Factors with Suicidal Ideation

METHODOLOGY

For this study, the researchers have selected the quantitative approach. According to Bhat (n.d.) quantitative research collects input from current and prospective consumers using qualitative techniques and delivers using online surveys, web polls, or questionnaires, the findings of which can be presented in numerical form.

The study used an online survey to determine the risk factors of suicidal ideation among undergraduate students in a university. For the preliminary study, the study has collected 129 responses via the WhatsApp application. The questionnaire consisted of 52 questions. The questions were adopted and adapted from past research like Mohd Sidik, Sherina & Arroll, Bruce & Goodyear-Smith, Felicity. (2012); Hill, R., Rey, Yasmin., Marin, C., Sharp, C., Green, K., & Pettit, J. (2014); Cohen, S.; Luxton, D., Rudd, M., Reger, M., & Gahm, G. (2011). The questionnaire's measurement consists of the five-point Likert scale from 1-Never, 2-Rarely, 3-Sometimes, 4-Often and 5-Always.

The study applied a random sampling technique to collect the data because the method's execution is easy, less in cost and convenient to use said by a researcher (Etikan and Bala, 2017). The unit of analysis for this study is the respondent. The respondent is undergraduate students aged 18 to 25 who studying in KUPTM KL.

Validity and Reliability

The study conducted a preliminary study to minimise the validity and reliability issue. The study performed a content validity check by sending the proposed items to the content expert to verify the item's suitability for measuring the selected variable.

While for the reliability test, the items are considered reliable if the Cronbach alpha value is more than 0.7, as suggested by Hulin, Netemeyer, and Cudeck (2001) and Ibrahim (2018). The purpose of the reliability test is a measure of consistency of test scores from one measurement to another (Linn and Gronlund, 2000; Ibrahim, 218). The value for the reliability test for Suicide Ideation Scale (SIS) is 0.86. Next, Patient Health Questionnaire-9 (PHQ-9) scale for depression is 0.7999. The value for Perceived Stress Scale (PSS) is 0.72 and lastly, the value for Interpersonal Needs Questionnaire (INQ) scale for thwarted belongingness is 0.941 and perceived burdensomeness is 0.79 0.797 Thus, the items consist of this research instrument is considered as reliable and ready for the actual data collection.

Method for Data Processing

The study used Statistical Package for the Social Sciences (SPSS) to analyse the data. The data were analysed descriptively and inferential. A descriptive analysis is used to describe the respondent background, while a correlation test is performed to test the hypotheses.

FINDINGS AND DISCUSSION

Table 4.1 indicated the respondent demographic. The demographic analysis showed that the study only focuses on the youth, which is part of the member in young people. According to Prucha, Walterova and Mares, (2001), youth can be defined as a social group made up of people between the ages of fifteen and twenty-five who no longer perform the role of children, but are not yet accepted by society as adults. Thus, this issue is pertinent to be addressed based on the report made by Kok and Goh (2011) that 7% of the adolescent in Malaysia has the intention to commit suicide. The study on young people is crucial because the intention to commit suicide has started during adolescence. Table 4.1: Respondent demographic

Measurement	Items	Percentage, %
Gender	Male	66%
	Female	34%
Age	18-20	5%
	21-22	20%
	23-25	75%
Semester	1	5%

2	5%
3	5%
4	9%
5	20%
6	27%
7	13%
8	6%

Descriptive analysis of thwarted belongingness (TB)

As shown in Table 4.2 in the thwarted belongingness items, “Do you think that you are fortunate to have many caring and supportive friends” has the highest overall mean ($M= 3.74$, $S.D= 1.168$) and “Do you feel unwelcome in most social situations” with ($M= 2.71$, $S.D= 1.246$) has the lowest overall mean. Respondents responded to these statements based on a five-point Likert scale (ranking from 5= “Never”, to 1= “Always”). The findings indicated that having caring and supportive friends will reduce the feeling of thwarted belongingness.

Table 4.2: Descriptive statistics of Thwarted Belongingness

Thwarted Belongingness	N	Mean	Std. Deviation
(D4) Do you think that you are fortunate to have many caring and supportive friends?	129	3.74	1.168
(D10) Do you have at least one satisfying interaction everyday?	129	3.45	1.212
(D7) Do you feel that there are people you can turn to in times of need?	129	3.42	1.15
(D9) Do you think you are close to other people?	129	3.4	1.215
(D1) Do you think that other people care about you?	129	3.24	1.095
(D2) Do you think you feel like you belong?	129	3.07	1.098
(D6) Do you often feel like an outsider in social gatherings?	129	2.87	1.162
(D3) Do you feel you rarely interact with people who care about you?	129	2.8	1.085
(D5) Do you feel disconnected from other people?	129	2.74	1.142
(D8) Do you feel unwelcome in most social situations?	129	2.71	1.246

Descriptive analysis of Perceived Burdensomeness (PB)

As shown in Table 4.3 in the perceived burdensomeness items, “Do you think that you are contributing to the well-being of the people in your life?” has the highest overall mean ($M= 2.79$, $S.D= 1.051$) and “Do you think that you are a burden to society?” with ($M= 2.08$, $S.D= 1.157$) has the lowest overall mean. Respondents responded to these statements based on a five-point Likert scale (ranking from 5= “Never”, to 1= “Always”). The findings indicated that most of the respondents contributing to the surrounding will reduce the burdensomeness.

Table 4.3: Descriptive statistics of Perceived Burdensomeness

Perceived Burdensomeness	N	Mean	Std. Deviation
(C7) Do you think that you are contributing to the well-being of the people in your life?	129	2.79	1.051
(C3) Do you think that you have failed the people in your life?	129	2.72	1.352
(C2) Do you think the people in your life would be happier without you?	129	2.66	1.32
(C1) Do you ever feel the people in your life would be better off if you were gone?	129	2.65	1.356
(C4) Have you ever think the people in your life would miss you if you went away?	129	2.65	1.229
(C8) Do you feel like a burden to the people in your life?	129	2.64	1.274
(C10) Do you think that you make things worse for the people in your life?	129	2.45	1.186
(C9) Do you think the people in your life wish they could be rid of you?	129	2.41	1.203
(C6) Do you think that your death would be a relief to the people in your life?	129	2.19	1.3
(C5) Do you think that you are a burden to society?	129	2.08	1.157

Descriptive analysis of Depression

As shown in Table 4.4 in the depression items, “Do you often feel trouble falling or staying asleep or sleeping too much?” has the highest overall mean ($M= 3.31$, $S.D= 1.117$) and “Do you often feel speaking so slowly that other people could have noticed?” with ($M= 2.16$, $S.D= 1.095$) has the lowest overall mean. Respondents responded to these statements based on a five-point Likert scale (ranking from 5= “Never”, to 1= “Always”). The findings indicated that most of the respondents agree that sleep is an important factor of depression. Past researcher showed majority of individuals with depression experience sleep disturbances therefore sleep strongly influences depression (Franzen & Buysse, 2008) Table 4.4: Descriptive statistics of Depression

Depression	N	Mean	Std. Deviation
(B3) Do you often feel trouble falling or staying asleep or sleeping too much?	129	3.31	1.117
(B4) Have you ever feel tired or have a little energy?	129	3.16	0.855
(B1) Do you have little interest or pleasure in doing things?	129	3.06	0.958
(B6) Have you ever feel bad about yourself or that you are a failure or have let yourself or your family down?	129	3.05	1.207
(B2) Have you been feeling down, depressed or hopeless?	129	2.94	0.855
(B5) Do you often having a poor appetite or overeating?	129	2.91	0.927
(B7) Do you feel trouble concentrating on things, such as reading the newspaper or watching television?	129	2.38	1.077
(B9) Have you ever thoughts that you would be better off dead?	129	2.37	1.269
(B8) Do you often feel speaking so slowly that other people could have noticed?	129	2.16	1.095

Descriptive analysis of Perceived Stress

As shown in Table 4.5 in the perceived stress items, “In the last month, how often have you felt confident about your ability to handle your problems?” has the highest overall mean ($M= 3.14$, $S.D= 1.059$) and “In the last month, how often have you felt that you were on top of things” with ($M= 2.65$, $S.D= .981$) has the lowest overall mean. Respondents responded to these statements based on a five-point Likert scale (ranking from 5= “Never”, to 1= “Always”). The findings indicated that feeling confident will help reduce stress level. Previous researcher showed that self-confidence is important in handling stressful situations and confidence will make a person better (Boe & Hagen, 2015). Table 4.5: Descriptive statistics of Perceived Stress

Perceived Stress	N	Mean	Std. Deviation
(E4) In the last month, how often have you felt confident about your ability to handle your problems?	129	3.14	1.059
(E3) In the last month, how often have you felt nervous and "stressed"?	129	3.13	1.175
(E1) In the last month, how often have you been upset because of something that happen unexpectedly?	129	3.12	1.177
(E9) In the last month, how often have you been angered because of things that were outside of your control?	129	3.08	1.183
(E2) In the last month, how often have you felt that you were unable to control the important things in your life?	129	2.98	1.202
(E6) In the last month, how often have you found that you could not cope with all the things that you had to do?	129	2.92	0.989
(E7) In the last month, how often have you been able to control irritations in your life?	129	2.9	1.037
(E5) In the last month, how often have you felt that things were going your way?	129	2.88	0.957
(E10) In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	129	2.79	1.116
(E8) In the last month, how often have you felt that you were on top of things?	129	2.65	0.981

Descriptive Analysis of Suicidal Ideation

As shown in Table 4.6 in the suicidal ideation items, “Do you feel that life is so bad that you feel like giving up?” has the highest overall mean ($M = 2.29$, $S.D = 1.283$) and “Did you tell someone that you want to kill yourself” with ($M = 1.54$, $S.D = .910$) has the lowest overall mean. Respondents responded to these statements based on a five-point Likert scale (ranking from 5= “Never”, to 1= “Always”). The findings indicated that feeling like giving up will lead to suicide.

Table 4.6: Descriptive statistics of Suicidal Ideation

Suicidal ideation	N	Mean	Std. Deviation
(F3) Do you feel that life is so bad that you feel like giving up?	129	2.29	1.28
(F1) Do you wish your life would end?	129	2.08	1.31
(F2) Have you feel life just is not worth living?	129	2	1.15
(F4) Do you think it is better for everyone involved if you were to die?	129	1.88	1.21
(F5) Do you ever come close to take your own life?	129	1.88	1.21
(F9) Do you feel there is no solution to your problems other than taking your own life?	129	1.78	1.22
(F7) Have you been thinking of ways to kill yourself?	129	1.71	1.04
(F8) Do you believe your life will end in suicide?	129	1.61	1.02
(F6) Do you make any attempts to kill yourself?	129	1.57	0.93
(F10) Did you tell someone that you want to kill yourself?	129	1.54	0.91

Hypothesis Testing

The study conducted a correlation analysis to test the research hypothesis. The relationship between the variables is determined based on the Guilford Rule of Thumb.

Hypothesis Testing of Thwarted Belongingness (TB) and Suicidal Ideation (SI)

Table 4.7: Result of correlation test between thwarted belongingness and suicidal ideation

	r	p < .05	Result
TB > SI	0.324	.000	Significant

Table 4.7 indicated that H1 is supported where there is a relationship between thwarted belongingness and suicidal ideation. Though thwarted belongingness has a low relationship with suicidal ideation, it is still significant. The youth who has a high thwarted belongingness reported that they often undergo suicidal thoughts. The probable explanation to this is that when they have a high sense of belongingness, they do not have to worry about loneliness which eventually might lead to suicidal ideation.

Hypothesis Testing of Perceived Burdensomeness (PB) and Suicidal Ideation (SI)

Table 4.8: Result of correlation test between perceived burdensomeness and suicidal ideation

	r	p < .05	Result
PB > SI	0.444	.000	Significant

Table 4.8 showed that H2 is supported. The result indicated there is a relationship between the perceived burdensome and suicidal ideation. The analysis pointed out that the perceived burdensomeness has the highest strength of affiliation with suicidal ideation. The possible explanation to this relationship is because the respondents find that without the association and closeness to people around them heightens the level of fear of missing out. Henceforth, when an individual feels as if they are a burden to other people and always feels like they don't matter. Thus, the intention to commit suicide.

Hypothesis Testing of Depression and Suicidal Ideation (SI)

Table 4.9: Result of correlation test between depression and suicidal ideation

	r	p < .05	Result
D > SI	0.356	.000	Significant

Further, the analysis also showed that H3 is supported by a relationship between depression and suicidal ideation. Participants disclose of having suicidal intentions when they undergo depression. The likely clarification to this is that the respondents feel that lack of sleep, tiredness, low self-esteem, hopelessness, and lack of motivation may lead to depression, resulting in suicidal ideation.. The analysis found that after the perceived burdensomeness, depression is to be one of the vital factors associated to the respondent suicidal ideation. The participants who answered “always”, “often” and “sometimes” shows a higher tendency of having suicidal intentions. The higher the depression level, the higher the risk of suicidal ideation.

Hypothesis Testing of Perceived Stress (PS) and Suicidal Ideation (SI)

Table 4.9: Result of correlation test between perceived stress and suicidal ideation

	r	p < .05	Result
PS > SI	0.346	.000	Significant

Table 4.9 indicated that H4 is supported. As hypothesised, there is a relationship between perceived stress and suicidal ideation. The likely explanation for this finding is the participants finds that lack of control in emotion such as being unable to handle problems, excessively being nervous, angered and worried. Thus, a stressful individual tends to have the intention to commit suicide.

CONCLUSION

Suicidal ideation is now a critical issue in public health that puts severe social and economic strains on the population. Combined with several factors such as the demographic, biological, psycho-social, and psychiatric risk factors, is an exceedingly complex phenomenon. Despite the number of risk factors, the individual risk of suicide or suicide attempt by any given person is low. Treatments are complicated because of the diverse nature of factors leading to suicide and the relatively low population rate. In the diversity of studies aimed at recognising and preventing suicidal behaviours, the difficulty of suicide is reflected. During the preliminary study on 129 youth, the analysis indicated that the youth intention to commit suicide or known as suicidal ideation is caused by thwarted belongingness, perceived burdensomeness, depression, and perceived stress. The better mental state will create a safer and healthier society. However, from time to time, many people will experience mental health issues.

The study wishes to recommend several ideas on overcoming the stigma related to the mental health issue. First, to hold an open discussion on the mental health issue. Schools or institutions need to maximise the number of mental health talks to discuss related problems and transparency during the discussion. Second, to always educate ourselves and others. The society will be a better place if the members are knowledgeable. Third, to show empathy to those who have a mental health issue. Giving a smile to others and listening to others will encourage others to repeat the same attitude. A wise man did mention; a good deed is contagious.

There are several limitations the study wishes to address for future research. First, the study experiences the constraint to get an adequate number of sample. The only method is via an online medium such as the WhatsApp or telegram. The respondent would not even bother to participate in the study. Therefore, the study suggested focusing on using online applications such as Whatsapp, Instagram, Facebook, Twitter, and Email to perform the survey. A wide range of medium is influencing the

number of respondents. Second, most of the respondents did not seem aware that they have a mental illness. Thus, more questions that related to mental illness symptoms must be included to identify the respondent suitability.

REFERENCES

- Acosta, L., Hagan, C., & Joiner, T. (2017). Burdensomeness, Belongingness, and Suicidal Desire Among Hispanic/Latino Individuals: Examining the Effect of Ethnicity in the Interpersonal Theory of Suicide. *Psi Chi Journal Of Psychological Research*, 22(1), 54-63.
- American Psychiatric Association (2017). What Is Depression?. Retrieved April 20, 2020, from <https://www.psychiatry.org/patients-families/depression/what-is-depression>.
- Barzilay, S., & Apter, A. (2014). Psychological models of suicide. *Archives of suicide research*, 18(4), 295-312.
- Barzilay, S., Feldman, D., Snir, A., Apter, A., Carli, V., & Hoven, C. et al. (2015). The interpersonal theory of suicide and adolescent suicidal behavior. Retrieved from https://www.researchgate.net/profile/Shira_Barzilay/publication/276277042_The_interpersonal_theory_of_suicide_and_adolescent_suicidal_behavior/links/5addf833a6fdcc29358ba7d2/The-interpersonal-theory-of-suicide-and-adolescent-suicidalbehavior.pdf
- Bhat, A. (n.d.) Quantitative Research: Definition, Methods, Types, and Examples | QuestionPro. Retrieved 11 May 2020, from <https://www.questionpro.com/blog/quantitative-research/>
- Bailey, E., Robinson, J., & McGorry, P. (2018). Depression and suicide among medical practitioners in Australia. *Internal Medicine Journal*, 48(3), 254-258.
- Boe, O., & Hagen, K. (2015). Using mindfulness to reduce the perception of stress during an acute stressful situation. *Procedia - Social and Behavioral Sciences*, 197, 858-868. <https://doi.org/10.1016/j.sbspro.2015.07.262>
- Bush, N. E., Skopp, N. A., McCann, R., & Luxton, D. D. (2011). Posttraumatic growth as protection against suicidal ideation after deployment and combat exposure. *Military medicine*, 176(11), 1215-1222.
- Chan, Y. Y., Lim, K. H., Teh, C. H., Kee, C. C., Ghazali, S. M., Lim, K. K., Tee, E.O., Ahmad, N.N., & Ibrahim, N. (2016). Prevalence and risk factors associated with suicidal ideation among adolescents in Malaysia. *International journal of adolescent medicine and health*, 30(3).
- Etikan, I., Bala, K. (2017) Sampling and Sampling Methods. *Biom Biostat Int J* 5(6): 00149. DOI: 10.15406/bbij.2017.05.00149
- Evans, J. (2004). Making a difference? Education and ability in physical education. *European physical education review*, 10(1), 95-108.
- Franzen, P. L., & Buysse, D. J. (2008). Sleep disturbances and depression: Risk relationships for subsequent depression and therapeutic implications. *PubMed Central (PMC)*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108260/>
- Gazzaz, Z., Baig, M., Al Alhendi, B., Al Suliman, M., Al Alhendi, A., Al-Grad, M., & Qurayshah, M. (2018). Perceived stress, reasons for and sources of stress among medical students at Rabigh Medical College, King Abdulaziz University, Jeddah, Saudi Arabia. *BMC Medical Education*, 18(1).
- Hulin, C., Netemeyer, R., and Cudeck, R. (2001). Can a Reliability Coefficient Be Too High? *Journal of Consumer Psychology*, Vol. 10, Nr. 1, 55-58.
- Ibrahim, M.S., Hassan, M.S., Yusof, S., Ramli, N.S., Rahman, N.A.A., & Bakar, M.S.A. (2018). Instrument development to measure the non-profit organisation website user satisfaction and user willingness to donate. *Asian Journal of Social Science Research*, 1 (1).

- Ibrahim, M. S., Hassan, M. S., Bakar, M. S. A., Yusuf, S., Rahman, N. A. A., & Ramli, N. S. (2018, October). Instrument development to measure the quality of non-profit organisation (NPO) website. In *AIP Conference Proceedings* (Vol. 2020, No. 1, p. 020082). AIP Publishing LLC.
- Jahn, D. R., Cukrowicz, K. C., Mitchell, S. M., Poindexter, E. K., & Guidry, E. T. (2015). The Mediating Role of Perceived Burdensomeness in Relations Between Domains of Cognitive Functioning and Indicators of Suicide Risk. *Journal of Clinical Psychology*, 71(9), 908–919.
- Joiner, T. E., Jr. (2005). *Why people die by suicide*. Cambridge, MA: Harvard University Press.
- Joiner, T., Pettit, J., Walker, R., Voelz, Z., Cruz, J., Rudd, M., & Lester, D. (2002). Perceived Burdensomeness and Suicidality: Two Studies on The Suicide Notes of Those Attempting And Those Completing Suicide. *Journal of Social and Clinical Psychology*, 21(5), 531-545.
- Klonsky, E., May, A., & Saffer, B. (2016). Suicide, Suicide Attempts, and Suicidal Ideation. *Annual Review of Clinical Psychology*, 12(1), 307-330.
- Kok JK, Goh LY. Young people and suicide issue - paper presented at International Conference on Humanities, Society and Culture. Singapore: IPEDR, 20, IACSIT Press; 2011.
- Linn, R. L. & Gronlund, N.E. (2000). *Measurement and assessment in teaching*. 8th ed. New Jersey: Prentice Hall.
- Opperman, K., Czyz, E. K., Gipson, P. Y., & King, C. A. (2015). Connectedness and Perceived Burdensomeness among Adolescents at Elevated Suicide Risk: An Examination of the Interpersonal Theory of Suicidal Behavior. *Archives of Suicide Research*, 19(3), 385–400.
- Osama, M., Islam, M. Y., Hussain, S. A., Masroor, S. M., Burney, M. U., Masood, M. A., Menezes, R. G., & Rehman, R. (2014). Suicidal ideation among medical students of Pakistan: a cross-sectional study. *Journal of forensic and legal medicine*, 27, 65–68. <https://doi.org/10.1016/j.jflm.2014.08.006>
- Phillips, A. (2013). Perceived Stress. *Encyclopedia of Behavioral Medicine*, 1453-1454.
- Ploskonka, R., & Servaty-Seib, H. (2015). Belongingness and Suicidal Ideation in College Students. *Journal of American College Health*, 63(2), 81-87.
- Průcha J., Walterová E., Mareš J. (2001). *Pedagogický slovník*. Prague.
- Sidik, S. M., Arroll, B., & Goodyear-Smith, F. (2012). Validation of the GAD-7 (Malay version) among women attending a primary care clinic in Malaysia. *Journal of Primary Health Care*, 4(1), 5-11.
- Teismann, T., Forkmann, T., Rath, D., Glaesmer, H., & Margraf, J. (2016). Perceived burdensomeness and suicide ideation in adult outpatients receiving exposure therapy for anxiety disorders. *Behaviour research and therapy*, 85, 1–5. <https://doi.org/10.1016/j.brat.2016.07.011>
- Zhu, X., Tian, L., & Huebner, E. (2019). Trajectories of Suicidal Ideation from Middle Childhood to Early Adolescence: Risk and Protective Factors. *Journal Of Youth And Adolescence*, 48(9), 1818-1834.
- Zong, S. (2015). A Study on Adolescent Suicide Ideation in South Korea. *Procedia - Social And Behavioral Sciences*, 174, 1949-1956.