

## WHY DO THEY DETERMINE SUICIDE? (A CLASSIC PSYCHOANALYSIS)

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Enter : 10-04-2023, revision: 11-05-2023, accepted for publication : 15-08-2023

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### ABSTRACT

*Suicide is a serious problem faced by all countries in the world, including Indonesia. Suicide is an expression of someone venting anger, annoyance, revenge or disappointment in other people, but by injuring, hurting and even killing oneself to death. Suicide occurs because a person has severe depression, so he decides to end his life. This study aims to identify and analyze suicidal behavior in a group of people who are proven to have died from suicide. This study uses a qualitative approach with data collection techniques from secondary data obtained by downloading online media news in Indonesia. Data retrieval is limited to media coverage in 2023 which informs of 18 suicide cases. The data analysis technique uses a thematic approach based on Sigmund Freud's classic psychoanalytic theory. The results of the research show that various life problems are pressed into the subconscious, until then they are no longer able to bear the burdens of life, so they vent their emotions by committing suicide. Suicidal people are experiencing major depression triggered by specific events, such as parental divorce, financial difficulties, parent-child interaction conflicts, academic stress, bullying, romance, and unidentified personal problems. The perpetrators committed suicide by hanging themselves, setting themselves on fire, sleeping on the tracks to get run over by a train, injuring themselves with sharp weapons, and dropping themselves from a high place.*

**Keywords:** Depression, suicide, classical psychoanalysis

### 1. PREFACE

Suicide is a serious problem faced by every country around the world. In 2018, the World Health Organization (WHO) noted that 800 000 lives were floating around the world. Indonesia as a country that is a member of WHO, also has a serious problem related to suicide. In 2020 the Indonesian Central Bureau of Statistics recorded 5787 cases of suicide and suicide attempts. Suicide is an expression of someone because he is experiencing depression. This is in accordance with research from the Ministry of Health of the Republic of Indonesia that 6.1% of Indonesia's population over the age of 15 experience depression. Some of those who are depressed actually end their lives by committing suicide (Park et al, 2022; Lannoy et al, 2023).

Suicide is a person's attempt to end his life. Actually, suicidal behavior is an expression to communicate the emotions of anger, disappointment, revenge or hurt of one's heart directed at other people who are known (closest, beloved) with the hope that other people will know what they mean (Feldege et al, 2022). Maybe as long as he is alive, the perpetrator of suicide has tried to convey his intention, but this does not get a positive response from other people. In the end, the perpetrator decided to commit suicide. With this death, other people who are known will know that the intent and purpose of the suicide was well achieved and will cause a feeling of regret (Kresovich, 2022). But what power for those closest to him, he can not do anything. It's too late and pointless. Because the perpetrator of suicide is dead and there is no way to live again (Schmidt et al, 2022).

Suicidal behavior is the impact of a condition of severe depression that one can no longer bear, so that a person thinks and even decides to end his life. In view of the classical psychoanalytic concept of Sigmund Freud (in LeDoux, 2022) that depression occurs because various problems are not completely resolved, then repressed into the subconscious. In the conscious layer, it seems as if there are no life problems that appear on the surface, because they are buried deep in the subconscious. Along with the journey of life, one's life problems are increasing and accumulating from day to day. For someone who is mentally healthy, he will immediately face and solve a problem as soon as possible, because he is aware that any problem that is not completely resolved will make him feel uncomfortable. He is not calm, because there is still a burden that disturbs his thoughts, feelings and behavior. This means that a life problem that is not completely resolved will disturb the psychological balance, so that a person will never experience satisfaction and happiness in life. That is why it is important for a person to always pay attention to the condition of his soul so that he still has a balance in his life, so that he still has a healthy mentality (Kresovich, 2022; Neal-Walden, & Linkh, 2023).

On the other hand, there is also someone who finds it difficult to deal with life's problems well. This means that a person does not immediately respond to solving his life's problems. He takes lightly every problem that comes in his life. Whereas from day to day everyone will have new problems, of course that will add to the problems in his life. Problems in life can arise from within oneself, for example, there is a need to eat, drink, or dress that must be met properly. But there are also life problems that arise because they are related to other people or the wider social environment, for example social problems, friendship, romance in the context of social interaction in the family, school, or the wider community. The various problems that are not resolved, do not disappear immediately but are pressed into the subconscious. Gradually the accumulation of problems stored in the subconscious shifts and is stored in the unconscious (Schmidt, et al, 2022).

Everyone has different self-defense mechanisms. There are people who are able to maintain and maintain self-balance, because every problem is immediately resolved properly. But for someone who is unable to solve his life's problems completely, it is difficult for him to have a self-defense mechanism, because he always represses every problem of life to the subconscious and unconscious. As a result, a person becomes depressed (Kleiman et al, 2017; Briggs et al, 2022). When someone is depressed, then ideas, ideas or thoughts appear to end his life. In the beginning, it was only an idea that came to mind, but it will become a real action, when someone is triggered by a certain problem that causes a shock to their soul. Due to the shock of the soul, finally a person really decides to commit suicide. On the basis of these thoughts, it is necessary to formulate the problem specifically, namely why is someone determined to commit suicide?

## **2. RESEARCH METHOD**

This study uses a qualitative approach, with data collection techniques from secondary data, namely through documentation records from online media. Data collection is limited to reports published in 2023. In this case, researchers do not directly obtain data from research subjects (participants) in the field, but data are obtained from the results of online media reports that have been widely published.

The sampling technique used was purposive sampling, namely samples with certain criteria; male-female, not limited by age, experiencing depression, and committing suicide. The scope of the research area covers the entire territory of the Unitary State of the Republic of Indonesia.

Data analysis used a thematic approach based on the classical psychoanalytic theory concepts of Sigmund Freud (Schechter, et al, 2022a; Schechter, et al, 2022b).

### 3. RESULT AND DISCUSSION

**Table 1**

*Suicides cases*

No	Participants	Age	Sex	Job	Status	Problem	technique	Place
1	Rc	23	M	Police	Single	Depression, private problems	Hanged oneself	14-02-2023 Brebes, Central Java (Detikjateng, 2023)
2	W	31	F	xxx	xxx	Depression, private problems	hanged oneself	11-03-2023, (RMOL Central Java, 2023).
3	EP	xxx	M	Online Driver	Single	Depression, economic problems	burn yourself	29-03-2023, (RMOL Jateng, 2023).
4	Wa	20	F	Youtuber	Single	Suicide action, famous motive	Hanged oneself	1 Maret 2023, Bogor, West-Java (Yustanto, Beritasatu, 2023)
5	X	65	M	xxx	Married	Depression,	Sleeping on the rails and run over by a train.	6-02-2023, Depok, West Java (Beritasatu,2023)
6	MPD	23	F	University student	Single	Depression, Parent Divorce	Falls from the apartment	Rabu, 08-03-2023, South Jakarta, DKI Jakarta. (Beritasatu, 2023)
7	La	11	M	SD student	Single	Depression, bullying victim.	Hanged oneself	Banyuwangi, East-Java (CNN Indonesia, 2023)
8	MA	45	M	Employee	Married	Depression, Suicide	Hanged oneself	Ambarawa, Semarang, Central Java. (beritajateng.tv, 2023).
9	S	51	F	xxx	Married	Depression Suicide	Shoot yourself	North Jakarta, Jakarta (Yuliani, MI, 2023).
10	AR	42	M	xxx	xxx	Depression, Suicide	Jump from the 9th turn bridge to the cliffs of West Sumatra	Fly over Kelok 9, West Sumatera, (Pramesta, Sumaterasuara, 2023).
11	GR	22	M	University Student	Single	Depression, Stress academic,	Hanged oneself	Jambi, Sumatera

						Date conflict, Finance problems, Suicide		
12	A	40	M	Supervisor	xxx	Depression, Suicide	Hanged oneself	Depok, West Java. (Merdeka.com, 2023).
13	X	xxx	M	SMK student	Single	Depression Suicide	Hanged oneself	Sleman, Yogyakarta (2023)
14	MA	22	M	Employee	Single, akan menikah	Depression, Finance problems.	Hanged oneself	Banyuwangi, Jatim [29]
15	J	39	M	xxx	Single	Depression, Suicide	Take soap/detergent, Slitting the throat	Kediri, East Java (Mubarok, Merdeka.com, 2023).
16	JP	15	F	SMK student	Single	Depression, Broken heart, Suicide	Hanged oneself	Toraja, Central Sulawesi Tengah
17	R	17	F	SMK student	Single	Depression, Broken heart, Suicide	Hanged oneself	Toraja, Central Sulawesi.
18	XX	18	M	SMA student	Single	Depression, broken heart.	Hanged oneself	Blitar, Est Java.

Note: M = Male, F = Female.

**Source:** Dariyo & Tumanggor (2023)

### ***Factors that cause depression to suicide***

Among the participants who committed suicide were caused by 6 factors, namely: (a) economic-financial difficulties, (b) academic stress, (c) romantic relationships, (d) parental divorce, (e) bullying victim, (f) personal problems (Table 2). The factor of financial economic difficulties is a financially difficult situation faced by a person, so that he experiences obstacles to fulfilling his life's needs. This need is felt to be very urgent and immediately fulfilled, but someone is easily discouraged, disappointed, and frustrated by this financial situation, so that someone is compelled to commit suicide (MA, GR and MAN). Academic stress factors are life pressures related to educational activities at school or college. Every student faces learning tasks that must be completed during their education. However, there are some students who are unable to deal with these academic problems properly, so they feel hopeless and choose to commit suicide (GR).

The love factor is a person's desire to be able to build a romantic relationship with the opposite sex. Everyone has a developmental task, namely finding a mate to build a household. For those who meet certain age requirements, they can immediately get parental support. But for those who are still students, their parents have not given their blessing or support, because they have to finish their education. Because of this, they have not been able to accept reality, and are disappointed with their parents' advice, so they are determined to commit suicide (JP and R). But

there are also those who are disappointed because they broke up with their boyfriends, so they end their lives by committing suicide (EP, Xx).

The factor of parental divorce is that divorce from both parents causes a child to feel disappointed, hurt and frustrated, so he chooses to end his life. a child hopes that both parents live in harmony, peace and harmony. However, this expectation was not achieved properly. The parents often bickered, fought and finally divorced legally. As a result, a child feels sad, disappointed and angry with his parents. Why do parents who are expected to be good examples for children, instead show bad behavior that disappoints children. Really a child feels disappointed, frustrated and eventually becomes depressed and commits suicide (MPD).

The factor of bullying is the action of a person or group of people who hurts either physically or verbally against other people. For victims of bullying who are able to be assertive, they will become tough, strong or resilient individuals in the present and in the future. But for someone who is a victim of bullying, if they are unable to fight back against the bully, then they feel disappointed, hurt, and frustrated. In fact, he could end his life by committing suicide (La). Personal problems are problems that are known only to oneself, and are never disclosed to others. The person is introverted, closes himself, so he is confused and doesn't know how to solve it. Really he was not able to solve the problem well. Finally, someone becomes depressed and commits suicide (Rc, W, Wa, X, S, AR, A, X, and J).

**Table 2**  
*Factors triggering the problem of the cause of suicide*

No	Sub ject	Economic/ finance	Academic Stres	Romantic	Parent Divorce	Bullying	Private problem
1	Rc						V
2	W						V
3	EP			V			
4	Wa						V
5	X						V
6	MP D				V		
7	La					V	
8	MA	V					
9	S						V
10	AR						V
11	GR	V	V	V			
12	A						V
13	X						V
14	MA N	V					
15	J						V
16	JP			V			
17	R			V			
18	XX			V			

**Techniques for suicide**

There are various ways a person commits suicide, including: hanging himself, setting himself on fire, sleeping on the tracks and being run over by a train, dropping himself from a height, slitting his own throat (table 3). Hanging is a way for a person to tie his own neck with a rope so that he cannot breathe, which results in his death. How to hang himself is mostly done by those who are really deep depression. This method is considered effective for suicide (RC, W, La, MA, GR, A,

X, MAN, JP, R, XX). Self-immolation is someone deliberately dousing gasoline and starting a fire on oneself, so that the whole body is burned and eventually dies. (EP). Sleeping on the rails and being run over by a train is the way someone commits suicide by sleeping on the rails and being run over by a train (X). Dropping from a height is a way for someone to commit suicide by dropping himself from a high place, such as an apartment or high-rise building (MDP, AR).

Self-shooting is killing oneself by shooting a firearm at oneself. Of course, someone who shoots himself is someone who has a gun. In Indonesia, those who are allowed to own or hold firearms are certain people, such as the police, army or businessmen who have obtained permission from the government. This means that the shooter himself, if not a policeman or soldier, then he is a rich person (S). Slitting one's own throat is a way for someone to commit suicide by slitting the throat using a sharp weapon (J).

**Table 3**  
*Technique for suicide*

	Subject	Hanged oneself	Burn yourself	Intentionally run over by a train	Drops from high places (apartments, overpasses)	Shoot-yourself	Slitting own throat with knife/sharp weapon.
1	RC	V					
2	W	V					
3	EP		V				
4	Wa	V					
5	X			V			
6	MDP				V		
7	La	V					
8	MA	V					
9	S					V	
10	AR				V		
11	GR	V					
12	A	V					
13	X	V					
14	MAN	V					
15	J						V
16	JP	V					
17	R	V					
18	XX	V					
		12	1	1	2	1	1

**Discussion**

The main factor that causes someone to commit suicide is depression. All participants who died by suicide, in this study, were depressed. Depression is a condition of psychological pressure that causes a person to be powerless to overcome it. Psychological pressure includes cognitive, affective and conative pressure, so that a person is in a shackled situation and unable to rise from adversity. Cognitively, depressed people are characterized by thoughts, ideas, or thoughts of suicide (Tillman, Stevens, & Lewis, 2022). Affectively, depressed people feel stressed, anxious, worried, upset. Conatively that depressed people try to commit suicide (Pellicane, & Ciesla, 2022).

Depression is not instant, but through a long-term process. Depression begins with a problem faced by someone. Everyone has different problems. So whatever problems a person faces is normal. This means that everyone has problems in his life. it's just that it depends on how

someone perceives the problem as a mild, moderate or severe problem. It is very subjective and individual. A problem may be considered light for one person, but it may not be considered light by another. All one's views on a problem are returned to each individual (Kleiman et al, 2017; Briggs et al, 2022). Someone who has positive mental health, of course it will be easy to face and solve life's problems well. However, those who are mentally disturbed (mentally unhealthy), have an impact on the inability to solve their life problems (Depp et al, 2023; Neal-Walden, & Linkh, 2023; Cavanaugh, & Wismar, 2023 ; Holt, et al, 2023).

When a problem has not been resolved, the problem is repressed into the subconscious (Schmidt, et al, 2022). Next, another problem comes that needs to be dealt with as soon as possible, thus increasing the burden of problems for someone. Likewise, there are other problems that come separately or together in a person. If these various problems are not thoroughly resolved properly, then these various problems are also suppressed into the subconscious. Because there is an accumulation of one problem with other problems, these problems accumulate and everything is stored in the subconscious. That is why, people who experience depression are characterized by helplessness in their lives (Briggs et al, 2022; Schechter, Goldblatt, Ronningstam, & Herbstman, 2022a).

Even if someone is depressed, it is not certain that he decides to commit suicide. This depends on the severity of a person's level of depression. If a person considers that his level of depression is classified as severe, then he may try to commit suicide or really intend to end his life [44](Tillman, Stevens, & Lewis, 2022). In this study it was found that all participants (subjects) were classified as severely depressed, so they committed suicide and died. However, if the level of depression is relatively mild, then a person is aware that he is indeed in a crisis, but he has no intention of committing suicide. He realized that he was facing the pressures of life. He still tries to cope well, because he wants to move on with his life (Schechter, Goldblatt, Ronningstam, & Herbstman, 2022b).

When someone is already in a state of major depression, there are generally certain events that trigger someone to decide to commit suicide (Park et al, 2022). Triggering events are considered to be the last events experienced by a person and have a direct impact on how he or she makes the decision to commit suicide. In this study there were 6 triggering factors that caused someone to commit suicide, namely economic-financial difficulties, parental divorce, academic stress, romance, peer bullying, and personal problems that were not clearly identified (Table 2).

Those who feel they do not have a good relationship with their parents can become suicides, for example those who fight and hold grudges with their parents, or both parents divorce which causes disappointment in children (Hald et al, 2022). In general, those who are still classified as children or adolescents are prone to suicide. Good parents should be parents who are able to cooperate, give love, protect and pay attention to the growth and development of their children optimally (Thomas & Brausch, 2022). But in reality, parents are unable to carry out their functions properly, so children feel disappointed, hurt and hold grudges against their parents (Weissinger, et al, 2023). The dysfunction of the role of parents in carrying out their duties and responsibilities in educating children is often caused by parents being busy at work, so that their time is devoted only to work. They think that working in order to earn income to meet family needs. Even though the needs of children are not only material needs, but there are psychological needs that must be met by parents. Busy work could be for those who come from parents with low socio-economic status (poor), but they could also have high socio-economic status

(wealthy). So how important it is for parents to pay attention to the needs of children so that they do not experience depression until they end with suicide (Thomas & Brausch, 2022).

The results of this study are supported by other studies originating from Japan and Columbia, Latin America. But the perpetrators of suicide are carried out by parents, not their children. Experts (Ueda, Nordstrom & Matsubayasi, 2022) found that those who commit suicide in Japan are caused by mental health problems that are triggered by problems of economic difficulties, due to termination of employment (PHK) from the workplace on the grounds of the covid 19 pandemic [Ueda, et al, 2022]. Furthermore, Caballero-Domínguez et al (2022) stated that suicide is closely related to depression, meaning that those who are depressed have a high risk of committing suicide. They feel stressed, anxious, unable to sleep, worried and eventually experience depression, the reason they have to experience termination of employment due to lock-down because the country is being hit by the covid 19 pandemic.

Suicidal offenders are characterized by negative emotional states, namely feelings of annoyance, hatred and revenge towards another person or group of people; but he is unable to channel his energy into that person. He is in a social environment that tends not to support him (Pellicane & Ciesla, 2022; Angelakis & Gooding, 2022). This happens to suicides who are victims of bullying. His friends are actually not good friends. He has been a victim of peer bullying. But he is less able to be assertive towards the bully. He did not reply, but kept silent, even though he was hurt, insulted, humiliated or lowered his self-esteem. However, he instead chose to vent his anger on himself (Park et al, 2022; Lannoy, et al, 2023). Suicide should be prevented earlier, when a child is being bullied by peers at school, by accompanying and strengthening his will to survive in future life (Viswanathan, Wallace, & Cook Middleton, 2022). But it was too late, the child had committed suicide. There are various ways a person commits suicide, such as self-injury, using a sharp object, cutting the vein, slitting the throat, stabbing oneself with a knife, dagger, or shooting oneself. However, there are other ways in which the perpetrators commit suicide, such as hanging themselves, setting themselves on fire, sleeping on the tracks and being run over by a train, dropping themselves from a height (Table 3).

#### **4. CONCLUSIONS AND RECOMMENDATIONS**

The results of the research show that various life problems are pressed into the subconscious, until then they are no longer able to bear the burdens of life, so they vent their emotions by committing suicide. Suicidal people are experiencing major depression triggered by specific events, such as parental divorce, financial difficulties, parent-child interaction conflicts, academic stress, bullying, romance, and unidentified personal problems. The perpetrators committed suicide by hanging themselves, setting themselves on fire, sleeping on the tracks to get run over by a train, injuring themselves with sharp weapons, and dropping themselves from a high place.

On the basis of the results of this study it is suggested to deepen the next empirical research with participants who have attempted suicide, but failed and are still alive. Furthermore, it is necessary to create a practical program (crisis counseling) for suicide prevention in the community (family, school, psychological care centre, or community health centre).

#### **Acknowledgement**

The authors would like to acknowledge people who have supported this study.



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