

Efforts To Create A Depression-Free Family Environment In Preventing Adolescent Suicide Behavior

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ABSTRACT

Depression in adolescents is one of the increasing mental health problems in various parts of the world, including Indonesia. One of the extreme forms of depression that can occur is suicidal behavior. The family environment plays an important role in preventing suicidal behavior in adolescents, because the family is the first place to provide emotional and social support for the psychological development of adolescents. Therefore, efforts to create a family environment free from depression are very important in preventing suicidal behavior in adolescents. This study aims to explore various efforts that can be made by families to create an environment that supports adolescent mental health. This research is a qualitative – exploratory research. Participants in the research These are teenagers aged 12-18 years who tend to be depressed and have suicidal thoughts. and families living in the same house. The results of the study showed that family efforts in creating a depression-free family environment include open and empathetic communication, increasing awareness of mental health, providing stable emotional support, and strengthening emotional bonds between parents and children. In addition, education about the signs of depression in adolescents and the importance of seeking professional help are important aspects in suicide prevention. By creating a caring, responsive, and loving family, it is hoped that a safer atmosphere can be created for adolescents to express their feelings, thereby reducing the risk of suicidal behavior that can be caused by untreated depression.

Keywords: family environment, depression, suicidal behavior, adolescents, prevention

ABSTRAK

Depresi pada remaja merupakan salah satu masalah kesehatan mental yang semakin meningkat di berbagai belahan dunia, termasuk Indonesia. Salah satu bentuk ekstrem dari depresi yang dapat terjadi adalah perilaku bunuh diri. Lingkungan keluarga memegang peranan penting dalam pencegahan perilaku bunuh diri pada remaja, karena keluarga menjadi tempat pertama yang memberikan dukungan emosional dan sosial bagi perkembangan psikologis remaja. Oleh karena itu, upaya menciptakan lingkungan keluarga yang bebas depresi sangat penting dalam mencegah perilaku bunuh diri remaja. Penelitian ini bertujuan untuk menggali berbagai upaya yang dapat dilakukan oleh keluarga untuk menciptakan lingkungan yang mendukung kesehatan mental remaja. Penelitian ini merupakan penelitian kualitatif – eksploratif. Partisipan dalam penelitian ini yaitu remaja usia 12 – 18 tahun dengan kecenderungan depresi dan memiliki ide bunuh diri beserta keluarga yang tinggal satu rumah. Hasil penelitian menunjukkan bahwa upaya keluarga dalam menciptakan lingkungan keluarga bebas depresi mencakup komunikasi yang terbuka dan empatik, peningkatan kesadaran tentang kesehatan mental, pemberian dukungan emosional yang stabil, serta penguatan ikatan emosional antara orang tua dan anak. Selain itu, pendidikan tentang tanda-tanda depresi pada remaja serta pentingnya mencari bantuan profesional menjadi aspek penting dalam pencegahan bunuh diri. Dengan menciptakan keluarga yang peduli, responsif, dan penuh kasih sayang, diharapkan dapat tercipta suasana yang lebih aman bagi remaja untuk mengungkapkan perasaan mereka, sehingga mengurangi risiko perilaku bunuh diri yang dapat disebabkan oleh depresi yang tidak tertangani dengan baik.

Kata Kunci: lingkungan keluarga, depresi, perilaku bunuh diri, remaja, pencegahan

Introduction

Throughout 2023, suicide became a prominent phenomenon across all age groups. There were 2,112 suicide cases recorded in Indonesia in the last 11 years (2012-2023) and there were 985 cases of adolescents (46.63%). In 2022, the Indonesian National Adolescent Mental Health Survey (I-NAMHS) delved deeper into this topic and found that around 1.4% of adolescents admitted to having suicidal thoughts, 0.5% had suicidal intentions and 0.2% had attempted suicide (Kompas.com 2023).

Depression is an important trigger for suicide attempts. Most adolescents with suicidal ideation experience depression, hopelessness, negative emotions, anhedonia and low self-esteem. They consider suicide as the only solution to the great difficulties that cause pain and do not know how to solve it in other ways (Canter, 2004). One of the factors that causes adolescents to experience depression and suicidal ideation is the family. Conditions such as parental scolding, sadness over the death of the mother, and parental divorce need to be considered seriously (Rokan, 2004). The family plays an important role in the growth and development of children. Unfortunately, many families are threatened by wrong parenting and treatment (Mann, Michel, Auerbach, 2021).

Efforts to prevent adolescent suicide often focus on the cognitive domain alone, namely using cognitive behavioral therapy techniques. CBT interventions do not involve family affection or warmth. In fact, according to John Bowlby, affection and warmth provided by the family are very necessary. Good relationship quality (Ati et al., 2021), good family communication and affection and adequate supervision, can prevent the emergence of suicidal behavior because children feel protected from environmental threats and get comfort in the family (Flaherty & Sadler, 2011).

The internal working model is John Bowlby's attachment theory model. Families that love and are responsive to their children's needs will make them feel valued (Wibowo, 2004). On the other hand, dysfunctional families will create a sense of insecurity and children will grow up to be anxious, have difficulty socializing (Garrett, 2022), aggressive, violent, and depressed (AyyashAbdo, 2002). Thus, efforts to prevent adolescent suicidal behavior should not only focus on the cognitive domain but can involve family affection and warmth so that adolescents become more adaptive to various circumstances or stressors.

This study attempts to explore the general picture and effective approaches in creating a depression-free family environment. The focus of previous research on preventing suicide behavior has been on the cognitive domain, so the focus involving affection and family warmth is a novelty. The many perspectives underlying efforts to prevent adolescent suicide can enrich the insights of psychological science and can be used as a basis for appropriate and more effective treatment so that psychological and social well-being is created for adolescents.

Research Methods

An exploratory qualitative research design was used in this study. Investigating and understanding how people or groups react to social problems or events is the goal of exploratory research. (Creswell & Creswell, 2017). The design in this analysis is a case study, which is a systematic design to obtain detailed exploratory knowledge. The data collection technique was carried out using: (1) semi-structured interviews with open questions on families and adolescent children with depression tendencies and suicidal

ideation based on the Beck Depression Inventory (BDI). The questions in the interview used the basis of John Bowlby's attachment theory and the depression theory developed by Aaron T. Beck as a guide to compiling interview questions; (2) documentation by collecting documents or data archives related to the analysis problems including data from internet sources and social media.

Data analysis techniques are carried out by reducing data, presenting data, and drawing conclusions and verification. Triangulation of data sources is used as a data validation method, where researchers use various existing data by comparing the same data obtained from other sources (Miles & Huberman, 2014). Participant recruitment used purposive sampling technique. Participants in this analysis were adolescents aged 12-18 years with a tendency towards depression and suicidal ideation along with their families. A total of 15 participants were involved in this study. Details of the participants are presented in Table 1.

No.	Participant	Amount
1	Teenager	5
2	Family core (Father And Mother)	5
3	Family big Which stay one house (grandpa, grandma, younger brother, Older brother)	5

Data validation is carried out to maintain the credibility of the research, so researchers carry out several strategies based on the validity method from (Michael et al., 2018), namely; (1) Conducting triangulation by asking participants to confirm whether the results of the data conclusions are in accordance with the participants' answers; (2) Extending the research time to obtain data saturation so that consistency is obtained in the data; (3) Coding and raters are carried out by involving researchers who discuss the same theme of preventing suicide in adolescents and experienced researchers who also act as lecturers. (4) By validating existing theories and research.

Results And Discussion

Exploring the Overview of a Depression-Free Family Environment Parents as Primary Caregivers for Children

In order for children to grow and develop as well as possible, the primary responsibility of parents is to provide them with the love, care, and education they need. Children receive unconditional love, discipline, and life lessons during their growing years. In addition to raising them, parents also have the responsibility to provide a safe and pleasant environment at home and to educate, guide, and fulfill their needs. In this regard, parents play a significant role in the growth of their children. Since every parent has an important role in the development and growth of their children, parents are expected to be actively involved in the upbringing of their children at all times.

Through interviews, it was found that a mother should have an important role in a family. A mother must be able to act as an educator, a caregiver who gives affection, as a place to express feelings and a guide for personal relationships between family members so that the family becomes the most comfortable place for children and all family members. In addition, a mother also has a role in managing household life through

communication and discussion. While the father plays a role as someone who provides a sense of security and protection for each family member from external threats. With optimal affection from the father and mother, a child can develop optimally both physically and mentally and make the family the first place or destination to return home and complain about the problems being faced.

Parents who cannot fulfill the need for a sense of security and comfort in the family, then the child will tend to seek these facilities outside the family and trust in the family will decrease. In addition, religious education is important to be instilled in children from an early age. Children should be educated with a strong religious foundation, so that when facing problems, they can return to the teachings of their own religion. Thus, they can return to the basics of religious teachings and find good solutions to the problems they face without acting irrationally.

Parents Spend Time With Children

In the midst of parents' busy lives, parents should still spend time with their children, even if it's only 5 to 15 minutes a day. By eating together and chatting briefly with children about what they've done today, parents can use this time to foster communication and a sense of togetherness with their children. Children can receive affection and attention in this way. Children's daily lives benefit greatly from communication and short conversations, which can help improve the emotional bond of the family. In order to build togetherness with the family, parents must find special time given to communicate and discuss. This free time is not used to judge children and impose desires or demands on children but to explore the problems being faced by children and find solutions to these problems so that children do not look for shortcuts to the problems being faced. Therefore, parents and children must be open and listen to each other. Use this time to express feelings of sadness, happiness, or other feelings.

Quality time provided by parents in the context of parenting is time to give attention, affection and education to children. The success of providing this quality time can improve the relationship and emotional relationship between children and parents. Smiles and greetings given by parents are a form of attention and it will make children feel cared for in the family. Therefore, it is better for parents to be able to spend as much time as possible with their children. Because by spending time together with children, parents and children can understand each other's love language and develop trust. Furthermore, they have a deep understanding of the personality and problems faced by children, to maintain the development of a stronger emotional bond.

Parents Love Their Children Whole

As parents, they need to truly and unconditionally love and care for their children. Furthermore, parents should refrain from pressuring their children to share their preferences. For example, children must do what their parents say in order to succeed in school or get the best grades. Children will feel uncomfortable at home due to their parents' high expectations. Therefore, in order for children to grow to their full potential, parents need to be aware of their skills.

Parents must have the belief that children should be allowed to be themselves as whole human beings, regardless of parental pressure. A child's self-esteem will increase

when they feel appreciated in their family and environment, and vice versa. Giving a sincere smile and expressing gratitude and admiration for a child's achievements are two ways to show this affection and attention. This is done so that children know that their parents have seen, understood, and are very proud of their hard work. Praise given to children can also increase the attachment between parents and children.

The form of love for the family can also be given through the creation of harmonious relationships between family members. Harmonious home conditions and minimal quarrels make children always think and do positive actions and feel safe, comfortable and not burdened with problems in the family.

Family as a *Support System* for Children

In addition to parents, families living in the same house also have an important role for children in providing affection and attention to each other, especially when children are facing problems. Raising children is not only the responsibility of the father and mother, but also the responsibility of every family member living in the same house. Presenting them in every household activity, discussing and communicating when they are having problems is a child's psychological need. In addition, creating a supportive, safe and comfortable atmosphere that can support their development will help them reach their full potential and maintain a healthy soul.

Being a good listener and a solid *support system* for children is one of the most important parts of raising happy children. This means that parents should prioritize their children's needs and wants, and not always choose the most convenient or best course of action for them. Parents should fulfill and help their children in the best way according to their abilities without forcing their potential. When parents have tried to be good listeners for their children, then the children will feel appreciated and important. In addition to being good listeners, parents must also foster an environment where children feel comfortable asking questions or talking about topics they do not understand or their problems. Parents must be able to regulate their emotions and remain impartial at all times, without taking sides or blaming, when facing more serious problems, to build effective two-way communication. Parents must try to understand their world, recognize where they are, and listen to their problems and the reasons behind them, acknowledge their pleasures and pains, interests, challenges, and strengths and weaknesses. That way, children will learn how to identify, accept, and understand their own emotions and how to overcome the difficulties they are facing. Parents do not immediately judge and blame children, because this will make children not want to talk to their parents again when they have problems or difficulties.

Analysis of Effective Approaches in Creating a Depression-Free Family Environment

One of the factors that causes teenagers to experience depression and suicidal ideation is the lack of support from the family. Conditions such as parental shouting, sadness over the death of a mother, and parental divorce need to be considered seriously. The family plays an important role in the growth and development of children. But unfortunately, many families are threatened by wrong parenting and treatment. Factors that contribute to family dysfunction include poor communication and relationships between parents and children, and lack of emotional support when needed, mistrust and discomfort can lead to behavioral problems such as aggression, violence, and depression, as well as related thoughts. or

suicidal behavior.

In addition to material and educational needs, a child also needs emotional closeness, namely the need for a sense of security, affection, and the need to be recognized by the child from his family. This is a simple relationship but difficult to understand and apply by all families. This need can be formed, one of which is by providing quality time to communicate and discuss between children and families.

In addition to father and mother, family members living in the same house such as grandparents, younger siblings, older siblings, uncles or aunts also have a crucial role in the stages of child development. Presenting them in every household activity, discussing and communicating when having problems is a child's psychological need. The family environment is a place where parents act as the main actors and role models for their children. In this situation, parents provide education, care, habits, and role models to their children. Therefore, families must be able to provide a healthy home environment for children to meet all their physical and emotional needs, so that children can reach their full potential and have a healthy soul.

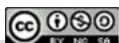
Families who spend enough time with their children can create a fun, safe, successful, and loving environment. The success of improving the quality of relationships, where there is an emotional bond between parents or family and children, is another indicator of the development of quality time. The affection and warmth given by the family can create a good quality of relationship and attachment between families so that it can prevent children from experiencing depression due to the pressure of problems being faced and adolescent suicide behavior does not occur.

The family is the main environment for the development of a child's personality which is rich in character and holds a significant influence in the formation of the character. Observation of family dynamics from an early age provides the child with the first picture of the attitudes and behavior of parents, especially the mother. Every family member who lives in the same house becomes the target of the child's observation, not just the mother. If the family responds positively, the child will have a good attitude and a positive perspective on the world and the surrounding environment. As a result, the child can explore the surrounding environment in the best possible way, which will lead to the development of behavior, emotions, social skills, cognitive abilities, and personality as well as possible.

Discussion

Teenagers often feel lonely and misunderstood. Many teenagers do not understand or do not know how to manage their feelings healthily. One effective way to prevent teenagers from experiencing depression to the point of suicidal ideation is to provide strong emotional support from the family. The results obtained in this study were that parents and family members who live in the same house make an important contribution in creating family conditions free from depression. In addition, it was found that there was interaction to increase closeness that should be developed by the family in order to provide a positive effect and more optimal benefits to the child. That way, the child will feel that they get the need for a sense of security, the need to be given affection, and the need to be recognized as very much needed by the child from his family.

Family is the first place for teenagers to get attention and affection and the needs in their



lives. Family dysfunction such as poor communication and lack of relationships, and lack of emotional support when needed, distrust and discomfort (Izzaty, 2008) can cause behavioral problems such as aggression, violence, and depression, and are related to suicidal thoughts or actions (AyyashAbdo, 2002).

Adolescents can experience stress, insecurity, and discomfort due to a poor family environment characterized by marital discord and more general conflict, creating an environment where family members feel uncomfortable with each other (Izzaty, 2008). Adolescents who grow up in such an atmosphere are more likely to exhibit negative traits including sadness, anger, and violent behavior. This is supported by research by Chang, Lansford, Schwartz, and Farver (Izzaty, 2008), who found a positive relationship between problematic child behavior and poor parenting.

An unhealthy family environment can be a trigger or factor causing depression. An unhealthy family is said to be when there is constant tension, either between husband and wife or between parents and children, which can create an atmosphere full of anxiety. The inability to resolve conflict in a constructive way can worsen the mental state of family members (Crain, 2007). Family members who feel unheard, unappreciated, or unnoticed can feel isolated and unappreciated, which risks causing feelings of depression. Therefore, having good family communication (Flaherty & Sadler, 2011), affectionate relationships, and supervision adequate support for children can prevent the emergence of suicidal behavior because children feel protected from environmental threats and receive comfort in the family (Wyman et al., 2019).

The quality of family relationships includes family cohesion, parents' ability to manage children, and the quality of parent-child interactions (Masten & Palmer, 2019). In particular, warmth or expressions of love, affection, attention, and satisfaction towards children can be the basis for increasing children's sense of vitality, belonging, and well-being (Gagne, 2003) and reducing depression (Grolnick, 2009). Therefore, parents play an important role in the care and development of their children at every step. Parents facilitate the emergence of adaptability, allowing adolescents to effectively overcome various obstacles (Masten & Palmer, 2019).

Teenagers and families can work on building close relationships by getting used to spending as much time together as possible and being open about their feelings and desires. This will allow them to create a family environment that has a fun, safe, and comfortable relationship where teens feel loved and free from all kinds of pressure.

According to John Bowlby and Mary Ainsworth, there are four basic ideas or principles of attachment theory: *Secure attachment*, *Insecure Avoidant*, *Insecure ambivalent*, *Insecure Disorganized*. They also discuss how attachment figures play an important role in the development of attachment, the importance of trust, namely, the belief that the attachment figure has a positive view of the child and that the child believes in the goodness of the figure, the communication element, which includes the intensity and openness of communication with the attachment figure, the closeness element, which is the sense of satisfaction with the quality of the relationship with the attachment figure and affiliation with the attachment figure. The quality of the connection is influenced by these factors (Marrone, 2014).

When adolescents feel that the family environment can provide comfort and security, those who have good attachment to their mothers will become adolescents who are easy to socialize, more likely to make friends, have healthy relationships, and adapt to the social



environment easily (Anapратиwi & Handayani, 2013., Gunarsa, 2003). In addition, a family environment full of love and support has a significant positive impact on adolescent mental health (Effendy, 2000., Mulyana, 2000) , especially in preventing and recovering from depression. Adolescents will develop mental constructs or *internal working models* about themselves and others based on the strength of their interactions with caregivers. This model will serve as a medium to evaluate the adolescent's acceptance of their environment. Adolescents who feel comfortable with their environment will form secure bonds with their attachment figures and grow to trust their mothers and their environment (Bowlby, 1982). The development process will be positively influenced by this. As a result, the relationship between mother and child not only conveys physical warmth but also shared emotions and thoughts (Santrock, 2011). A mother in her care introduces moral concepts with language that is easy for the child to understand, implementing behavior that reflects an attitude of upholding morals in its simplicity so that it is easy to use as an *internal working model* for the child's character (Andayani & Ampuni, 2002; Sutcliffe, 2002).

The result of the interpretation of ongoing experiences and adolescent involvement with attachment figures is *the internal working model* (Aji & Uyun, 2010). The stability of *the internal working model* can be increased by two factors, in particular: 1). *Familiar* , namely a pattern of repeated interactions, tends to become a habit that occurs automatically; 2). *Dyadic Pattern* , a reciprocal pattern tends to change individual patterns because reciprocal expectations instruct each partner to interpret the behavior of the other party. Families who love their children and are responsive to their needs will establish relationships based on trust (Bowlby, 1982). Children will feel appreciated. Conversely, dysfunctional families will cause insecurity and children will grow up to be anxious and have difficulty socializing (Marrone, 2014).

Attachment is an emotional relationship or affective relationship between one individual and another that has a special meaning. The relationship that is built will last long enough and provide a sense of security even though the attachment figure is not visible to the child (Marrone, 2014) . Children who believe their needs will be met will develop a sense of trust. Based on the quality of the child's relationship with the caregiver, the child will develop a mental construction or *internal working model* of themselves and others which will become a mechanism for assessing environmental acceptance (Bowlby in Pramana 1996). Children who feel confident in environmental acceptance will develop a secure attachment to their attachment figure *and* develop a sense of trust not only in the mother but also in the environment (Eka, 2000). This will have a positive influence on the development process. Therefore, maternal attachment not only transmits physical warmth, but also cognition and affection that are felt together. In her upbringing, a mother introduces moral concepts using language that is easy for her child to understand, implementing behavior that reflects an attitude of upholding morals in its simplicity so that it can easily be used as an *internal working model* for the child's character (Santrock, 2002; Tadkiroatun, 2008).

However, greater attention should be paid if mistakes occur, such as when parents raise and educate their children incorrectly. According to Megawangi's description (Latifah, 2008), parents can make a number of mistakes in educating their children that can affect the development of their emotional intelligence and ultimately shape their character (Kartono, 1992). These mistakes include: 1. Not expressing enough physical and verbal love. 2. They do not spend enough time with their children. 3. Using harsh language, teasing, and mocking



children are examples of verbal abuse. 4. Engaging in physical abuse, such as hitting, pinching, and providing other forms of physical discipline. 5. Pressuring children to develop cognitive skills too early. 6. Not teaching children to be good people.

According to Megawangi (Latifah, 2008), the impact of poor parenting will result in children having problematic personalities or inadequate emotional intelligence later on (Monks, 2006): 1. Children lose the ability to accept friendship, become apathetic, and no longer need others because since childhood children have had negative emotional disorders such as anger and distrust. As adults, children will reject affection, compassion, support, and other affirmative reactions from others around them. Although they appear independent, children lack warmth and are not liked by others. 2. Not sensitive to emotions; rejected children are unable showing affection for others. 3. Acting aggressively, which includes a persistent desire to hurt others verbally and physically. 4. Feeling inadequate, useless, and worthless. 5. Persistently viewing the world negatively, including feeling uncomfortable, anxious, inadequate, wary of others, and as if they are being criticized by others.

Families who are open in communicating, speaking honestly and listening to each other attentively, tend to be stronger in overcoming problems together. Lack of communication is often one of the main triggers of conflict in the family, which if not handled can develop into mental disorders (Rakhmat, 2001). Parents who give full attention, support the emotional development of children, and maintain a balance between discipline and affection can create a healthy family atmosphere (Mc Cartney & Dearing, 2008). Conversely, parenting patterns that are too harsh, inconsistent, or too permissive can cause feelings of insecurity in children, which have the potential to grow mental problems such as anxiety or depression (Papalia & Olds, 1986).

Adolescents who grow up in families with a stable and loving environment have a lower risk of experiencing mental disorders, including depression (Rakhmat, 2001). They feel more secure and valued, which gives them a strong foundation to cope with stress and life's difficulties. When a family is able to face problems together and not let stress damage relationships between members, it can help reduce stress and anxiety levels that can potentially lead to depression (Mc Cartney & Dearing, 2008). A supportive and understanding family also plays an important role in the recovery process of someone who is experiencing depression. Family support in the form of attention, patience, and encouragement can speed up the healing process and reduce the possibility of recurrent depression (Papalia & Olds, 1986).

Families who have effective ways to cope with stress tend to be more resilient to the pressures of life. This can include managing financial, work, or relationship issues more constructively and not letting these issues affect the mood and emotional well-being of family members. Family members who provide emotional support to each other, whether in the form of words of encouragement, acts of concern, or simply listening, can reduce feelings of loneliness and increase self-esteem. This kind of support is crucial to preventing depression and anxiety (Stams, Juffer & Ijzendoorn, 2002). A depression-free family environment plays a very important role in the mental health of each member. A healthy and supportive family can be a strong foundation for psychological well-being, while a family filled with tension, stress, or untreated mental problems can increase the risk of mental disorders such as depression (Sharp, 2009). Therefore, it is important to create a depression-free environment in the family.

The creation of a healthy family is by forming good interactions between family members based on communication, mutual respect, providing emotional support, and paying attention to each other (Effendy, 2000) . In a family environment like this, *stressors* or pressures that can trigger depression in adolescents such as prolonged family conflict, lack of emotional support, or poor parenting patterns can be minimized or overcome in a more constructive way (Kartono, 1992) .

Therefore, the family has a crucial role in increasing self-confidence in adolescents in dealing with the problems they are facing so as not to trigger depression. One of the factors that causes adolescents to experience depression and the emergence of suicidal ideation is the family. Conditions such as parental shouting, disharmonious families, sadness over the death of a mother, and parental divorce need to be improved in the family (Rokan, 2004). This is because the family plays an important role in the growth and development and formation of a strong soul in adolescents. Unfortunately, many families are threatened by wrong parenting and treatment (Mann, Michel, Auerbach, 2021). Therefore, to prevent suicidal behavior in adolescents, a family is needed that can be a safe and comfortable place for adolescents. The theoretical implication of this study is that it can provide additional latest information related to efforts so that families can play a role in increasing attachment to children so that they can reduce symptoms of depression. While the practical implication of this study is that it can provide an overview for experts in the field of mental health to be able to intervene or treat in reducing symptoms of depression and preventing suicidal behavior in adolescents. However, there are limitations in this study, namely that researchers cannot control the answers given by participants, namely parents and family members. There are families who give answers that seem good and tend to cover up the real situation. This causes bias in the findings of the research that has been conducted.

Conclusion

The bond that is formed between adolescents and their families serves as an emotional and cognitive resource. Adolescents can explore their surroundings and social life through this bond. Early relationships with children can become patterns for later relationships. Children will form *internal working models* or mental constructions about themselves and others based on the strength of their relationships with parents and other caregivers. These models will serve as tools for evaluating environmental acceptance. After reading the previous description, it is clear that mothers, who act as the child's primary caregivers, have a significant influence on the child's attachment status and whether or not they will develop stable bonds. The child's future development and attachment problems are related to this attachment status.

The attachment behavior between caregivers (in this case, parents as primary caregivers and other caregivers as secondary caregivers) and the children they care for is closely related to child care in the family. As a result, in daily care, they prioritize the positive values they adhere to, whether based on religion, beliefs, or culture, to give children a strong sense of self-confidence. A depression-free family environment is not just about avoiding conflict, but also about building supportive, understanding, and loving relationships. With healthy communication, positive parenting, and ongoing emotional support, families can create an atmosphere that helps each member grow mentally and emotionally healthy. Conversely, families that are unable to manage stress or conflict can increase the risk of depression and other mental health problems. Building a depression-free family environment is an important step in supporting individual mental health and ensuring shared happiness.

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