

SUICIDE PREVENTION THROUGH FAMILY RESILIENCE

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Abstract

Family resilience has emerged as a pressing concern in light of the increasing incidents of family suicides. This article delves into the criticality of fortifying family resilience and outlines the requisite actions. While the government has instituted various programs pertaining to family resilience, their efficacy remains incomplete in addressing the underlying issues. Strengthening family resilience demands concerted efforts, with environmental support playing a pivotal role. Community-level empowerment initiatives are instrumental in bolstering family resilience, while at the governmental echelon, enhancements to synergy mechanisms and policy coordination are imperative, alongside optimizing service utilization. Commission VIII, Commission IX, and Commission X of the DPR RI are tasked with overseeing the performance of pertinent ministries and institutions in implementing family-related policies and programs, ensuring their effectiveness and alignment with objectives. Furthermore, Commission VIII of the DPR RI is urged to prompt the Ministry of Religion to amplify the involvement of religious figures in fostering family resilience. Enhanced coordination among relevant ministries and institutions is paramount to fostering interconnected regulations and policies.

Introduction

On March 9, 2024, a family allegedly committed suicide by jumping from the 21st floor of an apartment building in Penjarangan, North Jakarta, purportedly due to economic problems (Jati, 2024). This case illustrates the fragility of family resilience, particularly in vulnerable families, stemming from the chal-

lenges in fulfilling essential family functions.

Resilience is vital for families, enabling them to withstand crises and foster the growth and development of family members for the better (Walsh, 2002). Families endowed with resilience produce quality human resources that contribute to the advancement of the nation and



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state. Therefore, cultivating family resilience is imperative to uphold resilience at the national level. This article delves into the urgency of strengthening family resilience and the necessary efforts to achieve this goal.

Resilience and Government Programs

By Article 1, Number 11 of Law No. 52 of 2009 on Population Development and Family Development, family resilience and welfare are defined as family conditions characterized by tenacity and toughness, encompassing the material and physical capabilities necessary to live independently and to facilitate the development of themselves and their families, fostering harmony in their lives. Families can enhance their well-being, promote happiness, and cultivate inner strength through resilience.

The government plays a crucial role in establishing policies to support families in carrying out their functions optimally, primarily through programs prepared by relevant ministries and institutions. For instance, the Ministry of Social Affairs focuses on addressing the physical vulnerability of families by providing social assistance to beneficiary families. The Ministry of Education, Culture, Research, and Technology administers the Smart Indonesia Program, targeting underprivileged families to enhance children's access to education. The Ministry of Health also operates the Mobile Mental Health Service program, which offers community-based mental health services ranging from promotional to rehabilitative measures (Anisah, 2020). Moreover, the Ministry of Women's

Empowerment and Child Protection implements the Family Learning Center Program, serving as a learning hub to enhance the quality of family life based on child-centric principles (KemenPPPA, 2021). Meanwhile, the National Population and Family Planning Board (BKKBN) manages the Prosperous Family Service Center, which aims to optimize family functions through various service activities (BKKBN, 2023).

The Urgency of Strengthening Family Resilience

The resilience achievements of Indonesian families are reflected in the Family Development Index (iBangga) and the Family Quality Index (IKK). The iBangga's achievement was 54.01 in 2021 and 56.70 in 2022, while the target is 61.00 for 2024 (Novrizaldi, 2023). Even though we have not reached the target, the achievements in 2021 and 2022 fall within the "fairly good" category. Meanwhile, the IKK achievement of 73.84 in 2021 increased to 77.38 in 2022, indicating that the quality of families in Indonesia is already in the "gender-responsive and children's rights" category (KemenPPPA, 2023).

Despite the relatively good achievements indicated by iBangga and IKK, it is essential to recognize that family problems in Indonesia resemble an iceberg phenomenon. The visible data only scratches the surface of the real issues. This phenomenon is closely intertwined with the cultural reluctance of Indonesian people to disclose family problems, deeming it shameful. Consequently, many cases only come to light when they reach a critical stage, often resulting in tragic outcomes. The Indonesian Child Protection Commis-

Table 1. Family Suicide Cases

Dates	Cases	Reasons
December 12, 2023	In Malang, East Java, a husband, wife, and their child died from drinking poison.	Economic distress.
September 7, 2023	In Depok, West Java, a mother and child committed suicide by suffocating themselves in a narrow space.	Frustration and depression resulting from economic hardships following the departure of the family's breadwinner.
November 10, 2022	In Kalideres, East Jakarta, the bodies of a family, including the father, mother, uncle, and child, were found dead. No evidence of criminal activity or suicide attempts was discovered.	Financial difficulties, social isolation, hesitance to seek assistance, allegations of involvement in heretical beliefs, and even the victim's illness.
October 24, 2018	A husband shot his wife and two children with a revolver before turning the weapon on himself, resulting in their deaths.	Work-related issues and family conflicts were significant contributing factors to the situation.
April 3, 2015	In Kediri, East Java, a family was discovered dead in an apparent case of suicide.	Work-related challenges.

Source: Derived from various media sources.

sion has documented six cases of child suicide in the past two years (Husada, 2024). Besides the incidents in 2024, various other cases depicted in Table 1 have been reported in the media.

The series of cases outlined in Table 1 is ironic, given the numerous government programs to support family resilience. Despite the relatively positive achievement figures, these existing programs must fully address the underlying issues. This underscores the growing necessity for efforts to bolster family resilience, particularly as Indonesia approaches the demographic bonus and endeavors to achieve its vision of becoming a developed country by 2045, characterized by a highly productive and competitive population.

Efforts to Strengthen Family Resilience

Efforts to strengthen family resilience need to be seen holistically. Families are very dependent on the environment around them and vice versa. Ecological rules stipulate that the resilience of a system is influenced by harmonious support from all subsystems (Soerjani, 2000 in Puspitawati et al., 2023). This explains how the declining awareness of the surrounding environment has triggered family vulnerability. University of Indonesia criminologist Adrianus Meliala said the family should be a safety net. In the past, people did not hesitate to ask their extended family for help when facing life's difficulties. However, this trend decreases as family members

become increasingly distant so that family suicide is considered the best option ("Kasus 'Bunuh Diri'", 2024). Vulnerability is increasingly felt when it is related to the condition of society, which has not yet completely escaped the impact of the COVID-19 pandemic. Strengthening environmental support from the closest layers of the family to the government is an important factor in family resilience.

Community empowerment should be considered a strategic endeavor at the community level. Leveraging religious and community leaders, a religious or community-centric approach can be activated to dissuade vulnerable families from considering extreme measures to solve their problems. Instead, they should be encouraged to interpret crises positively, fostering confidence and hope in overcoming difficulties and establishing clear values and life goals for a brighter future. Subsequent efforts should focus on raising community awareness through coaching and empowering cadres in each region. These cadres, alongside field staff from relevant ministries and institutions, can support endeavors to identify vulnerable families and facilitate their connection with support systems. Moreover, they can play a crucial role in expanding educational initiatives to enhance families' self-awareness and understanding of their surroundings, equipping them with the knowledge to recognize and address the challenges they face effectively. Most importantly, families should be equipped with the skills to make informed decisions, understand the potential impact on their families, and know where to seek assistance or services when needed.

At the governmental level, as elucidated by Puspitawati et al. (2023), strategies are imperative to reinforce synergy mechanisms and policy coordination as collaborative endeavors between families, communities, and the government to actualize family resilience. This strategy entails harmonizing regulations and policies, coordinating central and regional institutions, and implementing a family-centric approach in policies, programs, and activities. By enhancing synergy and policy coordination mechanisms, the programs of relevant ministries and institutions can be interconnected, facilitating clearer goal attainment. Additionally, the effectiveness of program service utilization must be prioritized. This can be achieved, for instance, by designing and expanding access to services that are readily embraced by the public, alongside conducting extensive outreach initiatives to promote program awareness and utilization.

Conclusion

While the government has implemented various programs aimed at enhancing family resilience, the prevalence of family suicide cases suggests that these initiatives are not entirely effective in addressing the issue. Consequently, there is an urgent need to strengthen family resilience, with environmental support emerging as a crucial factor. At the community level, empowering communities through religious and community leaders, as well as nurturing cadres in each region, will play a vital role in bolstering family resilience. Moreover, at the governmental level, enhancing synergy mechanisms and policy coordination is essential, alongside improving the

effectiveness of service utilization within programs.

The DPR RI should urge the Coordinating Ministry for Human Development and Culture to enhance coordination among related ministries and institutions to ensure the interconnectedness of regulations, policies, and programs. Additionally, Commission VIII, Commission IX, and Commission X of the DPR RI should oversee the performance of relevant ministries and institutions in implementing family-related policies and programs to ensure their effectiveness and alignment with objectives. Moreover, Commission VIII of the DPR RI should advocate for the Ministry of Religion to strengthen the involvement of religious figures in promoting family resilience.

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