

Role of Peers in Case of Self Suicide Peer Counseling: Youth Self Awareness to Suicide Cases

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Abstract: Suicide constitutes 1.4% of the causes of all deaths worldwide and continues to increase every year. Anxiety about the absence of life guarantees can lead to stressful behaviors that can trigger suicidal behavior. The majority of suicides are teenagers. Peer counselors can help in dealing with adolescent problems that are less understood by adults. This is because there is a sense of shared fate and a common position of growth development.

Keywords: self-suicide, peer counseling

I. INTRODUCTION

Suicide is a global public health problem, which knows no boundaries and crosses every level of sociodemographic and all regions of the world. According to WHO (World Health Organization) (2017), nearly 800,000 people die from suicide each year. In fact, in 2016 79% of suicides occurred in middle and low-income countries. Suicide is also 1.4% of the causes of all deaths worldwide, making it the 18th leading cause of death in 2016.

The average number of Indonesians who die as a result of suicide reaches 24 per 100,000 population in other words as many as 50,000 people in one year. This prevalence tends to increase every year. This number is almost close to the suicide rate that occurred in China which numbered 250,000 and in India 100,000 people in a year (Vijayakumar & Nagarai, 2004). Although suicide rates in Indonesia are increasing, a study shows that 84% of Indonesian children have been victims of bullying (Sindo Weekly, 2017).

This data is very surprising because it places Indonesia as the country with the highest level of harassment among other Asian countries. The Ministry of National Development Planning (Bappenas) & Nations Children's Fund (2017) presented the results of a survey conducted in 2015 by The Global School-Based Health Survey, showing that 32% of students ages 13 to 17 in Indonesia have experienced physical violence and 20% of students are victims of bullying at school. The phenomena that have been described make Indonesia a country that is prone to cases of harassment (bullying) and violence that do not rule out the possibility of causing high mortality rates due to suicide.

II. CONDITIONS IN ADOLESCENCE

Adolescence is a transition from children to adults. At this time some changes are sometimes not realized both in terms of physical and psychological. Physical changes that occur in this period are also followed by emotional and psychological maturation that requires a good understanding of the process of change that occurs in adolescents as a whole (Batubara, 2010). Often the process of transition and development experienced by adolescents does not get attention and good understanding, especially at this time they are faced with various problems and pressures both in terms of academics, family, friendship and love. All of which are based on a lack of understanding and self-acceptance as a whole.

The existentialism approach (Corey, 2013) says that humans cannot escape from freedom and that freedom and responsibility are interrelated. This approach aims to make students aware of their existence and potentials and to realize that they can open themselves and act according to their abilities so that they can increase their ability to make choices, which is to be free and responsible for the direction of their lives. Accepting responsibility is not an easy thing to do because many people are afraid of the weight of responsibility for who he is now and what he will become. It is precisely the absence of guarantees in life that causes anxiety. This anxiety can cause stressful behavior, where they feel they do not find meaning in their lives. Conditions like this that will trigger them to commit suicide.

III. PEER COUNSELING

Peer Counseling is a preventive effort for suicides which is rife in Indonesia, especially in the school

environment. The main factor in the occurrence of suicides is depression (Greydanus et al, 2009). Depression is caused by despair, psychological pressure, problems encountered, lack of attention, problems of friendship/bullying, low self-esteem, social and economic pressure, boring life, despair, health, someone's death, fear of the future, and failure. So someone decides to commit suicide (Pratiwi & Undarwati, 2014). These factors will certainly increasingly accumulate and enlarge if not done early prevention. Peer Counseling can foster a sense of attachment, openness, and a sense of shared fate because it is still at the same stage of development, so students can tell stories and share the burden so that problems do not get bigger and worse and can be immediately solved before triggering suicide.

Peers have a very important role in dealing with suicides. Based on research conducted by Shohib et al (2016) shows that peer counselors can help in dealing with adolescent problems that are less understood by adults. In addition, the application of peer counselors in schools shows positive changes and helps the performance of counselors in providing services to students (Ridha, 2019). So it can be concluded that the existence of peer counseling (peer-counseling) gives positive results that can foster a strong character that is characterized by an attitude of empathy, helping, proactive, willing to listen and help friends in finding solutions. Peers give a sense of the same boat, the equivalent that can encourage students to be open to express the problem being faced.

The existence of peer counseling does not necessarily replace the duties and functions of a counselor in school. Because providing peer counseling services require exercises to have counseling skills by an expert. In particular, counselors have the responsibility of holding screening, training and monitoring the performance of peer counselors in schools. World Health Organization (2006) explains that peer counseling programs are proven to be able to increase students' knowledge about suicide risk factors, how to contact a telephone hotline or crisis center and how to refer friends to counselors.

IV. CONCLUSION

Suicide is a global public health problem, which knows no boundaries and crosses every level of sociodemographic and all regions of the world. According to the WHO (World Health Organization) or world health organization, nearly 800,000 people die from suicide each

year and occur every 1 person per second. Then the average number of Indonesians who die from suicide reaches 24 per 100,000 population in other words as many as 50,000 people in one year. Peer counseling provides positive results that can foster a strong character that is characterized by an attitude of empathy, helping, proactive, willing to listen and help friends in finding solutions. Peers give a sense of the same boat, equals that can encourage students to be more open in expressing the problem being faced. Peer counseling programs are very important to be implemented in every school, especially in high schools, where the characteristics of students have reached a more stable emotional maturity to carry out peer counseling to prevent suicides that are increasing.

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