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## Depression, Anxiety, Stress Correlated with Suicide Idea on Students of The Faculty of Health



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### Abstract

The occurrence of suicide in the world had never decreased, this started with the emergence of suicidal ideas, which originated from several mental and physical health disorders, but currently most of the younger generation, especially students, experiencing depression, anxiety, and stress which caused many students to choose to end their life due to various pressures during education. This research aimed to determine the correlation between depression, stress, anxiety, and suicide idea. This research was a study using a quantitative approach and a cross-sectional research design. The data collection used a questionnaire filling system involving 215 students from the Faculty of Health, University of Muhammadiyah Gresik, a significance value of 0.01 ( $p$ -value  $< 0.05$ ) was obtained for each independent variable which was related to the dependent variable, this shown that depression, anxiety and stress were related to suicide idea. It could be concluded that depression, anxiety, and stress correlated with suicide idea at the Faculty of Health, University of Muhammadiyah Gresik. Psychological disorders that made students uncomfortable greatly influence the emergence of suicide idea. Thus, this needed to be resolved considering the correlation between depression, anxiety, stress, and suicide idea on students of the Faculty of Health, University of Muhammadiyah Gresik. Such as providing mental health care or counseling facilities that guarantee the safety or mental health of students with the aim of improving psychological health and minimizing the risk of suicidal ideation caused by depression, anxiety and stress.

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## INTRODUCTION

The occurrence of suicide in the world has not decreased over the years, data that obtained from WHO as of August 28 2023 shows that more than 700,000 people have committed suicide and many more people have attempted suicide. The suicide rate is higher among those aged 18-21 years. Statistical data on suicide incidents according to the Centers for Disease Control and Prevention revealed that there was an increase in suicide incidents of 36% from 2000 to 2018, then decreased by 5% from 2018-2020, but unfortunately in 2021 suicide incidents increased again. In Southeast Asia in 2019, the highest suicide rate was in Thailand, namely 12.9% (per 100,000) population, Singapore (7.9%), Vietnam (7.0%), Malaysia (6.2%), Indonesia (3.7%) and the Philippines (3.7%).

Obtained to BPS data for East Java Province, in 2019, there were 549 people committed suicide in East Java province, and in Gresik suicide in East Java province, and in Gresik Regency 7 people committed suicide in the same year, meanwhile, in the last 5 years, not a single academic student has experienced suicide, but research shows that there are 29 health faculty students who have high levels of suicidal ideation, this makes it possible for suicide to occur. The previous study (Peltzer et al., 2017) revealed that the prevalence of students who had suicidal ideas and attempts reached up to 11.7% of 4,675 undergraduate students in ASEAN, including Indonesia. Several psychosocial factors such as harassment, pressure on individuals from the environment, and even pressure due to decreased academic achievement. This is a stressor that causes several psychological disorders. Several mass reports say that suicides among students are thought to be due to depression, stress, and anxiety, therefore this research was carried out to find out whether or not there was a correlation between depression, anxiety, stress, and suicide idea as well as aiming to reduce the level of suicide idea among students of Faculty of Health, University of Muhammadiyah Gresik (UMG).

Before a suicide occurs, of course, a person will experience a phase of suicidal idea or what can also be called suicide idea. Suicide idea is a situation where someone wants to end their life which will arise when the victim is at the peak of low self-esteem (Susanty, 2019). Several things that can trigger suicidal idea in a person include anxiety, depression, stress, low self-esteem, insecurity, and several other factors. Anxiety is a condition of disturbance of calm in which the sufferer feels

excessively anxious, afraid, and threatened, this condition will appear suddenly in the sufferer (Susanty, 2019). Anxiety disorders generally appear during childhood (Kalin, 2021). Anxiety can also cause physical health problems (Kurniati Danu et al., 2021), moreover, as a student, of course, you have a lot of pressure to fulfill your education, both in assignments and exams, whereas if your physical and mental condition experiences problems, students will not be able to complete assignments and exams well, which again will cause an increase in the anxiety felt by someone. Quite a few anxiety sufferers try to hurt themselves in the hope of finding a point of calm. Even though it is not, this of course makes a physical impression and will be a question mark for those who see it, and it can even cause pressure from outside parties. Due to pressure from other parties, over time the victims will feel increasingly stressed, which will trigger stress in the victim. Stress itself has a definition where the individual's condition must be able to adapt to the surrounding circumstances which creates a physical and psychological response that appears when a person feels incompetence, incompatibility, or discomfort with what is around him (Nuriyyatiningrum et al., 2023).

Excessive stress and not getting appropriate treatment will have a bad impact, prolonged stress will also cause depression in sufferers, generally, depression in individuals begins to appear when they enter adolescence or early adulthood (Kalin, 2021). This makes it possible for the victim to commit suicide, because the victim is no longer able to control himself in a stressful situation, especially when the victim is lonely, mental health sufferers should not be left alone, if they sufferer is left alone with all the burdens of the sufferer, then this which will further worsen the sufferer's condition. The state of being entangled by an individual's thoughts can make the situation worse, as is obeying (Fitrianur et al., 2022) Self-stigma can trigger depression which of course affects the individual's quality of life which of course certainly interferes with activities. It is also possible that when an individual's activities are disrupted, this can be a driving factor in the individual's psychological condition getting worse.

Providing education and motivation is an important role that at this time should be channeled and made into a culture aimed at protecting sufferers while at the same time reducing the level of idea and even suicide, providing counseling guidance for students from the academic community can be a field for someone's freedom from mental health disorders,

With the funding of this research, it is hoped that the public will be more attentive to the phenomenon of suicidal idea, and it is hoped that the campus academic community will also provide free time and space for students experiencing this disorder to cut the chain of suicides.

## METHODS

This research was quantitative research with a cross-sectional approach. Data collection used the DASS-42 questionnaire to assess levels of depression, anxiety and stress and the Mini Plus

5.0.0 questionnaire to assess suicide idea. The population in this study was 462 students from the Faculty of Health, University of Muhammadiyah Gresik. The sampling technique in this research was simple random sampling with a sample size of 215 people. Data collection has obtained permission and is in accordance with ethics with ethical suitability number 005/KET/II.3.UMG/KEP/A/2024. The independent variables were depression, anxiety, and stress and the dependent variable was suicide idea. Data analysis used Spearman's rank.

## RESULTS

Table 1 Frequency Distribution of Students at the Faculty of Health, University of Muhammadiyah Gresik Based on Gender and Age

Respondent Characteristic	f	%
Gender		
Female	127	59
Male	88	41
Total	215	100
Age		
18-19	62	29
20-21	100	46
22-23	52	24
24-25	1	1
Total	215	100

Based on Table 1, it was found that the frequency distribution of students at the Faculty of Health, University of Muhammadiyah Gresik was 127(59%) female students and 88(41%) male students. There are 62 (29%) students aged 18-19 years at the health faculty of Muhammadiyah University Gresik, 100 (46%) people aged 20-21 years, 52 (24%) people aged 22-23 years and 24-25 year there are 1(1%) people.

Table 2 Occurrence of Depression in Students of the Faculty of Health, University of Muhammadiyah Gresik

Depression	f	%
Normal	81	38
Low	22	10
Moderate	33	15
Severe	39	18
Very Severe	40	19
Total	215	100

Based on Table 2, it was found that the occurrence of depression in students at the Faculty of Health, University of Muhammadiyah Gresik, there were 81(38%) students who were not depressed, 22(10%) students had low-level depression, 33(15%) students had moderate level depression, 39(18%) students with severe levels of depression, and 40(19%) students with very severe levels of depression.

Table 3 Incidents of Anxiety in Students of the Faculty of Health, University of Muhammadiyah Gresik

Anxiety	f	%
Normal	50	23
Low	9	4
Moderate	30	14
Severe	45	21
Very Severe	81	38
Total	215	200

Based on Table 3, the occurrence of anxiety among students at the Faculty of Health, University of Muhammadiyah Gresik was obtained. The results showed that 50(23%) students did not experience anxiety, 9(4%) students had low levels of anxiety, 30(14%) students had moderate levels of anxiety, 45 (21%) students had severe levels of anxiety, and it was also found that 81 (38%) students experienced anxiety at a very severe level.

Table 4 Stress Incidents in Students of the Faculty of Health, University of Muhammadiyah Gresik.

Stress	Frequency	Total
Normal	89	41.4
Low	16	7.4
Moderate	42	19.5
Severe	35	16.3
Very Severe	33	15.3
Total	215	100

Based on Table 4, it was found that the occurrence of stress among students at the Faculty of Health, University of Muhammadiyah Gresik, there were 89 (41.4%) students who did not experience stress, 16 (7.4%) students experienced low levels of stress, 42 (19.5%) students experienced moderate level of stress, 35 (16.3) students experienced severe levels of stress, and 33 (15.35) students experienced very severe levels of stress.

Table 5 Incidents of Suicide Idea in Students of the Faculty of Health, University of Muhammadiyah Gresik

Suicide Idea	f	%
Low	182	85
Moderate	4	2
High	29	13
Total	215	100

Based on Table 5, it was found that the occurrence of suicidal idea among students at the Faculty of Health, University of Muhammadiyah Gresik, there were 182 (85%) students with a low level of suicidal idea, 4 (2%) students with a moderate level, and 29 (13%) students with a tendency suicide idea at a high level.

Table 6 Correlation between Depression and Suicide Idea (n=215)

		Suicide Idea						Total	
		Low		Moderate		High		f	%
		f	%	f	%	f	%		
Depression	Normal	78	96.3	0	0.0	3	3.7	81	100
	Low	20	90.9	0	0.0	2	9.1	22	100
	Moderate	31	93.9	0	0.0	2	9.1	33	100
	Severe	31	79.5	3	7.7	5	12.8	39	100
	Very Severe	22	55.0	1	2.5	17	42.5	40	100
Total		182	84.7	4	1.9	29	13.5	215	100
		Statistic Test: Spearman's rank				Correlation coefficient (r)		<i>p-value</i>	
						0.376		0.01	

In Table 6, from the results of the correlation test analysis, a significance value of 0.01 ( $p$ -value  $< 0.05$ ) was obtained, and a correlation coefficient of 0.376 was obtained, which is interpreted as a moderate correlation. This proves that there is a significant correlation between depression and suicidal idea in students at the Faculty of Health, University of Muhammadiyah Gresik.

Table 7 Correlation between Anxiety and Suicide Idea (n=215)

Anxiety	Suicide Idea						Total	
	Low		Moderate		High		f	%
	f	%	f	%	f	%	f	%
Normal	48	96.0	0	0.0	2	4.0	50	100
Low	9	100.0	0	0.0	0	0.0	9	100
Moderate	29	96.7	0	0.0	1	3.3	30	100
Severe	40	88.9	0	0.0	5	11.1	45	100
Very Severe	56	69.1	4	4.9	21	25.9	81	100
Total	182	85	4	2	29	13	215	100
Statistic Test: Spearman's rank					Correlation coefficient (r)		p-value	
					0,321		0,01	

In Table 7, from the results of the correlation test analysis, a significance value of 0.01 ( $p$ -value  $< 0.05$ ) was obtained, and a correlation coefficient of 0.321 was obtained, which means a moderate correlation. This proves that there is a significant correlation between Anxiety and suicidal ideas in students at the Faculty of Health, University of Muhammadiyah Gresik.

Table 8 Correlation between Stress and Suicide Idea (n=215)

Stress	Suicide Idea						Total	
	Low		Moderate		High		f	%
	f	%	f	%	f	%	f	%
Normal	85	95.5	0	0.0	4	4.5	89	100
Low	15	93.8	0	0.0	1	6.3	16	100
Moderate	38	90.5	0	0.0	4	9.5	42	100
Severe	25	71.4	3	8.6	7	20.0	35	100
Very Severe	19	57.6	1	25	13	39.4	33	100
Total	182	84.7	4	1.9	29	13.5	215	100
					Correlation coefficient (r)		p-value	
					0,358		0,01	

In Table 8, obtained from the results of the correlation test analysis, a significance value of 0.01 ( $p$ -value  $< 0.05$ ) was obtained, and a correlation coefficient of 0.358 was obtained, which is interpreted as a medium correlation. This proves that there is a significant correlation between stress and suicidal idea among students at the Faculty of Health, University of Muhammadiyah Gresik.

## DISCUSSION

### Correlation between Depression and Suicide Idea

Depression is a condition where an individual experiences loss of interest, reduced energy for activities, difficulty sleeping, and even anorexia (Prayitno et al., 2022) This is also related to the theory of depression presented by (Hadi et al., 2017). Depression is a person's psychological expression after sadness and disappointment which results in an individual losing energy for activities, even though

the lack of activity makes the individual worse. Obtained from Table 3. Occurrence of Depression in Students of the Faculty of Health, University of Muhammadiyah Gresik, there are 81(38%) students who are not depressed, 22(10%) students with low-level depression, 33(15%) students with moderate level depression, 39(18%) students with severe levels of depression, and 40(19%) students with very severe levels of depression. and depression has a significant correlation with suicide idea as evidenced

by the research results in Table 4 obtained from the results of the correlation test analysis which shows a significance value of 0.01 ( $p\text{-value} < 0.05$ ). This means that there is a significant correlation between depression and Suicide idea among students at the Faculty of Health, University of Muhammadiyah Gresik. This shows that the higher the depression, the higher the possibility of suicide ideation.

According to (Riziana et al., 2023), some triggers for suicidal ideation in teenagers include negative thoughts and also hopelessness in oneself (Riziana et al., 2023) also states that depression is one of the main triggers for the emergence of suicidal ideation. Where a person is trapped by a stressor that they cannot handle themselves, which causes a person to lose direction and ultimately the emergence of suicidal ideation. According to (Zhu & Wong, 2022) if a person's psychological reaction is negative in dealing with depression so that they are unable to get up, then this will lead someone to commit suicide. The existence of a correlation between depression and suicidal idea should be in the spotlight of society because in fact up to now in society's eyes, depression is still not seen as being taken into account, as if society considers this matter trivial, even though depression can make someone have suicidal ideas, even deciding to end their life. Even though there is pharmacological treatment this does not completely get a full response from the individual. The occurrence of depression in students is caused by many things, but the main thing is the pressure of the friendship environment, which cannot be separated from the pressure of academic achievement, especially during the final semester, when many students feel tired of the final assignment given by the university for graduation requirements when students are depressed without being able to express their feelings. This will cause depression, and if not treated immediately it will cause despair which can lead to suicidal idea which can even lead to suicide.

#### **Correlation between Anxiety and Suicide Idea**

Anxiety disorder can cause physical health problems, this is by research (Saputri, 2016) regarding anxiety in adolescents, which states that anxiety is a state of anxiety accompanied by feelings of restlessness, and fear and can cause physical disorders. Obtained from table 5. Occurrence of Anxiety in Students of the Faculty of Health, University of Muhammadiyah Gresik, the results obtained were 50(23%) students did not experience anxiety, 9(4%) students had low levels of anxiety,

30(14%) students had moderate levels of anxiety, 45(4%) 21%) students had severe levels of anxiety, and it was also found that 81(38%) students experienced anxiety at a very severe level. and obtained from Table 6 from the results of the correlation test analysis, the significance value was 0.01 ( $p\text{-value} < 0.05$ ). This means that there is a significant correlation between Anxiety and suicide idea in UMG Health Faculty students. This is in line with research (Santoso & Arbi, 2023) which states that anxiety is related to suicidal ideation, precisely when someone is unable to overcome the state of anxiety.

According to (Santoso & Arbi, 2023) efforts to overcome anxiety can be maladaptive, where a person's condition is unable to overcome the stressor which makes a person feel failed and helpless, has no place to resolve the anxiety which over time triggers a person's downturn, which ends in choosing committing suicide rather than fighting an invading stressor. The state of anxiety in a person is a dangerous condition because sometimes it comes suddenly and often causes physical problems such as excessive shaking, profuse sweating, a racing heart, and so on. An anxiety sufferer can want to end their life, because they feel tormented by things that can hurt someone psychologically or physically, therefore increasing self-coping is very necessary. Moreover, in student life, many factors trigger anxiety, such as when exams are coming up, or even students with a history of trauma in academic performance, when academic performance drops, this can trigger anxiety disorders.

#### **Correlation between Stress and Suicide Idea**

Stress is a person's response to a dangerous change in a situation (Nur & Mugi, 2021). Not all stressful situations can be detrimental, in fact, stress also has a positive impact, where an individual experiencing positive stress will have more motivation to upgrade themselves. However, quite a lot of stress also causes negative things, even the worst possibility, namely the idea of suicide. Evidenced by the research results in Table 7. Stress Occurrence in Students of the Faculty of Health, University of Muhammadiyah Gresik, there were 89(41.4%) students who did not experience stress, 16(7.4%) students experienced low levels of stress, 42(19.5%) students experienced moderate levels of stress, 35 (16.3) students experienced severe levels of stress, and 33 (15.35) students experienced very severe levels of stress. and after testing to determine the correlation between stress and suicide idea, the

results were obtained in Table 8. From the results of the correlation test analysis, the significance value was 0.01 ( $p$ -value  $< 0.05$ ). This means that there is a significant correlation between stress and Suicide idea among UMG Faculty of Health students.

This is in accordance with research (Lalenoh et al., 2021) whose results also state that stress and the incidence of suicidal ideation are related, if the stress level is higher, the level of suicidal ideation in a person will also be high (Lalenoh et al., 2021) also states that depression, stress and helplessness when someone tries to solve a problem can be a trigger for someone to commit suicide. The state of stress in a person is not taboo in society, but the impact of stress that is harmful to a person is still not known and paid attention to by many people, most people underestimate this, and even a few people think it is excessive. Especially in the student environment which is in early adulthood with various existing pressures, both in terms of education, economics, social, and so on, which causes stress to arise which has an impact on suicidal idea, for example when there is an economic imbalance in the student environment, sometimes it makes students feel inferior and depressed, this shows a change in the response of the individual, and excessive stress in students can cause depression. If this continues to be allowed it will make students feel excessive stress which can cause depression which can lead to the emergence of suicidal idea.

## CONCLUSION

After obtaining the research results, it can be concluded that depression, anxiety, and stress are related to suicidal idea in students at the Faculty of Health, University of Muhammadiyah Gresik. Psychological disorders that make students uncomfortable greatly influence the emergence of suicidal idea which of course can create the worst possibility, namely suicide. Thus, this problem needs to be solved considering the correlation between depression, anxiety, stress, and suicidal idea that occurs in students at the Faculty of Health, University of Muhammadiyah Gresik.

## SUGGESTION

Based on the results of the research that has been carried out, it is recommended that universities provide education to students regarding depression, anxiety, stress, and also about suicidal idea, which can be done by nurses as promoters to provide

education to students or can also be carried out by experts. psychologically and of course, this activity not only provides education but also provides motivation. This aims to protect students at risk of suicide due to depression, anxiety, and stress problems. Universities are also advised to open student counseling programs.

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## CONFLICTS OF INTEREST

The author ensures that no conflicts of any kind occur from the beginning to the end of the research, the research does not contain plagiarism and has never been published elsewhere.

## AUTHOR CONTRIBUTIONS

Deah Dwi Musfara as the main author in this research supervised the research, considered the use of research design assisted by a second researcher Wiwik Widiyawati, the author distributed questionnaires according to the topic which had previously obtained permission through an ethical feasibility test with number 005/KET/IL.3.UMG/KEP/ A/2024, then the researchers collected assisted by a third researcher Widya Lita Fitrihanur and author processed the data and then published it.

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