



Exploration on Perceptions of Suicidal Ideation Among Students of Higher Education

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ABSTRACT

One of the world's leading causes of death among teenagers aged 15-29 is suicide. Students of higher institutions also involved in the specific group that was reported to have a high level of suicidal ideation. Thus, in order to overcome this issue, all factors that influence suicidal ideation should be identified. This article is intended to identify the factor that influences suicidal ideation among higher learning education students based on their perceptions. This study was conducted using a qualitative method using semi-structured interview questions to explore participants' perceptions towards suicidal ideation among students of higher learning institutions. As for data collection method, two focus group discussions were identified as main instrument. The findings show that factors identified to influence the existence of suicidal ideation among students of higher learning institutions can be categorized into two categories, external factors, and internal factors. These factors are peer pressure, pressure from society, social media influences, family factors, financial factors, intrapersonal and individual interpersonal factors, and low self-esteem factor. This study also found that counsellors and other professional bodies such as psychologists were not the choices of participants to express a problem that led to their suicidal ideation.

Keywords: Suicidal ideation; Mental health; Higher education; Counsellor

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INTRODUCTION

Lately, there is much suicidal news reported in every major newspaper. In the past five years, there has been an increase in suicidal

cases which involved students and adults who consisted of individuals from the various social and cultural background. Some of them committed suicide and before doing so killed their children. These suicides are committed by individuals regardless of their age, race, sex, religion and work status. For every person in the span of 40 seconds, The World Health Organization (WHO) estimated that almost 800,000 people died each year in 2018 as a result of suicide. There have been claims that there might have been more than

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