

[Indonesia]

# Suicide Prevention in Indonesia: Providing public advocacy

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## Background

Suicide is a leading cause of death worldwide. Yet, there are considerable variations in national suicide rates. According World Health Organization (WHO) data, Indonesia's suicide rate reached 1.6 to 1.8 people for every 100,000 people in 2001, that approximately 1 million people died by suicide. The rate of suicide across the world reach 16 per 100,000 which increases in the past four decades and substantially increases suicide rates globally as much as 60% (WHO, 2009). Recently the WHO's South East Asia regional office reported that the global suicide rate had risen from 10 suicides per 100,000 people in the 1950s to 18 suicides per 100,000 people in 1995. As many as 73 percent of suicides in the world occur in developing countries.

The WHO's regional office has reported that suicide is on the rise in Indonesia. From 1997 to 1998 there was an increase of 34 suicides in Jakarta alone and the average number of suicide cases in Indonesia is still lower than other countries, some recording 10 per 100,000 people. The WHO report has shown the average number of deaths due to suicide in Indonesia was 24 per 100,000 of the population. The data said 50,000 people commit suicide each year, or 1,500 people on average each day. For 2006 about 100,000 Jakarta's people committed suicide. The factors related to common mental disorder in Indonesia such as hopelessness, insecurity, poor education, low income (poverty) including suicide (Vijayakumar L et al. 2004).

Another factor is culture, especially in Gunung Kidul, Yogyakarta, home of the phenomenon of *pulung gantung* (hanging light sign), if a mysterious light falls on a home, the homeowners will soon commit suicide by hanging.

## Suicide in Indonesia

A recent study revealed that the majority of suicides were related to mental health problems, disruption within the family, alcohol and drug abuse in the lower socioeconomic groups, disrespectful attitude towards religion and poor social integration.

Indonesia does not have any such of data provided on suicide and there is no National Data for suicide rate while the reports of suicide came from National Police Department commonly. The two main districts which regularly reported their data of suicide are Gunung Kidul and Bali.

### Suicide in Gunung Kidul

Gunung Kidul has the highest suicide rate in Indonesia, with 4.48 per 100,000 people. In 2006, Gunung Kidul had a population of 720,465 and recorded 32.4 suicide cases. A situation among Gunung Kidul residents of 'cultural belief' on suicide still remain to consider related to high rate of suicide.

#### Picture of belief

Tukirah, early adult female, was founded hanging herself in her house. The case reported on 9 September 1989, Dusun SIRAMAN II, sub Wonosari, Gunung Kidul Regency (district). There was a red-tail fire ball (an evil spirit) fallen in to Mrs. Tumikem (tukirah's mother) house. Several months later, the sibling of tukirah was found hanging herself also. The fire ball came to their house at the 2nd time. To prevent the fire ball came to her house (Mrs. Tumikem) slept outside (terrace) every night. Then four months later, her neighbor was found suicide by hanging himself also.

The spiritual leaders in the area predict the arrival of *pulung gantung* (fire ball), which can

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This article is based on a presentation made at the Symposium "The Role of Physicians in Suicide Prevention" held at the 27th CMAAO General Assembly, Taipei, Taiwan, R.O.C., on November 12, 2011.

only be seen by them. The occurrence of suicide after this is considered to be a call from a supernatural power. In reality, the increased rate of suicide in this village is mostly related to the presence of severe illness among the elderly (WHO, 2006).

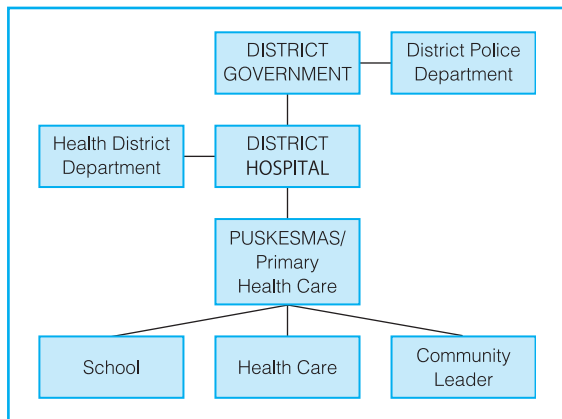
The story of hanging called *pulung gantung* is a factor for suicide instead of poverty and other factors related to. Recent data in latest 6 years

from Operational Division Gunung Kidul Police department RI reported that in 2006–2010 about 157 cases of suicide. Most of them are female (114) while in 2011 found 18 cases until August.

### Suicide in Bali

In Bali province, according to data compiled by the Police Department of Bali for five months in 2008 reported 70 cases, while in 2009 there were 39 cases. World wide, suicide is claimed as the leading cause of death for people in the age of 15–35 years (WHO, 2004). Bali province record the highest suicide rate in Indonesia. The reported case more than doubled from 70 cases in 2001 to 158 cases in 2006 (Dhyatmikawati, 2006 cit Octaria , 2008).

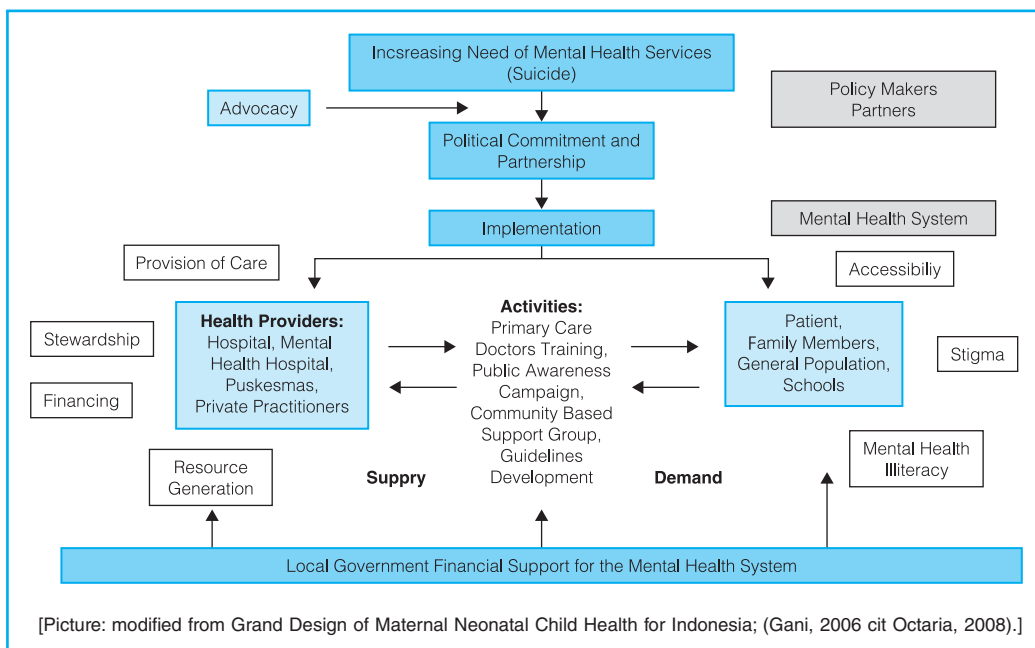
Factors associated with suicide in Bali is more caused by physical illness rather than cultural belief and/or socioeconomic. More than 33.9% of all causes of suicide in Bali reported from physical illness factors (Octaria, 2008).



Prevention model in Gunung Kidul District

### Prevention

The ministry of Health Mental Health Division latest effort to curb suicides provides a help line



Prevention Model in Indonesia

(021 500454) with the 10 hotline volunteers who work in three shifts found the work overwhelming to tackle suicide cases by the level of public health centers [Puskesmas]. We also set up life-skills programs for teenagers so that they can have good social skills and self esteem

## Role of Physicians

As the main prevention, physicians will conduct early detection and mental health promotion (School, Health care, Community leader) and provide early management effectively.

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## Suicide prevention in Indonesia : Providing Public Advocacy

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CMAAO Congress, Taipei 2011

## Background

- According World Health Organization (WHO) data, Indonesia's suicide rate reached 1.6 to 1.8 people for every 100,000 people in 2001
- the average number of suicide cases in Indonesia is still lower than other countries, some recording 10 per 100,000 people

- Recently the World Health Organization's (WHO) South East Asia regional office reported that the global suicide rate had risen from 10 suicides per 100,000 people in the 1950s to 18 suicides per 100,000 people in 1995. As many as 73 percent of suicides in the world occur in developing countries

- Indonesia's suicide rate is not that far behind Japan with 30.000 /year and China 250.000 /year --countries believed to be among those with the highest suicide rates in the world

- The WHO report have shown the average number of deaths due to suicide in Indonesia was 24 per 100,000 of the population. The data said 50,000 people commit suicide each year, or 1,500 people on average each day
- **poverty** and **homelessness**
- 100,000 Jakartans committed suicide in 2006

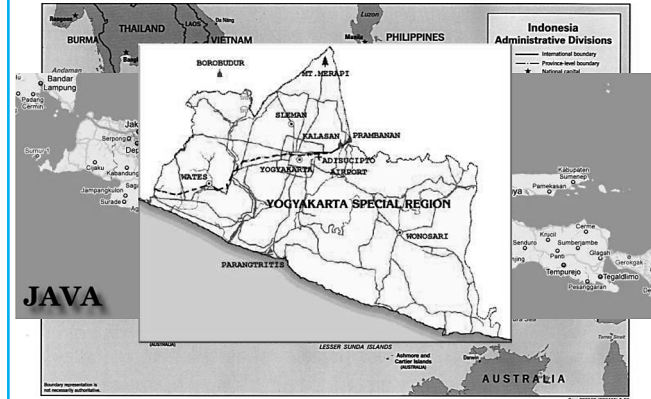
- several factors, such as economics, disease or genetic predisposition
- Another factor is culture, especially in Gunungkidul, Yogyakarta, home of the phenomenon of pulung gantung (hanging light sign), if a mysterious light falls on a home, the homeowners will soon commit suicide by hanging

- **Indonesia**
- A recent study revealed that the majority of suicides were related to mental health problems, disruption within the family, alcohol and drug abuse in the lower socioeconomic groups, disrespectful attitude towards religion and poor social integration.

### Limited Data Sources

- There is no National Data for suicide rate
- National Police Department Data
- Regularly reported :
  - Gunung Kidul
  - Bali

## SUICIDE IN GUNUNG KIDUL AND BALI



### Gunung Kidul

- Gunungkidul has the highest suicide rate in Indonesia, with 4.48 per 100,000 people. In 2006, Gunungkidul had a population of 720,465 and recorded 32.4 suicide cases.

### Picture of belief

- Tukirah, early adult female, was founded hanging herself in her house. The case reported on 9 September 1989, Dusun SIRAMAN II, sub Wonosari, Gunungkidul Regency (district).
- There was a red-tail fire ball (an evil spirit) fallen in to Mrs. Tumikem (tukirah's mother) house

- Several months later, the sibling of tukirah was found hanging herself also. The fire ball came to their house at the 2<sup>nd</sup> time.
- To prevent the fire ball came to her house (Mrs Tumikem) slept outside (terrace) every night.
- Then four months later, her neighbor was found suicide by hanging himself also.

- The spiritual leaders in the area predict the arrival of *pulung gantung* (fire ball), which can only be seen by them. The occurrence of suicide after this is considered to be a call from a supernatural power. In reality, the increased rate of suicide in this village is mostly related to the presence of severe illness among the elderly
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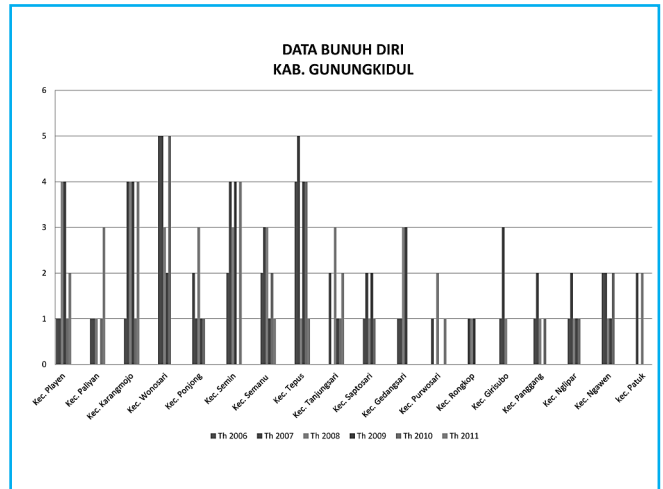
Recent data (latest 6 years)

Operational Division Gg.Kidul Police department RI :

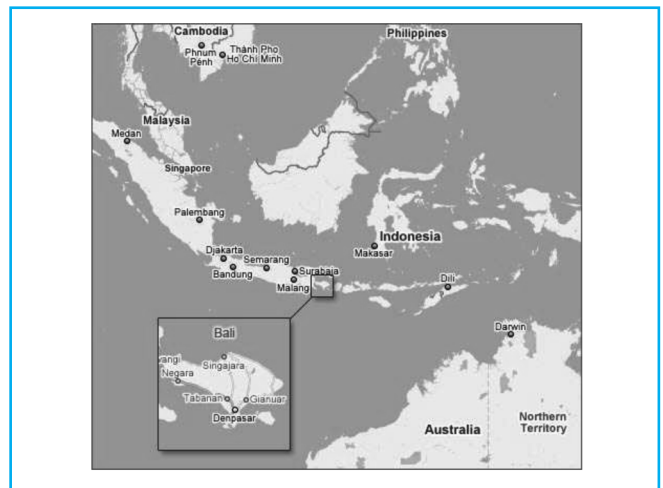
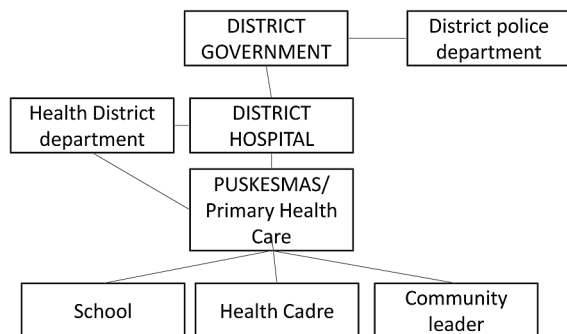
- 2006 → 30 persons (M= 10 and F= 20)
- 2007 → 39 persons (M= 8 dan F= 31)
- 2008 → 37 persons (M= 11 dan F= 26)
- 2009 → 29 persons (M= 9 dan F= 20)
- 2010 → 22 persons (M= 5 dan F= 17)

For 2011 until August: 18 cases

Man 60-70% mean age > 50 years and farmers with hanging (80-95%).



### Prevention model in Gunung Kidul District



### Bali

- In Bali province, according to data compiled by the Police of Bali for five months of 2008 were 70 cases, while in 2009 there were 39 cases. Most cases of suicide by hanging himself as much as 36 people, drank poison two cases, plunged into the wells of the case.

- Most men committed to suicide. For this year by 24 people, female 15. While in 2008 there were 52 male and 18 female. For most age levels, there were 14 cases of 46-80 years, 26-45 years there were 12 cases, and 16-25 years and 5-15 years respectively have 11 and 2.

- Gender: male 4 times more likely to commit suicide than women, but women are four times more likely to attempt suicide than men  
Age: most > 50 years  
The way most to do “Bunuh Diri” is by hanging him/herself followed by drinking poison / drugs and cut veins.

### Risk Factors

- Poverty
- Cultural believe
- Chosen by supra-natural power
- Mental disorder

### Prevention

- The ministry’s latest effort to curb suicides is a help line (021 500454)
- the 10 hotline volunteers who work in three shifts found the work overwhelming
- to tackle suicide cases by the level of public health centers [puskesmas]. We also set up life-skills programs for teenagers so that they can have good social skills and self esteem

### Role of physicians

- Early detection
- Mental health promotion :
  - School
  - Health cadre
  - Community leader
- Early management

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