

# Hubungan antara kebahagiaan psikologis dan ideasi bunuh diri pada siswa SMA di Kabupaten Gunung Kidul = The relationship between psychological well being and suicide ideation among high school student in Gunung Kidul Regency

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## Abstrak

Penelitian ini dilakukan untuk mengetahui apakah terdapat hubungan antara kebahagiaan psikologis dan ideasi bunuh diri pada siswa SMA di Kabupaten Gunung Kidul. Kabupaten Gunung Kidul dipilih sebagai lokasi penelitian karena angka bunuh diri di Gunung Kidul cukup tinggi. Kebahagiaan psikologis diukur menggunakan Ryff's Scale of Psychological Well-Being RPWB, sementara itu ideasi bunuh diri diukur menggunakan Scale for Suicide Ideation SSI. Penelitian melibatkan 249 siswa di tiga sekolah SMA di Kabupaten Gunung Kidul. Analisis korelasi menunjukkan hasil  $r = -,131; p = 0,039$ , signifikan pada L.o.S 0,05. Penelitian menunjukkan hasil bahwa terdapat hubungan negatif yang signifikan antara kebahagiaan psikologis dan ideasi bunuh diri.

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This research was conducted to find the correlation between psychological well being and suicide ideation among High School student in Gunung Kidul Regency. Gunung Kidul regency was chosen as location in this research because suicide rate in Gunung Kidul is quite high. Psychological well being was measured by using Ryff's Scale of Psychological Well Being RPWB and suicide ideation was measured by using Scale for Suicide Ideation SSI. The participants of this research were 249 high school students of three school in Gunung Kidul regency. Correlation analysis showed  $r = 0,131; p = 0,039$  significant at L.o.S 0,05. The result of this research showed that psychological well being negatively correlated significantly with suicide ideation.