



ABSTRAK

Penelitian ini dimaksudkan untuk mengeksplorasi persepsi bunuh diri pada orang Jawa melalui kerangka explanatory model (EM). Pendekatan kualitatif digunakan untuk mengeksplorasi kompleksitas makna bunuh diri. Penelitian ini melibatkan 21 partisipan (13 wanita; usia 22-77) yang seluruhnya merupakan etnis Jawa di Yogyakarta. Mereka terdiri dari penyintas bunuh diri dan non-penyintas (15 orang) yang berpartisipasi melalui *snowball sampling*. Pengambilan data dilakukan melalui wawancara semi-terstruktur secara individual. Analisis tematik diterapkan untuk menghasilkan sintesis tema berdasarkan domain-domain EM meliputi etiologi, persepsi penyebab, dampak, pencarian bantuan, dan strategi intervensi. Penelitian ini menemukan bunuh diri memiliki ragam istilah dan identifikasi menurut metode, bahasa, dan nilai-nilai tabu. Orang Jawa memercayai penderitaan, kehilangan harapan, keterasingan, kelemahan mental, dan rendahnya religiositas merupakan penyebab mengapa orang-orang melakukan bunuh diri. Krisis bunuh diri mengakibatkan stigmatisasi, percobaan berulang, dan dampak laten, seperti *gap years*, kehilangan pekerjaan, dan sakit menahun. Secara umum, pencarian bantuan krisis bunuh diri melibatkan orang-orang terdekat, institusi sosial, dan profesional kesehatan jiwa. Penelitian ini menemukan stigma turut menghambat pencarian bantuan krisis bunuh diri. Strategi intervensi yang disarankan meliputi keterbukaan untuk mencari bantuan, penguatan relasi keluarga dan komunitas, serta menciptakan atmosfer sosial yang ramah dan empatik. Selain itu, de-stigmatisasi merupakan upaya krusial sebagai strategi pencegahan bunuh diri jangka panjang dan meluas.



ABSTRACT

The aim of this study were to explore the explanatory models of suicidality among Javanese. A qualitative approach is used to explore the complexity of the meaning of suicide. This research involved 21 participants (13 women; aged 22-77), all of whom were Javanese in Yogyakarta. They consisted of suicide survivors and non-survivors (15 people) who participated via snowball sampling. Data were collected through individual semi-structured interviews. Thematic analysis was applied to produce a synthesis of themes based on EM domains including etiology, perceived causes, impacts, help-seeking, and intervention strategies. This study found that suicide has a variety of terms and identifications according to methods, language, and taboo values. Participants believe that suffering, loss of hope, isolation, mental weakness, and low of religiosity were the reasons why people committed to suicide. The crisis resulted in stigmatization, repeated attempts, and latent effects, such as gap years, job loss, and chronic illness. In general, seeking help from a suicide crisis involves loved ones, social institutions, and mental health professionals. This study found stigma helped to hinder seeking help from the suicide crisis. Intervention strategies include being open to seeking assistance, strengthening family and community relationships, and creating a friendly and empathetic social atmosphere. In addition, de-stigmatization is a crucial effort as a long-term and widespread suicide prevention strategy.