

Minority Stress as A Predictor of Suicidal Ideation among LGBT Emerging Adults in Indonesia

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Abstract

Given the lack of research about LGBT minority stress in Indonesia, the present study sought to investigate a direct link between minority stress and suicidal ideation among LGBT emerging adults (aged 18-25) in Indonesia. This study employed a quantitative approach, utilizing instruments including Pearl's LGBT Minority Stress Scale and Fitriana's Indonesian Version of the Suicidal Ideation Scale. A total of 903 sexual and gender minority participants were gathered through an online survey. Regression model suggests that minority stress was significantly associated with suicidal ideation. Specific minority stress factors (i.e., rejection anticipation, microaggression, and discrimination events) were also found to predict suicidal ideation significantly. Additionally, although effect sizes were small, lesbian and TGD (transgender and gender diverse) individuals reported higher suicidal ideation compared to other sexual minorities or cisgender peers. These results call for legal protection, intervention, and prevention work on victimization and discrimination, as well as access to better health care and gender-affirming care for LGBT emerging adults in Indonesia.

Keywords: *Minority Stress, Suicidal Ideation, LGBT Emerging Adults, Indonesia*

Abstrak

Melihat kurangnya penelitian tentang stres minoritas LGBT di Indonesia, penelitian ini berupaya untuk menyelidiki hubungan langsung antara stres minoritas dan ideasi bunuh diri di kalangan dewasa muda LGBT (usia 18-25 tahun) di Indonesia. Penelitian ini menggunakan pendekatan kuantitatif dengan instrumen berupa *LGBT Minority Stress Scale* oleh Pearl serta versi adaptasi bahasa Indonesia dari *Suicidal Ideation Scale* oleh Fitriana. Sebanyak 903 partisipan berhasil diperoleh melalui survei daring. Model regresi menunjukkan bahwa stres minoritas berhubungan secara signifikan dengan ideasi bunuh diri. Faktor stres minoritas tertentu (yakni, antisipasi penolakan, mikroagresi, dan peristiwa diskriminasi) juga ditemukan berperan sebagai prediktor signifikan terhadap ideasi bunuh diri. Selain itu, walaupun besar efek yang diperoleh tergolong kecil, lesbian dan TGD (transgender dan *gender diverse*) melaporkan ide bunuh diri yang lebih tinggi dibandingkan dengan kelompok minoritas seksual maupun individu cisgender lainnya. Hasil dari studi ini menegaskan urgensi dari perlindungan hukum serta akses terhadap layanan kesehatan dan layanan afirmasi gender bagi individu LGBT dewasa muda di Indonesia.

Kata kunci: *Stres Minoritas, Ideasi Bunuh Diri, Dewasa Muda LGBT, Indonesia*