

Understanding Suicidal Ideation on Twitter/X in Indonesia: A Qualitative Exploration

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Suicide is a serious public health concern in Indonesia. Suicide begins with thoughts or ideation, which is considered as the most significant factor leading to suicide. Expressing suicidal ideation through X become increasingly common in Indonesia. Examining the motivations and intentions behind such tweets can provide deeper insight into users' emotional needs, and perceived social support. This study is divided into two qualitative studies. Study 1 examined the content of suicide-related tweets shared on X, while Study 2 explored the purposes, motivations, and expectations of the users who express suicidal ideation on X. The results of Study 1 showed that suicide ideation tweets discussed emotional expressions and problems that led to suicide ideation. Relational and financial problems are the main cause of suicide ideation. The results of Study 2 showed that venting emotions is the main purpose of tweeting suicidal ideation. Fear of being judged, lack of positive support systems in real life, and the perception that X is a safe place made respondents more comfortable expressing suicidal ideation on X. Ambivalence between wanting to express suicidal ideation but fearing responses from others also emerged as a strong theme. Unmet needs for acceptance, connectedness, and caring relationships make individuals more vulnerable to express suicidal thoughts on X. It also reflects low social well-being in individuals who have suicidal thoughts. Therefore, interventions aimed at increasing social connectedness are important for all stakeholders to implement, focusing not only on individuals but also on the community level.

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