

# Alexithymia and Resilience: Determining Factors of Suicide Tendency Among Generation Z Adolescents

Rizqiariq Arrofiq Meirendra<sup>a</sup>, Mamang Efendy<sup>b</sup>, Herlan Pratikto<sup>c</sup>

<sup>a,b,c</sup>Department of Psychology, 17 Agustus 1945 Surabaya University

Corresponding Author:

<sup>a</sup>rendra.psychologia@gmail.com

## ABSTRACT

Generation Z, which includes individuals born between 1995 and 2010, grew up amidst the era of digitalization and globalization. This condition allows them to more easily access various types of information, including topics related to suicide. This study aims to identify the relationship between *alexithymia* and resilience with suicidal tendencies in generation Z. A quantitative correlational approach was used in this study. A quantitative correlational approach was used in this study to analyze the strength and direction of the relationship between several variables. The population studied consisted of generation Z adolescents aged 18 to 23 years who had experienced suicidal thoughts or intentions. A Likert model attitude scale was used to collect data. The results showed a simultaneous relationship of the independent variables *alexithymia* (X1) and resilience (X2) to suicidal tendencies (Y) resulting in an R-square value of 0.439 with a significance level of 0.000 ( $p < 0.01$ ), which indicates a positive relationship with a moderate category. While the partial correlation test results show that *alexithymia* is a positive predictor ( $t = 9.133$ ) for suicidal tendencies and resilience is a negative predictor ( $t = -4.317$ ). Based on the results of the analysis in this study, it can be concluded that high levels of *alexithymia* and low resilience have a positive relationship with increased suicidal tendencies, and vice versa.

**Keywords :** Suicidal Tendencies, Suicidal Ideation, Alexithymia, Resilience, Generation Z

## INTRODUCTION

Generation Z consists of those born from 1995 to 2010 as defined by (Csikos & Juhaz, 2016), have grown up in a highly developed digital environment. Most of them have been accustomed to using the internet and smartphones since the age of 8. In the modern and digitalized era, where Generation Z has easier access to unlimited information, adolescents are more quickly exposed to emotional content, including content related to suicide (Noordiono, 2016). News about suicide can be a trigger for adolescents to commit similar acts, hoping that their death will leave a deep impression on their family or friends (Putri & Tobing, 2020). In addition, a history of suicide in the family or neighborhood can also increase the risk of suicide. Suicidal behavior in adolescents, which in this context is Generation Z, often begins with suicidal ideation, which is the most significant risk factor in suicide attempts and death by suicide (Baiden et al., 2020).

A WHO report in 2017 revealed the shocking fact that every 40 seconds, one life is lost to suicide, bringing the total number of deaths from suicide to 800,000 per year. Adolescents

and young adults aged 15-29 years have a high risk of death by suicide, occupying the second position. Then, based on WHO data in 2018, in Indonesia, the death rate due to suicide increased by 0.5% between 2000 and 2016, rising from 2.9% to 3.4% per 100,000 population. Meanwhile, based on data released by the police (PUSIKNAS), since the beginning of 2024 alone, the National Police has handled 849 suicide cases. In 2024, 852 people were recorded to have ended their lives through suicide. Most of the perpetrators were between 26-45 years old, with 263 cases ([prusiks.polri.go.id](http://prusiks.polri.go.id)).

In adolescents, in this context, Generation Z, alexithymia is often a factor that can increase suicidal tendencies (Kurniawan & Sudagijono, 2021). Alexithymia is characterized by difficulty in distinguishing feelings from bodily sensations, limitations in emotional expression, and a mindset that tends to focus on external things. Research on adolescent boys in Surabaya supports this fact, which shows a positive correlation between difficulty identifying and expressing emotions (alexithymia) and suicidal tendencies (Kurniawan & Sudagijono, 2021). (Gusniwati, 2015) explains that emotional awareness allows us to manage change in a positive and productive way. If ignored, uncontrolled emotions can hinder us in dealing with change. The types of emotions commonly felt by adolescents, such as affection, happiness, worry, anger, and hostility, are the main emotional responses that often appear in adolescent character development (Firman, 2018).

When individuals face emotional distress without having the support or ability to cope with the situation, suicidal thoughts may arise as an attempt to escape from the problem. Resilience, as the ability to bounce back and adapt to difficult situations, plays an important role in reducing suicide risk (Mustika, 2024). According to (Putri & Tobing, 2020), Resilience not only helps a person to survive in difficult situations but also plays a role in reducing suicidal thoughts that may arise due to life pressure. Resilience, which is a person's ability to adapt positively to adversity, is an important component in overcoming suicidal tendencies in adolescents (Yoanita et al., 2023). Research (Stark et al., 2022) shows that Resilience plays an important role in preventing adolescents from committing suicide by reducing the intensity of suicidal thoughts. Furthermore, Resilience is seen as the ability to utilize necessary strengths during difficult times and the ability to negotiate access to these strengths appropriately, thus providing a way to reduce suicidal thoughts (Anderson K & Priebe S, 2021). A person with a good level of Resilience tends to be better able to cope with stress and reduce emotional and behavioral disturbances, thus living a better life.

Most previous studies have only highlighted the relationship between alexithymia and depression or Resilience and stress but have not simultaneously examined these two variables in the context of suicidal tendencies in Gen Z adolescents. Previous studies on alexithymia have discussed its association with various psychological disorders, such as depression, anxiety, and suicidal behavior in general and clinical populations. However, most of these studies have not specifically highlighted Generation Z adolescents, who have different emotional and social developmental characteristics than previous generations, especially in the context of digitization and more complex social pressures. Previously, research on Resilience and suicidal thinking has also been conducted. However, the resilience measurement tool used is still the CD-RISC, which does not specifically assess Resilience

among adolescents. Previous research focused on adolescents in middle age, while this study focuses on late adolescents.

Based on this description, this study aims to determine the relationship between alexithymia and Resilience to suicidal tendencies in Generation Z adolescents. The researcher hypothesized that alexithymia has a positive relationship with suicidal tendencies, while Resilience has a negative relationship.

## **LITERATURE REVIEW**

Suicide is defined as behavior that is carried out intentionally with the aim of ending one's life and is not related to accidental or accidental events (Yusuf, 2020). This behavior is usually preceded by suicidal thoughts or ideas, scientifically known as suicidal ideation (Klonsky et al., 2016). Simultaneously, these behaviors can also be categorized as intentional self-harm, which often reflects significant levels of hopelessness and requires serious attention. Some individuals may commit these acts without suicidal intent due to a lack of understanding of the risks of the methods used or not getting timely support (Putri, 2022).

From the definitions above, both suicide and self-harm are deliberate acts that reflect hopelessness and often begin with suicidal ideation. However, in suicide, a person has a firm intention to end their life, whereas in self-harm without suicidal intent, the motivation is more of a release of emotional distress without a conscious desire to die. Both require serious attention as they can lead to fatal consequences if not treated appropriately.

(Suicidal ideation includes various dimensions, ranging from thoughts about death, ideas about suicide, and self-injurious behavior to thoughts related to the planning, execution, and impact of suicide. Suicidal ideation is an individual's thoughts about suicidal intentions and behaviors and thoughts of ending life, either kept to themselves or expressed to others. This definition serves as a key indicator of the likelihood of suicidal behavior. Suicidal ideation and suicide plan are components included in the category of suicidal behavior or suicidality (Abdollahi et al., 2016). (Karisma and Fridari, 2020) define suicidal ideation as thoughts about self-harm or ending life.

According to Reynolds, suicidal ideation includes three main aspects, namely, Specific Wishes of Suicide, Specific Plans of Suicide, and Response of Others. The cause of suicidal behavior in individuals is a complex phenomenon and is influenced by various interconnected factors. In general, these factors usually fall into three main categories viz: biological, psychological, and social factors (Oltmanns & Emery, 2015).

Gen Z adolescents, who have grown up in an era of fast-paced social media and instant content, have become increasingly distracted by digital communication styles that emphasize short messages, emojis, and quick responses. These often superficial interactions leave adolescents poorly trained in deep emotional processing, so exposure to emotional content on the internet without adequate emotional literacy assistance can exacerbate alexithymia (Schimmenti et al., 2017).

The concept of 'alexithymia' was first used by P.E. Sifneos in 1973, which is of Greek origin and means 'wordlessness for emotions.' Sifneos defined this condition as an individual's inability to recognize and express felt emotions. Alexithymia is characterized by difficulty in distinguishing feelings from bodily sensations, limitations in emotional expression, and a

mindset that tends to focus on external matters. In the DSM, alexithymia is not considered a mental disorder but rather a personality characteristic. People with alexithymia often face challenges in interpersonal relationships due to difficulties understanding their own and others' emotions (Lestari et al., 2020). Individuals with alexithymia experience this difficulty because they have difficulty understanding the feelings of others and themselves, which often makes them appear less empathetic. However, they often feel anxious, stressed, and depressed when speaking in public.

Alexithymia is not classified as a mental disorder but rather as a phenomenon that can be a sign of certain mental disorders. The condition is characterized by the difficulty individuals have in identifying, feeling, and identifying their emotions. The ability to express emotions is very important, especially when alexithymia is included with other mental disorders, such as depression, PTSD, autism, or schizophrenia. (Widiyari, 2020). (Swart and Kortekaas, 2009) conceptualize alexithymia as a personality trait characterized by limitations in recognizing and regulating emotions. Meanwhile, (Xiyu, 2023) added that alexithymia is a multidimensional personality trait characterized by individual difficulties in identifying personal emotions and distinguishing them from bodily sensations, barriers in expressing emotions verbally, and an external world-oriented mindset. (Xiyu, 2023) also pointed out that it has been widely reported that people with alexithymia show impairments in their ability to process cognition and experience emotions.

Alexithymia is characterized by four main aspects, namely difficulty identifying feelings and distinguishing between feelings, difficulty in describing feelings to others, limited imagination processes, and thinking styles related to the outside world. Meanwhile, it identifies four main factors in alexithymia, namely Biogenic Alexithymia, Psychogenic Alexithymia, Primary Alexithymia, and Secondary Alexithymia.

Resilience is a person's ability to continue functioning optimally when faced with challenging life experiences. Resilience also reflects a person's capacity to adapt to a new environment that is different from previous life experiences. According to (Hendriani, 2018), Resilience is an important competency needed to face life challenges so that it can support the development of individual mental health. According to (Wahidah, 2018), Resilience allows a person to respond healthily and productively when facing challenges or trauma and is essential for managing stress in everyday life. Resilience is a positive and effective strategy to deal with stressors, whereas Resilience is a trait that allows a person to handle suffering effectively. People with good levels of Resilience tend to be better able to cope with stress and reduce emotional and behavioral disturbances so they can live life better. (Satterwhite & Luchner, 2016) Refer to Resilience as the ability to maintain psychological stability in the face of stress. (Oliver, 2020) identified positive benefits of Resilience, such as the ability to deal with adversity calmly, have constructive thinking, the ability to assess situations appropriately, get social support, and have a strong sense of confidence and spirituality. (Videbeck, 2015) describes Resilience as a healthy response to stressful environments. In the context of adolescents, Resilience is their ability to survive in less supportive or stressful situations. According to (Dewanti & Suprapti, 2019), adolescents who have a high level of Resilience have the possibility of a better life because Resilience can bring out abilities such

as impulse control, optimism, empathy, and self-efficacy. (Missasi, 2019) identified two main factors that play a role in Resilience, namely: internal factors & external factors.

## METHODS

The quantitative method used in this research is a correlational approach. Then, multiple linear regression analysis was used to see the effect of two independent variables on one dependent variable. Generation Z adolescents aged 18-23 years old who have had suicidal ideation or intentions are included in the population of this study. The research area covers several cities in Indonesia, such as Surabaya, Sidoarjo, Gresik, Malang, Yogyakarta, Bandung, Jakarta, and Bali. In this study, the selection of participants was carried out with the help of the Gpower 3.1 application based on a number of considerations. This step was taken because the number of populations that became the object of research could not be known with certainty. The researcher then set an error tolerance level of 5% (0.05), an optimal statistical power of 95% (0.95), and a correlation value of 0.3. Based on the data processed with these parameters, the minimum number of participants required for this study was 111 participants, while the number of samples collected reached 140 participants.

As this study was exploratory in nature and required participants with specific criteria (having had suicidal intentions), purposive sampling was used to ensure the participation of relevant respondents. The criteria for participants in this study were as follows: Have ever had suicidal intentions; male and female; 18-23 years old (born between 2001-2007; Domiciled in Surabaya, Sidoarjo, Gresik, Malang, Jogjakarta, Bandung, Jakarta, and Bali.

The Likert model was used to collect data for this study. One of the most commonly used psychometric scales in questionnaire-based research is the Likert scale, which has two categories of items: favorable and unfavorable. In this study, three variables were studied, and three scales were used, namely, suicidal tendencies, alexithymia, and resilience.

kecenderungan bunuh diri, alexithymia, dan resiliensi.

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1. *Specific Wishes and Plans of Suicide*
2. *Response of Others*

**Table 1. Suicidal tendency instrument**

Dimension	Indicator	Item		Total Item
		Favorable	Unfavorable	
<i>Specific Wishes and Plans of Suicide</i>	Suicidal ideation	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15	-	<b>15</b>
	Suicide planning	17,18,20	16,19	<b>5</b>
<i>Response of Others</i>	Thoughts about others' negative responses when one commits suicide.	22,23,25	21,24	<b>5</b>
<b>Total Item</b>		<b>21</b>	<b>4</b>	<b>25</b>

The suicidal tendency variable was measured by adopting the *Adult Suicidal Ideation Questionnaire* (ASIQ) instrument that had been developed by (Khairunnisa, 2018). The Cronbach alpha coefficient value is 0.97, so this instrument is considered highly reliable. The scale consists of 25 items that use a 7-point response format, namely: Never (0), Almost Never (1), Rarely (2), Sometimes (3), Often (4), Almost Always (5), and Always (6).

Alexithymia as a construct describes limitations in cognitive processes and an individual's inability to manage emotions. In this study, the Toronto Alexithymia Scale (TAS-20), which was created based on Taylor & Bagby's theory in 1994, was used. This instrument includes three main dimensions:

1. *Difficulty identifying feelings* (DIF)
2. *Difficulty describing feelings* (DDF)
3. *Externally oriented cognitive style of thinking* (EOT)

The Indonesian translated version of TAS-20, conducted by (Yusainy, 2017), was used to measure *alexithymia* variables with a total of 20 items. The adaptation of this instrument involves the process of translation, back-translation, and readability testing on 85 students as research subjects. Based on research conducted by (Yusainy, 2017), the TAS-20 scale showed a high level of reliability, with an alpha Cronbach reliability coefficient of 0.807.

Likert scale was used in this instrument with 5 answer options. Answers in this scale include: Strongly Disagree (STS), Disagree (TS), Neutral (N), Agree (S), and Strongly Agree (SS).

Resilience is a person's ability to adapt to the challenges they face, enabling them to remain calm, recover from adversity, and restore strength, motivation, and a clear sense of purpose. An instrument developed based on the theory of The Connor-Davidson Resilience Scale (CD-RISC), was used in this study. This instrument measures resilience with five main dimensions, namely:

1. Personal competence
2. Self-confidence
3. Accepting change positively
4. Self-control
5. Spiritual influence

The resilience measuring instrument in this study has a total of 25 items using a Likert scale that includes two categories of items, namely favorable and unfavorable, with five answer options. Answers range from Not True at All (0), Rarely True (1), Sometimes True (2), Often True (3), to Almost Always True (4).

Based on the validity test of 140 generation Z adolescent participants on the suicidal tendency scale, with a total of 25 items, it was found that the variation power between items ranged from 0.360 to 0.894. Then the validity test on the alexithymia scale, with a total of 20 items, found item variability ranging from 0.376 to 0.744. While the validity test on the resilience scale, with a total of 25 items, found item variability ranged from 0.347 - 0.755.

For the reliability test of this study, Cronbach's alpha method was used to measure internal consistency, with the help of SPSS software version 26.0. The results show a Cronbach alpha value ( $\alpha$ ) of 0.968, which indicates that the suicidal tendency scale has a very high level of accuracy or can measure the variables to be measured. Then on the alexithymia scale the test results show a Cronbach alpha value ( $\alpha$ ) of 0.913. While the reliability results on the resilience scale show an alpha Cronbach ( $\alpha$ ) value of 0.936.

This study was conducted by sending questionnaires to Gen Z adolescents aged 18 to 23 years old who were having plans or desires to commit suicide. The correlational method was used to investigate how the hypothesized variables relate to each other. Then multiple linear regression analysis was conducted using SPSS version 26.

## RESULTS

Based on the participant data that has been collected through Google Form, including information on gender, age, status, and domicile, the data is then processed into a table and recapitulated with the following results.

**Table 2. Demographic data**

Variables	N=140	Percentage (%)
<b>Gender</b>		
Male	42	30%
Female	98	70%
<b>Age</b>		

18	18	12,9%
19	8	5,7%
20	21	15%
21	48	34,3%
22	25	17,9%
23	20	14,3%

Based on the participant recapitulation table based on gender, the results show that female participants totaled 98 participants, with a percentage of 70%, while male participants totaled 42 participants or 30%. Based on age, the majority of participants were 21 years old, with a percentage of 34.3%, while other age groups accounted for 65.7%. The majority of respondents were at the age of 21, which is an important transition stage from late adolescence to early adulthood. This stage is often associated with identity crisis and significant life stress, which can increase the risk of suicidal thoughts.

**Table 3. Normality Test**

Variables	Kolmogorov-Smirnov <sup>a</sup>		
	Statistic	df	Sig.
<i>Alexithymia</i> -Resilience-Suicidal tendencies	0,071	140	0,081

In this study, the *Kolmogorov-Smirnov* method was used to test the normality of the *Alexithymia* (X1), Resiliency (X2), and Suicidal Tendencies (Y) variables. Based on the results above, the normality test shows that the data is normally distributed with a significance value of 0.081 ( $p > 0.05$ ).

**Table 4. Linearity Test**

Variables	Deviation from Linearity		
	F	Sig.	Description
<i>Alexithymia</i> -Resilience-Suicidal tendencies	0,845	0,735	Linier
Resilience-Suicidal tendencies	0,690	0,937	Linier

The results of the linearity test conducted between variables X1 and Y get a significance value of 0.735 ( $p > 0.05$ ), which indicates that there is a linear correlation between the two. In addition, the linearity test showed a significance value of 0.937 ( $p > 0.05$ ), indicating that the relationship between variables X2 and Y is also linear.

**Table 5. Multicollinearity Test**

Variables	Collinearity Statistics	
	Tolerance	VIF
<i>Alexithymia</i> -Resilience	0,996	1,004

In this study, as shown by the multicollinearity test results, variables X1 (*Alexithymia*) & X2 (Resilience) have a *tolerance* value of 0.996 ( $> 0.10$ ) and a VIF value of 1.004 ( $< 10.00$ ).

These results indicate that there is no multicollinearity or significant intercorrelation between variables X1 (Alexithymia) and X2 (Resilience).

**Table 6. Heteroscedasticity Test**

Variables	Correlations
	Sig. (2-tailed)
<i>Alexithymia</i>	0,356
Resilience	0,334

The results of the heteroscedasticity test for the alexithymia variable get a significance value of 0.356 ( $p > 0.05$ ), indicating no inequality in heteroscedasticity or the model. In addition, the resilience variable gets a significance value of 0.334 ( $p > 0.05$ ), indicating no heteroscedasticity.

In this study, data or hypothesis tests were analyzed using multiple linear regression techniques. This method was used using the SPSS version 26 program. The choice of this method is based on the fulfillment of the prerequisites for data analysis, which include normal distribution, linear relationships, and the absence of multicollinearity and heteroscedasticity. Regression analysis was performed with the t test to assess the partial relationship between the independent and dependent variables, as well as the F test to test the relationship between variables X1 and X2 and variable Y simultaneously. In addition, the simultaneous effect of independent variables on the dependent variable was analyzed through the coefficient of determination (R square).

**Table 7. Determination Coefficient Test**

Variables	R-square	Description
Suicidal tendencies	0,439	Moderat

The results of the analysis displayed in the coefficient of determination table show that the combined effect of *alexithymia* (X1) and resilience (X2) on suicidal tendencies (Y) results in an R-squared value of 43.9%. This value falls into the moderate category, indicating that alexithymia and resilience contribute to 49.3% of the variance in suicidal tendencies. Additional variables that have not been included in this research model affect another 56.1% of the variance.

The R-squared value of 43.9% indicates that together alexithymia and resilience explain almost half of the variance in suicidal tendencies in Gen Z adolescents, meaning that the higher the alexithymia and the lower the resilience, the suicidal tendencies tend to increase. The remaining 56.1% of the variance is influenced by other factors outside this model, such as social support, other mental health conditions, or exposure to digital media. Thus, while focusing on reducing alexithymia and increasing resilience is important, suicide prevention efforts also need to consider additional external variables to make interventions more comprehensive.

**Table 8. Simultaneous Test (F Test)**

Variables	F	Sig.
Suicidal tendencies	53,547	0,000

The F test obtained a value of  $F = 53.547$  with a significance of 0.000 ( $p < 0.05$ ), which indicates alexithymia and resilience can simultaneously be predictors of suicidal tendencies. Thus, the first hypothesis which states that these two variables can predict suicidal tendencies in generation Z adolescents can be accepted.

**Table 9. Partial Test (T Test)**

Variables	t	Sig.
<i>Alexithymia</i>	9,133	0,000
Resilience	-4,137	0,000

The t-test results for alexithymia showed a value of  $t = 9.133$  with a significance value of 0.000 ( $p < 0.05$ ), which indicates alexithymia acts as a positive predictor for suicidal tendencies. The higher the alexithymia, the greater the tendency to commit suicide, and vice versa. Therefore, the second hypothesis which states that alexithymia can be a positive predictor of suicidal tendencies in generation Z adolescents can be accepted.

Meanwhile, the partial correlation test results for resilience showed a t value = -4.317 with a significance value of 0.000 ( $p < 0.05$ ), which indicates that resilience serves as a negative predictor of suicidal tendencies. The higher the resilience, the lower the suicidal tendency, and vice versa. Therefore, the third hypothesis that resilience can be a negative predictor of suicidal tendencies in generation Z adolescents can also be accepted.

**Table 10. Additional Test (Crosstabulation Test)**

Variabel		Kecenderungan Bunuh Diri					Total
		SR	R	S	T	ST	
Jenis Kelamin							
Laki-laki	N	2	16	13	8	3	42
	(%)	1,4%	11,4%	9,3%	5,7%	2,1%	30%
Perempuan	N	1	32	25	33	7	98
	(%)	0,7%	22,9%	17,9%	23,6%	5%	70%

The results of the *crosstabulation* analysis between suicidal tendencies and gender in generation Z adolescents showed that in the male group, there were 16 participants (11.4%) who were in the low suicidal tendency category and 8 participants (5.7%) in the high category. As for the female group, there were 32 participants (22.9%) in the low category and 33 participants (23.6%) in the high category. It can be concluded based on the results of the crosstabulation analysis that high suicidal tendencies are found more in adolescent girls compared to boys.

## DISCUSSION

The purpose of this research is to study how resilience and alexithymia correlate with suicidal tendencies in generation Z adolescents. The hypotheses showing the relationship between *alexithymia* and resilience with suicidal tendencies were accepted, according to the results of multiple regression analysis. These findings support the first hypothesis, which states that *alexithymia* and resilience can serve as predictors of suicidal tendencies in generation Z adolescents. Specifically, these results suggest that increased levels of *alexithymia* and

decreased levels of resilience are associated with increased suicidal tendencies, whereas low levels of *alexithymia* and high resilience may reduce the likelihood of suicidal tendencies.

In the Gen Z era that relies on instant digital communication such as emojis, short chats, and social media “likes”, the ability to recognize and express deep emotions has been neglected. Fast and superficial interactions make it difficult for teens to dive into the nuances of feelings, while the pressure to appear happy online suppresses negative emotions. This may exacerbate symptoms of *alexithymia* in Gen Z.

According to multiple linear regression analysis, *alexithymia* and suicidal tendencies had a significant positive correlation, with a significance of 0.000 ( $p < 0.005$ ). The results indicate that high levels of *alexithymia* are positively correlated with suicidal tendencies, and vice versa. This finding is in line with research (Kurniawan & Sudagijono, 2021), which found a positive correlation between *alexithymia* and suicidal tendencies. This research can support previous studies by (Lester et al., 2019) which showed a relationship between *alexithymia* and suicidal behavior, as well as the findings of (Berardis et al., 2017) finding a positive correlation between *alexithymia* and increased suicide risk. These results are consistent with the theoretical framework that *alexithymia*, as a barrier in recognizing and expressing emotions, may exacerbate unchanneled internal distress, thereby increasing suicide risk.

The results of this study have significant practical contributions in suicide prevention efforts in adolescents, especially generation Z. With the finding of a positive relationship between *alexithymia* and suicidal tendencies, psychological interventions can focus on managing emotions and improving individuals' ability to recognize and express their feelings. Training programs such as emotion-focused therapy or emotional literacy training can be implemented in schools and communities as a preventive measure. In addition, these results also provide a basis for mental health professionals, such as psychologists and counselors, to be more alert to signs of *alexithymia* in adolescents who show early symptoms of suicidal tendencies. With a more targeted approach, the risk of suicide can be minimized through early detection and targeted intervention.

Meanwhile, the results of multiple regression analysis also show that resilience and suicidal tendencies have a significant negative relationship, with a significance value of 0.000 ( $p < 0.005$ ). The higher the level of resilience, the lower the suicidal tendency in generation Z adolescents, and vice versa. Low resilience in adolescents can be influenced by academic pressure, lack of emotional support from family, and high expectations formed by social media. Community-based interventions and coping training can be an effort to increase this psychological resilience. This finding is in line with a study conducted by (Putri & Tobing, 2020), which revealed a negative correlation between resilience and suicidal ideation at SMA X Purwakarta. The results of this study are also in line with research by (Marled et al., 2023) in Kupang, which found a similar negative relationship.

Family history, psychological disorders, neurological problems, and long-term stress are some of the risk factors that can increase the likelihood of suicide (Putra, Hakim, & Heryana, 2019). Suicidal ideation is influenced by factors such as social connectedness, emotional pain, and hopelessness, with hopelessness playing a major role in the relationship between risk factors and suicidal ideation. Previous research has also shown that hopelessness is significantly correlated with suicidal behavior (Putra, 2019).

These findings provide a significant practical contribution to suicide prevention efforts in Generation Z adolescents by emphasizing the importance of strengthening resilience. Resilience-based interventions, such as coping strategy training, personal competence development, and increased self-control, can be implemented in school or community programs to help adolescents manage stress and life pressures more adaptively. In addition, mental health providers, such as counselors and psychologists, can use these findings as a guide to develop approaches that focus on increasing resilience as a protective factor against hopelessness and suicide risk. In the family context, parents can also be involved in educational programs to create an environment that supports the development of aspects of resilience in children, such as building self-confidence and fostering healthy social relationships. Thus, this collaborative effort can be an effective preventive measure in reducing the risk of suicide in adolescents.

Resilience plays an important role in reducing stress levels and potentially lowering the risk of suicide. Individuals who have high levels of resilience are able to cope better with psychological stress, thus minimizing the risk of destructive behaviors such as suicide. In addition, research by (Oshio et al., 2018) highlighted that resilience can act as a buffer or protector against psychological risk factors, including hopelessness and depression, which are major predictors of suicidal tendencies. Resilience plays an important role in building adaptive coping strategies, thereby reducing the negative impact of severe stress and traumatic experiences. Resilience can be understood as a person's positive adaptation mechanism to the stresses of daily life. (Shih & Hootman, 2014) also stated that resilience can reduce a person's level of distress, which in turn contributes to a decrease in the number of suicides.

Based on the results of the *crosstabulation* test, it is known that suicidal tendencies occur more in women than men. There are several factors that could explain why Gen Z adolescent girls showed higher suicidal tendencies than boys in this study. First, adolescent girls tend to be more open about expressing symptoms of depression and anxiety, so they may be more susceptible to suicidal thoughts and more easily detected in the survey. According to research, depressed individuals have a high risk of suicidal thoughts, which is evidenced by the significant association between depression and suicidal tendencies in adolescents (Ambali et al., 2021).

Second, social pressures on social media such as body comparison, peer acceptance, and gender role expectations are often felt more heavily by women, which can trigger feelings of inferiority or failure if they are constantly comparing themselves. Research shows that factors such as negative comparisons on social media can trigger suicidal ideation and exacerbate existing psychological conditions (Purnomo & Fasya, 2022). Third, adolescent girls typically face emotional burdens due to more intense interpersonal (friendship/romantic) relationships, where conflict or rejection can have a more profound impact on self-esteem. Fourth, the tendency to seek social support through venting sometimes leads to exposure to negative content (e.g. friends' suicide stories), which can trigger imitation. The combination of these factors makes emotional distress in Gen Z adolescent girls often more complex, resulting in a higher risk of suicidal thoughts.

Interestingly, both variables such as *alexithymia* and resilience have opposite characteristics. Alexithymia is dysfunctional because it hinders adolescents' ability to recognize and express

emotions appropriately, whereas resilience is protective because it helps individuals bounce back and adapt when faced with stress. When resilience levels are high, adolescents are better able to find positive ways to manage feelings that are difficult to express, such as anxiety or sadness, so that the adverse effects of *alexithymia*, such as emotional isolation and increased risk of suicidal thoughts can be minimized. Conversely, adolescents with low *alexithymia* without resilience support could potentially get stuck in a cycle of unmanageable emotions, exacerbating stress and panic. Therefore, interventions aimed at increasing resilience either through coping skills, self-awareness training, or social support, may serve as a protective barrier for adolescents who have difficulty expressing emotions, thereby reducing the negative impact of *alexithymia* in their daily lives.

## CONCLUSION

Based on the findings and analysis of this study, it is concluded that there is a significant pattern in the relationship between alexithymia, resilience, and suicidal tendencies in Gen Z adolescents. This study shows that high levels of alexithymia, which indicates difficulty in recognizing and expressing emotions, and low levels of resilience, which reflects limitations in dealing with life stressors, contribute to increased suicidal tendencies. In contrast, adolescents with low levels of alexithymia and high resilience are better able to manage stress and life challenges, which plays a role in reducing suicidal tendencies. Likewise, the correlation value obtained between alexithymia and resilience with suicidal tendencies in Generation Z adolescents is  $r=0.493$  with a significance of  $0.000$  ( $p<0.01$ ).

This study strengthens the empirical evidence that difficulty recognizing emotions (alexithymia) and resilience both influence suicidal tendencies in late adolescents entering early adulthood in the digital era. The moderate R-squared value proves that these two factors are important in predicting suicide risk. As Gen Z is frequently exposed to emotional and distressing content online, interventions should focus on reducing alexithymia through emotion recognition training and strengthening resilience through stress coping strategies, social support, and technology adaptation skills. The findings are useful for psychologists, teachers, and policymakers to design suicide prevention programs that strike a balance between helping adolescents understand their feelings and building mental resilience. That way, the resulting prevention strategies can be more targeted and in line with Gen Z's needs.

Based on the results that have been described, the researcher would like to give advice to Generation Z adolescents who have experienced or are experiencing suicidal tendencies. In dealing with the stresses of life, it is advisable to learn to recognize one's own emotions and find positive ways to manage them. By understanding the feelings that arise, it can reduce the level of distress felt. In addition, building self-confidence and accepting change positively is also important to help in facing challenges. Support from the environment, whether from family, friends, or the community, is very important so that adolescents do not feel isolated or alone in facing problems.

Then, for future research, it is necessary to expand the scope by including other variables that affect suicidal tendencies, such as social support, personality, depression, and environmental factors. This aims to understand more comprehensively the causes of suicidal tendencies in Generation Z adolescents. In addition, future research also needs to involve a more diverse

and large population so that the results can be applied to various groups of society. Using these findings, intervention programs based on strengthening resilience and emotion management can be developed to help Generation Z adolescents reduce the risk of suicidal tendencies.

## LIMITATIONS

This study has several limitations that need to be considered, namely the lack of relevant references in the previous literature, especially due to the lack of research that combines the three variables used in this study. This limitation has an impact on the lack of references to compare the research results with previous findings. The second is the limitation of the sample, which only includes generation Z adolescents in certain areas, which may affect the generalizability of the findings to the wider population. Fourth, this study has not considered other external factors, such as social support, depression, anxiety, emotional intelligence or traumatic experiences, which could potentially affect the results of the analysis. Lastly, although the results showed a significant relationship between *alexithymia* and resilience with suicidal tendencies, this study is correlational, so it cannot explain the cause-and-effect relationship between these variables. Experimental-like research is needed to confirm a more in-depth causal relationship.

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