

HUBUNGAN DUKUNGAN SOSIAL TEMAN SEBAYA DENGAN RISIKO BUNUH DIRI PADA MAHASISWA RANTAU DI UNIVERSITAS BHAKTI KENCANA BANDUNG

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ABSTRAK

Mahasiswa rantau sering menghadapi berbagai tantangan seperti tantangan fisik, sosial dan psikologis. Tanpa adanya dukungan dari lingkungan sekitar terutama teman sebaya, tantangan tersebut dapat meningkatkan risiko bunuh diri. Dukungan sosial dari teman sebaya dapat memberikan rasa aman, kenyamanan emosional, serta membantu mahasiswa dalam menghadapi tantangan dan menyesuaikan diri dengan lingkungan baru. Penelitian ini bertujuan mengetahui hubungan dukungan sosial teman sebaya dengan risiko bunuh diri pada mahasiswa rantau di Universitas Bhakti Kencana Bandung. Penelitian menggunakan metode kuantitatif dengan desain korelasional dan pendekatan *cross sectional*. Sampel diambil secara *random sampling* sebanyak 188 mahasiswa rantau. Instrumen penelitian adalah kuesioner *Social Support Questionnaire* (SSQ) dan *Suicidal Behaviors Questionnaire-Revised* (SBQ-R). Hasil menunjukkan 72,2% responden mendapat dukungan sosial teman sebaya dan 68,8% berada pada kategori risiko bunuh diri rendah. Uji Spearman menunjukkan adanya hubungan negatif antara dukungan sosial teman sebaya dengan risiko bunuh diri dengan $p\text{-value} < 0,05$. Kesimpulannya, dukungan teman sebaya berperan dalam menurunkan risiko bunuh diri mahasiswa rantau, oleh karena itu disarankan agar mahasiswa aktif menjalin hubungan sosial dalam kegiatan organisasi kemahasiswaan atau komunitas, sementara institusi pendidikan menyediakan ruang berbagi seperti program *peer support*, layanan konseling, pelibatan dosen pembimbing akademik dan skrining rutin sebagai deteksi dini risiko bunuh diri.

Kata kunci : dukungan sosial, mahasiswa rantau, risiko bunuh diri, teman sebaya.

Daftar Pustaka : 12 Buku (2011–2024)
70 Jurnal (2015–2025)
12 Skripsi/Tesis/Karya Ilmiah Lainnya (2018–2025)
8 Sumber Daring/Berita/Statistik (2020–2024)

**THE RELATIONSHIP BETWEEN PEER SOCIAL SUPPORT
AND SUICIDE RISK IN OVERSEAS STUDENTS AT
BHAKTI KENCANA UNIVERSITY BANDUNG**

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ABSTRACT

Overseas students often face various challenges, including physical, social and psychological difficulties. Without support from their surrounding environment, especially from peers, these challenges may increase the risk of suicide. Peer social support can provide a sense of safety, emotional comfort, and help students cope with stress and adjust to a new environment. This study aims to determine the relationship between peer social support and suicide risk among overseas students at Bhakti Kencana University Bandung. The research employed a quantitative method with a correlational design and a cross-sectional approach. The sample was selected using random sampling, involving 188 overseas students. The research instruments used were the Social Support Questionnaire (SSQ) and the Suicidal Behaviors Questionnaire-Revised (SBQ-R). The results showed that 72.2% of respondents received peer social support, and 68.8% were categorized as having a low suicide risk. The Spearman test revealed a significant negative relationship between peer social support and suicide risk ($p\text{-value} < 0.05$). In conclusion, peer support plays an important role in reducing suicide risk among overseas students. Therefore, it is recommended that students actively build social relationships through student organizations or campus communities, while educational institutions are expected to provide sharing spaces such as peer support programs, accessible counseling services, academic advisor involvement, and routine screenings as early detection efforts for suicide risk.

Keywords : social support, overseas students, suicide risk, peer support.

References : 12 books (2011–2024)

70 scientific journals (2015–2025)

12 theses/dissertations/academic papers (2018–2025)

8 online sources/news/statistical data (2020–2024)