

# The Moderating Role of Family Harmony in the Relationship Between Resilience and Suicidal Ideation Among University Students

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## Abstract

Suicidal ideation among college students is a significant mental health issue that requires serious attention. This study aims to examine the role of family harmony as a moderator in the relationship between resilience and suicidal ideation in college students. The study used a quantitative approach with a non-experimental design and convenience sampling method. A total of 388 college students aged 18-25 years old who live with or regularly interact with their families participated in an online survey using the Beck Scale for Suicide Ideation (BSSI), Connor-Davidson Resilience Scale (CD-RISC), and Family Harmony Scale (FHS-24). The results of the moderation regression analysis showed that resilience has a significant negative relationship with suicidal ideation, which means that the higher a person's resilience, the lower the tendency of suicidal ideation. In addition, family harmony acted as a moderator in this relationship; students with high resilience from harmonious families showed lower levels of suicidal ideation compared to those from less harmonious families. These findings confirm the importance of family support and strengthening resilience as protective strategies to prevent suicidal ideation among college students. The implications of this study lead to the development of intervention programs that focus on coping training, psychological counseling, and family education to improve the mental well-being of university students.

**Keywords:** *Suicide, Family Harmony, Resilience, University Students.*



## A. INTRODUCTION

Suicidal ideation has become a serious public health concern in Indonesia, ranking as the fourth leading cause of death (WHO, 2023), with adolescents and university students identified as particularly vulnerable groups. According to Statistics Indonesia (BPS), there were 3,058 recorded suicide cases in 2021. Additionally, a survey reported that 34.5% of university students in Jakarta had experienced suicidal thoughts due to depression (Adam, 2019, as cited in Adiguna et al., 2024). Suicidal ideation is typically categorized into passive (a desire to die without a specific plan) and active (involving concrete planning), both of which warrant immediate attention and intervention. Common contributing factors include academic pressure and lack of familial support.

Resilience, defined as the capacity to recover from adversity, has been shown to reduce the risk of suicidal ideation. Putri and Tobing (2020) found that adolescents with high levels of resilience exhibited no signs of suicidal thoughts, whereas 19% of those with low resilience were at risk. Social support also plays a crucial role. Zhang et al. (2022) reported that support from family, friends, and the broader community can decrease suicide risk both directly (by 20.5%) and indirectly (by 79.5%) through

enhanced resilience.

Family harmony serves as a fundamental foundation in fostering resilience. Warm, low-conflict, and communicative family environments contribute significantly to a sense of security and mental well-being (Windarwati et al., 2020). However, Panjaitan et al. (2023) found that 16.1% of university students experiencing suicidal ideation still reported having positive family relationships, indicating the presence of additional risk factors.

Building on these findings, the present study aims to explore the role of family harmony as a moderating variable in the relationship between resilience and suicidal ideation among university students, while also considering additional factors such as peer support and the campus environment.

## **B. LITERATURE REVIEW**

The independent variable in this study is resilience, defined as an individual's capacity to cope with and recover from life adversities, influenced by psychological, social, and biological factors (Southwick et al., 2014). Resilience is regarded as a developable ability that enables individuals to endure and adapt healthily in the face of life challenges (Bonanno, 2004; Masten, 2001). The dependent variable is suicidal ideation, which refers to thoughts or desires to end one's life, often associated with mental disorders and life stressors (Purse, 2024). Studies by Putri and Oktaviana (2024) and Lee et al. (2024) have identified a negative correlation between resilience and suicidal ideation, indicating that higher resilience is linked to a lower risk of suicidal thoughts. These findings highlight the importance of interventions aimed at enhancing resilience—such as counseling, family support, and coping skills training—as preventive strategies against suicidal ideation. This study supports the hypothesis that resilience functions as a protective factor against suicidal ideation.

H<sub>1</sub>: Hypothesis from the research that there is a relationship between resilience and suicidal ideation

The moderating variable in this study is family harmony, defined as a condition of familial relationships characterized by affection, effective communication, mutual respect, and minimal conflict (Fauziah et al., 2023). Family harmony fosters an emotionally secure environment that supports the psychological well-being of all family members. Core values such as love, patience, and commitment form the basis of a harmonious family (Stinnett & De Frain, 1999).

Kavikondala et al. (2016) developed the Family Harmony Scale, which includes seven key components, such as commitment, positive communication, and family identity. In the Indonesian context, the concept of family harmony is further shaped by cultural norms and religious teachings (Gunarsa, 2004; Hawari, 2010; Kustini, 2011), and is reinforced by elements such as faith, loyalty, and marital stability. Research by Panjaitan et al. (2023) indicated that university students from disharmonious families have a higher risk of suicidal ideation. This finding is supported by evidence that problem-solving abilities also play a critical role in

reducing such risks.

This study not only examines the relationship between resilience and suicidal ideation but also explores the moderating role of family harmony. The findings reveal that resilience is negatively associated with suicidal ideation; the higher the level of resilience, the lower the tendency to experience suicidal thoughts. Notably, this relationship is stronger among students from harmonious families. In other words, family harmony enhances the protective effect of resilience against suicidal ideation..

H2: The hypothesis from the study is that family harmony acts as a moderator of the relationship between resilience and suicidal ideation.

### **C. METHOD**

This study employed a non-experimental quantitative approach to examine the moderating role of family harmony in the relationship between resilience and suicidal ideation among university students. A total of 388 active students from various universities were selected through convenience sampling. Data were collected online using a Google Form distributed via social media platforms and analyzed using Microsoft Excel and JASP.

The study involved active university students aged 18–25 who had been living with or regularly interacting with their nuclear families within the past six months. Participants included students from diploma, undergraduate, and postgraduate levels. Individuals with severe mental disorders undergoing intensive medical treatment—such as schizophrenia or acute bipolar disorder—were excluded. Contextual factors such as parental marital status and employment were also analyzed, as they may influence resilience, family harmony, and suicidal ideation. Clear inclusion criteria and contextual considerations were established to enhance the validity and relevance of the study's findings.

Suicidal ideation was measured using the Beck Scale for Suicide Ideation (BSSI) developed by Beck et al. (1979), translated by Kesuma (2021). This instrument consists of 19 items assessing the intensity and frequency of suicidal thoughts over the past few weeks. Sample items range from "I have never thought of killing myself" to "I think about killing myself, but I would not do it." The scale demonstrated adequate reliability, with a Cronbach's alpha of 0.792.

Resilience was assessed using the Connor-Davidson Resilience Scale (CD-RISC) developed by Connor and Davidson (2003), translated by Azizah et al. (2021). This 25-item scale uses a 5-point Likert response format to measure individuals' ability to cope with stress and recover from adversity. The reliability test yielded a Cronbach's alpha of 0.991, indicating excellent internal consistency.

Family harmony was measured using the Family Harmony Scale (FHS-24) by Kavikondala et al. (2016), translated by Fauziah et al. (2021). The scale comprises 24 items covering five dimensions: communication, conflict resolution, patience, family identity, and quality time. The instrument showed very high reliability, with a Cronbach's alpha of 0.989.

This study employed a quantitative method using an online survey distributed via Instagram and WhatsApp between November and December 2024. The instrument consisted of an informed consent form, demographic data, and three standardized scales: the CD-RISC (resilience), FHS-24 (family harmony), and BSSI (suicidal ideation). Prior to the main analysis, several regression assumptions were tested, including normality (Kolmogorov-Smirnov/Shapiro-Wilk), multicollinearity (VIF), heteroscedasticity (Glejser test and scatterplot), and autocorrelation (Durbin-Watson). Data analysis included descriptive statistics, Pearson correlation, and moderated regression analysis (MRA). Model 1 examined the effect of resilience on suicidal ideation, while Model 2 introduced family harmony as a moderating variable. The findings provide a foundation for formulating intervention strategies aimed at preventing suicidal ideation among university students through resilience enhancement and strengthening family functioning.

#### D. RESULT AND DISCUSSION

This study aimed to examine the role of family harmony as a moderating variable in the relationship between resilience and suicidal ideation among university students. A total of 388 students participated as respondents. Data were analyzed using the JASP software, and the results revealed significant relationships among the examined variables. The demographic characteristics of the respondents are presented in Table 1.

**Table 1. Respondent Demographic Overview**

Respondent	Characteristics	Percentage (%)
<b>Gender</b>		
Male	113	29.12
Female	275	70.88
<b>Age</b>		
18-20 years	204	52.58
21-25 years	184	47.42
<b>Parent's Marital Status</b>		
Married	361	93.04
Widower	27	6.96

Table 1 shows that the majority of respondents were female (70.88%) and aged between 18 and 20 years (52.58%). Most respondents (93.04%) also came from families with married parents. These data indicate that the sample was predominantly composed of late-adolescent to early-adulthood female students from relatively intact family backgrounds.

Based on the data analysis, the researchers examined the descriptive statistics of resilience, family harmony, and suicidal ideation among university students. The details are presented in Table 2 below:

**Table 2. Descriptive Statistics of Resilience, Family Harmony, and Suicidal Ideation in College Students**

	Family Harmony	Resilience	Suicidal Ideation
Valid	388	388	388
Missing	0	0	0
Mean	3.349	3.346	2.879
Std. Deviation	1.274	1.223	0.771
Minimum	1.000	1.000	1.722
Maximum	5.000	5.000	4.278

The average family harmony score among respondents was 3.349, falling into the neutral category, indicating relatively stable family relationships that are not yet fully emotionally supportive. Resilience also fell within the neutral range, with an average score of 2.34, reflecting suboptimal mental toughness. Meanwhile, the average suicidal ideation score was 2.879, suggesting that most respondents disagreed with such thoughts, although suicidal ideation was still perceived as understandable under certain circumstances. These findings suggest that neutral levels of family harmony are associated with lower resilience, thereby increasing the potential for suicidal ideation to emerge. Psychological interventions and social support from both family and the surrounding environment are needed to strengthen resilience and reduce the risk of suicidal ideation.

The correlation analysis revealed significant relationships among the variables ( $p < 0.01$ ), confirming strong statistical significance. Further details are presented in Table 3.

**Table 3. Correlation Matrix between Resilience, Family Harmony, and Suicidal Ideation in College Students**

Variable		Suicidal Ideation	Family Harmony	Resilience
Suicidal Ideation	Pearson's r	--		
	p-value	--		
Family Harmony	Pearson's r	-0.573	--	
	p-value	< .001	--	
Resilience	Pearson's r	-0.590	0.972	--
	p-value	< .001	< .001	--

Table 3 demonstrates significant correlations among resilience, family harmony, and suicidal ideation. Resilience was strongly and negatively correlated with suicidal ideation ( $r = -0.590$ ,  $p < 0.001$ ), indicating that higher levels of resilience are associated with lower tendencies toward suicidal thoughts. Resilient individuals are better equipped to cope with stress and avoid destructive thinking.

Family harmony also showed a significant negative correlation with suicidal ideation ( $r = -0.573$ ,  $p < 0.001$ ). A warm and supportive family environment reduces the risk of suicidal ideation by providing a sense of security and emotional support.

Moreover, there was a very strong positive correlation between resilience and family harmony ( $r = 0.972$ ,  $p < 0.001$ ), suggesting that harmonious family dynamics play a crucial role in fostering psychological resilience. In essence, a healthy family environment not only mitigates the risk of suicidal ideation but also strengthens individuals' ability to cope with life's challenges.

To test the hypotheses in this study, a regression analysis was conducted using

the JASP software. This analysis aimed to examine how resilience, family harmony, and their interaction influence suicidal ideation among university students. The results of the hypothesis testing are presented as follows:

1. F Test

During the analysis, an F-test was employed to determine whether the overall regression model was statistically significant in explaining the relationships among the variables. A significant model indicates that the independent variables collectively have an effect on the dependent variable. Details of this analysis are presented in Table 4.

**Table 4. The Influence of Family Harmony on Suicidal Ideation**

Cases	Sum of Squares	df	Mean Square	F	p
Family Harmony	93.471	4	23.368	54.042	< .001
Residuals	165.608	383	0.432		

Note. Type III Sum of Squares

The F-test results indicated that family harmony has a significant effect on suicidal ideation, with  $F = 54.042$  and  $p < 0.001$ . This suggests a meaningful difference in levels of suicidal ideation based on the degree of family harmony. The higher the level of family harmony, the lower the likelihood of experiencing suicidal thoughts. These findings indicate that a harmonious family environment can serve as a protective factor, helping individuals cope with emotional and psychological stress.

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**Table 5. The Influence of Resilience on Suicidal Ideation**

Cases	Sum of Squares	df	Mean Square	F	p
Resilience	83.670	4	20.917	45.672	< .001
Residuals	175.410	383	0.458		

Note. Type III Sum of Squares

2. t Test

Meanwhile, the t-test was used to evaluate the partial effects of each independent variable on the dependent variable, in order to assess the extent to which resilience and family harmony contribute to reducing the risk of suicidal ideation. Further explanation is provided in Table 6 below:

**Table 6. t Test Results**

t	df	p
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Suicidal Ideation	69.803	387	< .001
Family Harmony	50.464	387	< .001
Resilience	52.137	387	< .001

*Note.* For the Student t-test, the alternative hypothesis Specifies that the mean is different from 0.  
*Note.* Student’s t-test.

The t-test results showed that suicidal ideation ( $t = 69.803, p < 0.001$ ), family harmony ( $t = 50.464, p < 0.001$ ), and resilience ( $t = 52.137, p < 0.001$ ) were all statistically significant. These findings indicate that all three variables play a substantial role in the study, with strong effects and minimal error. Both family harmony and resilience significantly contribute to psychological well-being, particularly in relation to suicidal ideation. This highlights the importance of fostering harmonious family relationships and enhancing resilience as preventive measures against suicidal ideation, providing a foundation for mental health interventions and policy development.

Subsequently, the researchers conducted regression assumption tests, including normality, multicollinearity, and heteroscedasticity, to ensure that the regression model met statistical requirements and that the results were valid.

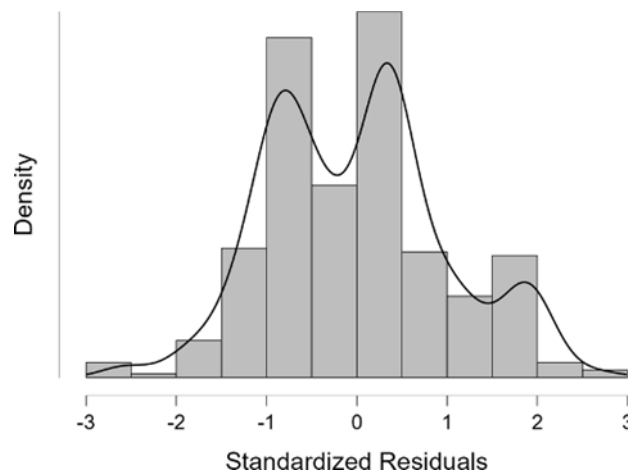
### 1. Normality Test

The researchers then conducted classical assumption tests to ensure that the data met the requirements for regression analysis. The results of the Shapiro-Wilk normality test indicated that all variables had p-values  $< 0.01$ , suggesting that the data were not normally distributed. However, in accordance with the Central Limit Theorem, large sample sizes ( $n \geq 40$ ) are considered to approximate a normal distribution, allowing further statistical analysis to proceed. The normality test was performed to assess whether each variable in the study followed a normal distribution. Detailed results of this test are presented in Table 7.

**Table 7. Normality Test Results**

			Shapiro-Wilk	p
Suicidal Ideation	-	Family Harmony	0.937	< .001
Suicidal Ideation	-	Resilience	0.933	< .001
Family Harmony	-	Resilience	0.930	< .001

The Shapiro-Wilk test results indicated values of 0.937 (Suicidal Ideation – Family Harmony), 0.933 (Suicidal Ideation – Resilience), and 0.930 (Family Harmony – Resilience), with p-values  $< 0.001$ . These results suggest non-normality at the 0.05 significance level. However, according to the Central Limit Theorem, large sample sizes ( $n \geq 40$ ) can be considered to approximate a normal distribution, thus permitting the use of parametric analysis (Gujarati, 2003). If strict normality is required, data transformation or non-parametric tests may be considered. Visual inspection through distribution curves and histograms showed patterns that were approximately normal, although the Shapiro-Wilk test provided more robust evidence (see Figure 1).



**Figure 1. Normality Test Visualization**

A linear regression analysis was conducted to examine the effects of resilience, family harmony, and their interaction on suicidal ideation. Suicidal ideation served as the dependent variable, while resilience and family harmony were treated as independent variables. The analysis also aimed to evaluate how family harmony influences the effect of resilience on suicidal ideation. A multicollinearity test was performed to ensure that the independent variables were not excessively correlated, which could compromise the accuracy of the regression model..

2. Linear Regression Test

Linear regression analysis was conducted to examine the effects of resilience, family harmony, and the interaction between resilience and family harmony on suicidal ideation. The model summary of the regression results is presented in Table 8 below:

**Table 8. Linear Regression Test Results**

Model	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	RMSE	Durbin-Watson		
					Autocorrelation	Statistic	p
M1	0.597	0.356	0.351	0.805	0.120	1.758	0.015

The regression analysis revealed an R<sup>2</sup> value of 0.356, indicating that 35.6% of the variance in suicidal ideation can be explained by resilience, family harmony, and their interaction. The remaining 64.6% is attributed to other factors not included in the model.

3. Multicollinearity Test

The multicollinearity test was conducted to detect any strong intercorrelations or linear relationships among two or more independent variables in the multiple regression model. If multicollinearity is present, the relationships among independent variables may interfere with the estimation of regression coefficients, thereby reducing the model’s accuracy, reliability, and stability in making predictions. Further details are provided in Table 9 below:

**Table 9. Multicollinearity Test Result**

Model		Unstandardized	Standard Error	Standardize d	t	p	Collinearity Statistics	
							Tolerance	VIF
M1	(Intercept)	-0.105	0.063		-1.656	0.099		
	Resilience	-0.495	0.179	-0.495	-2.769	0.006	0.052	19.070
	Family Harmony	-0.015	0.173	-0.015	-0.085	0.932	0.056	17.877
	Resilience* Family Harmony	0.108	0.050	0.120	2.170	0.031	0.545	1.835

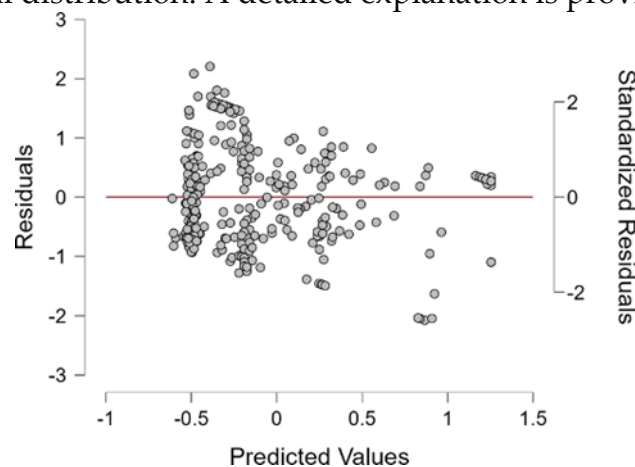
Table 9 indicates a high level of multicollinearity between resilience and family harmony, with VIF values exceeding 10. This level of multicollinearity can compromise the accuracy of the regression results, as it becomes difficult to distinguish the individual effects of each variable. The regression analysis also showed that family harmony did not have a significant direct effect on suicidal ideation ( $p = 0.932$ ), indicating that this variable does not directly influence the outcome.

The resulting regression model is as follows:  $\text{Suicidal Ideation} = -0.105 - 0.495(\text{Resilience}) + 0.108(\text{Resilience} \times \text{Family Harmony}) + e$

These results indicate that resilience significantly reduces suicidal ideation; for every one-unit increase in resilience, suicidal ideation decreases by 0.495 units. The interaction term between resilience and family harmony had a positive effect, suggesting that the level of family harmony modifies the impact of resilience on suicidal ideation. Although family harmony does not exert a direct influence, a harmonious family environment remains important as it enhances the protective function of resilience against suicidal ideation.

4. Heteroscedasticity Test

The heteroscedasticity test using a scatterplot showed that the data points were evenly distributed around zero without any clear pattern, indicating the absence of heteroscedasticity. The normality test, based on the normal curve and the normal probability plot, also showed that the data closely followed the diagonal line, suggesting a normal distribution. A detailed explanation is provided in Figure 2.



**Figure 2. Heteroscedasticity Test Result**

The heteroscedasticity test using a scatterplot showed that the data points were randomly dispersed without a specific pattern, indicating constant residual variance and confirming that the regression assumption was met.

The findings of this study indicate a significant negative relationship between resilience and suicidal ideation; the higher the level of resilience, the lower the risk of suicidal thoughts. This result aligns with the studies by Putri and Oktaviana (2024) and Lee et al. (2024), which emphasize resilience as a protective factor through enhanced coping mechanisms and psychological endurance. Family harmony was found to moderate this relationship: individuals with high resilience but low family harmony remained at greater risk compared to those from harmonious families. These findings support the work of Panjaitan et al. (2023) and the perspectives of Hawari (2010) and Gunarsa (2004), which highlight the importance of emotional support and family stability in maintaining mental health. The implication is that suicide prevention efforts should prioritize the enhancement of resilience through coping skills training and cognitive-behavioral therapy, as well as the strengthening of family relationships through communication-based therapy and training, thereby making interventions more effective.

## **E. CONCLUSION**

This study demonstrated a significant negative relationship between resilience and suicidal ideation; higher levels of resilience were associated with lower risk of suicidal thoughts. Family harmony was found to moderate this relationship, with high resilience in the context of a harmonious family environment being more effective in reducing suicidal ideation than in less harmonious family settings. These findings are consistent with previous studies emphasizing the critical role of family support in strengthening resilience. Therefore, suicide prevention efforts among university students should integrate resilience-building strategies, such as coping skills training and psychological therapy, with interventions aimed at enhancing family relationships through communication-based therapy and training. This holistic approach is essential for fostering comprehensive psychological resilience in students.

Future research is recommended to explore additional factors such as social support, emotion regulation, and academic stress using qualitative or longitudinal methods to gain a deeper understanding. Educational institutions should provide coping skills training and cognitive behavioral therapy (CBT) programs to enhance students' resilience, as well as offer counseling services for those in need. The role of the family is also crucial; therefore, strengthening parental education through parenting programs is essential. Collaboration among families, universities, and mental health professionals is vital to fostering an environment that supports students' mental well-being.

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