

"Mentality Box Futurakit" as Psychological First Aid To Rescue Sandwich Generation From Suicide Ideation

Kayla Naifah Alifia¹, Nurul Kamilah Benu Nur¹, Asviannisa Rachma Zulchairani¹, Dita Sari Wulaningrum¹, Dessy Pranungsari¹

¹Universitas Ahmad Dahlan, Yogyakarta, Indonesia

kaylanalifia@gmail.com; Nurul2100013171@webmail.uad.ac.id; Asviannisa2100013163@webmail.uad.ac.id; 2200013225@webmail.uad.ac.id; dessy.pranungsari@psy.uad.ac.id

Abstract: In contemporary society, suicidal ideations are a relatively common occurrence and are not often considered unusual or infrequently discussed. The prevalence of suicide remains a concern, as indicated by recent data showing 287 reported cases in Indonesia. Particularly noteworthy is the Special Region of Yogyakarta, which ranks third nationwide for suicidal ideation instances. This research employs a quantitative and experimental method with a quasi-experimental design, specifically utilizing the one-group pre-test and post-test design. The study included 12 participants who were current students at different universities in Yogyakarta. The criteria for selection included active student status and being part of the sandwich generation, as well as having experienced suicidal thoughts. The collection of data utilized the Suicidal Behaviors Questionnaire-Revised (SBQ-R) scale. The data was assessed using Wilcoxon analysis with SPSS 23.0 for Windows. The analysis results indicated a Z score of -2.251, with a significance level of 0.024 ($p < 0.05$), suggesting a significant difference in the subjects' pre-test and post-test results before and after administering the intervention. Therefore, the study determined that the subject's suicidal thoughts were encapsulated in nine thematic findings, and the effectiveness of the "Mentality Box Futurakit" in alleviating suicide ideation in the subject was confirmed.

Keywords: experiment, sandwich generation, suicide ideation, photovoice

1 INTRODUCTION

The National Criminal Information Center (Pusiknas) of the Indonesian Police (Polri) reported a total of 287 suicide cases in Indonesia (Muhamad, 2024). Additionally, research conducted by Onie et al. (2024) revealed that a staggering 859.10 percent of suicide incidents remain unreported. Within this context, the Special Region of Yogyakarta ranks third in terms of suicide prevalence, with a rate of 0.951 per 100,000 individuals (Onie et al., 2024). It is important to note that suicide attempts are often preceded by suicidal ideation. The World Health Organization (WHO) documented 703,000 suicide cases globally in 2019, with the highest incidence occurring among individuals aged 15 to 29 years (WHO, 2023). This age group corresponds to the late adolescent phase, specifically between 18 and 22 years, as defined by Santrock (2016). Suicidal ideation, as articulated by Orden (in Hamzah & Triwahyuni, 2023), refers to the condition in which an individual contemplates ending their life due to a desire and capability to do so. Three critical constructs are intertwined in this context: suicidal desire (characterized by thwarted belongingness), the fear of being a burden to others (perceived burdensomeness), and the acquired capability to carry out suicide attempts (Hamzah & Triwahyuni, 2023).

Multiple contributing factors can lead individuals to experience suicidal ideation or make

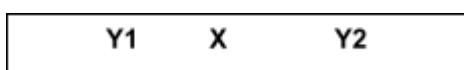
attempts on their own lives. Orden (in Hamzah & Triwahyuni, 2023) delineated the factors contributing to suicidal ideation, including familial discord, psychological conditions, previous suicide endeavors, physical ailments, social seclusion, joblessness, as well as additional variables such as despair and sleep disturbances. Fitri's (2023) study discovered that, in addition to feelings of worthlessness, individuals also experienced fear of burdening others and rejection from their surroundings. Rachmawati and Suratmi (2020) identified factors contributing to suicide in Gunungkidul, Special Region of Yogyakarta (DIY). Factors that can contribute to suicidal thoughts include depression, chronic physical illness, mental disorders, financial difficulties, family problems, and other unknown causes. Consistent with the points mentioned earlier, Distina and Kumail (2019) indicate that psychological well-being can mitigate the risk of depression. Ryff (2014) defines psychological well-being as a state in which an individual can autonomously make life choices, effectively navigate their environment, foster positive interpersonal relationships, establish a clear sense of direction and purpose, maintain positive self-acceptance, and cultivate their potential.

Conversely, the sandwich generation's responsibilities have adverse effects related to physical, psychological, emotional, and financial strains. As Miller (in Khalil & Santoso, 2022) described, the sandwich generation refers to a generation caught between the needs of two other generations, specifically the older generation and their children or siblings. According to Diananda (2019), individuals in the sandwich generation are at a heightened risk of experiencing stress, burnout, and depression. The mental strain and depressive symptoms experienced by the sandwich generation are evident in their emotional state, as they often exhibit profound feelings of sadness, hopelessness, and a lack of motivation to engage in activities of personal interest (Husna & Wahyuni, 2024). The emotions resulting from this conflict are the catalyst for the contemplation of suicide among the sandwich generation.

In response to the issue of suicidal ideation prevalent among the sandwich generation, the "Mentality Box Futurakit" was developed as a set of intervention tools intended to provide psychological first aid during episodes of suicidal thoughts. This kit includes a user manual and various items designed to help redirect thoughts when such ideation occurs. By following the guidelines provided in this kit, individuals experiencing suicidal thoughts may find relief through the available intervention tools. These tools encompass various resources, including notebooks that facilitate journaling to capture and process thoughts associated with suicidal ideation, stress relief balls, affirmation bracelets, and additional supportive items. This research aims to evaluate the effectiveness of the "Mentality Box Futurakit" in mitigating suicidal ideation within the sandwich generation.

2 MATERIALS AND METHODS

This study employs a quantitative approach utilizing an experimental method characterized by a quasi-experimental design, specifically the one-group pre-test post-test framework. In this research, suicide ideation serves as the dependent variable, while the independent variable is represented by the "Mentality Box Futurakit." A pre-test was administered before the intervention, and a post-test was conducted following the final session of the intervention.



Notes:

- Y1 : Measurement before (*pre-test*)
- Y2 : Measurement after (*post-test*)
- X : Treatment/Interventions

Participant

The participants of this research comprised individuals from the sandwich generation, defined as those who bear the dual responsibility of caring for both their elders (parents or grandparents) and their younger relatives (siblings or children) who exhibit suicidal ideation. This study employed a purposive sampling method, resulting in a sample of 12 participants selected based on predetermined criteria.

Research Instrument

The study employed an instrument, the Suicidal Behaviors Questionnaire-Revised (SBQ-R), which was developed by Osman et al. (2001) to measure suicidal ideation. This instrument comprises four closed-ended items and utilizes a favorable response scale. The selection of the SBQ-R was based on research indicating that it demonstrates high internal consistency within student populations, and its items effectively capture various aspects of suicidal ideation, including suicidal thoughts, intentions to commit suicide, and the desire to attempt suicide in the future.

The research tool used to assess the treatment variable is a "Mentality Box Futurakit," constructed following the principles of psychological well-being as outlined by Ryff (2014) and the insights offered in Kamilah's (2024) analysis of psychological well-being in the sandwich generation. The current study involves the development of the "Mentality Box Futurakit" as a form of psychological first aid for addressing suicidal ideation within the sandwich generation. This intervention is informed by the findings of a photovoice analysis conducted on the sandwich generation (Kamilah et al., 2024), focusing on aspects of psychological well-being. The nine aspects employed are derived from the nine themes that arise from the narratives written by each person within the sandwich generation.

Table 1. Mentality Box Futurakit Tool

Aspect	Objectives	Kit
1. <i>Self-Acceptance</i>	As a sandwich generation, adolescents can accept themselves completely, either in the present or the past.	Journaling Book in the chapter of "Flowering Life."
2. <i>Relations With Others</i>	As part of the sandwich generation, adolescents can foster positive relationships with others.	Journaling Book in the chapter "Time to Sketch Your Love" and "Me and My World."
3. <i>Autonomy</i>	As a sandwich generation, adolescents can make life decisions without any influence from other individuals.	Affirmation Bracelet
4. <i>Purpose in life</i>	As a sandwich generation, adolescents regain a purpose in life and a sense of meaning.	Journaling Wishlist
5. <i>Environmental Mastery</i>	As a sandwich generation, adolescents can choose their environment, conforming to their psychological state.	Anti-Stress Ball and Earplugs
6. <i>Personal growth</i>	As a sandwich generation, adolescents can develop their potential.	Journaling Book in the chapter "Unleash Your Potential" and "Self Growth Plant."
7. <i>Way of Viewing</i>	The way of perceiving reality and events, including the image of oneself and the world around them.	Ten self-question cards and a dialog mirror

8. Religiosity	The depth of one's religious conviction and belief in the existence of God is manifested by obeying His commands and avoiding His prohibitions.	Daily Spiritual Tracker and Spirit Bottle
9. Mood	Generally, milder emotions arise in responding to specific situations and circumstances being encountered.	Reed Diffuser Aromatherapy

Procedure

The methodology used in this study is based on a quasi-experimental design called the pretest-posttest one-group design. It aims to select research subjects using a purposive sampling technique. Sample selection in this technique involves choosing samples that meet the study's goals, helping to determine the appropriate sample size for analysis (Sugiyono, 2018). There were 15 out of 33 respondents met the criteria included as research subjects.

The researchers selected participants for the study using specific criteria. They obtained consent from the participants and gave them an SBQ-R questionnaire to measure their level of suicidal thoughts. The research subjects received an intervention called "Mentality Box Futurakit." This intervention lasted for 5 days and allowed flexible task completion times. The researcher supervised the subjects during this period. The day after the treatment, the researcher gave a post-test using an SBQ-R questionnaire. They used the Wilcoxon matched-pairs test to compare the scores before and after the intervention.

The following summarizes the "Mentality Box Futurakit" implementation procedure conducted over five days.

Table 2. Administering Treatment

Days	Activities
Day 1	Self-reflection and Flowering Life Wearing affirmation bracelets and reading them frequently Planting and caring for plants Using a Futura diffuser in the room Completing and working on the "Daily Spiritual Tracker" challenge
Day 2	Watering the plants Applying 3-4 Self Question Cards Breathing technique 4-7-8 Journaling books "First Destination," "Time to sketch your Love", and "Me and My World" Completing and working on the "Daily Spiritual Tracker" challenge
Day 3	Planting and caring for plants Wearing and reading affirmation bracelets Filling in the Journaling book "Second Destination." Completing and working on the "Daily Spiritual Tracker" challenge
Day 4	Performing outdoor solo journaling Wearing and reading affirmation bracelets Completing and working on the "Daily Spiritual Tracker" challenge
Day 5	Planting and caring for plants Wearing and reading affirmation bracelets Filling in the Journaling book "Third Destination." Completing and working on the "Daily Spiritual Tracker" challenge

Collection of Data

The method of collecting data employed in this study involved disseminating an online questionnaire, specifically by utilizing Google Forms and subsequently modifying it to align with the characteristics of the individuals who completed the form. This research employed the Suicidal Behaviors Questionnaire-Revised (SBQ-R) scale, designed by Osman (2001), for the pre-test and post-test assessments. The study selected the SBQ-R as the measuring instrument based on a study demonstrating

its internal solid consistency among student populations and its ability to effectively assess suicidal ideation, encompassing thoughts and desires related to suicide.

Technique of Data Analysis

The analysis of the research data was conducted using non-parametric data analysis with the Wilcoxon test by employing SPSS 23.0 for Windows to examine the differences in suicidal ideation before and after the treatment of "Mentality Box Futurakit."

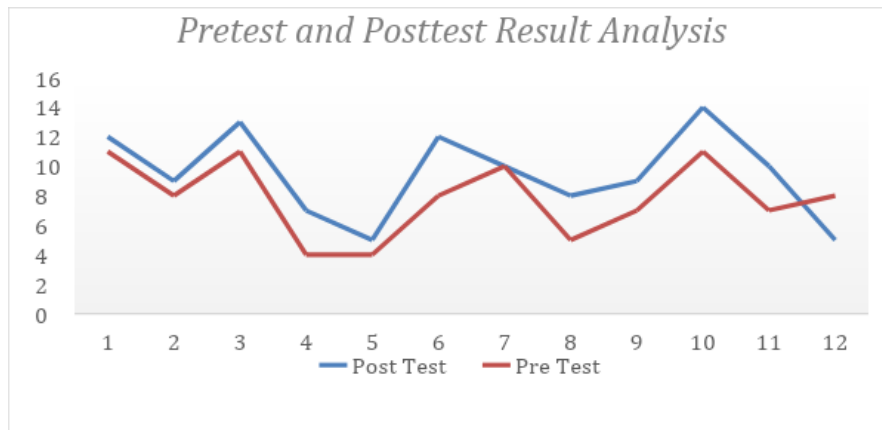
3 RESULTS

Based on the implementation of pre-tests and post-tests on ten research subjects, results were found and are presented in the following tables and graphs.

Table 3. Pre-test and Post-test Results

Subject	Age	Pre-test	Post-test
Subject 1	21	12	11
Subject 2	21	9	8
Subject 3	21	13	11
Subject 4	22	7	4
Subject 5	21	5	4
Subject 6	22	12	8
Subject 7	21	10	10
Subject 8	21	8	5
Subject 9	20	9	7
Subject 10	22	14	11
Subject 11	22	10	7
Subject 12	22	5	8

Graph 1. Subject Pre-test and Post-test Results



The pre-test and post-test results conducted on 12 research subjects reveal disparities among their outcomes. Among the subjects, 10 experienced a decline in their scores between the pre-test and post-test, while 1 subject's scores remained unchanged, and 1 subject acquired an increase in their scores between

the pre-test and post-test. Variations in the pre-test and post-test results indicate that a difference exists.

To further analyze these differences, the pre-test and post-test scores obtained through the Suicidal Behaviors Questionnaire-Revised (SBQ-R) questionnaire were examined in the next stage. Following this stage, the research collected the following statistical data:

	<i>Post-test - Pre-test</i>
Z	-2.251 ^b
Asymp. Sig. (2-tailed)	.024

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

The statistical analysis of the pre-test and post-test data was conducted using the Wilcoxon signed-rank test, which yielded a Z score as index differences by -2.251 with a significance level of 0.024 ($p < 0.05$). This score indicates a significant difference between the two sets of data. The findings indicate a noteworthy disparity between the results before and after the intervention, as evidenced by the pre-test and post-test outcomes. Consequently, the hypothesis that the "Mentality Box Futurakit" intervention effectively diminishes suicidal thoughts among participants belonging to the sandwich generation can be supported. Therefore, it can be inferred that the "Mentality Box Futurakit" effectively reduces suicidal thoughts observed in research participants, symbolizing a representation of the sandwich.

4 DISCUSSIONS

Suicidal ideation refers to the contemplation or consideration of ending one's own life. It serves as a significant precursor to the manifestation of suicidal behaviors, including attempts and completions of suicide (Silverman et al., 2007). According to The Interpersonal Theory of Suicide (Orden et al., 2001), there are four key dimensions associated with suicide, which also inform the development of items on the Suicidal Behaviors Questionnaire-Revised (SBQ-R). These dimensions include: 1) the history of suicidal ideation and/or attempts; 2) the frequency of suicidal thoughts over the past year; 3) expressed threats of suicide; and 4) the individual's self-assessed probability of engaging in suicidal behavior in the future.

The term "sandwich generation" was introduced by Dorothy A. Miller in 1981, referring to individuals who bear the dual responsibility of caring for their aging parents and their children. This unique position often exposes them to significant stress as they allocate resources and services to support both familial generations. Piontak (2016) notes that the experience of being part of the sandwich generation is closely associated with the challenges of managing multigenerational family dynamics. Consequently, those in this role are at an increased risk of stress-related issues. Supporting this notion, research by Savundranagayam et al. (as cited in Fatmasari & Ambarwati, 2022) indicates that the caregiving burden, which is a complex and multifaceted issue, can lead to anxiety and tension as individuals respond to the stress they encounter. The sandwich generation faces various adverse consequences, including financial, physical, and psychological impacts, as highlighted by Sengkey et al.

(2022).

The hypothesis put forth in this research posits that the intervention of "Mentality Box Futurakit" is believed to have a positive impact on decreasing the level of suicidal thoughts among individuals in the sandwich generation. The Wilcoxon signed-rank test is utilized as a statistical hypothesis test to substantiate the proposed hypothesis's validity. According to the findings of the hypothesis test, the Z score revealed a difference index of -2.251 with a significance level of 0.024 ($p < 0.05$), indicating that "Mentality Box Futurakit" has a significant impact on decreasing suicidal ideation in the sandwich generation. This result suggests that the hypothesis can be confirmed.

The sandwich generation often feels overwhelmed by life's challenges, leading to feelings of despair and worry. These intense emotions can greatly impact their mental well-being, sometimes even causing thoughts of suicide to emerge. The sandwich generation feels overwhelmed by caring for their children and aging parents while dealing with work. All these demands can make people desperate and lead to self-destructive thoughts (Hernandez et al. 2019). Intervention tools such as Self-Question Cards and Dialogue Mirrors can help individuals understand their problems and gain insight into their perspectives. This Self-Question Card contains cases related to everyday life, such as conflicts with parents, friendship problems, and others. The Dialogue Mirror helps people practice positive self-talk by allowing them to give themselves affirmations in front of a mirror.

As the subject of this study, the sandwich generation, many feel physical fatigue, which affects their psychological condition. Yeyeng and Izzah (2023) have extensively studied the phenomenon of sandwich generation among students, showing its significant impact on these individuals. The consequences experienced by students in this generation tend to be predominantly negative, encompassing physical and psychological exhaustion. Environmental mastery refers to individuals' ability to select or construct an environment that suits their psychological well-being. Anti-stress balls and earplugs help reduce psychological fatigue. Squeezing the ball and using earplugs block out noise, helping people find calm.

Managing mood in the sandwich generation, which has increasing financial demands along with the development of the Indonesian economy, makes the sandwich generation feel that they have to continue to work harder to complete their work (Pinarang, 2023). The work environment affects financial stability and creates stress that affects mental health (Fakhriyani, 2019). The sandwich generation's mood can be an indicator of emerging suicidal thoughts. Reed diffuser aromatherapy can help create a calm and positive mood for people engaging in activities outside their rooms.

The significance of social support, or interpersonal relationships, is a critical factor influencing the mental health of the sandwich generation. Insufficient social support can increase stress levels among this demographic (Khalil & Santoso, 2022). A study by Salsabhilla and Panjaitan (2019) demonstrated that social support from parents, peers, and significant others plays a crucial role in the development of suicidal thoughts. In light of this, the Journaling Book includes the chapters "Time to Sketch Your Love" and "Me and My World" to remind the sandwich generation of the support systems available to them. The chapter "Time to Sketch Your Love" encourages reflection by prompting individuals to document the strengths and weaknesses of their close relationships, fostering an understanding that imperfection is a shared human experience. Meanwhile, the chapter "Me and My World" is designed using the ecological framework theory to identify and map the individuals and institutions that positively impact the sandwich generation, thereby promoting their ongoing personal development.

The enhancement of individual well-being is determined by the hopes they hold (Murphy, 2023). "Purpose in Life" reflects the individual's conviction that generates feelings of having goals and meaning in life (Ryff, 2014). These hopes are subsequently recorded in a journaling wishlist, which serves as an intervention tool in the form of a journaling book. Documenting aspirations or ideals motivates and reminds us to continuously engage in the process, ensuring that future objectives can be organized effectively.

Gratitude and sincerity toward what one receives from life are part of self-acceptance. On the other hand, there is still resistance to reality, difficulty in recognizing emotions they feel inside, and a tendency to avoid problems. Rahayu and Rifayani (2024) state that self-acceptance plays a crucial role in the face of challenges in the sandwich generation. Positive feelings about oneself, the ability to confront life's realities with happiness, and appreciation for one's values and contributions give the sandwich generation the strength to live meaningfully. The Journaling Book in the chapter "Flowering Life" involves depicting one's strengths and weaknesses on each petal of a flower drawn, allowing the sandwich generation to understand themselves better and cultivate gratitude for their strengths.

The sandwich generation possesses a strong desire for progress and development and a determined spirit to overcome the distress they experience. Despite feelings of insecurity, they are motivated to realize their potential. According to Maurer et al. (2023), when basic needs are satisfied, individuals become willing and eager to enhance their potential. This generation has the capacity for continued growth; however, the pace of this growth is hindered as their fundamental needs remain unmet (Nuryasman & Elizabeth, 2023). Consequently, the intervention tool in the form of a Journaling book in the chapter "Unleash Your Potential" effectively illuminates the inherent potential within the sandwich generation, enabling them to recognize their capability for further development. Another intervention tool, the Self-Growth Plant—specifically planting sunflowers—serves as a metaphor for the responsibility to nurture their growth in parallel with their own development.

The sandwich generation requires the support of others to fulfill their social functions due to internal conflicts that compel them to rely on others for decision-making (Khalil & Santoso, 2022). To enhance their autonomy, it is essential to provide positive affirmations through bracelets that the sandwich generation continuously wears as a stimulus to reinforce their belief in their abilities and counter negative thoughts that may arise. Lastly, to prevent suicidal ideation, it is crucial to manage their religiousness. A person may still possess spiritual beliefs and exhibit patience and confidence in fulfilling the destiny that Allah SWT has predetermined. Religiosity refers to the internalization of religious values in the form of belief in teachings and the application of those beliefs in daily actions (Aviyah & Farid, 2014). According to research conducted by Yuniaty and Hamidah (2020), religiosity has a significant impact on reducing suicide intentions by 13.4%. The Daily Spiritual Tracker can aid the sandwich generation in performing worship and drawing closer to Allah SWT to find peace in times when suicidal thoughts arise.

5 CONCLUSIONS

Based on the results of the research conducted, it can be concluded that the hypothesis proposed in this study, particularly "Mentality Box Futurakit," is effective as a psychological first aid in reducing suicidal ideation among the sandwich generation. Most of the research subjects within this group exhibit suicidal ideation, with some even contemplating future suicide attempts. Following the intervention using

"Mentality Box Futurakit," it is evident that many of the research subjects in the sandwich generation can enhance their psychological well-being and are diverted from the suicidal ideation they experience.

ACKNOWLEDGEMENTS

Completing this scientific article was made possible with the help of various parties. Therefore, the writers would like to express gratitude to the Ministry of Education, Culture, Research, and Technology (Kemendikbud Ristek) for providing a platform to conduct the research and for awarding research grants to support its progress. Furthermore, the author would like to express gratitude to Ahmad Dahlan University for the support provided in terms of opportunities, training, supervision, and financial assistance during the author's study and research process. The researcher would also like to express gratitude to the fifteen research subjects who generously assisted in conducting the study. Also, there are other parties involved that cannot be mentioned individually.

REFERENCES

- Aviyah, E., & Farid, M. 2014. Religiusitas, kontrol diri dan kenakalan remaja. *Jurnal Psikologi Indonesia*. 3(02): 126–129. DOI: <https://doi.org/10.30996/persona.v3i02.376>
- Creswel, J.W., & Creswell, J.D. 2018. *Research Design Qualitative, Quantitative, and Mixed Methods Approaches Fifth Edition*, SAGE Publications, Inc., USA.
- Distina, P.P., & Kumail, H.M. 2019. Pengembangan dimensi psychological well-being untuk pengurangan risiko gangguan depresi. *Jurnal dakwah dan pengembangan sosial kemanusiaan*. 10 (1): 39—59.
- Diananda, A. 2019. Psikologi remaja dan permasalahannya. *Istighna: Jurnal Pendidikan Dan Pemikiran Islam*. 1 (1): 116–133.
- Fakhriyani, D.V. 2019. Kesehatan mental. Pamekasan: Duta media publishing.
- Fatmawati, D., & Ambarwati, K.D. 2024. Konsep diri dengan resiliensi pada sandwich generation. *Jurnal Ilmiah PSYCHE*, 18(1), 1—12. <https://doi.org/10.33557/jpsyche.v18i1.3195>
- Hamzah, V.D.S., & Triwahyuni, A. 2023. Kesepian sebagai faktor prediktif ide bunuh diri di kalangan mahasiswa: Studi pada mahasiswa Universitas Padjadjaran selama pandemi Covid-19. *MediaPsi*. 9(2):85-97. DOI: <https://doi.org/10.21776/ub.mps.2023.009.02.894>
- Hernandez, W.R., Marjanen, P., & Rina, K. 2019. Caring and Sandwich Generation in Finland. 195–243. <https://www.theseus.fi/bitstream/handle/10024/336090/>
- Husna, N., & Wahyuni, S. 2024. Peran konseling individual dalam mengatasi permasalahan remaja perempuan pada generasi sandwich. *Jurnal EDUCATIO (Jurnal Pendidikan Indonesia)*. 10 (1): 277 - 282. DOI: <https://doi.org/10.29210/1202424105>
- Kamilah, et al. 2024. Hear My Voice in Silence: Exploring Psychological Well-Being in the Sandwich Generation through Photovoice. Arsip belum diterbitkan
- Khalil, R.A., & Santoso, M.B. 2022. Generasi sandwich: konflik peran dalam mencapai keberfungsian sosial. *Share: Social Work Journal*. 12(1): 77-87. DOI:10.24198/share.v12i1.39637
- Malherbe, N., Cornell, J., & Suffla, S. 2017. Taking pictures, telling stories and making connections: A photovoice manual (2nd Edition). *Institute for Social and Health Sciences, University of South Africa dan South African Medical Research council-university of South Africa violence, injury and peace research unit*.
- Maurer, M.M., Maurer, J., Hoff, E.V., & Daukantaitė, D. 2023. *What is the process of personal growth? Introducing the Personal Growth Process Model*. New Ideas in Psychology.
- Muhamad, N. 2024. *Ada 287 kasus bunuh diri di awal 2024, terbanyak di Jawa Tengah*. URL: <https://databoks.katadata.co.id/datapublish/2024/03/15/ada-287-kasus-bunuh-diriawal-2024-terbanyak-di-jawa-tengah>. Diakses tanggal 17 Juli 2024.
- Murphy, E.R. 2023. *Hope and well-being*. *Current Opinion in Psychology*, 50, 101558.
- Nuryasman, M., & Elizabeth, E. 2023. Generasi sandwich: penyebab stres dan pengaruhnya terhadap keputusan keuangan. *Jurnal Ekonomi*. 28(1): 20-41. DOI:10.24912/je.v28i1.1322
- Onie, S., Usman, Y., Widyastuti, R., Lusiana, M., Angkasawati, J.T., Musadad, A, D., Nilam, J., Vina, A., Kamsurya, R., Batterham, P., Arya, V., Pirkis, J., & Larsen, M. 2024. Indonesia's first suicide statistics profile: an analysis of suicide and attempt rates, underreporting, geographic distribution, gender, method, and rurality.

- The Lancet Regional Health*. 22: 1 - 10. <https://doi.org/10.1016/j.lansea.2024.100368>
- Osman, A., Bagge, L.C., Gutierrez, M.P., Konick, C.L., Kopper, A.B., & Barrios, X.F. 2001. The suicidal behaviors questionnaire revised (SBQ-R): Validation with clinical and nonclinical samples. *Assesment*. 8 (4): 443 – 454. <https://doi.org/10.1177/107319110100800409>
- Pinaring, L., Yuniningsih, Y., & Wikartika, I. 2023. Effect of financial literacy, risk tolerance, and overconfidence on sandwich generation investment decisions in the city of Surabaya. *International Journal of Multidisciplinary Research and Analysis*. 6(4): 1656-1662. doi: <https://doi.org/10.47191/ijmra/v6-i4-40>
- Rachmawati, F., & Suratmi, T. 2020. Mitos bunuh diri di gunungkidul daerah istimewa yogyakarta (DIY). *Jurnal bidang ilmu kesehatan*. 10 (1): 32-45. <https://ejournal.urindo.ac.id/index.php/kesehatan/article/view/761/650>
- Rahayu, I.P., & Rifayani, H. 2024. Penerimaan diri pada generasi sandwich. *Journal of Creative Student Research*. 2(2): 69–82. <https://doi.org/10.55606/jcsr-politama.v2i3.3966>
- Ryff, C.D. 2014. Psychological well-being revisited: advances in the science and practice of eudaimonia. *Psychotherapy and Psychosomatics*. 83 (1):10—28.
- Salsabhillah, A., & Panjaitan, R.U. 2019. Dukungan sosial dan hubungannya dengan ide bunuh diri pada mahasiswa rantau. *Jurnal Keperawatan Jiwa*. 7(2): 107-114. DOI:10.26714/JKJ.7.1.2019.107-114
- Subagyo, A. 2020. *Aplikasi metode riset: praktik penelitian kualitatif, kuantitatif, dan mix methods*. Intelegensia Media.
- Sugiyono. 2015. *Metode penelitian kombinasi (mix methods)*. Alfabeta. Bandung
- Sugiyono. 2018. *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*, penerbit. Alfabeta, Bandung
- Wang, C., & Burris, M.A. 1997. Photovoice: concept, methodology, and use for participatory needs assessment. *Health Education dan Behavior*, 24(3), 369- 387.
- Yeyeng, A.T., & Izzah, N. 2023. Fenomena sandwich generation pada era modern kalangan mahasiswa. *Shautuna: Jurnal Ilmiah Mahasiswa Perbandingan Mazhab dan Hukum*.4(2):302-321.DOI: <https://doi.org/10.24252/shautuna.vi.32856>
- Yuniaty, S., & Hamidah. 2019. Pengaruh perceived stress dan religiusitas terhadap intensi bunuh diri dewasa awal. *INSAN Jurnal Psikologi dan Kesehatan Mental*. 4(1): 1-10. <https://doi.org/10.20473/jpkm.V4I12019.1-1>