THE EFFECT OF NEUROTICISM AND OCCUPATIONAL STRESS ON SUICIDE IDEATION WITH EMOTIONAL FOCUSED COPING AS A MEDIATOR IN POLICE OFFICERS WHO USE FIRE ARMS

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ABSTRAK
This study aims to determine the effect of neuroticism and occupational stress on suicide ideation with emotional focused coping as a mediator for Polri members who use firearms. Suicidal ideation is a psychiatric emergency caused by high stress and inappropriate coping strategies. Prolonged fatigue and work stress can increase the risk of suicide in police officers. Individual differences in personality traits can be a risk factor for the emergence of suicidal ideation. Emotional focused coping tends to be carried out by individuals if they feel that the problem situation they are facing cannot be changed by managing emotional responses and maintaining affective balance through behavior. This study used 4 psychological scales, namely the big five factor personality scale, the work stress scale, the suicide attribution scale, and the emotional focused coping scale. The subjects to be studied were 375 active members of the National Police who routinely carry firearms in carrying out their duties. Data analysis used in this study was the Linear Regression Model Mediation analysis technique (Path Analysis) using the SPSS (Statistical Product and Service Solution) program for Windows Release version 20. Based on the findings, neuroticism has a direct effect of -0.465 and an indirect effect direct effect of -0.123 on suicidal ideation among members of the National Police who own weapons, this indicates that neuroticism has an indirect effect on suicidal ideation. For Polri members who own firearms, work stress has a positive and statistically significant effect on suicide intentions, as well as a direct effect of 0.406 and an indirect effect regression coefficient of -0.076.

Keywords: Neuroticism, Occupational Stress, Suicide Ideation, Emotional Focused Coping

INTRODUCTION
A. Background of the Problem
According to WHO, suicide is a major international health problem today. About eight hundred thousand people in one year, or one person every four seconds, commit suicide. It is estimated that for every suicide death, there are twenty suicide attempts. In developing and middle-income countries, suicide ranks second only to accidental deaths and most suicide victims are between the ages of 20 and 34.

The Eastern Mediterranean has the lowest suicide rate in the world, according to the World Health Organization’s 2019 publication of global health statistics related to health monitoring in sustainable
development. Suicide rates range from highs of 31.9 in Lithuania and 31.0 in the Russian Federation to lows of 0.5 in Antigua and Barbuda and 0.8 in Barbados.

The estimated suicide rate in Indonesia in 2000 was 4.3 according to World Health Organization research published in 2016 (Ilic & Ilic, 2022). In 2010, that number dropped to 4.0 and was at 3.7 in 2015. Finally, in 2016, Indonesia’s suicide rate was unchanged from the previous year at 3.7. Between 2014 and 2019, the World Health Organization reported an average suicide death rate in Indonesia of 2.4% per 100,000 population and there were 6,544 suicides reported in Indonesia in 2019 (cited in World Bank, 2019). Based on an article published by Antara News on June 6, 2022, the number of suicides and attempted suicides in Indonesia in 2021 was 5,787 cases, citing Village Potential Survey (Podes) data conducted by the Central Bureau of Statistics of the Republic of Indonesia. (CPM). Although the data reported at first glance seems insignificant, suicide has always been a major problem that needs to be addressed urgently.

We must address the issue of suicide head-on. Anyone in any field is prone to this problem. Suicide is a problem that no one can ignore. This problem can happen to anyone and any profession. Professions with high work demands and pressure tend to cause fatigue and prolonged work stress in their workers so that they have the potential for suicide.

Work as a police officer with the expectation that you can handle high stress triggers and traumatic events, as argued by (Wang et al., 2016) in his article Applying Resilience Promotion Training Among Special Forces Police Officers. Workers in this field often experience and observe traumatic events, including violence, abuse, and the discovery of corpses. As a result, police officers can experience stress at work. As a result of the mentally high, physically, and emotionally high demands of work, a police officer can experience work-related difficulties such as tension, anxiety, frustration, and worry. In addition, a 2014 study conducted by Violanti found that working as a police officer was associated with a suicide rate that was eight times higher than that of retired or former police officers.

According to (Ahluwalia et al., 2022), the high rate of officer suicide is a big problem for the police and society in general. Officer suicide is a destructive act that can have a lasting impact on policing as an organization. The United States, Australia, Canada, the United Kingdom, and France are among the top countries in the world for police suicide due to their high crime rates. There are even specialized online resources to study this phenomenon in some countries, such as http://www.policesuicidestudy.com/, http://www.tearsofacop.com/, and http://www.badgeoflife.com/.

Indonesian Police Watch (IPW) from 2015 to the first quarter of 2022 saw many incidents of police committing suicide spread throughout Indonesia. Based on data compiled from various online news page sources from 2015 to 2022, there were 54 cases of police in Indonesia committing suicide. This suicide event was dominated by 31 cases of suicide by shooting themselves using firearms, then hanging themselves as many as 17 cases, drinking poison as many as 1 case, stabbing themselves using a cage as many as 1 case, inhaling poisonous gas as much as 1 case, drinking detergent liquid as much as 1 case, jumping from a height as many as 1 case and scratching the neck as many as 1 case.

According to Reza Indragiri Amriel (Felisiani, 2015), the suicide case of a member of the National Police is a critical issue that needs immediate attention. Workload, constant allocation of time, available stamina, and political situation of the job, all contribute to high levels of stress in the Police profession. In line with that, the Head of Police Public Relations claimed that the majority of its members committed suicide because of the psychological pressure they experienced. A study conducted by the National Police Headquarters confirmed that 80% of police officers in charge of the Criminal Investigation (Reskrim) and Traffic Police (Polantas) functions admitted to feeling stressed due to workload or pressure from outside work. According to (Siegel & Rothman, 2016), armed police officers are more likely to reach for their weapons if possible. Weak personal control over firearms is unlikely to be a determining factor in a police officer's decision to commit suicide. It is a major contributor to suicidal thoughts with firearms.
Work-related stress, acute illness, depression, and personality disorders are all potential triggers for suicidal ideation. Once a person's irrational behavior appears to be suicide, withdrawal, social anxiety, or acts of violence towards others, it is usually determined that he or she has a personality disorder. Difficulty identifying unhealthy people before their irrational behavior becomes apparent. Individual differences in personality traits are also risk factors for suicidal ideation.

A person's personality consists of their unique way of feeling, thinking, and acting. Patterns of behavior that are consistent and enduring in response to a specific set of circumstances are referred to as traits. Personality plays an important role in overcoming existing problems due to the influence of a person's pre-existing traits on their behavior. Different people have a tendency to react in different ways to the same situation based on their unique personality traits. Therefore, everyone's identity becomes very important. When faced with difficulties, everyone has a choice between reacting positively or negatively. The reaction that occurs can manifest as stress which can lead to death by suicide.

There are different perspectives on how a person's personality influences suicidal thoughts. One such framework is Goldberg's big five personality theory (Patten et al., 2015). The theory proposes five different personality types: open (O), conscientious (C), extraverted (E), pleasurable (A), and Neurotic (N). Neuroticism is characterized by a tendency toward negative emotions such as worry, anger, and frustration. An introduction to the five-factor model and its applications (Alalehto, 2003) explains that neurotics are overly sentimental, selfish, and irritable. This person has a low resistance to change, is always themselves, lacks confidence, and has difficulty articulating their feelings. Emotional instability, depression, tension, guilt, and self-awareness are common in highly neurotic people.

People who have this trait often struggle to connect with others and keep those connections strong. People who have high neuroticism are more likely to notice and react to negative aspects than positive aspects of their daily lives. That's according to a 2009 study (Longua, De Hart, Tennen, and Armeli). According to research by (Garcia et al., 2015), employees with high levels of neuroticism tend to overreact and display more severe negative behaviors in response to the surveillance system in the workplace. Therefore, this quality is less advantageous to a person at work because it can hinder the completion of job tasks (Barrick & Mount, 1991).

The unstable psychological condition of leaders or often said to be neurotic tends to affect and shape the temperament and personality of those who work under them. Problems in the workplace arising from interactions and relationships between managers and employees are not trivial and continue to occur continuously from time to time (Johar et al., 2013).

Characteristics of neuroticism include a high level of emotionality. Aggression in the workplace manifests nonverbally in a variety of ways, including staring, cynicism, conditioning responses, silent treatment, and slamming objects or furniture, as described by (Hamann et al., 2020). In contrast, verbal behavior includes things like swearing, yelling, demeaning others, cheating, anger, yelling, mocking, lying, humiliating others in public, forbidding, ignoring the feelings and thoughts of others, and behaving unkindly. Based on the findings of Friedman and (Schustack & Friedman, 2008), Papalia, Olds, and Fieldman (2009), and Pervin, Cervone, and John (2010), neuroticism has the highest potential for burnout. This dimension is characterized by anxiety, sadness, feelings of vulnerability, and nervous tension.

According to (Hastuti, 2022) research, neuroticism is negatively correlated with multitasking due to anxiety that arises from having to juggle many tasks at once. (Muszynski et al., 2022) study found a link between high levels of neuroticism and thoughts of self-harm. That is, those who scored high on the personality trait neuroticism were more likely to think about suicide. People with high neurotics are more likely to be self-pitying, self-aware, emotional, and stressed. People with neuroticism are more likely to experience suicidal ideation if they are unable to manage stress effectively in the face of potentially stressful life events.

Suicidal ideation is a psychiatric emergency caused by high stress and improper coping strategies. According to (Sarafino, 2012), coping with stress involves efforts to eliminate or significantly reduce the
negative effects of stress. Individuals are expected to manage stress and reduce suicidal ideation during psychiatric crises by using effective coping strategies.

In addition to the fact that law enforcement already ranks among the most stressful professions, certain personality traits make police officers particularly vulnerable to the effects of workplace stress. Suicidal ideation is more likely to occur in people who have access to firearms when stress is not properly managed. As a result, researchers looked at the relationship between neuroticism, work stress, and suicidal ideation in police officers who kept firearms, with coping stress as a mediating variable.

**B. Research Questions**

Referring to the problems that have been described in the background of the previous problem, the author formulates the research questions that become studies in this study as follows:
1. Is there any influence of personality neuroticism on suicide ideation in police officers who use firearms?
2. Is there any effect of occupational stress on suicide ideation in police officers who use firearms?
3. Is there an influence of personality neuroticism on suicide ideation mediated by emotional focused coping on members of the National Police who use firearms?
4. Is there an effect of occupational stress on suicide ideation mediated by emotional focused coping on police officers who use firearms?

**C. Problem Statement**

According to the World Health Organization, in low- and middle-income countries, suicide ranks second only to HIV/AIDS. Almost eight hundred thousand people die from suicidal behavior every year, or it can be said that one person commits suicide for every forty seconds. Anyone, including the police, is vulnerable to a suicide tragedy. Fatigue and prolonged work stress can increase the risk of suicide in the Police Force, which is a profession with high levels of rigor and pressure. Workers in this field often experience and observe traumatic events, including violence, abuse, and the discovery of bodies. As a result, police officers can experience stress at work. Work-related stress, acute illness, depression, and personality disorders are some of the risk factors that can contribute to the development of suicidal ideation. Once his irrational actions seem like suicide, isolation and fear, it is common to diagnose him with a personality disorder. Individual differences in personality traits are also risk factors for suicidal ideation. Suicidal ideation is a psychiatric emergency caused by high stress and improper coping strategies.

**D. Research Objectives**

Based on the formulation of the problem, the objectives of this study are as follows:
1. Knowing the influence of personality neuroticism on suicide ideation in members of the National Police who use firearms.
2. Knowing the effect of occupational stress on suicide ideation in members of the National Police who use firearms.
3. Knowing the influence of personality neuroticism on suicide ideation mediated by emotional focused coping on members of the National Police who use firearms.
4. Knowing the effect of occupational stress on suicide ideation mediated by emotional focused coping on members of the National Police who use firearms.

**METHOD**

The data in this study only used primary data. Primary data (data from direct sources), namely data on respondent demographics (age, gender, position, length of career) and Personality Neuroticism data (X1), Occupational Stress data (X2), Emotional Focused Coping data (Z), and Suicide Ideation data (Y)

**E. Validity and Reliability of Measuring Instruments**

1. Validity
Proof of validity Testing the validity or validation of a measuring instrument is required to determine whether or not it can provide reliable results for the intended application. Only measuring instruments that can reliably and accurately measure target variables can be considered valid. This means that the extent to which the thoroughness and thoroughness of a measuring instrument (test) performs its function (Azwar, 2012), validity comes from the word validity.

Since the main purpose of identifying measurement objectives before starting to scale is to develop appropriate theoretical constructs, demonstrating that the structure of all behavioral aspects, behavioral indicators, and items does form an accurate construct for the measured attribute is the most substantive. part of the validation of psychological scales. if the domain on which the scale is based is known and well-defined, then the scale can be considered theoretically healthy (Hayati et al., 2012).

In this study the coefficient of validity is considered sufficient if it is less than 0.361; otherwise, the instrument is considered less valid.

2. Reliability

A reliable measuring instrument is one that consistently produces meaningful results despite some degree of measurement error. The accuracy of a measurement cannot be separated from its reliability, which is defined as the reliability or consistency of measurement results. When repeated measurements of the same group of subjects produce essentially the same results, we can conclude that the results are reliable (Azwar, 2012). The reliability of the score is determined by calculating the Cronbach alpha coefficient between the answers to the same question in SPSS for Windows software (Azwar, 2012).

If the value of a measuring instrument is greater than 0.60, it can be said to be reliable; if the value is close to 1.00, then the reliability coefficient is high; and if it is close to 0 then the reliability coefficient is low (Azwar, 2012).

F. Data Analysis Techniques

The analysis technique used in this study is the Mediation Model Linear Regression analysis technique (Path Analysis) to look for the influence of the independent variable (X) with the dependent variable (Y) with the mediation variable (Z). Before the hypothesis test is carried out, classical assumptions will be tested which include; normality test and linearity test (Ghozali & Dalimoenthe, 2016).

G. Research Procedure

The stages of research implementation and preparation until the end of the research include:

1. Preparatory Stage
a. Get research permission once your research proposal has been approved and endorsed by your employer.
b. Conduct field surveys at designated research locations with approved permits from the Master of Professional Psychology Study Program, Universitas Persada Indonesia Y.A.I. Jakarta.

2. Implementation Stage
a. Following the submission of a research letter to the Master of Professional Psychology Study Program at Universitas Persada Indonesia Y.A.I. Jakarta, he contacted the Semarang Police Chief to ask for permission to conduct research.
b. Investigation at Semarang Polrestabes.
c. Processing data and compiling research reports according to supervisor’s instructions.
d. Responsible to the Board of Examiners of Research Results.

3. Final Stage
Provide the results of research implementation to:
  a. Semarang Police Chief

RESULTS AND DISCUSSION

"Based on the data that has been collected, the answers from respondents have been recapitulated and then analyzed to determine the relationship between neuroticism, occupational stress, and emotional focused coping on suicide ideation in members of the National Police who use firearms. This data analysis goes through two stages, namely descriptive analysis and quantitative analysis.

1. Description of Research Data

Table 4.1.
Frequency distribution of sex characteristics

<table>
<thead>
<tr>
<th>Gender</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man</td>
<td>373</td>
<td>99,46%</td>
</tr>
<tr>
<td>Woman</td>
<td>2</td>
<td>0,54%</td>
</tr>
<tr>
<td>Total</td>
<td>375</td>
<td>100%</td>
</tr>
</tbody>
</table>

Data on the frequency distribution of sex characteristics in table 4.1 showed that Semarang Police personnel who used firearms consisted of 373 people (99.46%) were male and 2 people (0.54%) were female.

Table 4.2.
Frequency Distribution of General Education Characteristics

<table>
<thead>
<tr>
<th>General Education</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMA/K</td>
<td>277</td>
<td>73,87%</td>
</tr>
<tr>
<td>D3</td>
<td>2</td>
<td>0,53%</td>
</tr>
<tr>
<td>S1</td>
<td>86</td>
<td>22,93%</td>
</tr>
<tr>
<td>S2</td>
<td>10</td>
<td>2,67%</td>
</tr>
<tr>
<td>Total</td>
<td>375</td>
<td>100%</td>
</tr>
</tbody>
</table>
Data on the frequency distribution of general education characteristics in table 4.2 show that Semarang Police personnel who use firearms consist of 277 people (73.87%) have a high school / vocational / high school education background, 2 people (0.53%) have a D3 education background, 86 people (22.93%) have an S1 education background, and 10 people (2.67%) have an S2 education background.

Table 4.3.
Frequency Distribution of Rank Characteristics

<table>
<thead>
<tr>
<th>General Education</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enlisted</td>
<td>2</td>
<td>0.53%</td>
</tr>
<tr>
<td>Non-commissioned officers</td>
<td>329</td>
<td>87.74%</td>
</tr>
<tr>
<td>Officer</td>
<td>44</td>
<td>11.73%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>375</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Data on the frequency distribution of rank characteristics in table 4.3 shows that Semarang Police personnel who use firearms consist of 2 people (0.53%) with the rank of Enlisted Officer, 329 people (87.74%) with the rank of Non-commissioned Officer, and 44 people (11.73%) with the rank of Officer.

Table 4.4.
Description of Hypothetical and Empirical Research Data

<table>
<thead>
<tr>
<th>No.</th>
<th>Variable Name</th>
<th>Descriptive</th>
<th>Hypothetical</th>
<th>Empirical</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Neuroticism</td>
<td>X Min</td>
<td>29</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td>X Max</td>
<td>116</td>
<td>145</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>72.5</td>
<td>101.31</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SD</td>
<td>61.52</td>
<td>24.791</td>
</tr>
<tr>
<td>2</td>
<td>Occupational Stress</td>
<td>X Min</td>
<td>22</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td>X Max</td>
<td>88</td>
<td>110</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>55</td>
<td>53.88</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SD</td>
<td>46.67</td>
<td>12.848</td>
</tr>
<tr>
<td>3</td>
<td>Emotional Focused Coping</td>
<td>X Min</td>
<td>X Max</td>
<td>Mean</td>
</tr>
</tbody>
</table>

Syntax Transformation: Vol 4 No. 9 September 2023
Neuroticism, work stress, coping with stress, and suicidal ideation are broad categories into which research data can be broken down. Each research variable was assigned a level of importance between "high" and "low" based on the description of the study. There are three main ways in which we can classify things. The degree of difference sought drives the decision how to classify. However, theoretical maximum and minimum values must be considered in order to establish the limit range to be applied when calculating the standard deviation values to be used to establish a category. Empirical sampling is used to classify items into this group.

After classifying the sample based on the variables described above, the research data will be described. As an illustration of the scale from low to high, this classification scheme is intended to divide people into different groups. Azwar (2016) adds that because categorization is relative, researchers are free to determine for themselves how wide the interval should cover each desired category, as long as the researcher stays within reasonable and acceptable limits. The author uses the classification scheme of Azwar (2016), which includes the following three classes:
A. Variable Neuroticism

"It is known that the mean value = 101.31 and the standard deviation value = 24.791. The distribution of data trends in the big five personality factor variables can be categorized into 3 categories as follows:

Tall  $= x > mean + 1 \text{ SD}$

$= x > 101.31 + 1*24.791$

$= x > 126.10$

Keep  $= mean - 1 \text{ SD} < x < mean + 1 \text{ SD}$

$= 101.31 - 1*24.791 < x < 101.31 + 1*24.791$

$= 76.52 < x < 126.10$

Low  $= x < mean - 1 \text{ SD}$

$= x < 101.31 - 1*24.791$

$= x < 76.52$

Here is a table of the distribution of neuroticism variable data tendencies:

<table>
<thead>
<tr>
<th>Interval</th>
<th>Category</th>
<th>Frequency</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>$x &gt; 126.10$</td>
<td>Tall</td>
<td>7</td>
<td>1.9%</td>
</tr>
<tr>
<td>$76.52 &lt; x &lt; 126.10$</td>
<td>Keep</td>
<td>310</td>
<td>82.7%</td>
</tr>
<tr>
<td>$x &lt; 76.52$</td>
<td>Low</td>
<td>58</td>
<td>15.5%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>375</td>
<td>100.0%</td>
</tr>
</tbody>
</table>


From the sample of 375 people used in the table above, it can be seen that most people (82.7%) consider their level of neuroticism high. There were 58 subjects with low neurosis category (15.5%), and 7 subjects with high neurosis category (1.9%). Based on the classification table above, neuroticism is classified as an unstable variable.
b. Occupational Stress Variables

"It is known that the mean value = 53.88 and the standard deviation value = 12.848. The distribution of trends in occupational stress variable data can be categorized into 3 categories as follows:

Height = \( x > \text{mean} + 1 \text{ SD} \)

\[ = x > 53.88 + 1 \times 12.848 \]
\[ = x > 66.73 \]

Keep = \( \text{mean} - 1 \text{ SD} < x < \text{mean} + 1 \text{ SD} \)

\[ = 53.88 - 1 \times 12.848 < x < 53.88 + 1 \times 12.848 \]
\[ = 41.03 < x < 66.73 \]

Low = \( x < \text{mean} - 1 \text{ SD} \)

\[ = x < 53.88 - 1 \times 12.848 \]
\[ = x < 41.03 \]

The following is a table of the distribution of trends in occupational stress variable data:

<table>
<thead>
<tr>
<th>Interval</th>
<th>Category</th>
<th>Frequency</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>( x &gt; 66.73 )</td>
<td>Tall</td>
<td>49</td>
<td>13.1</td>
</tr>
<tr>
<td>( 41.03 &lt; x &lt; 66.73 )</td>
<td>Keep</td>
<td>290</td>
<td>77.3</td>
</tr>
<tr>
<td>( x &lt; 41.03 )</td>
<td>Low</td>
<td>36</td>
<td>9.6</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>375</td>
<td>100.0</td>
</tr>
</tbody>
</table>


Table 4.6 shows that 77.3% of the sample population of 375 respondents stated a moderate level of work stress. A total of 36 subjects (9.6%) were classified as having low work stress variables, and 49 subjects (13.1%) were classified as having high work stress variables. Work stress falls into the moderate category of the categorization table above."
c. Variabel Emotional Focused Coping

"It is known that the mean value = 152.82 and the standard deviation value = 33.268. The distribution of trends in emotional focused coping variable data can be categorized into 3 categories as follows:

- Height: \( x > \text{mean} + 1 \text{ SD} \)
  \[ x > 152.82 + 1 \times 33.268 \]
  \[ x > 186.09 \]

- Medium: \( \text{mean} - 1 \text{ SD} < x < \text{mean} + 1 \text{ SD} \)
  \[ 152.82 - 1 \times 33.268 < x < 152.82 + 1 \times 33.268 \]
  \[ 119.55 < x < 186.09 \]

- Low: \( x < \text{mean} - 1 \text{ SD} \)
  \[ x < 152.82 - 1 \times 33.268 \]
  \[ x < 119.55 \]

The following is a table of the distribution of trends in emotional focused coping variable data:

<table>
<thead>
<tr>
<th>Interval</th>
<th>Category</th>
<th>Frequency</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>( x &gt; 186.09 )</td>
<td>Tall</td>
<td>40</td>
<td>10.7</td>
</tr>
<tr>
<td>( 119.55 &lt; x &lt; 186.09 )</td>
<td>Keep</td>
<td>285</td>
<td>76.0</td>
</tr>
<tr>
<td>( x &lt; 119.55 )</td>
<td>Low</td>
<td>50</td>
<td>13.3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>375</td>
<td>100.0</td>
</tr>
</tbody>
</table>


Table 4.7 shows that 285 people (76.0% of the sample size) out of a total of 375 rated their level of emotionally focused coping as moderate. Fifty subjects (13.3%) were classified as having low emotional focused coping variables, while 40 subjects (10.7%) were classified as having high emotional focused coping variables. The classification table mentioned above places the variables of emotional focused coping in the middle range."
d. Suicide Ideation Variables

"It is known that the mean value = 7.43 and the standard deviation value = 5.291. The distribution of variable data trends in suicide ideation in members of the National Police who use firearms can be categorized into 3 categories as follows:

Height = \( x > \text{mean} + 1 \text{ SD} \)
\[ = x > 7.43 + 1 \times 5.291 \]
\[ = x > 12.72 \]

Keep = \( \text{mean} - 1 \text{ SD} < x < \text{mean} + 1 \text{ SD} \)
\[ = 7.43 - 1 \times 5.291 < x < 7.43 + 1 \times 5.291 \]
\[ = 2.14 < x < 12.72 \]

Low = \( x < \text{mean} - 1 \text{ SD} \)
\[ = x < 7.43 - 1 \times 5.291 \]
\[ = x < 2.14 \]

The following is a table of the distribution of the tendency of the suicide ideation variable data:

<table>
<thead>
<tr>
<th>Interval</th>
<th>Category</th>
<th>Frequency</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>( x &gt; 12.72 )</td>
<td>Tall</td>
<td>52</td>
<td>13.9</td>
</tr>
<tr>
<td>( 2.14 &lt; x &lt; 12.72 )</td>
<td>Keep</td>
<td>44</td>
<td>11.7</td>
</tr>
<tr>
<td>( x &lt; 2.14 )</td>
<td>Low</td>
<td>279</td>
<td>74.4</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>375</td>
<td>100.0</td>
</tr>
</tbody>
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According to Table 4.8, it was determined that 74.0% of the sample size of 375 respondents considered their suicidal ideation low. There were 44 subjects (11.7% of the total) in the moderate category of suicidal ideation among armed members of the National Police, and 52 subjects (13.9%) in the high category. Based on the classification table above, members of the National Police who have access to firearms are included in the low category on the variable of suicidal ideation."
The t-count value (0.000) (sig.t) is greater than the significance level (0.05) determined by the Path Analysis Mediation Linear Regression Model. Therefore, among armed police officers, neuroticism was significantly and negatively associated with suicidal thoughts. Suicidal ideation among gun-wielding police officers may decrease if neuroticism increases, and vice versa. The findings of this study corroborate the research of Wuryanti and Ambarini (2019) and Morales-Vives and Dueas (2018), both of which found that neuroticism has a significant effect on suicidal ideation.

A person's personality consists of stable and consistent psychological characteristics that shape how they relate to and respond to the world around them. All variables that contribute to an individual's experience of the environment are foreign to the individual or not within the individual's control. The natural environment, social class, parenting, and socio-cultural factors all have an impact on humans from the moment they are born (Mastuti, 2005). This factor is decisive in determining a person's character. In addition to environmental factors such as parenting and experience, genetic factors that occur from generation to generation and are passed down from parents themselves affect the development of individual personality.

Bluml et al. (2013) found that introversion and openness are risk factors for suicidal behavior, while extraversion and awareness are protective factors. According to research by McCan (2010), found that very low scores on the neurotic scale actually have an association with suicide risk. This is because people who have low neurotic scores show fewer negative emotions and as a consequence do not attract the attention of those around them, thus increasing the risk of suicidal ideation becoming a suicide attempt. But on the other hand, people with high neurotic scores with more problematic emotions, thoughts and behaviors are more likely to show the problem so that they attract the attention of people around and seek help. This holds the key to holding suicidal ideation back into attempted suicide. That is, based on research it is known that people who have a high neurotic personality tend to have suicidal ideation, while people with very low neurotic personality are actually people who are prone to suicide attempts.

The results of the Path Analysis Linear Regression analysis show that the probability value of t-count (0.000) (sig.) < Level of Significant (0.05). This means that the variable occupational stress has a positive and significant effect on suicide ideation in members of the National Police who use firearms. This can be interpreted as, if occupational stress increases, then suicide ideation in members of the National Police who use firearms increases. The results of this study are in accordance with the results of Wuryanti & Ambarini (2019); Morales-Vives & Dueñas (2018) which states that occupational stress has a significant effect on suicide ideation. The job as a police officer has demands for high precision, great pressure, dangerous risks, and traumatic events. Work that is directly involved with physical hazards and traumatic events makes police vulnerable to work stress.

High levels of work stress and certain personality types can make police officers more vulnerable to stress. When the stress is out of control, it is likely that a psychiatric emergency can occur in which suicide ideation occurs. Police officers who have access to firearms can be particularly at risk if suicidal ideation arises. Therefore, coping stress is needed that can reduce work stress. If coping stress goes poorly or does not have coping stress, then the possibility of suicidal ideation will be higher. But on the other hand, if the stress can be controlled properly through coping stress, then the lower the likelihood of suicidal ideation. Physical and emotional exhaustion from trying to meet the demands of work is what we call job stress (Alves, 2005).
According to the definition given by Luthans (2012), job stress is the result of an individual's interaction with their workplace and is characterized by the development of coping mechanisms in response to the demands placed on them.

According to Path Analysis, the direct influence of neuroticism on suicidal ideation (Y) has a regression coefficient of -0.465, while the indirect influence has a regression coefficient of 0.670 x -0.184 = -0.123. Since the indirect effect coefficient is greater than the direct effect coefficient, it can be concluded that neuroticism (X1) indirectly influences suicidal ideation through stress coping. These findings are consistent with previous studies by Wuryanti and Ambarini (2019) and Morales-Vives and Dueas (2018), which have found that neuroticism significantly influences both coping with stress and suicidal ideation. Work-related stress, acute illness, depression, and personality disorders are some of the risk factors that can contribute to the development of suicidal ideation. When a person's irrational behavior seems like suicide, withdrawal, fear of social interaction, or even murder, it's usually a sign that something is very wrong with their personality. Inability to recognize unhealthy healthy personality traits before irrational behavior appears. Individual differences in personality traits are also risk factors for suicidal ideation.

Personality is a unique combination of individual traits, including their thoughts, emotions, and actions. Behavior that is consistently predictable under similar conditions is referred to as a trait. Since a person's behavior is influenced by existing traits, their personality is very important when facing ongoing problems. Some personality traits only appear under extreme pressure or when the consequences of an action are dire. Each person has unique characteristics that reveal how they would react in a given scenario. Given this, it is obvious that a person's character is very important. Everyone faces difficulties, but the outcome can be influenced by the attitude adhered to. One of the possible negative reactions is stress, which can eventually result in suicide. To cope with stress, one should strive to manage and reduce the physical and mental manifestations of stress. According to Lazarus, people who have a pessimistic view of a problem will act pessimistically, showing neurotic and abnormal traits (Purnama, 2017). When people have a more optimistic view of the challenges they face, they are more likely to develop strategies to deal with those challenges and increase their level of adjustment (Purnama, 2017). The coping process refers to the decision-making process that leads to acceptable problem solving.

The linear regression analysis of the mediation model (path analysis) showed that work stress had a regression coefficient of 0.406 for its direct influence on suicidal ideation and a regression coefficient of 0.412 x -0.184 = -0.076 for its indirect influence. In other words, work stress indirectly influences suicidal ideation through stress coping strategies, as indicated by a greater coefficient of indirect influence compared to the coefficient of direct influence.

The study's findings corroborate the research of Wuryanti and Ambarini (2019) and Morales-Vives and Dueas (2018), which found that workplace stress significantly impacts coping strategies for dealing with stress and suicidal thoughts. The issue of suicide is one that must be addressed. Anyone in any field is prone to this problem. Suicide is a real risk in jobs where precision and speed under intense pressure can lead to burnout and depression. To become a police officer, one must have the emotional resilience to handle stressful situations and potentially traumatic experiences at work. Workers in this field often face danger themselves and see the suffering of others firsthand, including assault, harassment, and even death. For police officers, this can be stressful at work.
When a police officer experiences mental, physical, and emotional strain as a result of his work, they are said to be stressed. Work stress is defined as an awareness or feeling of personal dysfunction resulting from conditions experienced at work (Parker & DeCotis, 1983). That sensation is the result of a person's unique emotional awareness.

CONCLUSION
Referring to the discussion of this study, the following conclusions can be drawn:
1. The results showed that neuroticism had a negative and significant effect on suicide ideation in members of the National Police who used firearms. This can be interpreted as, if neuroticism increases, then suicide ideation in members of the National Police who use firearms decreases.
2. The results showed that occupational stress had a positive and significant effect on suicide ideation in members of the National Police who held firearms. This can be interpreted as, if occupational stress increases, then suicide ideation in members of the National Police who use firearms increases.
3. The results showed that neuroticism has an indirect effect on suicide ideation through emotional focused coping. This means that coping stress mediates the influence of neuroticism on suicide ideation.
4. The results showed that occupational stress has an indirect effect on suicide ideation through emotional focused coping. This means that coping stress mediates the effect of occupational stress on suicide ideation.

BIBLIOGRAFI


