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The Function of Happiness on Weakening and Strengthening Depressive Effect on Academics' Suicidal Ideation

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Abstract

Year to year, the suicide rate among academics in Nusa Tenggara Barat Province has risen because of various factors. Suicidal behavior results from suicidal ideation, which is triggered by negative emotions that cause psychological stress, such as depression. On the other hand, numerous previous studies found a contribution of happiness and depression to suicidal ideation. Hence, this study examined the significance of the role of happiness in moderating the effect of depression on suicidal ideation. Further, this was a survey study on academics in Nusa Tenggara Barat Province (n = 182). Moderator analysis was applied in this study using the PROCESS Macro version 3.0 installed in the IBM SPSS 23.00. The study's findings have shown that happiness significantly moderates the effect of depression on suicidal ideation. The happier the person is, the lesser the depression impacts suicidal ideation. Moreover, these findings suggest that clinical psychologists working with academic clients should pay attention to increasing happiness as a resource for psychological interventions to reduce the severity of depression's effect on suicidal ideation.

Keywords

Academics, Depression, Happiness, Suicidal Ideation

Based on the interviews with a psychiatrist in Nusa Tenggara Barat Province, most cases of depression were accompanied by suicidal ideation. In these cases, 80% of individuals who suffer from depression and suicidal ideation undergo outpatient treatment at the hospital (Diputra, K. T. A., personal communication, February 4, 2021).

Globally, suicide is a leading cause of death phenomenon, and it is also a problem in Indone-

sia. According to World Health Organization, Indonesia has a suicide rate of 2.4 per 100,000 population, placing it among the 170 nations with the highest suicide rate in the world (World Health Organization, 2019). Based on the investigation in search engine, four college students from the aforementioned province committed suicide by hanging themselves between 2020 and 2021 (Sidik, 2020; Rahim, 2021; Praptono, 2021; Desmamora, 2021). They were bachelor students at different universities, who lived in Bima and Mataram cities and whose ages ranged from 19 to 30 years old. The factors that might have influenced their choice to commit suicide were depression as a result of interpersonal issues with their partners, family problems, and financial concerns. Depression may cause people to experience intense emotional suffering and lack of hope, leaving them with no

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other option but to end their own lives (American Foundation for Suicide Prevention, 2020). This statement is in line with previous findings that reported that depression relates to suicidal ideation (Darmayanti, Winata & Anggraini, 2020).

Nusa Tenggara Barat Province is an Indonesian urban and rural area, which is a part of indigenous context in Indonesia. Two cities in the province are indicated as urban areas, that is, Mataram and Bima (Wibowo & Mendoza, 1996; INOVASI-Innovation for Indonesia's School Children, 2017; UNICEF, 2019). Mataram city, located in Lombok island, is an urban area that focuses on the tourism sector (Kurniansah & Hali, 2018). On the one hand, Bima city, located in Sumbawa island, is an urban area that focuses on trade, industry, and agriculture (Pemerintah Kota Bima, 2018).

Urbanization is a challenge in the world especially in the developing countries like Indonesia. Fast and unstructured development in the urban area affects not only the way people lives but also mental health. Most challenging factors to mental health in urban areas are loneliness, violence, high crime rates, homelessness, drug abuse, and insufficiency of mental health (Okkels et al., 2019). The common problems in the urban area are traffic and air pollutions, and exposure to these was positively associated with higher odds of depressive disorders (Pelgrims et al., 2021). The consideration of mental health is significant as revealed that people living in urban area experienced more severe mental illnesses (Gruebner et al., 2017).

In definition, indigenous context is knowledge about the environment, culture, and attitude of the local community so that indigenous people connect with local wisdom (Suarmika et al., 2019). These attitudes are shaped by values and belief systems that underlie human beings in behaving and acting (Sandoval-Rivera, 2019). In the same manner, Nusa Tenggara Barat society has some local wisdom reflected by their values, such as cultural views that have some functions to develop spiritual, social, and personality attributes (Santosa, 2011; Mawarni, 2019). As one of the tribes in Nusa Tenggara Barat Province, Sasak actually has local wisdom that can be used to deal with mental health problems, for instance, Sereat and Sembek that constitute psychological resilience

(Sumardi & Wahyudiati, 2020).

Some customs and traditions that have been practiced by Nusa Tenggara Barat society until nowadays are Mbolo Weki (deliberation to find solution and make decision) and Teka ra Ne'e (giving concern and contribution to the needy) (Nurjannah et al., 2017). In particular, the Sasak tribe on Lombok island has been practicing the Melampak tradition of providing charity on funeral ceremonies, which is distinguished by the spirit of collaboration, mutual help, socialization, and interaction that has been taught by their ancestors (Mansyur, 2019).

Unfortunately, there were some cases of stigmas and discrimination toward individuals with mental problems in Indonesia. Nusa Tenggara Barat Province is no exception (Ayuningtyas et al., 2018; Hartini et al., 2018). Amalia et al. (2019) stated that Nusa Tenggara Barat Province is one of the provinces with a high prevalence of mental health disorders in Indonesia. Some people with mental illness are shackled (Amalia et al., 2019). In the same vein, Ayuningtyas et al. (2018) and Hartini et al. (2018) demonstrated that most people do not understand how to take care of people with mental illness. Also, majority of people still believe in the myth about people with mental illness (Amalia et al., 2019). Antara (2021) reported that some people with mental illness walk around in Mataram city and disturb people. Moreover, Tim Riskesdas (2018) reported that the shackle cases toward the people with mental illness in urban areas are higher than in rural areas.

In academic context, depression is one of the most prevalent mental illnesses commonly suffered by college students (Lyubomirsky et al., 2003; Vredenburg et al., 1988). Moreover, the COVID-19 pandemic era has disrupted conventional educational interaction around the world including in Nusa Tenggara Barat Province, Indonesia, and replaced them with online learning methods. Yanti (2021) stated that 14 of 235 college students (6.38%) in the province experienced mild depression. Further, several studies have discovered the link between depression and suicidal risk (Conner et al., 2001; Gould et al., 2003). Suicidal ideation is often related to traumatic life events among college students, such as career indecision and relationship breakups, and it may have negative long-term

effects in adulthood (Aalto-Setälä et al., 2001; Field et al., 2009; Newman et al., 1996)

More than a decade ago, the fluid vulnerability theory was proposed as a model in analyzing the temporal dynamics of suicidal risk (Rudd, 2006). In this theory, the individual's predispositions (e.g., genetic vulnerabilities, impulsivity, and trauma exposure) influence the manifestation of acute risk and protective factors (i.e., cognition, emotion, behavior, and physiology). However, the intensity of this effect is moderated by environmental stressors or the triggers. When people are confronted with a triggering event, their emotion, cognition, behavior, and physiology may all contribute to temporary increases in suicidal risk (e.g., the desire to die or active suicidal ideation) (Bryan et al., 2020).

Further, according to this theory, suicidal risk is categorized into two parts. The first is baseline, which refers to the chronic or stable properties of suicidal risk that continue over time and are influenced by historical risk and protective factors (e.g., genetics, trauma, predisposition, and previous suicidal behavior). The second is acute, which refers to the dynamic properties of suicidal risk that are responsive to external factors and are affected by risk and protective factors that fluctuate in reaction to environmental contingencies and internal experiences (e.g., mood, hopelessness, and substance use) (Rudd, 2006).

The amount of research has been focused on the interpersonal theory of suicide (Chu et al., 2017), which was presented by Joiner (2005) and further was updated by Van Orden et al. (2010). The central structures of this theory are as follows: (1) thwarted belongingness, which includes self-reported loneliness, fewer friends, living alone, non-intact family, social isolation, and family issues; (2) perceived burdensomeness, which consists of the perception of liability and self-hate; (3) hopelessness, which raises the possibility of suicide as regarded by the mutability of both thwarted belongingness and perceived burdensomeness; (4) capability for suicide, which involves both the acquired factors and the probability of genetic loading (Chu et al., 2017; Smith et al., 2012).

Many factors contribute to suicidal ideation, for example, psychological disorder (Apter & Freudenstein, 2000), substance abuse (Murphy, 2000), personality disorder (Linehan et al., 2000;

Brent et al., 1994; Lesage et al., 1997; Roy & Draper, 1996), physical illnesses (Harwood & Jacoby, 2000), genetic factors, job strain, family condition, and mass media (Al-Husain, 2005). These risk factors can increase the probability of suicide, but they are not always the direct causes.

In addition, depression was discovered to be one of the risk factors for suicidal ideation (De Beurs et al., 2019; Koo et al., 2017; Lamis et al., 2016). Based on the interpersonal theory of suicide stated by Pfeiffer et al. (2014), individuals with somatic-affective depressive symptoms experience feelings of belongingness and burdensomeness, which lead to suicidal ideation (Joiner, 2005; Joiner et al., 2009). Besides, Kleiman et al. (2014) explained that individuals' feelings of poor engagement with social interaction, low self-worth themselves, or being a burden for others are associated with depressive symptoms. As a result, they seem to be less interested in their social environment, which is a sign that they are considering suicide (Van Orden et al., 2012).

Furthermore, depression is a multi-problematic condition characterized by impairment in interpersonal, social, and occupational functioning (Sadock & Kaplan, 2007). Beck and Alford (2009) specified this condition by five indicators: an unhealthy mood (such as sadness, loneliness, and apathy), a negative self-concept (such as self-reproach and self-blame), a lack of desire to participate in activities (such as suicidal thoughts and avoidance behaviors), certain changes in sleeping, eating, and sexual behavior, and the presence of anxiety.

On top of that, depression is a risk factor for suicidal ideation (Izadinia et al., 2017), but not everyone who is depressed has suicidal ideation, and not everyone who has suicidal ideation has been depressed (Findlay, 2017). Reportedly, most people who are desperate and depressive rarely commit suicide (Gibb et al., 2006), but suicidal ideation in adolescents indicates possibly nearly 12 times the chance of making suicide attempts between 15 and 30 years old (Reinherz et al., 2006). Research suggests that there is a difference in brain activity between depressed people with or without suicidal ideation (Liao et al., 2018). Depressed people with suicidal ideation had higher overall topological properties of dynamic connectomic compared with depressed

people without suicidal ideation and healthy people (Liao et al., 2018). Another research found that changes in amygdala neural circuitry in female patients with first-episode major depressive disorder with suicidal ideation were different from female patients with the first-episode major depressive disorder without suicidal ideation and healthy people (Wei et al., 2018).

Based on the data from previous studies, suicidal ideation, suicidal plans, and suicidal attempts became more prevalent as happiness declined (Kim, 2011; Choi et al., 2019; Lee et al., 2018; Bum & Jeon, 2016; Moeini et al., 2018; Dowlatabadi et al., 2018; Silva & Figueiredo-Braga, 2018; Millgram et al., 2018). In happiness-depression, a negatively significant association exists between the two (Bum & Jeon, 2016; Jo & Kim, 2016; Lee et al., 2018; Moeini et al., 2018; Silva & Figueiredo-Braga, 2018). It means that the higher the happiness is, the lesser the depression is (Millgram et al., 2018). Meanwhile, happiness-suicidal ideation is discovered with a negative contribution (Pompili et al., 2015; Jo & Kim, 2016; Choi et al., 2019). It indicates that an individual with higher happiness implies the lower stage of his or her suicidal ideation (Choi et al., 2019).

The theory of subjective well-being was used to measure positive emotion in this current study (i.e., happiness; Hills & Argyle, 2002; Kashdan, 2004; Diener, 2000). Subjective well-being is a person's assessment of his or her cognitive and affective functions as they relate to their life experiences (Diener, 2000). Simply put, happiness is how individuals respond with satisfaction and pleasure to the moments they face (Argyle & Crossland, 1987; Diener, 2000). Seligman (2005) asserted further that happiness can be influenced by a variety of factors: (1) living in a healthy democratic environment (i.e., not in a dictatorship); (2) marriage (i.e., increasing in happiness and income); (3) avoiding negative events and emotions; (4) social network (e.g., being an open person or a talkative person); and (5) religious practices (i.e., increasing faith and happiness).

This study used the term happiness based on cognitive evaluations (Kashdan, 2004). Happiness is characterized by five components (i.e., social commitment, sense of control, self-efficacy, self-esteem, and physical fitness; Ar-

gyle et al., 1995; Hills & Argyle, 1998). Based on the aforementioned explanations, depression affects academics' suicidal ideation. However, suicidal ideation is not necessarily associated with depression. Also, happiness influences depression and has an impact on suicidal ideation. Some studies related to depression, suicidal ideation, and happiness have been conducted in the Special Region of Yogyakarta (Andari, 2017) and North Sumatra Province (Selian, 2020). In the context of higher education, students (Rai et al., 2020) and lecturers (Mohammed et al., 2020) are encountered with work pressures by their respective roles at the university.

Suicidal ideation is common among academics who are depressed. Those who are under much stress in their lives will find it challenging to complete their activities. Life's problems frequently result in the emergence of negative emotions, and academics will suffer from depression if they cannot figure out those problems. Those who suffer from depression are observed to be uneasy in their daily lives (Hou et al., 2021). Beck (1979) also stated that depression develops when people have negative perceptions about themselves, the world, and their future (cognitive triad), resulting in sadness, a lack of motivation to do things, somatic problems (eating and sleeping difficulties), and behaviors that lead to depressive symptoms. Further, Pompili (2019) demonstrated that people are at risk of committing suicide because of severe psychological distress. Also, Beck et al. (2006) revealed that according to hopelessness theory, suicide occurs as a result of a deep sense of hopelessness, as though everything one does is in vain. People's despair is a significant element in the genesis of suicidal ideation, which, if not treated, can lead to suicidal attempts (Beck et al., 1985).

Depression and suicide can be weakened by happiness (Silva & Figueiredo-Braga, 2018). Happiness is one of the positive emotions that people experience when they are able to enjoy their lives (Achour et al., 2017). Joyful people are more likely to engage in daily activities and social interactions, making them mentally healthier. Dadfat et al. (2021) affirmed that miserable people are more likely to commit suicide. Thus, happiness is defined as the negation of depression and suicidal ideation.

Previously, there was little research that fo-

cused on depression, suicidal ideation, and happiness, especially with the cultural background of the aforementioned province. On the other hand, a study on suicidal ideation and associated factors are needed to combat the rising number of academics' suicides in the province.

Generally known, happiness played a vital role in improving and overcoming depression and suicidal ideation. The higher the happiness, the lower the effect of depression on suicidal ideation (academics' suicidal ideation will decrease because of the decrease of depression). Conversely, the lower the happiness, the higher the effect of depression on suicidal ideation (academics' suicidal ideation will increase because of an increase of depression).

This current study was a non-experimental quantitative study that aimed to test if depression had an effect on suicidal ideation, if happiness had an effect on suicidal ideation, and the interaction effect of happiness, depression, and suicidal ideation. The participants were academics, which consisted of college students and lecturers in Nusa Tenggara Barat Province. To collect the data from participants, a self-report survey with three questionnaires was applied: Beck Depression Inventory-II (Beck et al., 1996), The Oxford Happiness Questionnaire (Hills & Argyle, 2002), and Suicidal Ideation Scale (Luxton et al., 2011).

Methods

Participants

This study involved ($n = 182$) academics in Nusa Tenggara Barat Province who were from Lombok (i.e., the area of Mataram city) and Sumbawa islands (i.e., the area of Bima city). Participants consisted of female ($n = 106$, 58.2%) and male ($n = 76$, 41.8%) respondents. They comprised students ($n = 163$, 89.6%) and lecturers ($n = 19$, 10.4%).

Measures

This study utilized three research instruments to measure depression, happiness, and suicidal ideation of academics. These instruments were used previously in Darmayanti, Prasetyo, Winata, Rosandi, and Sakti (2020).

Beck Depression Inventory-II (BDI-II; Beck et al., 1996). This BDI-II is a statement type with scores ranging from 0 to 3 (Institute of Medicine, 2015). A 21-item test with coefficient Cronbach's $\alpha = .889$ was used. The validity test was by comparing score corrected item-total correlation .20 - .30 (Falvey et al., 1994); when the score is below .20, it is considered to be eliminated. Results of CFA using Lavaan R indicated that model was fit $p(\chi^2) = .000$, CFI = .914, TLI = .905, RMSEA = .050 [90% CI .035-.064], SRMR = .059.

The Oxford Happiness Questionnaire (TOHQ; Hills & Argyle, 2002). This is a six-range of Likert scale (1 = Strongly disagree, 6 = Strongly agree). Of 29 TOHQ's items, 27 items for accessing academics' happiness were utilized. For analyzing items, Falvey et al.'s (1994) correlation on discriminating items was used ($D = .20 - .30$). CFA showed $p(\chi^2) = .000$, CFI = .691, TLI = .665, RMSEA = .102 [90% CI .094-.110], SRMR = .101. This version had a high consistency internal score ($\alpha = .904$).

Suicidal Ideation Scale (SIS; Luxton et al., 2011). This five-point Likert scale's (1 = Never, 5 = Always) instrument involved all of the items as it is the original version. As it is in BDI-II and TOHQ, Falvey et al.'s (1994) correlation on analyzing items was applied. Factor analysis in the Indonesian version generated scores such as $p(\chi^2) = .000$, CFI = .897, TLI = .868, RMSEA = .129 [90% CI .095-.164], SRMR = .096. Consistency internal score yielded a high score reliability ($\alpha = .872$; above .70).

Procedure

This current study was a continuation of a previous study that was conducted by Darmayanti, Prasetyo, Winata, Rosandi, and Sakti (2020). This was supported by Ethical Clearance from Fakultas Psikologi, Universitas Teknologi Sumbawa. Participants of this study completed an online survey utilizing Google form. Before completing three questionnaires, they were asked for informed consent. The online distribution of this survey form was on several social media platforms, so the sampling technique by convenience was applied (Cozby & Bates, 2015); academics in Nusa Tenggara Barat who found

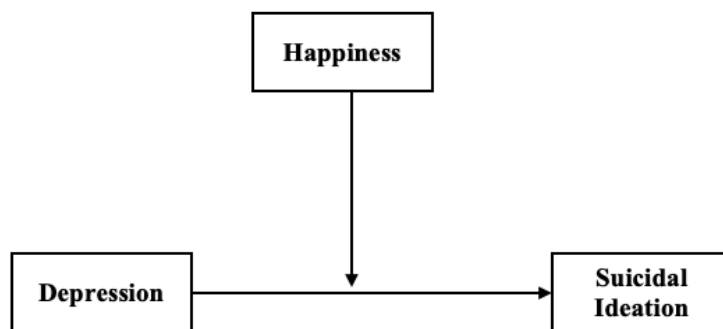


Figure 1. Conceptual diagram of interaction effect of depression, happiness, and suicidal ideation

and completed this form were research participants.

Moreover, this study used a quantitative approach, specifically a non-experimental quantitative study (Gravetter & Forzano, 2018). To collect the data from the participants, a survey with three questionnaires (Cozby & Bates, 2015) related to studied variables was applied. The data about depression, happiness, and suicidal ideation were obtained from this survey by closed-ended questions (Cozby & Bates, 2015).

Data Analysis

The analysis processes were divided into two steps. The first was descriptive data analysis. In this step, the scores of mean and standard deviation of each depression, happiness, and suicidal ideation were determined, and correlation among variables with some demographic variables was analyzed using Pearson correlation. Demographic data included sex differences, age, marital status, ethnicity, and job. The selection of several demographic aspects in this study was based on the association of the differences in mental health issues, especially the emergence of depressive symptoms and suicidal risk and happiness on individuals based on sex dif-

ferences (Halone et al., 2018), age (Pieh et al., 2020), marital status (Jace & Makridis, 2021), ethnicity (Villatoro et al., 2018), and job (Halone et al., 2018; Kassim et al., 2019).

In the last step, research hypotheses were tested, and a moderator analysis approach was wielded (Field, 2018; Hayes, 2013; Jose, 2013). This interaction in the linear model research was done by using IBM SPSS version 23.00. After computing the interaction effect of these three variables, a significant interaction effect, simple slopes (which contained three models; i.e., it was when happiness was below, average, and above levels), and graphs for simple slopes were reported (Field, 2018). The interaction effect of this study pointed to Hayes’s (2013) conceptual diagram of the first model (Figure 1).

Results

Descriptive Findings

Descriptive analysis was shown in Table 1. In addition to three research variables, demographic variables were included to be analyzed descriptively (i.e., sex differences, ethnicity, and job). Sex differences consist of female and male participants. Then, ethnicity refers to ethnicities

Table 1. Correlational matrix among variables

Variables	Mean	SD	1	2	3	4	5	6	7	8
Sex differences	1.418	.495	–							
Age	4.978	3.132	.141	–						
Marriage status	1.088	.284	.091	.648**	–					
Ethnicity	4.484	4.190	.107	.017	.043	–				
Job	1.104	.307	.075	.837**	.719**	.016	–			
Depression	.693	.446	-.046	-.276**	-.232**	-.031	-.324**	–		
Suicidal ideation	1.460	.713	.058	-.158*	.155*	-.013	-.173*	.642**	–	
Happiness	4.258	.767	-.002	.254**	.221**	-.040	.319**	-.709**	-.534**	–

Table 2. Predictors' linear model of suicidal ideation

Criteria	b	SEB	t	p	95% CI	
					LL	UL
Constant	1.369	.046	30.010	.000	1.280	1.459
Depression	.728	.128	5.714	.000	.477	.980
Happiness	-.136	.072	-1.890	.060	-.279	.006
Depression*						
Happiness	-.378	.098	-3.866	.000	-.572	-.185

Table 3. Three models of simple slopes

Condition of Happiness	B	SEB	t	p	R	R ²	ΔR ²
Below [-.767]	1.019	.132	7.733	.000	.685	.469	.045
Average [.000]	.728	.128	5.714	.000			
Above [.767]	.438	.163	2.695	.008			

in and out of the province. Sasak is the majority ethnic group in Lombok island, especially in Mataram city. In Bima city, the original ethnic group is known as Mbojo or Bima. Some people from Sumbawa identified as Samawa ethnic staying in Sumbawa island. Jobs indicated whether the participants are undergraduate students or lecturers. Findings with the detailed mean and standard deviation values were summarized.

Pearson correlation was summed up only with four significant relationships. These were positive significance between job and happiness ($r = .319, p < .01$), negative significance between job and depression ($r = -.324, p < .01$) and suicidal ideation ($r = -.173, p < .01$), negative significance between marriage status and depression ($r = -.232, p < .01$), positive significance between marriage status and suicidal ideation ($r = .155, p < .05$) and happiness ($r = .221, p < .01$), negative significance between depression and happiness ($r = -.709, p < .01$), positive significance between depression and suicidal ideation ($r = .642, p < .01$), and negative significance between happiness and suicidal ideation ($r = -.534, p < .01$). However, for sex differences and ethnicities, there was no significant relationship with the other variables.

Interaction Effect Findings

In Table 2, there was a significant interaction effect of depression and happiness on suicidal ideation. This finding implies the role of happiness in moderating (strengthening and weakening; Hayes, 2013) depression and suicidal idea-

tion with $b = -.378$, 95% CI [-.572(-.185)], $t = -3.866, p = .000$, in which happiness explains 4.5% variance ($\Delta R^2 = .045$; Table 3). Moreover, findings showed that depression has a positively significant contribution on suicidal ideation ($b = .728$, 95% CI [.477-.980], $t = 5.714, p = .000$) and no significant effect of happiness on academics' suicidal ideation ($b = -.136$, 95% CI [-.279-.006], $t = -.279, p = .060$).

Three models of simple slopes were used for interpreting the moderating role of happiness. Table 3 indicated how happiness strengthened and weakened depression and suicidal ideation. These three conditions were when happiness is below average ($b = 1.019$, 95% CI [.759-1.278], $t = 7.733, p = .000$), average ($b = .728$, 95% CI [.477-.980], $t = 5.714, p = .000$), and above av-

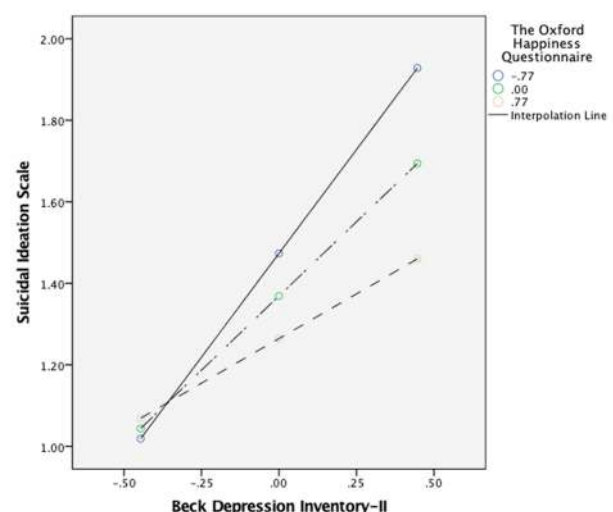


Figure 2. Graphical interaction among Happiness, Depression representation of interaction of happiness, depression, and suicidal ideation

erage ($b = .436$, 95% CI [.117-.759], $t = 2.695$, $p = .008$). These mean that when happiness is below average, average, and above average, there is a positively significant effect of depression and suicidal ideation.

In Table 3, there were three conditions of happiness when mediating depression and suicidal ideation. Further, it also meant that the highest depression-suicidal ideation relationship was when happiness was at the below average level (i.e., $-.767$). Otherwise, the lowest depression-suicidal ideation relationship was when happiness was at the above average level (i.e., $.767$). Thus, happiness can function to decrease depression and suicidal ideation when individuals are indicated with above average level of happiness. The interaction of these three states of happiness occurs when happiness is at an above average level. Therein, it can also be understood that the interaction occurs when the depression-suicidal ideation relationship is low. Hence, the research findings support the research hypothesis that happiness moderated depression and suicidal ideation among academics in Nusa Tenggara Barat Province (Figure 2).

Discussion

This study aims to examine the contribution of depression and happiness to suicidal ideation. It also examines the interaction effect of happiness between depression and suicidal ideation. The outcomes of this study are utilized as a baseline to support preventive and intervened steps as response to cope with suicidal ideation.

First, the finding of direct effect in depression and suicidal ideation is positively significant. An increase in depression causes an increase of one unit in suicidal ideation. When people's depression levels increase, they are more likely to have suicidal ideation.

In Indonesia, Mandasari and Tobing (2020) found a significant correlation between depression and suicidal ideation. This finding contributes to the basic psychological intervention of emotional control in order to reduce the impact of suicidal ideation (Mandasari & Tobing, 2020). Depressed individuals express negative emotions, low self-worth, less motivation, appetite changes, insomnia, and around 2 weeks of depressive episodes (Darmayanti, Winata, & Anggraini, 2020). Suicidal ideation is often triggered

by negative thoughts (Mandasari & Tobing, 2020) influenced by negative emotions (Beurs et al., 2021). As a consequence, these negative emotions, as depressive impacts, cause individuals to engage and motivate in such daily activities and interpersonal relationships (Dirgayunita, 2020; Sheridan et al., 2018).

Beurs et al. (2021) stated that depression is a salient factor in suicidal ideation. More than 35% of depressed people were followed by suicidal ideation (Dirgayunita, 2020). Of this percentage, almost 20% of depressed people attempt suicide (Dirgayunita, 2020; Bryan et al., 2019). Although the number of individuals with suicidal ideation who attempt suicide is under the average (Dirgayunita, 2020; Bryan et al., 2019), this condition impacts others' suicidal behavior (Yıldız et al., 2018; Bernburg et al., 2009; Ortiz & Khin, 2018). This phenomenon is known as suicide contagion, in which individuals' suicidal behavior is influenced by others' suicidality in a community or group (Bernburg et al., 2009; Yıldız et al., 2018; Ortiz & Khin, 2018).

As mentioned previously, suicidal behaviors (both of suicidal ideation and of suicidal attempt) are based on interpersonal theory of suicide that was developed by Joiner (2005) and Joiner et al. (2009). This theory is discussed to clarify previously unexplained facts about suicide and enhance the understanding of suicide's etiology. This theory assumes that people commit suicide because they can and have the desire to do it (Van Orden et al., 2010). The central concept is focused on offering a reason why the vast majority of people who think about suicide are not making suicide attempts (Van Orden et al., 2010).

Second, the happiness effect on suicidal ideation was reported to be not significant, but it was found to have a negatively significant correlation between happiness and suicidal ideation. This finding is not related to Jo and Kim's (2016) finding, who reported that a high level of happiness could prevent and reduce the occurrence of suicidal ideas (Choi et al., 2019). Conversely, a low degree of happiness can lead to suicidal ideation (Jo & Kim, 2016). This implied further that a decline in happiness contributed to an increase in suicidal ideation. If individuals experience a high level of happiness, they will be having a low level of suicidal ideation.

A happier person will feel more satisfied

and pleasant in their lives, making it easier for them to overcome many difficulties and obstacles. These positive emotions are a protective factor that prevents them from having suicidal ideation; when happiness is limited, suicidal risk rises (Koivumaa-Honkanen et al, 2003; Pompili et al., 2015). Happiness is not simply how individuals feel satisfied with their lives, but it is also based on cognitive evaluations (Patel et al, 2018; Choi et al, 2019; Diener, 2000). Individuals who have positive self-evaluation will feel happier than individuals who have negative self-evaluation.

Essentially, negative self-evaluation causes the expression of negative emotion (i.e., depression; Fitzpatrick et al., 2020), and this negative self-evaluation often drives on distorted thoughts and feelings (Hu et al., 2019). Moreover, it makes people impulsive and lack information processing that contributes to suicidal ideation (Kumar et al., 2020; Whiteman et al., 2019).

Chaplin (2006) stated that the greater impact on dissatisfied feelings is the emergence of depression, stress, anxiety, and behavioral deviations. People are also prone to these negative consequences and are vulnerable to problems because they are under pressure and social demands. It can be shown that happiness is an important condition to achieve because it can have various positive impacts in life, particularly if they are unable to cope with these social pressures and demands (Sativa & Helmi, 2013).

Third, happiness significantly moderated the influence of depression and suicidal ideation. When happiness is high, the effect of depression and suicidal ideation is weakened. Meanwhile, the effect of depression and suicidal ideation is more strengthened when individuals' happiness is low.

In Table 1, happiness has a negative relationship with depression. Also, happiness is negatively associated with suicidal ideation. On the other side, depression is positively related to suicidal ideation. These findings are in line with what Choi et al. (2019) found, in which happiness is negatively correlated with depression and suicidal ideation, and depression is positively connected with suicidal ideation. These indicate that the higher happiness individuals experience, the lesser depression they perceive (Choi et al., 2019). Also, the higher happiness

they bear, the less suicidal ideation they feel (Choi et al., 2019). Otherwise, the higher level of depression is followed by the higher suicidal ideation (Choi et al., 2019). Notably, happiness takes a role in *switching on* and *switching off* the effect of depression and suicidal ideation. It is found in an increase of depression and suicidal ideation when happiness is poor, and *vice versa*.

Quoidbach et al. (2019) found that when individuals have less happiness, they tend to engage with others to increase their happiness. Rather, when they feel happy, they are more engaged with social interaction, even if it is an uncomfortable socialization (Taquet et al., 2016). These conditions are known as hedonic-flexibility principles (Parrot, 1993).

From this principle, happy people are more productive and healthier mentally. Giovanis and Ozdamar (2020) and Li et al. (2019) reported that happiness is a part of mental health, while suicidal ideation (Lee & Lee, 2017; Bibi et al., 2019; Valenstein et al., 2020) and depression (Oddy et al., 2018; Guntuku et al., 2017) are represented by poor mental health or mental health problems. Thus, to decreasing an idea of suicide that is caused by depression, it is recommended to take into account happiness or positive emotions' approach in practicing psychological interventions and promoting health.

Nusa Tenggara Barat Province consists of two islands (i.e., Lombok and Sumbawa). Further research could focus on the role of academics' locations (i.e., Lombok island vs. Sumbawa island) in moderating happiness, depression, and suicidal ideation in academics. In addition, each student and lecturer has different workloads. Hence, subsequent research distinguished these three roles in conducting research on happiness, depression, and suicidal ideation. Lastly, based on the study's findings, there are some practical suggestions. In that practical process, further research could test the effectiveness and significance of psychological interventions on reducing suicidal ideation among academics.

On the other side, Watson (2007) explained that the environment in which individuals are raised has a major effect on their life and happiness. Some experiences during childhood influence their attitude toward life and the innate awareness of happiness (Watson, 2007). Conversely, the painful aspects of their childhood often result in unconscious decisions that affect

the entire direction of life (Watson, 2007). Thus, future research should consider the role of parental attachments and social support in contributing happiness, depression, and suicidal ideation.

Furthermore, research findings showed that happiness could reduce the effect of depression and suicidal ideation. These findings provide suggestions to the government through the health office (i.e., through the role of Health Center at Sub-District Level or PUSKESMAS), social office, several agencies or non-government organizations concerned with mental health issues, and mental health practitioners (i.e., psychiatrists and psychologists) to focus on psychological interventions and health promotion that emphasize treatment to increase academics' happiness. Moreover, the colleges through the human resource development section should focus on programs that can increase the happiness of students and lecturers at each college in Lombok island (particularly in Mataram city) and Sumbawa island (Bima city).

Conclusions

In summary, these research hypotheses are accepted; happiness and depression play a crucial role in suicidal ideation. Furthermore, there is a significantly moderating role of happiness for depression and suicidal ideation. In detail, the interaction among the three variables means that centering of happiness occurs when the happiness level is above the average level and the depression–suicidal ideation relationship is weak. Therefore, the happier the academics in Lombok and Sumbawa islands are, the lower the relationship between depression and suicidal ideation is.

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