

Youths with Suicidal Attempts: Their Lived Experiences

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ABSTRACT

This study is delved focusing on the exploration of the lived experiences of the youth with suicidal attempts in Cagayan de Oro City and come up with an intervention program that may help the youth internalize their worth as an individual and encourage one another to eventually cease in committing suicide and make them realize that there are a lot of things life could offer. A transcendental phenomenological approach was used in the study. This study utilized ten (10) research informants who were known and identified as one of the youths who attempted to commit suicide between ages below 15 and 18 years old. It was conducted in Cagayan de Oro City, specifically at Capitol University College of Criminology, Audio Visual Room (AVR). The researcher utilized interview guides in the conduct of the individual personal in-depth interview. Thematic content analysis was used in the treatment of the collected data. The researcher generated four (4) themes from the lived experiences of the informants as youth who attempted to commit suicide, namely: Aloof Personality, Financial Distress, Parental Rejection, and Societal Influence. As to the coping mechanism of the informants from committing and attempting suicide, the latter formulated two (2) themes, namely: Familial Support and Positive Outlook. It was recommended that the government should address the behavioral problems and the importance of family aspects in the country, which are the main causes of the youth engaging in attempted suicide. Department of Social Welfare Development (DSWD) and City Health Office (CHO) should also formulate programs and wellness assistance like seminars and trainings to the identified youth who were engaged in attempted suicide together with Philippine Mental Health Association (PMHA), in which it will be conducted to fight and prevent suicide in the country. The government may consider forming a counseling committee that will thoroughly study and eventually apply the “*Rebuilding Self-Worth Program*” as the study suggests for an Intervention Program. And lastly, for the schools and universities that are offering a Criminology Program, they may also help in giving ways to solve the issue through adapting the concept of training and seminars identified for the youth, which are also applicable for their students who are stressed. They can also create seminars related to juvenile delinquency, human behavior, and victimology, more specifically on the rights of the child and the responsibilities of the parents.

Keywords: *lived experiences, attempted suicide, coping mechanism, intervention program*

INTRODUCTION

Globally, suicidal behavior is an increasing phenomenon, especially among youth. Suicidal cases are one of the problems encountered by many people nowadays; the most affected are parents who have children who are prone to depression (Echem, 2011). The World Health Organization (2017) stated that approximately one million people die from suicide each year. It represents a global mortality rate of 16 people per 100,000 or one death every 40 seconds. It was predicted that by 2020, the rate of death would increase to one every 20 seconds. In the last 45 years, suicide rates have increased by 60% worldwide. Suicide is now among the three leading causes of death among those aged 15-44 (male and female). According to the Philippine Mental Health Association-Cagayan de Oro, from January to September 2019, 24 cases of suicide have already been recorded. Cagayan de Oro's suicide rate is at 3.6 per 100,000 population, that are much higher than the national rate of 3.2 suicides per 100,000 people a year. This means that Cagayan de Oro's mental health condition of the population is at a disturbing rate, specifically with the individuals who attempted suicide, which is identified as one

of the severe problems of the community (Orias, 2019).

In addition, according to the recorded reports of the Cagayan de Oro City Police Office and the Department of Health Center for Health Development - Northern Mindanao, most of the reasons why youth committed suicide were due to depression and family problems. There are a few suicide cases reported to the Police Office and DOH-Northern Mindanao from Calendar Year 2018-2019 due to unreported incidents by the family members. Furthermore, suicidal attempts are up to 20 times more frequent than completed suicides. Suicidal rates have been traditionally highest among elderly males in the population. Rates among young people have been increasing to such an extent that they are now in the highest risk group, ranking third in all countries. Mental health disorders, which deal with depression and substance abuse, are associated with more than 90 percent of all cases of suicide. Suicidal behavior not only jeopardizes the health of adolescents but also negatively impacts their psychological and social well-being and their ability to master routine developmental tasks (Echem, 2011). Many authors have mentioned that suicide is an extremely complex issue. It is not possible to pin down its causes; there are certain risk factors that have been identified mainly through associations of different activities (e.g., Lee, 2016; Ortiz-Ospina, 2016).

Mental health, specifically depression, was widely recognized as the most critical risk factor. Hence, there was a need to address the unexpected increase in the number among suicidal youth and to investigate the role of factors that cause suicide. This research study discussed evidence and other significant correlations that shed light on possible interventions to prevent suicide. Significant results of this research may lead to steps in the reduction of mental health issues and depression suffered by some youth, and may reduce the risk of committing suicidal attempts among them. In addition, there is a need to address this issue, one was through conducting studies which can lead to the implementation of intervention programs that maybe given in which it may suit on helping the youth not just to cope with the difficulties brought by attempted suicide but eventually help them to live in a normal life out from the suicidal experiences which were not given in full attention. With this prevailing information, the researcher aimed to conduct this study to understand and explore the lived experiences encountered by the youth that triggered them to attempt suicide. The goal of this study is not limited in the exploration of the lived experiences of the youth who are engaged with attempted suicide but it also includes the coping mechanisms they have employed in fighting the challenges and eventually come up with an intervention program that may able to help them to boost their self-esteem, confidence, and have a better life despite of the experiences they had.

MATERIALS & METHODS

This study utilized the transcendental phenomenological approach developed by Edmund Husserl, which introduced the life-world experiences or lived experiences and claimed that the mind aimed at objects and used the term intentionality to define his claim (ElSherif, 2017; Giorgi, 2012). This method provides a systematic approach to analyzing data about life experiences. It erases the Cartesian dualism between objectivity and subjectivity by allowing researchers to develop an objective “essence” through aggregating subjective experiences of a number of individuals who can provide a description of what they have experienced. The questions of “how” and “what” were experienced can provide a concrete framework for asking questions and recording answers. The fact that this approach relies on individuals’ life experiences means that the stories to be told will be told from the respondents’ voices and not those of the researcher or from individuals reporting studies in the literature, an approach consistent with human science research (Moerer-Urdahl & Creswell, 2004). This method was used to explore the life experiences of the informants who attempted suicide in Cagayan de Oro City. This design was employed because the study used non-numerical data to interpret and analyze people’s experiences and actions. The goal of the study was to get the viewpoints of the informants and convey

views from the standpoints of their own words, values, and structures. This research employed an open-ended collection of data and conversational communication through individual personal interviews with the informants. The result of the study can draw out an intervention program that can help boost their self-esteem and confidence, despite the experiences they had.

The instrument used in data gathering was a researcher-made questionnaire that consisted of three parts: Part I deals with the socio-demographic profile of the informants in terms of age and gender. Part II includes questions pertaining to the life experiences that contributed to the attempt at suicide. Part III includes questions pertaining to the coping mechanisms of the informants after the suicide attempts and the formulation of an intervention program based on the findings of the study. A face-to-face and in-depth interview utilizing a semi-structured interview guide was used to ensure that all needed information could be collected. Furthermore, the face-to-face and in-depth interview utilizing a semi-structured interview guide was conducted by the enumerators coming from the Philippine Mental Health Office, headed by Ms. Lorraine Jungco-Nery. She is a registered Nurse, a Doctor of Medicine, and garnered a Master's of Care Administration, in charge of the mental health cases in Cagayan De Oro City and currently the acting City Health Officer of Cagayan De Oro City. While conducting the in-depth interview, the researcher had taken down notes and audio recorded the answers of the informants to ensure the accuracy of the information.

RESULTS AND DISCUSSION

A. Profile of the Informants of the Study

There are ten (10) informants of the study wherein six (6) of them were females and four (4) of them were males whose ages fifteen (15) and below eighteen (18) years of age at the time of the commission of suicidal attempts and the cases were individuals who committed at least one suicide attempts which considered to be cases of intentional self-harm in Cagayan de Oro City for Calendar Year 2018-2019 and who were able to signed for consent to conduct the interview, communicate in English/Filipino, and followed the study procedures.

Informant #1, male, 20 years old, a College Student and a working student, mentioned that he was not very close to his family members before being left behind, and he could not see the love, attention, and care of his family members. He was a loner and did not want to share his experiences with other people. However, when he was in college, he found friends who became his family, who gave advice and helped him to cope.

Informant #2, female, 20 years old, a College Student and a working student, added that she was close to her parents, but was labelled because of the experiences of her siblings. She received judgment from her relatives, which made her self-esteem low and sad most of the time.

Informant #3, female, 20 years old, College Student mentioned that she was very close to her family and had enough family income to support their studies and any other expenses, but when they experienced family problems and her boyfriend broke up with her, she had a mental breakdown, made her feel so lonely and sad. However, despite her experiences, she learned to cope with the help of her family and friends.

Informant #4, female, 19 years old, Senior High School Student and a working student, mentioned that she was not close to her parents, considering that her father left them when they were still young, her mother married another man, and she experienced being tortured. She was close to her grandparents, who helped them. She came along with her aunt in Cagayan de Oro City at the age of 15 years old, assuming that she would have a good life and be able to finish her studies. However, in the first few months with her aunt, it was a good life, but as time passed by, her aunt's addiction to gambling turned

her life upside down. She encountered financial difficulties with her studies; she doesn't even eat during lunch time and is able to walk sometimes from home to school and vice versa due to lack of allowance. She even received hurtful words from his aunt's mother-in-law, degrading her for where she came from. She became the all-around helper in her aunt's house. She even tried to have a romantic relationship just to find love, care, and attention, which she did not even receive from her aunt, but it was also a failure. These experiences brought her to attempt suicide at the age of 16 years old. Despite all the experiences that she had.

Informant #4 mentioned that she was able to cope with the help of her friends, who became her family. She even helps herself by having a diary and always reminds herself that her younger brother and grandmother were dependent on her, and most importantly, she prays all her worries to the Lord.

Informant #5, male, 19 years old, Senior High School Student and a self-supporting student as a tricycle driver to sustain his studies mentioned that he was not very close to her parents especially to his mother. He felt favoritism inside the family and that his mother was not treating them equally in terms of how her mother treated his other siblings, because of these feelings, he desired to kill his mother and commit suicide afterwards. He does not want to share his struggles with his friends, and he also mentioned that in order to cope with the experiences that he had, he committed himself to the Lord and played more online games to divert his attention.

Informant #6, male, 19 years old, Senior High School, self-supporting student, mentioned that he was very close to his family but when his mother died and experienced family problems that was the time he suffers mental breakdown, he did not know what to do considering that most of his siblings were very young though he had older brothers but they are all married and doesn't care for him, he worked hard to support his studies and go on despite of his life experiences. He believed and prayed to God for all his struggles in life.

Informant #7, female, 19 years old, Senior High School Student, mentioned that she was not very close to her parents due to the family business that they have; her parents do not have enough time for her due to the busy schedule of their work. She also had only one sister she could share with her sometimes, but she could not ask for time as well, considering that her sister was also married. She was stressed, she heard hurtful words such as "*maypag wala ka nabuhi*". She can automatically share her problems with her friends, who also helped her cope with suicidal attempts.

Informant #8, male, 20 years old, College Student, self-supporting student, mentioned that his parents are separated, and he stays with his grandparents. He was not even close to his father. Her mother works abroad, so he cannot share his difficulties in life. His family problems, being addicted to gambling and online games, brought him stress which triggered him to commit attempted suicide. He also mentioned that despite all his life experiences, he was able to cope with so many things by worshipping and having faith in God. His friends also helped him conquer his difficulties in life.

Informant #9, female, 21 years old, College Student, mentioned that she was not close to her parents and siblings. She felt favoritism inside the family and longed for the love, care, and attention of her parents. Favoritism in the family made her sad and prompted her to attempt suicide. She also added that despite these experiences, she tried to communicate with one of her sisters who was working abroad and shared her life experiences, and luckily, her sister helped her to cope and gave some advice.

Informant #10, female, 20 years old, a Working College Student, mentioned that she was close to her parents but she was not able to share her life experiences because she doesn't want to give her parents problems considering that one of her brothers was already had a problematic life which made her mother to feel stress and she does not want to add more. She chooses to share her life experiences with her friends and prays to God for all her worries that led her to cope with attempting suicide.

Informants Life Experiences

The lived experiences that had been contributed by the informants in their suicide attempts are revealed in the following presentations and explanation of emergent themes. Exploring the lived experiences that contributed to the attempt of suicide based on interviews was a great honor to hear such accounts. The informants had not previously told anyone of their experiences in attempting suicide until the researcher conducted an interview, when they knew the study and were interested in narrating their experiences that had remained in the closet. The researcher has generated four (4) emergent themes that focused on the dominant factors that contributed to the attempt of suicide among youth in Cagayan de Oro City. The following themes are:

a. Aloof Personality

The first theme reflects how the youth deal with the struggles by themselves. Their personality on how to react to the people who surround them pushed them to commit suicidal attempts. Informant #1 emphasized that he was isolated and chose to be alone to dwell with his own personal problems, which made him overthink a lot of things that prompted him to commit suicide attempts and he stated that:

Ahh usually man gyud maam sa amo isolated man gyud ko kana bitaw though naa koy mga kauban like kuan peru kanang makita bitaw nimo siya nga kanang everytime bitaw gyud maam before this one just what before po everytime naa koy kuan gusto ko nga maisolitan nako kai feel nako nga kanang dili man ko belong diri kana bitaw mga kuan maam dili man ingon nga kuan pud maam kanang mafeel nako bitaw nga before pud nga kuan ahh passive ingana bitaw nga kuan maam nga naay mukuan peru walay bisag kanang grabe na imung gibuhay peru walay kanang ui kamusta man ka diha kanang ukie ra ba kana bitaw bisag kanang tagsa ra kai ka maukie that was before nga kuan. Luckily pud sa akoo maam stress ko peru atleast bitaw kung kanang dili ko pakuan maam gakaprove ko sa akong self bitaw nga bahala na ug kuan unsay mafeel nako in terms ani nga person ug unsay kuan as long as kanang para sa akoo man pud inana before basta usually man gyud maam murag siguro sa akoo kuan hilig kai ko ug isolate gaka overthink nako bah na kuan man kung inana. (II-ID7:SS2)

T: Ahh usually really ma'am on that I isolated I really do that sound though I have colleagues like but that's seeing you were here every time then really before this one just what before po every time I have my likes to have me feel like that I don't believe that it is not like that I don't think that my feelings like before that I'm passive ma'am and if there's someone say or something though I work hard but still no one tell me how are you, are you still fine though they tell it to me sometimes because I can be fine sometimes that was before. Luckily, I am stressed, but at least I proved to myself that even though what I feel in terms of that person, or as long as for me, that was just before, and usually for me, I used to isolate and overthink myself, it's like that.

Informant #5 also supported the statement of Informant #1 about being aloof and not open-minded with his family, he said that:

Sa ako maam is wala gyud maam dili ko makaingon na makasabot sila kay dili gyud ko open sa akong mga igsoon ug sa akong mga parents maam dili mi open sa matag-usa maam except lang sa akong manghud na babae maam ay dili maam dili gyud musitoriya maam akong manghud ra maam ang gashare sa akong mama ug papa. (II IN4: SS9)

T: I cannot guarantee that they understand me because I am not open with my siblings and parents, ma'am; we are not open with each other, ma'am, except with my sister, ma'am; I did not speak with my younger sister, ma'am; however, only my younger sister shared her experiences with my parents.

Being alone was one of the reasons why most of the youth think of suicide attempts when they cannot take their problems anymore. Informant #3 stated that:

While naa ko diri sa Cagayan maam gasulod ko sa akong klasi peru wala ko sakong hunahuna unya pag uli pagyud nako ato kay diritso ko sa akong kwarto maam ba unya ako ra isa sa akong boarding house sauna nakahuna huna ko ug kuan kahuna huna ku ug kuan ato maam nga nganong kapuy man kanus- a mahuman imung pag antos unsa pa maka get over maka move on gabalik balik nalang permente.(II- ID9:SS1)

T: While I'm in Cagayan ma'am, I'll go to class, but I'll be out of my mind, so when I got home, I went straight to my room ma'am, and then I was alone in my boarding house until I realized I wanted to commit suicide, and I asked myself why I was so tired, and when my struggles will end and if I can get over and move on.

Living alone without any family members led to overthinking a lot of things, which prompted the youth to attempt suicide. Informant #8 stated that:

Kuan maam ako man gud karun maam is ako gapuyo ko sa among balay ako ra isa then wala koy mama ba akong mama kai nag abroad man akong mama gud bulag sila sa akong papa grade 4 palang ko then akong kuya duha rami ka igsoon then akong kuya is menyo na. Stress, Unsa paingnan ani kai unsa may tumong sa akong pagkuan karun murag wala napud siguro dungag napud ang problema daghan na kaayu problema ana maam dili nako to malimtan na higayon nga nagtry ko ug commit ug attempt suicide taod taod nato nidad ko ug 17. (II-ID6:SS1)

T: For now, ma'am, I've been living alone in our house, and my mother isn't here; she's in another country since they are separated from my father, and I have been separated from my father since I was in fourth grade, and my brother is already married. Stress, where will all of these things go, what is the reason why I am here, and issues have been added as well, ma'am, and I will never forget the time when I attempted suicide when I was 17 years old.

This theme described the personality of the informants as to how they reacted to their experiences and difficulties. At an early age, they feel left behind and alone, as they are not properly guided and monitored, which leads to impulsive behavior, triggering them to think about many things and become emotionally unstable, pushing them to attempt suicide. The theme was best explained in Interpersonal-Psychological Theory of Suicide (IPTs), which argues that suicidal thinking is a function of self-perception in relation to others; there are two forms of negative interpersonal cognition: thwarted belonging and perceived burdensomeness (Van Orden et al., 2010). Ideation moved to an attempt when the person has created enough dwelling space for the pain and fearlessness of death to commit the act. The impulsive act, which the attempter determined to be fatal, was thought to occur in the face of acute psychological tension, anxiety, and psychache (i.e., emotional pain).

In a similar study about suicide, Jordan (2009) suggested that personality characteristics in suicide are linked to impulsivity. Another risk factor for youth suicide was the difficulty of managing the various, often strong and mixed emotions and mood fluctuations that accompany the confrontation with new and ever-changing challenges in different fields. Symptoms include frequent reliving of the experienced, losing control or being emotionally exhausted, becoming irritable or unable to focus or sleep or eat regularly. Being alone was one of the factors youths committed attempted suicide, according to the study of Rebeiro and Joiner (2005) mentioned that people develop a desire for death when they keep two distinct psychological emotions in their heads at the same time for a lengthy period of time. Perceived burdensomeness and a sense of low belongingness or social alienation are the two psychological states. In the fields of psychiatry and psychology, Levi-Belz Horesh et.al (2014), in their study on suicidal attempts, decision-making variables have been influenced by economic theories that

study decision-making patterns. Studies have recently started to look at the impulsivity factor of suicidal behavior as a construct involving a higher-order control failure, that is, a deficit in decision-making. Poor decision-making can therefore ultimately obscure alternative solutions and lead to suicidal behavior in crisis or depression times. On the other hand, Badal (2019) and Joy (2014) indicated that issues in intimate relationships often play a crucial role in triggering individuals to commit suicide. Risk factors that are directly linked to specific important events in life can, of course, be very diverse, but some types of event stressors are found to be associated with youth suicide more often than others. Echem (2011) mentioned that it was not very surprising that interpersonal losses such as relationship break-ups, the death of friends, and peer rejection can have a major impact on young people and are found in one-fifth of suicide cases among young people.

b. Financial Distress.

This theme pertains to the various financial problems encountered by the youth, especially concerning their school requirements and needs. The majority of these youth are coming from a poor family, which led them to feel stressed due to financial matters. Informant #4 emphasized that financial distress made her stressed to think whether she can be able to proceed in college, she stated that:

Isa pud na maam kanang mag skwela ka unya kinahanglan ka mageta ug provide nimo sa pagskwela kay imung ginikanan walay sakto na trabaho ang amoang pagkaun maam kay igo ra sa ikatulo ka adlaw na makakaon mi so mastress gyud kay akong huna hunaon unsaon kaha nako sa ug mag college nako sa akong pagskwela mao ng gakastress gyud ko usahay maam.(II-ID6:SS1)

T: Another thing ma'am is that if you go to school, you have to find and provide for you because your parents don't have a good job, and our food ma'am is only enough for us to eat on the third day, so it's stressful because I'm worried about what would happen to me if I go to college, and that's one of the reasons I'm stressed.

Informant #6 supported the statement of Informant #4 that being self-supporting was very difficult to sustain his personal needs and his studies, he stated that:

Ma feel pud nako nga stress ma'am kay about sa akong kaugalingon kay karun nga self-supporting ko tungod kay akong ginikanan galisod tapus akong magulang kay nag minyo na galisod pud siya. Wala naman pud koy mama maam tapus akong amahan kay bag-o ra siya nastroke para sa ako kay dako kaayu siya ug impact sa akoo kay gaskwela pud ko karun unya mao ng naningkamot pud ko ug trabaho tapus ako ang nangeta ug ayo para makahuman gyud ko.(II-ID6:SS1)

T: I can feel stress, ma'am, because I am currently supporting myself, as my parents are going through a terrible period, and my brother has already married and is experiencing troubles. I don't have a mother, ma'am, and my father suffered a stroke, which has had a significant effect on me because I am also studying and doing my best for my career, and I was the only one who supported myself to finish my studies.

Managing allowances could be very difficult because they cannot oversee the possible expenditures for their studies. Informant #2 specified that:

Kanang kuan specially nga layu ko sa akong pamilya tapus talagsa rako makacommunicate sa ila dayon kana in terms sa financial kay syempre hatagan rako ug budget tapus ako ray bahala bitaw ug unsaon nako ug budget nga muabot sa kuan para kay mao rana ilang ihatag so mastress ko kay di nimo mabal-an nga naa kay gastuon karun inana so murag diha ko mastress ug ayo. (II-ID6:SS1)

T: Those situations, especially when you are far from your family, make communication rare for them. In terms of finances, they simply gave me the money and I will be the one to budget it until they can provide me another budget, which causes me stress since I do not know whether there are any other expenses today that requires cash, so those are the things that have caused me stress.)

The majority of the youth are financially unstable, considering that most of them are self-supporting student who are unable to proceed and provide the necessary requirements for their studies and their needs. They even highlighted that they are stressed when there are times that their income is not enough to cover their personal needs and a shortage of money, especially for sudden school requirements, could give them financial problems. The lack of money for these young people could give them a hard time in eventually providing all their needs. This theme also conforms to the Social Ecological Model (SEM), which proposes to enhance the understanding of how personal, interpersonal, and sociocultural factors contribute to the increased risk for suicide among adolescents.

Cramer & Kapusta (2017) emphasized in the study that SEM allows exploration of how adolescent suicide was determined by multiple factors related to the adolescent's personal history or oncogenic development, the influenced of those individuals with whom adolescents have immediate contact with, or the microsystems, the larger social units, or the ecosystems, that indirectly influenced adolescents, and the larger culture or macrosystems. It also explained under one of the four-tier framework of SEM, which was the relational factors defined by direct person-to-person interaction, such as social support or withdrawal, peers, and family. Most of the youth are struggling due to financial distress and are able to see that in order to escape their problems, they commit suicide attempts. This was supported by the study of Fazaa and Page (2003), which found that highly self-critical patients were more likely to attempt suicide in response to failure, and that their intention in attempting suicide was to escape the actual events–discrepancy expectations. In addition, the Orias (2018) and OceanBreeze (2010) studies showed that heated arguments over money and financial difficulties are among the common causes of suicide cases.

c. Parental Rejection

This theme emphasized that youth experience a lack of attention, guidance, and care from their family; they feel rejected and do not see their worth, which prompts them to attempt suicide as a way to overcome such problems. Informant #7 emphasized that it is better to commit attempted suicide since she feels rejected by her family, she stated that:

Maam? Usahay kanang ingnon ko maam nga maypa daw ug dili ko nila anak tas kanang makahuna-huna nalang ko nga magsuicide kai ana man sila nga kanang maypag magpaligis nalang ko kai pwede ra man nga dali ra ilubong mao dayun to nakahuna-huna nalang ko ug suicide. (II-ID9:SS3)

T: Ma'am? They sometimes tell ma'am that it's better if I'm not their child, which makes me think it's a good idea to commit suicide, since they said it's better if you're hit by a car, since they can automatically bury me, which is the reason why I attempted to commit suicide.

Informant #5 also added that he feels rejected by his mother due to favoritism in the family, he feels hatred towards his mother and wants to kill his mother that had prompted him to attempt suicide, he stated that:

Tungod rato sa katong giingon nako maam nga favoritism sa akong mama tungod sa favoritism maam is gadumot nagyud ko sa iyaa. Yes maam naa pud to time nga tungod sa akong pagdumot sa iyaa is nagdulom najud akong panan-aw maam like nakahunahuna ko nga naghawid najud ko ug kutsilyo maam nakahunahuna ko nga magsuicide nalang ko or magsuicide ko una or una

nako patyon akong mama ayha ko magsuicide kay gadumot ko sa iyaa maam kay naa to time maam nga ako na unta buhaton kay gadulom nagyud akong panan-aw kay dili na nako kaya maam nakahunahuna pagyud ko maam nga kay kong patyon nako akong mama is maimperno gyud ko maam kay gatuho ko sa imperno ug langit tapus kana ako ang magdecision kay sa oras nga patyon nako akong mama sa imperno gyud siya padulong maam kay gakabantay nako sa iyaa maam nga wala nagyud pamaagi sa Ginoo. Sa pila ka bulan maam getry gyud nako magsuicide maam sa pinaage sa kutsilyo na maglaslas pud ko sa liog maam. (II-ID9:SS3-4)

T: Because of what I said, ma'am, I can tell that my mother is biased, and as a result of her bias, I despise her. Yes, ma'am, there was a time when I hated her so much that my vision became blurry and I thought I was holding a knife. I thought I'd either commit suicide or kill my mother first and then commit suicide because I hated her so much. There was a time ma'am when I thought I would do it because my vision had blurred and I couldn't cope ma'am, and I thought ma'am that if I killed my mother, she would go to hell because I believed there was a hell and a heaven, and that's when I decided ma'am that if I killed my mother, she would go to hell because I noticed ma'am that there was no other path to God. For how many months ma'am, I attempted suicide ma'am by cutting my neck with a knife.

Informant #9 agreed that favoritism was one of the factors that she was unable to see her worth in the family, which made her stressed, she stated that:

About sa family Doc kai naa pinalabi ba dili nako makita akong worth sa ilaa mura ko ug walay pulos. (II-ID9:SS2)

T: About the family Doc, because there is favoritism and I can't see my worth to them, it appears as if I am unimportant to them.

Informant #1 also added that he was not able to be recognized by his family and his parents did not give him attention and care, which led him to work hard to sustain his studies, which made him tired and feel unworthy, which led him to attempt suicide. He stated that:

Ahh highschool pako maam kai kuan man gyud maam ahh since tulo mi kabuok then ako ang eldest akong igsuon ikaduha sa ako then of course karun naa mi ikatulo bag-o ra nga kuan ahh syempre since kuan man ka special sa family manotice man manotify gyud or manotice maam ga exist is sa akong brother peru wala man ko nagkuan maam kuan lang ba kanang sa ako pud nga kuan maam is ahh kai since highschool man ko maam para lang mukuan ko musurvive ko sa akong kuan ahh para lang musurvive ko sa akong balon gapamaligya ko ug kanang sigarilyo ana maam kana bitaw usahay nga bisag kamusta man lang nga musta man ka mao na akong giingon maam nga gaisolate ko then though wala geingon ang parents nga kanang wala man gyud ko nila sukad sukad nila geingnan nga kuan pero kanang just like sa akong geingon is passive ka despite sa imung mga efforts passive ka nga kuan ana dili lang sa kuan dili lang sa pamilya actually nafeel pud nako na during sa akong highschool time pud nga kuan graduating pud ko inana bah nga despite sa imung mga efforts despite sa imung kuan still murag unvalued gyud ko though dili nila genaingon nga directly peru kana bitaw ga long ko bisag kanang kamusta ka inana then naay time nga usually man gyud maam ahh Im from MOGCHS so then naay kanang building diha nga perme gyud nako nga ginastambayan kanang moreno building every lunch mulakaw ko ug akoo ug didto ko mukaon magbalon man ko maam kaysa classroom didto ko maglagi mga classmate didto sila magtabi. Ako musaka ko didto nga building then didto ko sa kanang naay grills then naa pay allowance na floor diri diha ko gatambay everytime nga kuan every actually sagunson akong kuan ana maam everytime nga kanang gusto nako nga unsa kaha to what if kaha ba kung muambak ko manotice kaha ko what if kaha

ba kung naay mahitabo karon naa pa kahay makakuan sa akua kamusta diay ang kuan performance sa iyang life unsa ba nganong nabuhat to niya. (II-ID9:SS3)

Ahh, when I was in high school, since we are three siblings, then I was the eldest, my sibling was second to me, then of course, now we have a third recently, and of course, since you are special to the family, you will be noticed or notified. My brother was the one really exists in our family but its nothing for me at all its just that since I am still in highschool in order for me to survive for my allowances I sell cigarettes ma'am and those things that someone will ask you "how are you" but no one tell me those words and just like what I said ma'am I isolate myself and though ever since my parents did not told me those words but just like what I said they should be passive despite of all the efforts, passive not only in the family actually I feel it as well during my high school time when I was graduating that despite of all my efforts but still it looks like I am unvalued though they did not mentioned it to me directly but I am longing for them to ask me how are you, and there were times usually ma'am, im from MOGCHS so then there was a building which I used to stay and the name of that building was moreno building and every lunch I stay there instead of staying in our classroom and some of my classmates as well stay in the building. I go up to the building then I stay there and part of the place was with those grills and there was still allowance in the floor which I used to stay everytime and actually most of the time and I asked myself what if I jumped from this building did someone notice me, if somethings happened to me is there someone who would ask how are you or asked my performance why I do such things.

Informant #4 also stated that a lack of parental guidance made her self-esteem low, and she chose to attempt suicide to overcome the pain she was suffering. She chose to commit attempted suicide to feel the physical pain rather than the emotions that she had. She stated that:

Ang nahitabo man gyud ato maam kay pag abot na nako diri sa Cagayan maam kay gikuha man gud ko sa akong tita kay diri ko nila paskwelahan unya niabot ko sa point bitaw maam nga halosa akua nalang tanan unya perme pagyud ko nila kasab-ayan sa mother in-law sakong tita unya strikta pagyudkaayu siya unya niabot ko sa point sa akong pagskwela na mingaw na kay ko kay layu ko sa akong pamilya tapus ang akong pamilya na akong naanhian diri kay grabe pud kaayu ka strikto usahay kay matag gabie nalang gyud ko maghilak matag gabie nalang gyud ko maghunahuna na gusto na nako muoli Lord pauli nalang ko lord peru ako pud hunahuna kay dili sab ko makahuman ug skwela maong geantos nalang nako akoang kinabuhi diri mao tong giabot ko sa point maam bah nga naglaslas nalang gyud ko sa akoang kamot kay niabot pud ko sa point pud na nakabalo ko nga nadisgrasya di ay ang akong pamilya didto na dayun nawad-an nako ug gana sa akong kinabuhi nga halosa kada adlaw akong laslason akong kamot ug blade ug ala koy makita na blade kay gunting akoang ikuan sa akong kamot taman mamula kay gusto nako mafeel ang sakit kaysa sa sakit na akong gakafeel sa akong dughan mas gusto nako kay physical na sakit na maovercome ra nako ang sakit sa dughan kay nasakitan naman ko sa physical kay kung perme ra sakit sa dughan maam kay dili man nako makaya so akong buhaton maam kay akong laslason akong kamot kay mafeel nako ang physical na sakit makalimot na dayun ko nga nasakitan di ay ko ana na aspeto sa akong kinabuhi. (II ID9:SS3)

T: What really happened was ma'am, when I arrived in Cagayan ma'am because my aunt took me because they would send me to school here, I got to the point ma'am where I was almost all alone, then the mother in-law of my aunt always scolded me and was very strict, and I got to the point in my schooling where I was so lonely because I was away from my family, and the family I came here with is very strict, often I just weep every night because I just really want to come back Lord, I just want to go home lord, but I also think I won't be able to finish

my studies, so I just have my life here, so I slashed my hand because I got to the point that I my family was killed in a tragedy and I was helpless to go on with my life at that time. That almost every day I slash my hand using a blade, and if I can't find a blade, I use scissors in my hand until it blushes, because I prefer physical pain to the pain I already feel in my heart. I prefer physical pain to be able to overcome the pain I already have in my heart because I am physically injured, because if I have continuous pain in my heart maam, I can't cope, so I prefer to slash my hand because I can feel the physical pain and then forget that I was hurt. Those are the aspects of my life.

d. Parental Rejection

This theme tackled the negative experiences of youth regarding how their parents interacted with them individually in the family. They experienced hearing words that breaks their heart, these words are: *“maypag mamatay ka,” “wala man kay pulos,” “sabta lang sa imung mga magulang,”*. They have experienced being rejected, there was favoritism in the family, not being heard by their parents, which led them to feel unworthy and unloved, which led them to commit suicide. The theme was linked to the Social Ecological Model (SEM), which looked at suicidal attempts as the relational factors related to support and withdrawal in the family. It could really affect the youth on how to deal with their family issues and concerns.

In a similar study about suicidal attempts, Maple, Cerel et al. (2014) suggested that family factors are one of the most significant sources of encouragement when discussing youth's many struggles, including the social background in which youth live or have grown up. In numerous studies, several risk factors related to family structure and processes were linked to suicidal behavior. It was estimated that family factors are involved in 50 percent of youth suicide cases. Moreover, violence at home often appeared to be found in the background history of young suicide cases, not just against the child specifically, but more as a way of dealing with family issues between family members. Families where suicide had occurred show poorer scores on enmeshment, conflict, and cohesion. (Jordan, 2001). Family difficulties following a suicide include cohesion, adaptation, communication with the family, support, intimacy, guilt, and blaming. Prior to the suicide, families with small children had constant instability, marital breakup, legal issues, and domestic abuse (Cerel, Jordan et al. 2008).

In addition, Shagle and Barber's (1995) SEM model showed that family was one of the factors that could lower the self-esteem of the youth. It also explained that Self-derogation was used as a mediating variable to examine the impacts of family, school, peers, and religion on adolescent suicide ideation. The impacts of several social variables were substantially mediated by self-derogation, as predicted. Non-family characteristics were revealed to be less important predictors of self-denigration and suicidal ideation than family variables. In the study of Henderson (2020), the individual was at the core of the model, and the microsystem, mesosystem, ecosystem, and macrosystem are the four layers of the Social-Ecological Model that expand from the individual. The adolescent's immediate surroundings were referred to as the microsystem. The microsystem was made up of the people who have the most power and influence over the adolescent's life. Immediate family members, a partner or significant other, school buddies, sports teammates, youth group peers, teachers, guidance counselors, and healthcare providers are all part of the microsystem. Moreover, Cayubit (2018), as cited by Eduardo (2016), presented that family issues and lack of control and monitoring by parents of their children are the primary causes for young people to commit suicide.

e. Societal Influence

This theme emphasized that community could also contributed and pushed youth to commit attempted suicide. Informant #2 emphasized that the stigma that she received towards the community was one of the main reasons that pushes her to commit attempted suicide, she stated that:

Kuan ako man gyud nga tao kai most specially kay mama dili nako makita na mabug-atan siya sa mga problema sila ni papa because kana bitaw mapun-an pud sa akua na kana bitaw maghalo ang kuan ba kanang mag abot abot ang problema sa akua na part kay kinamanghuran baya ko tapus dili nako gusto makita nga kanang problematic si mama tapus ako pud kay kung unsa ang isulti sa tao kay dili bitaw nako kaya bitaw nga ipalapus sa dalunggan lang most specially kung sakit kaayu sa akua nga part kanang hilig ko magdibidib sa mga istorya sa tao ba so mao na nga naa to time na niabot gyud sa point na wala silang mama ato tgapus ako ra isa sa balay murag kana bitaw feeling nimo kay kanang murag wala na niabot ko sa point na wala naman siguroy pulos akong kinabuhi ani kay inani nalang pud ang pagtan-aw sa mga tao nga duol sa akong kinabuhi sa atoa mao to nga giabot to sa point na hapit na gyud hapun naman to niabot silang mama mao to nga nagsumangil nalang dayun ko ug tulogtulog kay mag inom unta ko ug poison tapus nagkuha napud ko ug kutsilyo inana gusto nako pasakitan akong kaugalingon ato nga time kay nasakitan ko. (II-ID7:SS3)

T: I am the type of person who does not want to see my parents struggle with problems since there are things that I can add to their problems, and I do not want to watch my mother having troubles because I am the youngest and whatever the other person says to me, I can't simply let it go, especially if it truly hurts me, so I've learned to bring those hurtful words to my heart, which is why, when my parents aren't around, I came to a point in my life where I feel like my life isn't meaningful anymore since those closest to my heart look at me like this that is why I came to the point where I attempted suicide, and it just so happened that my parents arrived that afternoon, so I pretended to be sleeping because I wanted to drink poison and get a knife and cut myself because I had been harmed before.

Informant #10 also stated that the trust she gave towards her relatives to help them instead of judging them and their opinion could make her feel stressed and prompted her to commit attempted suicide. She stated that:

Kuan kato rang time nga nalayo ko sakong family mao to ang pinakakuan gyud maam kai gaadjust paman gyud ko tapus at the same time dili gyud siya tsada ang environment na akong nabutngan so while adjusting ko pangit kaayu ang environment so mao tong nakastress gyud sa akua sauna maam. Ohh nagpuyo ko sa akong uncle tapus medyo side man siya sa akong papa dili kaayu ingon na close mi tapus kuan man gud sila kana bitaw nakita nako nga mura silag ahh ako man gyud papa kai kanang gikan bitaw sa medyo alangan tapus niabot man dayun siya kai nagkuan siya sa akong mama actually maam ang akong mama is pangkaduha ra ang kuan so murag bitaw ug ginalookdown nila akua permente at the same time wala ko sa akoang family at the same time gastruggle ko sa ilang mga batasan tapus kuan pud ilang panan-aw kana bitaw gamay kaayu ilang panan-aw sa ilaha nga relatives ra baya gyud sila. Kanang gadahum ka nga sila ang pinakauna na tao mutabang sa imuha peru dili man d i sila ang pinakauna nga tao nga mutabang sa imua. (II-ID7:SS2)

T: Those are the periods when I am separated from my family and in the midst of an adjustment period, all while being in an unfavorable atmosphere, which is why I was stressed previously. I lived with my uncle ma'am, who is a relative on my father's side, and we are not particularly close, and my father comes from a poor family till they meet with my mother, and my father's relatives look down on my mother, and at the same time I am distant from my family and suffering with their behavior, and they perceive us as a very poor family, despite the fact that we are relatives. I assumed that your relatives would be the first to help you, but I was mistaken.)

Informant #4 also stated that the search for love and happiness towards other people could also led her to commit attempted suicide, she stated that:

Yes maam mao tong time nga nag uyab uyab nako ug sugod maam isa to sa mga butang nga nagpush sa akoo na mubalik nasad ko ug laslas kay na broken hearted ko kani laging sa kabataan nako maam ba nga wala kay koy akong hunahuna kay bataot kaayu ko ug hunahuna tungod kay nasakitan ko ana niya maglaslas na dayun. (II-SC1:SS14)

T: Yes, maam, that was the time I started dating and engaging in a romantic relationship, and that was one of the factors that forced me to slash my hands because I was heartbroken at the time when I was a teenager, and I believe I was childish at the time because I was hurt, and then slashed my hands again.

Informant #3 agreed with the statement of Informant #4; she emphasized that the feeling of being heartbroken could be an addition to her own personal problems, thus it had a big impact to push her to commit attempted suicide. She stated that:

Just happened last 3 years ago actually it was my heartbroken oo tapus kuan. (crying) kanang kuan siya maam kanang nagbreak rami ato kay (crying) for change para sa iyaha so nag break mi (crying). sudden maam and almost 2years nami ato niya tapus wala man mi nag away ato nga time busy siya (crying) hmm nag istorya mi maam dinhi sa Cagayan kay ato nga time kay gapangeta ko maam tapus naa pud mi problema sa akong family kay akong papa ato wala pa nakabalik from abroad maam ba unya tapus ako nakastop ko ug one sem galisod ko. Dili mi classmate 2 years pud siya ahead sa akoo mao to nga wala ko nakaskela adto kay struggle kaayu mi ato nga time maam. While naa ko diri sa Cagayan maam gasulod ko sa akong klasi peru wala ko sakong hunahuna unya pag uli pagyud nako ato kay diritso ko sa akong kwarto maam ba unya ako ra isa sa akong boarding house sauna nakahuna huna ko ug kuan kahuna huna ku ug kuan ato maam nga nganong kapuy man kanus-a mahuman imung pag antos unsa pa maka get over maka move on gabalik balik nalang permente. (II ID9:SS1)

T: Just happened last 3 years ago actually it was my heartbroken and then (crying) we actually broke up with my boyfriend (crying) for a change for him so we broke up (crying) suddenly ma'am and we didn't fight at that time because he was busy (crying) hmm we were talking ma'am here in Cagayan because it's time since I'm concerned ma'am, then we have an issue with my family because my father hasn't returned from abroad ma'am, then I stopped one semester because I was having difficulties. We're not classmates, and he's two years older than I, so that's why I didn't go to school because we were both struggling at the time, ma'am. We're from Camiguin, and my mother is from Cagayan as well, so it's time for me to return (crying). It's okay, ma'am. We just had a lot of issues, and when he broke up with me, it was really hard, but I told myself that I was fine and that I could handle it, but it still hurts me because he didn't explain anything, and it still hurts me ma'am since we were struggling too much at the time, and then he added, that's what happen ma'am. That's why we broke up, and when I asked why, he just said he needed to concentrate on his studies, and that's all, ma'am. But I'm still grateful, ma'am, because when I returned, my family was already fine; we had income, and everything was fine, and I had someone to speak to. Ma'am, this is what I do. While I'm in Cagayan ma'am, I'll go to class, but I'll be out of my mind, so when I got home, I went straight to my room ma'am, and then I was alone in my boarding house until I realized I wanted to commit suicide, and I asked myself why I was so tired, and when your pain is over, can you move on, and it just keeps coming back to my mind.

Informant #5 also added that society could contribute to the bad behavior of the youth due to some activities available in the community, which could be a factor that pushes them to do such deviant behavior. He stated that:

About sa ilang activities maam example mag inom maam kana mag bugoy bugoy usahay kay madamay rasad ko sa akoo maam kay peer pressure pud maam. (II SC3:SS15)

T: About their activities, ma'am, such as drinking alcoholic beverages and being stubborn, are two examples, ma'am. I am also included, ma'am, because peer pressure is a factor, ma'am.

This theme explained that informants have generally experienced negative social reactions and is labeled by the public. They are most of the time called as “*mapareho ra gehapun kas imung ate,*” “*maburosan ra gehapun na human ug graduate,*” “*taga-bukid,*” “*pobre rana sa ilaa,*”. They even received such social discrimination and social judgment that they were very poor and unable to finish their studies and goals in life. The claims were supported by the Social Ecological Model (SEM), which, as further explained by Caine (2013), frames suicide prevention in terms of its mutual risk with interpersonal abuse within a SEM model. The resulting ecological shared risk model was, however, limited in scope in terms of merely listing sample risk and common protective factors for both suicide and interpersonal violence. The Social Ecological Model was a four-tier framework for organizing risk and protective factors, which then inform corresponding prevention strategies. From macro to micro levels, the four strata are: societal, community, relational, and individual levels. Community-level influences are those circumscribed to a certain region, like neighborhood centers, schools, workplaces, and healthcare providers.

Labeling and social discrimination and judgment of the youth might result in depression. According to Bilsen (2018), depression symptoms have been observed in 50-65 percent of suicide cases, more often in females than males. Furthermore, many scholars mentioned that the Social Ecological Suicide Prevention Model (SESPM) internalized stigma and victimization are linked to an increased risk of suicide in some populations; also, sexual orientation minority status was linked to an increased risk of suicide. (Haas et al., 2010; Duncan and Hatzenbuehler, 2014). Several studies have shown that the pathological personality dimensions of self-criticism (Fazaa and Page, 2003; O'Connor, 2007; Campos and Mesquita, 2014; Falgares et al., 2017a) and dependence (Bornstein and O'Neill, 2000) are significant risk factors for suicide risk, and are influenced by early dysfunctional relationships such as those with parents (Blatt, 2004; Campos et al.).

It was also documented that childhood abuse was an important risk factor for suicidal ideation and attempted suicide (Enns et al., 2006; Brodsky and Stanley, 2008; Barbosa et al., 2014; Puzia et al., 2014; Afifi et al., 2016; Sachs-Ericsson et al., 2016). Efforts have recently been made to understand the different impact of particular forms of maltreatment on adolescents' and adults' personality functioning (Witt et al., 2016) and, in turn, on risk for suicide (Dunn et al., 2013). Moreover, Tancangco (2018) mentioned that bullying was one of the risk factors for juvenile suicide. This can cause a victim to feel angry, scared, humiliated, embarrassed, and anxious to go to school. The one who attempts to harm or dominate others is a bully. Bullies were often harassed themselves. It's important to be aware that anyone can be a thug. The target was the person who was bullied.

Coping Mechanism of the Informants after Suicide Attempts

This part showed the different coping mechanisms that youth use in order to handle, face, and combat the challenges they encountered in their engagement in committing suicide attempts. These two (2) themes explained the reasons why youth choose to continue with their life despite their experiences in committing suicide.

a. Familial Support

This theme gives a larger impact to each one of the youth, considering that family support and guidance towards their life could give them the right path and direction. Informant #1 emphasized that his parents supported him already, which allowed him to share his difficulties and inspired him to continue. He stated that:

Karun nga kuan po maam sa college ko ukie nami sauna lang to maam kai actually maulaw man gyud ko maam maulaw ko sa ilaa kai akong igsuon naa pa naa pay ikatulo namo specially sa financial nga kuan maulaw gyud ko ug pangayu sa ilaa pud that was before and karun na kuan pud sila atleast ba nga sila nalang ang gakuan gahatag sa akong everyday bahalag pangkuan nalang atleast wala nako nagkuan nga pariha sa highschool pako gapamaligya nalang ko ug sigarilyo murag kanang nagchange pud ang ilang pagdala. Pangutan-on ko nimo ana nga question maam ug ukie ba akong relationship, dili before karun nakuan nako nga atleast na nakuan na nako akong self nashare na nako sa ilaa unsa ang mga problema. (II-IN1:SS6)

Now that I am in College ma'am we are now ukie with my family, before ma'am actually I am shy to them because we are three siblings and specially in terms of financial I am shy to asked them that was before and now at least they can gave allowance for my daily use at least it was not like my high school that I need to sell cigarette and now there were changes already. If you ask me a question, ma'am, our relationship is fine. Before, our relationship was not good, but now at least I can share with them my problems.

Informant #10 supported the statement of Informant #1 about the support of her family, her family gave her advice and helped her in the best way that they can, especially in terms of financial even though her family was having a hard time, but still they were able to provide her needs. She stated that:

Kuan ma'am siguro ang suporta kai kuan rajud makita nako sa ilaa nga bisag kanang mafeel gyud nako nga bisag unsa pa ka lisod ug naa gyud sila permente sa akoang kilig tapus si mama man gyud kai sige siyag istorya about sa mga kana bitaw ahh sige lang daw mag-ampo lang daw ug kuan so ako man gud kai ug muistorya si mama kai inana ra peru dili lang gyud ko gusto mahimong emotional pag mag istorya mi parehas gaina. (II-IN2:SS8)

T: Maybe the support, ma'am, because I can see them and sense that they are struggling as well, but they are still on my side, and my mother always tells me that I should pray all the time, and I don't want to be emotional every time we talk, just like earlier.

Informant #2 added that sharing with her family about her achievements and problems made her feel the support and trust of her family. She stated that:

Ohh kanang bisan sa sulat ra nako mabasa ang kuan ni mama kay mafeel man nako nga full support sila sa akoo karun most specially nga gipakita pud nako sa ilaa na dili ko kamahayan na suportahan so murag gakakita pud nako ang positive nga panghuna huna nila ba nga mugraduate ginaleft up pud ko nila nga mahuman ra lagi ka iampo lang na imuhang pagsulay mga inana nabaliktad na ilang paglantaw sa akoo karun like kahayag na (smile) Kanang kuan unsa akong ginagmay nga achievement tapus masulti pud nako sa ilaa usahay akong mga struggle kay sauna nga working pako usahay dili ko katulog ug tarung kay inana huna huna sa mga muabot nga problema nasab tapus kana bitaw isulti gyud nako sa ilaa kanang kuan kamingaw sa ilaa halos dili nako makaya usahay inana nga masulti sa ilaha isulti nako para kay gusto ko makadungog ug advice gikan sa ilaa. Oo permente naa man pud sila. (II-IN2:SS7)

T: Ohh, even though I just read my mother's letter, I can see their entire support for me, especially now that I've proven to them that I'm not a hindrance to them. I can see their positive perspective that I'll graduate, and they've also lifted me up that I can finish my studies and just pray for your troubles. Their perception of me has changed, and I can now see the light. I can share my small triumphs with them, as well as my hardships, because I used to be a working student who couldn't sleep well due to my issues. I told them I missed them, even though I couldn't afford to tell them, because I wanted to hear their advice. Yes, whenever my parents are around.

Informant #5 also stated that his parents already supported him, especially his father, and the treatment was already fair, which made him feel good. He stated that:

Oh, yes ma'am gasuporta sila sa akoo maam yes maam labi na akong papa maam. Usahay maam fair na ang treatment sa akong mama maam and akong papa maam is mulaban na maam kai nakabantay siya maam nga bias na kaayu. (II IN2:SS8)

T: Yes, ma'am, they supported me, especially my father. Ma'am, sometimes the treatment is already equal with my mother ma'am, and my father fights for me because he notices ma'am that my mother is biased.

Informant #8 also stated that his mother and grandmother supported him and understood his difficulties, which made him feel worthy and special. He stated that:

Kinsa mas makasabot sa akoo? Walay lain akong mama ra kai. Akong mama ug lola. Dili ko makabasa sa ilang hunahuna peru mafeel man gyud nako maam mafeel nako nga gasabton gyud ko nila dili sa ingon na mafeel gyud nako na dili siya parehas sa uban na auntie nako pamation tika dili man walay ingana nako nga nabati peru akong mama ug lola naa gyud mabati nako nga pagcare. (II-IN4:SS11)

T: Who understands me the most? My mother, of course. My grandmother and mother. I can't read their minds, but I get the impression that they tried hard to understand me; they're not like my other aunts, and I felt the concern of my mother and grandmother.

This theme reflects the guidance and support in either the emotional or financial aspects of the informant's family. This will have a huge impact on the part of the informants because the family was considered as the first unit in which the child interacted and was able to get all the support needed as they were growing up, until they succeeded in life. This theme was best explained in the Social Ecological Model (SEM), the benefits of such a multi-level schema (SEM). First, suicide risk and protective factor literature tends to be fragmented by SEM level. It provides a potentially comprehensive framework for organizing risk and protective factor knowledge; as such, it was a working template for adding new factors, as well as integrating levels to examine how upper-level factors may moderate the influence of lower-level factors, and vice versa.

The second benefit was that the Social Ecological Model of suicide can provide a grounding for multilevel intervention program design and implementation. Family treatment was one of the approaches to prevent suicide as the safe alternatives for teens and youth (SAFETY) research included cognitive-behavioral, dialectical behavior-informed family care aimed at promoting protection. (Asarnow et al, 2017). In the study of Guo et.al (2018), the most important arena for improving the psychological well-being of teenagers in the home is the family. Parental support was arguably the strongest predictor of all mental health indicators. Henderson (2020) also added that there is a need for support and interaction between the youth and their parents to uplift them; he mentioned in his study that the mesosystem discussed the interactions between the many parts of the microsystem and how they support and encourage the adolescent. A discussion about depression and feelings of hopelessness

involving the adolescent female, her parents, and her guidance counselor or school nurse is an example of interactions within a mesosystem.

b. Positive Outlook

This theme explains how the youth cope and are not involved again in committing suicide attempts, which also allows the youth to see the beauty of life and continue to be positive and move forward. Informant #4 emphasized that having a relationship with God and faith gave him the light to continue and trust the process of the Almighty Father. She stated that:

Ang isa gyud sa comfort na akong nakita gyud maam kay kana gyud pakig uban gyud sa Ginoo nga mao ragyud na siya ang kulang sa akong kinabuhi kung wala di ay na wala gyud gihapun ko diri napariwara nagyud ko siguro ko or namatay na siguro ko so sa akong kinabuhi gyud maam ang isa gyud sa nakahatag sa akoo ug comfort gyud kay ang pagtuo nga ang Ginoo wala nagpasagad sa imua wala ka niya pasagdi kay mao ra gyud na ang makasatisfy sa imua kay sa tinuod lang maam ang kanang tao dili man gyud ta perfect usahay masakitan ta nila usahay makahatag sila ug kalipay sa atoa peru ang Ginoo ragyud maam ang consistent gyud maam nga puros ragyud kalipay ug pagsalig iyang ihatag sa imua nga dili naka mubuhat ana. (III CM1:SS17)

T: One of the comforts that I have seen is the relationship with the Lord, which is really the one lacking in my life, because if he isn't, either I'm still not here, I'm sure, or I'm dead, the confidence that the Lord did not neglect you, that he did not abandon you, gives me real comfort because that is the only thing that can satisfy ma'am and those people are never perfect, sometimes they harm us, sometimes they can bring us happiness, but only the Lord is consistent, pure joy and trust he will give to us and will not commit again.

Informant #8 supported the statement of Informant #4 that the best thing to be positive and move forward was to have faith in God, which led him to have a brighter path in life. He stated that:

Sige kuan, pagsalig pagsalig ra gyud panalangin ra gyud kanunay siya makahatag sa imua ug kuan maayong panghunahuna ug dalan bitaw sa saktong buhat mao ra gyud na akong matubag maam kai wala nay lain kai mao man gyud akong gibuhat gyud. Kana ra maam. (III-CM2:SS18)

T: It will give you the proper mindset and path if you trust and pray to our almighty God. That is all I can say, ma'am, since I don't do anything else, and that is what I do. That's all, ma'am.

Informant #6 also supported Informants 4 and 8 that having faith in God and continuing his studies will give him guidance, motivation, and divert his attention from committing suicide attempts again, he stated that:

Siguro maam kay gaampo ko sa Ginoo na makahuman gyud na muskwela gyud ug makahatag ug maayung gabuhaton. (III-CM2:SS10)

T: Perhaps, ma'am, because I prayed to God that I would finish my studies and that I would be able to do good actions.

Informant #10 also added that having good friends and people that motivate her gave her the brighter side of life and continued to fight despite all the challenges, she stated that:

Kuan maam mga tao gyud nga nagpush sa akoo ay mga tao gyud nga nagmotivate sa akoo aside sa akong parents. Naay times nga kato bitaw nga istoryahan ko na gipangeta nako nga murag istoryahan nako akong self pud. (IIICM2:SS17)

T: Aside from my parents, the people who motivate and push me. Those moments when I was trying to figure out who I was, and I felt like I was talking to myself.

Moreover, Informant #9 added that her dreams to finish her studies and be able to help her parents gave her the guidance and positive outlook in life, she stated that:

Sa akong pangarap maam padayon sa kinabuhi para maabot nako akong pangarap tapus makatabang kos akong ginikanan makapaskwela ko sakong pag umangkon unya if ever man lang na tagaan ko sa Ginoo. (III-CM2:SS18)

T: My dreams, ma'am, are to continue living my life in order to achieve my goals and to be able to help my parents and send my nieces to school if God grants me the blessings to achieve all of my life goals.

Informant #3 supported the statement of Informant #9, who mentioned that finishing her studies could keep her moving forward and help her parents in the near future. She stated that:

Ahh syempre maam kuan akong dream gyud maam nga makahuman gyud ko nga makatrabaho aron maka hatag pud sa akong parents sa pagpaskwela sa akong ginalook forward gyud nako maam nga makagraduate gyud ko maam ug makatrabaho gyud ko makahuman. (III-CM2:SS8)

T: Ahh of course ma'am, my dream is to really finish my studies and work so that I can repay my parents for all of their hard work in sending me to school, and I'm looking forward to it maam, to really graduate ma'am, to really work, and to really finish my studies.

Informant #7 agreed with Informant #3 that continuing her studies diverted her from attempting suicide again, thus giving her a positive outlook on life. She stated that:

Kanang akong nalang maam kai gusto nalang ko makahuman ug skwela. (III CM4:SS13)

T: For me, ma'am, I just want to finish my studies.

Moreover, Informant #1 emphasized that having a positive outlook in life and things he wanted to focus on in College to regain his happiness and motivate him to move forward, he stated that:

Karun maam mga future plans actually mga positive way na maam positive na nga kuan ug unsa toy gusto mahitabo sa college ug unsay gusto nako buhaton inana nalang usually nga kuan sa akong family ug unsay gusto nako buhaton together with them sa akong kuan pud sa akong kauban ug sa akong mga amego kana nalang siguro magfocus ko nga mabawi nako akong happiness nga nawala sa ako during high school life during sa katong mga isolated kaayu nako nga time. (III-CM3:SS14)

T: For now ma'am are future plans actually those positive way ma'am, positive way if what are the things I want to happen in college and what are the things I love to do that will be all maam usually for my family if what are the things I want to do together with them as well as with my friends maybe those are the things that I am focus into and that I can regain my happiness again that was lost during my high school days in which those times that I isolated myself.)

However, Informant #5 stated that playing computer games and reading comic books diverted his attention to commit attempted suicide, and had a brighter side to move on and continue with his life, he stated that:

Akong ginabuhay karon para malingaw ko is makigdula sa mga amego maam mag istorya istorya usa pud maam kanang magdula ko ug computer ug magbasa basa ug mga mangga maam na komiks. Ahh sa akong mama maam is dili kaayu siya masuko ug magdula ko ug

computer maam peru akong papa is masuko na siya maam kay naaddict nako sa computer games maam. (III-CM4:SS19)

T: What I enjoy doing, ma'am, is playing games with my friends and talking with them, as well as playing computer games and reading comic books.

This theme expressed about how youth are able to continue their life and self-internalization on their experiences and realizations that committing suicidal attempts was a huge mistake in their lives. The Interpersonal-Psychological Theory of Suicide (IPTs) explained the theme due to the experiences and difficulties in the lives of the participants. This meant that youth would encounter a lot of things as part of their development and as they grew into a total person. Ideation moved to an attempt when the person has created enough dwelling space for the pain and fearlessness of death to commit the act. In this way, the IPTs can be regarded as both individual and relational. Many survivors are keen to talk to other survivors. One-fourth of survivors are estimated to have joined survivor-support groups at some stage (Maple, Cerel et al. 2014). Advice from other survivors was considered credible.

Conversation giving and taking was helpful to all involved, especially at a time when newly bereaved people may feel overwhelmed. Survivors can benefit more from talking about an unexpected loss, like suicide, than one expected (Stroebe, Stroebe et al. 2002). In addition, Ribeiro and Joiner (2005) explained that the interpersonal psychological theory of suicidal behavior states that a person will not commit suicide unless he or she has both the desire and the ability to do so. According to this theory, self-preservation was such a strong impulse that few people can will themselves to overcome it. This viewpoint could lead to having a positive outlook on life, which is a good aspect of self-preservation. Similarly, many studies and youth suicide prevention programs have focused on individual protective factors such as academic achievement (Taliaferro & Muehlenkamp, 2014) and self-efficacy (King et.al., 2011). Academic achievement could provide a positive outlook for youth to view a brighter future despite their hardships and struggles in life.

Proposed Intervention Program

Below is the proposed intervention program that may possibly help the youth who have attempted suicide.

“REBUILDING SELF-WORTH PROGRAM”

SOCIAL- ECOLOGICAL LEVEL OF INFLUENCE	ACTIVITY	OBJECTIVE	PERSONS INVOLVED	TIME FRAME	BUDGET
Individual	Symposium on Understanding the Self and Knowing your worth	Through this the participants especially the youth will be able to internalize their worth and find reasons why they should move forward and attained their goals in life.	Parents Youth City Health Office PMHA	1 st and 2 nd Saturday of the 1 st month	5,000.00

Interpersonal	Mental Health Awareness	This will promote mental health in adolescents by helping them to develop problem- solving skills and encouraging them to self-recognize the need for help as well as how to help peers in need.	Criminology Extension Program Parents Youth City Health Office PMHA	2nd and 3rd Saturday of the 2nd month.	5,000.00
Interpersonal	Symposium on Parent Child Relation and PD 603 (The Child and Youth Welfare Code) specifically: Art.3 Rights of the Child Art.43-46 Rights and Duties of Parents	This program will enable the participants especially the parents on the effective parenting styles, teaching love and responsibility to tighten up the relationship of the child and their parents.	Parents Youth PMHA	Every Saturday of the 3 rd month	7,000.00
Community	Convention on RA 9344 as to the Role of the Different Sectors	This program will strengthen the knowledge and comprehension of the youth and other sectors. It is also a way of educating them that the government is willing to help them to go away of attempted suicide.	☐ PNP Women's Desk ☐ Divisi on Parents ☐ Youth ☐ City Health Office PMHA	2 nd and 3 rd Saturday of the 4 th month.	5,000.00
Societal	Physical and Behavioral Health Care for Youth Reformation	Through this the youth will be assisted and guided how to control their impulsive behavior, manage their stress& eventually go away from committing attempted suicide. This includes series of program of reformation.	☐ Criminology Extension Program ☐ Parents ☐ Youth ☐ City Health Office PMHA	1 st , 2 nd and 3 rd Saturday of the 5 th month.	5,000.00
Societal	Retreat Program	This will enhance the spiritual aspect of the youth in order for them to internalize and see the beauty of life and that they can forgive themselves as well in committing attempted suicide.	☐ Chaplain ☐ DSWD ☐ Youth PMHA	3rd and 4th Saturday of the 6 th month.	10,000.00

The Proposed Intervention program will be conducted every month based on the availability of the participants and the speaker. After every activity, an evaluation will be conducted to assess the effectiveness of the activity and if the participants learn something that they may apply to their daily life and eventually help them avoid attempting suicide.

The Rebuilding Self-Worth Program will be closely monitored by the assigned staff or the Barangay Officials to help the youth mentally and emotionally.

Proposed Intervention Programs:

Based on the following findings, an Intervention Program has been formulated. These youths who were facing stress and difficulties in their lives could have led them to attempt suicide. The community can play a significant role in helping and protecting these youth by creating an intervention program that may address the needs of the youth through the help of influential people such as public officials, mental health associations, government officers, and even educators. The best intervention program that can be formulated is a series of Training Spotting Behavior at Risk, Seminar on Suicide, and Early Warning Signs Programs, addressing the needs and problems of youth engaging in suicidal attempts. Intervention programs should include realistic coping mechanisms for the youth.

This intervention program can be called as “Rebuilding Self-Worth Program.” This intervention program aimed to emphasize that youth should be monitored and guided by their parents, the City health office, and mental health associations as patients who are in need of help. They too are struggling to face their own difficulties and are stressed at an early age. Just like how concerned and vigilant the government is in rehabilitating first-time minor offenders who have problems with their behavior, the same courtesy should be given as well to the youths considered as the hope of our nation.

The Rebuilding Self-Worth Program should mainly focus on the behavioral aspects and how to deal with stress and difficulties at an early age. It should also educate and remind the parents of their responsibilities in guiding and supporting their children as they grow up, as well as providing a better education with all the necessary support. Spiritual counselling should also be part of this aspect through strengthening the faith of these youths and giving enlightenment that, whatever difficulties they may face in life, there will still be hope and beauty in it. The government especially the Department of Social Welfare Development (DSWD), City Health Office (CHO), Mental Health Associations and other agencies related in helping the youth to be a better individuals should also focus on different seminars and trainings that could assist divert the attention of these youths in committing suicide attempt and eventually help them to heal.

Psychological and mental health counseling should also be the target of this program in order to address different stress and circumstances that these youth have encountered prior in committing attempted suicide. This program should also provide medical services, which include a psychological examination, mental health therapy, and physical examinations. And after these long-term trainings and seminars, if the findings indicate that the receiver’s progress is good, and they have proven that they have stopped committing suicide. Constant monitoring of the progress of the youths was attainable due to a series of trainings and seminars conducted, and this will also encourage them to really stop committing suicide because the government assists them to cope and face life again. 82 Through this Rebuilding Self-Worth Program, youths will be able to internalize their worth as an individual and encourage one another to eventually stop committing suicide and make them realize that there are a lot of things life has to offer.

This intervention program can also be patterned with the concept of Social Ecological Model (SEM) of Suicide wherein based on the findings youths who are engaged with committing attempted suicide were found to be experiencing or faced with the different factors that have pushed them to engage in committing suicide attempts such as having aloof personality, experiencing financial distress, parental

rejection and societal influence. But if these factors may have converted into positive aspects which can be provided or addressed by the Rebuilding Self-Worth Program which will provide a happy disposition of living later on wherein being left alone, financially unstable, rejection and judgement will not prosper, and youths will serve as a total person with a better future ahead of them. They may be encouraged to stop attempting suicide.

CONCLUSION

Based on the findings of the study, the following conclusions are drawn.

The informants possessed an aloof personality, which was one of the factors that pushed them to commit attempted suicide. This was the manifestation of Interpersonal Psychological Theory of Suicide (IPTs), which argues that suicidal thinking is a function of self-perception in relation to others, and ideation moves to an attempt when the person has created enough dwelling space for the pain and fearlessness of death to commit the act. It was noted as well that participants experienced financial distress that pushed them to attempt suicide. On the other hand, parental rejection had a huge impact as one of the factors wherein the youths could experience favoritism, rejection, and even hurtful words inside the family unit, which pushes the youths from committing suicide attempts. Youths experienced labeling and judgment from the society in which they grew up. This labeling and judgment may be one of the causes of these youth's low self-esteem and lack of confidence as individuals. The society to which the youth belong may be a significant factor influencing their emotional well-being. Most of them viewed that having familial support could be one of the strategies to cope with all the difficulties that they encountered, such as financial, emotional, physical, and social aspects of their lives, which had led to their suicidal attempts. Lastly, as a coping mechanism to bring enlightenment and the right pathway among youth, strengthening faith in God is considered by youth as a coping mechanism to emphasize that committing suicide cannot solve their problems.

Recommendations

Based on findings and conclusions, this study recommends two (2) main areas in order for the Philippine government to fight against suicide.

First, to address the main cause of attempted suicide, the youth's encouragement diverts their attention from whatever stress they face, the government may consider forming a counseling committee that will thoroughly study and eventually apply the "Rebuilding Self-Worth Program" as the study suggested for an Intervention Program. This will be attainable if the government utilizes its resources from different schools, Local Government Units, which make up the different departments, such as the City Health Office, and other related agencies.

Parents should be reminded of their responsibilities and the upbringing of their children, as the family is the most influential unit in which the child develops his or her behavior.

Academic Institutions that are offering the course of Criminology might also help in their simple ways through adapting the concept of training and seminars to identify youths, especially those who are stressed due to the new normal or the new mode of learning. They can also create seminars related to human behavior and victimology, as well as juvenile delinquency, more specifically on the rights of the child and the responsibilities of the parents.

Secondly, the Department of Social Welfare and Development (DSWD) and the Department of Education (DepEd) may develop programs related to the improvement of the quality of life, conduct seminars, workshops, and counseling to assist them in controlling their behavior and avoiding attempting suicide.

The College of Criminology may also address the behavior and the importance of the family aspect of this country, as it is one of the main causes of youths who attempt suicide through developing programs such as information drives on how to combat suicide cases from arising, especially among youth.

Lastly, the Department of Health, in coordination with the City Health Office (CHO), may formulate programs to assist identified youths who have engaged in attempted suicide, such as seminars and training. Aside from that, a comprehensive program dissemination together with the Philippine Mental Health Association (PMHA) will be conducted to fight and prevent suicide in the country.

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