

THE ROLE OF THE GUNUNGKIDUL POLICE COMMUNITY DEVELOPMENT UNIT (BINMAS) THROUGH THE ELDERLY CARE PROGRAM (PELAN) AS AN EFFORT TO SUPPRESS SUICIDE CASES IN GUNUNGKIDUL REGENCY

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Abstract. *The Gunungkidul Police Chief's policy is that the Community Development Unit (BINMAS) implements Innovation through the Caring for the Elderly Program (PELAN) in order to provide attention, motivation, and encouragement to elderly Gunungkidul residents who are vulnerable and at risk of committing suicide. These activities are in the form of social services such as the distribution of food packages, health checks, and psychological support to the community, especially the elderly. This step is hoped to be able to help with the burden of living and establish friendship with the community as a form of Polri's concern for the people of Gunungkidul. Apart from that, this activity is also expected to be able to reduce the suicide rate in Gunungkidul Regency, because the perpetrators/victims are over 50 years old (elderly). This study uses a qualitative research method approach with a qualitative descriptive research type (Creswell, 2010: 4), where the authors in collecting data related to the phenomenon of suicide can describe both secondary and primary data by conducting interviews, observation, and documentation so that new conclusions can be drawn. can be used as a guide. Based on data obtained in the field in the Gunungkidul Regency area, most of the suicide cases were carried out by hanging. Note that the number of suicide cases still fluctuates every year, reaching 150 (one hundred and fifty) cases from 2018 to 2022. In order to reduce the number of suicides in Gunungkidul, the Gunungkidul Police Community Development Unit (Binmas) has implemented the Gunungkidul Police Chief Policy, number: Sprin/ 972/XI/2021, November 1, 2021 which has a positive impact on society, especially the elderly who live alone and can be used as a forum for socialization and sharing so that the elderly visited are enthusiastic and motivated.*

Keywords: *Binmas, Elderly commit suicide, Gunungkidul*

1. INTRODUCTION

One phase that will surely be passed by all creatures on earth is death, however, when talking about death which can be said to precede the line set by God Almighty in the sense of committing suicide, according to the Big Dictionary (Lestari, 2018) Indonesian (KBBI), the meaning of "suicide" or suicide is an intentional act that causes death to oneself. There are several methods used to commit suicide, including hanging himself, drinking poison, overdosing, jumping from a height, shooting a gun, stabbing himself with a sharp weapon, crashing himself into a train/vehicle, immersing himself in the sea, and so on.

(Fahrudin, 2007) in his book entitled "Suicide in Rural Java" states that the term suicide in modern society is not a new story anymore. In the book, it is explained that Socrates' willingness to drink poison, for example, was a conscious act of suicide, even though it had something to do with the death sentence imposed on him. In addition, in wayang stories originating from the Ramayana and Mahabharata, we can find the character Kumbokarno who committed suicide by recklessly fighting. Adi Fahrudin (2007) also explains that in the Japanese tradition, we also know the tradition of harakiri, namely suicide by injuring or sticking a knife into the stomach and removing all of its contents, this is a form of chivalry as an atonement for the sins he has done throughout his life.

According to WHO (World Health Organization), suicide is the third largest cause of death in various countries. There are approximately 800,000 people trying to commit

suicide and it tends to increase from year to year. Not only poor or developing countries have experienced an increase in suicide rates, but also experienced by developed countries. Sadly, suicide is the second leading cause of death among youths between the ages of 15 and 29.

Her book (Rochmawati, 2009) conveys what is happening in many countries in the world, especially in Asia, also happens in our country, Indonesia. The same thing is also contained in the journal Paradigm Vol. 7 No. 1, June 2018; p 96-110 written by Rosalia Widiastuti Sri Lestari, <http://journal.stia-aan.ac.id/index.php>, that the suicide rate tends to increase from year to year. According to him, there were 1,030 people in Indonesia who did the experiment mmit suicide annually and 705 die. Judging from the causes, Ida Rochmawati said that people who are vulnerable to suicide are refugees, youth, and groups of people at a low socioeconomic level. Ida Rochmawati's investigation so far, it was found that the causes of death by suicide in Gunungkidul were: 1) traumatic events; 2) descent; 3) lonely; 4) prolonged illness; 5) depression; 6) study problems; 7) household problems; 8) love problems; and 9) related to the spirit world (other/unseen world). In addition, Darmaningtyas has a point of view in dealing with suicide, especially among the elderly, such as Pulung Gantung. The word Pulung comes from the Javanese language which means a revelation, a sign, or a gift. Meanwhile, the word Hanging means suicide by hanging oneself. Literally, Pulung Gantung can be interpreted as a revelation or a signal for someone to commit suicide by hanging himself (Darmaningtyas, 2002). The book states that the presence of Pulung Gantung is marked by the appearance of a meteor-like fireball in the middle of the night. The fireball is the sasmita (sign) of death.

Table 1.
Distribution of Suicide Incidents Every Kapanewon on Gunungkidul
(Period 2018 to 2022)

Kapanewon	Number of Events					Total	Rangking
	2018	2019	2020	2021	2022		
Wonosari	1	4	-	4	2	11	3
Playen	3	3	-	2	2	10	7
Semanu	4	1	-	2	-	7	11
Ponjong	1	-	3	-	2	6	12
Semin	3	1	3	4	4	15	1
Karangmojo	2	3	1	4	1	11	4

1.1. Description of Suicide Cases in Gunungkidul

It's no secret that the number of suicide cases in Gunungkidul Regency has shown a high rate in recent times. Cases of suicide in Gunungkidul Regency were carried out by hanging. Based on data from the Gunungkidul Police, in the period 2018 to 2022, 150 (one hundred and fifty) cases of suicide were recorded. This figure represents cases reported to the Police, this does not include cases that were not reported or reported as suicide attempts.

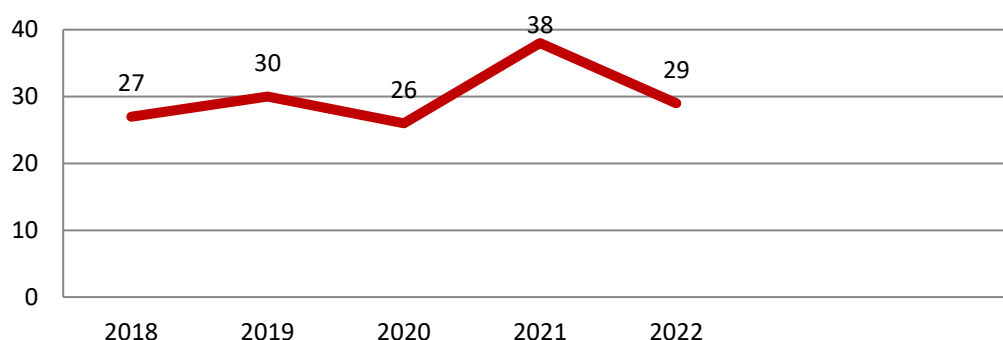
Table 2.
Distribution of Suicide Incidents Every Kapanewon on Gunungkidul
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Wonosari	1	4	-	4	2	11	3
Playen	3	3	-	2	2	10	7
Semanu	4	1	-	2	-	7	11

Ponjong	1	-	3	-	2	6	12
Semin	3	1	3	4	4	15	1
Karangmojo	2	3	1	4	1	11	4
Gedangsari	-	1	6	3	1	11	5
Saptosari	-	-	3	2	1	6	13
Tepus	4	4	1	2	3	14	2
Ngawen	3	1	1	1	4	10	8
Nglipar	1	3	3	3	-	10	9
Patuk	-	1	1	-	-	2	18
Paliyan	-	-	2	1	1	4	16
Rongkop	1	-	-	1	1	3	17
Panggang	1	2	-	2	4	9	10
Girisubo	1	1	-	2	1	5	14
Tanjungsari	2	5	1	2	1	11	6
Purwosari	-	-	1	3	1	5	15
JUMLAH	27	30	26	38	29	150	

From the above data, Kapanewon dominated the suicide by hanging, namely Kapanewon Semin, namely 15 (fifteen) incidents with a percentage of up to 10%. Followed by Kapanewon Tepus with 14 (fourteen) events equivalent to 9.33%. Then Wonosari, Karangmojo, Gedangsari, and Tanjungsari, namely 11 (eleven) events with a percentage of 7.33%. Then Kapanewon Nglipar, Playen and Ngawen, namely 10 (ten) incidents with a percentage of 6.66%. Furthermore, Kapanewon Semanu, Ponjong, Saptosari, Patuk, Paliyan, Rongkop, Panggang, Girisubo and Purwosari under 10 (ten) incidents.

Grafik 3.
Graph of Suicide Tendency in Gunungkidul
(Period 2018 to 2022)



From the graph, it can be seen that the trend of suicide cases in Gunungkidul Regency shows a fluctuating number from year to year. 2021 shows a significant increase, this was influenced by the Covid-19 Pandemic that hit the world, especially Gunungkidul Regency

2. LITERATURE REVIEW

2.1. Suicide

According to the Big Indonesian Dictionary (KBBI), the meaning of suicide or suicide is an intentional act that causes death to oneself. Suicide is often done as a result of despair, the cause of which is associated with mental or psychological disorders such as depression, bipolar disorder, schizophrenia, alcohol dependence, or drug abuse.

According to Emile Durkheim, writing about Suicide in the book *Gender Psychology* (Dr. Ikhlasiah Dalimoenthe, 2021) that suicide is a social phenomenon where the main cause of suicide is social factors, namely due to the collapse of social relations or vice versa, strong attachment to social relations. Referring to Emile Durkheim in his book *Social Psychology* (Dr.W.A. Gerungan) there are at least four types of sociological phenomena of suicide, namely Egoistic Suicide, Altruism Suicide, Anomie Suicide, and Fatalistic Suicide. The first is Egoistic Suicide, which is an act of suicide that occurs because social integration is too weak. Second, Altruism Suicide, is an act of suicide that occurs because social integration is too strong. The third, Anomie Suicide, is an act of suicide that occurs due to the blurring of values and norms in society. Fourth, Fatalistic Suicide is an act of suicide that occurs because the values and norms prevailing in society are too excessive.

In her book, Ida Rochmawati (2009) conveys the term *Nglalu* which is a local designation and is often used by the people of Gunungkidul to describe the condition of a person choosing the path of death (suicide) by hanging himself. Based on some of the definitions that have been explained, it can be concluded that suicide is an attempt by someone to hurt himself with the aim of eliminating his own life, this is done on the basis of certain motivations to solve problems or pressures in his life

2.2. Elderly Care Program (PELAN)

One of the tasks of the Regional Police or Polres is to carry out coaching and outreach to the community, this activity is carried out by the Community Development Unit (BINMAS) Function where the Community Development Unit is tasked with carrying out coaching which includes community outreach activities, Community Policing Empowerment (Polmas). In accordance with the functions of the Police according to Article 2 of Law Number 2 of 2002 concerning the Police of the Republic of Indonesia which reads: "*The function of the police is one of the functions of the state government in the field of maintaining public order and security, law enforcement, protection, protection and service in society*"

For this reason, the Gunungkidul Police issued an Order from the Gunungkidul Police Chief, number: Sprin/972/XI/2021, November 1, 2021 concerning the implementation of the Gunungkidul Police Community Development Unit Innovation activity. Therefore, in preventing and minimizing the emergence of cases of suicide by hanging, the Gunungkidul Police through the Community Development Unit carry out preventive activities and intensive outreach to the community so that they are mutually sensitive to family and neighbors, especially the elderly and greet each other. The activities carried out are in the form of Social Care for the Elderly (PELAN) which is a form of innovation in giving attention to the elderly/elderly and providing enthusiasm for living old age in society. The Caring for the Elderly (PELAN) activities are carried out in the form of distributing basic food packages, health checks and psychological support to activity targets. This step is hoped to be able to help with the burden of living and establish friendship with the community as a form of Polri's concern for the people of Gunungkidul

Apart from that, this activity is also expected to be able to reduce the suicide rate in Gunungkidul Regency, because the perpetrators/victims are over 50 years old (elderly).

Previous research is written in a journal written by Adi Fahrudin entitled "*The Phenomenon of Suicide in Gunung Kidul*". The Faculty of Social and Political Sciences, University of Muhammadiyah Jakarta, which was published in 2012 in this study obtained information about the phenomenon of suicide in Gunungkidul Regency and examined the relationship between myth factors, poverty and learning behavior influencing the phenomenon of suicide that has occurred so far. Primary prevention in the aspect of psychoeducation is very important because it is a means of laying the foundations for

cognitive development, reasoning abilities, adaptation mechanisms, through educational patterns related to life values, life philosophies, and religious teachings.

The next research was conducted by Rosalia Widiastuti Sri Lestari entitled "Minimizing the Phenomenon of Suicide in Gunung Kidul" which was published in the Pradigma journal, Gunungkidul University, Yogyakarta in 2018 from research that had been carried out, it can be concluded that real action is needed as well as the participation of the local government and the community to work hand in hand to minimize the phenomenon of suicide in the Gunungkidul community.

3. RESEARCH METHODS

Qualitative research method approach with qualitative descriptive research type (Creswell, 2004), where the author in the collection can describe both secondary data and primary data and explore in depth all the information obtained so that new conclusions can be drawn which can then be used as guidelines for the implementation of the Gunungkidul Police Chief's Order , number: Sprin/972/XI/2021 regarding the implementation of the Gunungkidul Police Community Development Unit Innovation activity in the form of Caring for the Elderly (PELAN) in an effort to suppress suicide cases in Gunungkidul Regency.

This research took place at the Community Development Unit (Binmas) of the Gunungkidul Police, which was carried out within 3 months from March 2023 to May 2023. The research was conducted in 5 Kapanewon with the highest suicide rate. The sources taken were the families of the perpetrators/victims of suicide, the Gunungkidul Police Chief, and the Head of the Gunungkidul Police Binmas. In addition to primary data, this study also uses secondary data taken from the Gunungkidul Police. Data collection techniques, namely the method of interviews, documentation, and combination/triangulation. Using the interview method because this method can produce a lot of data/information to tell the chronology of events. The drawback of this method is that sometimes families are still reluctant to be interviewed on the grounds that trauma or suicide is a family disgrace. And using data analysis according to Mathew B. Miles (1992) is divided into three (3) activity flows that occur simultaneously, the three flows are the first flow (1) data reduction; second flow (2) data display (data display); and the third plot (3) drawing conclusions.

4. RESULTS AND DISCUSSION

Gunungkidul Regency is one of the regencies in the Province of the Special Region of Yogyakarta, with Wonosari as its capital. The area of Gunungkidul Regency is 1,485.36 km² or about 46.63% of the total area of the Special Region of Yogyakarta Province. Wonosari city is located in the southeast of the city of Yogyakarta (the capital of the Special Province of Yogyakarta), with a distance of \pm 39 km. The Gunungkidul Regency area is divided into 18 Kapanewon and 144 Kalurahan. Geographically, Gunungkidul Regency is located at coordinates 110O 21' to 110O 50' East Longitude and 7O 46' to 8O 09' South Latitude. Gunungkidul with its natural conditions and which is full of challenges.



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Table 4.
Time Distribution for Victims to Suicide
(period 2018 to 2022)

Time	number of suicides					Total
	2018	2019	2020	2021	2022	
00.00 – 03.00	-	1	1	2	2	6
03.00 – 06.00	13	11	8	14	6	52
06.00 – 09.00	3	5	5	5	6	24
09.00 – 12.00	4	4	5	5	8	26
12.00 – 15.00	1	2	3	4	1	11
15.00 – 18.00	1	6	1	3	5	16
18.00 – 21.00	3	-	2	3	1	9
21.00 – 24.00	2	1	1	2	-	6
JUMLAH	27	30	26	38	29	150

From the above data, it can be seen that the victim committing suicide paid attention to the right time so that the action was not known by other people. The time distribution that is often used by victims in committing suicide is between 03.00 WIB and 06.00 WIB. This vulnerable time is used by the victim because there are still many people who are fast asleep so they are used to carry out their actions.

Suicide in Gunungkidul does not only occur in the elderly, the perpetrators range from teenagers to the elderly. Furthermore, we can see the distribution of suicides by age group for 2018-2022, as follows:

Table 5
Distribution of Suicide Cases by Age Group
(period 2018 to 2022)

AGE	NUMBER OF EVENTS					Total
	2018	2019	2020	2021	2022	
15 – 25	2	1	2	2	1	8
25 – 35	2	1	2	1	1	7
35 – 45	3	5	3	2	2	15
45 – 55	4	4	2	4	6	20
55 – 65	3	6	7	10	5	31
65 – 75	5	6	2	5	7	25
75 – 85	5	5	8	12	1	31
85 – 95	3	2	0	2	6	13
JUMLAH	27	30	26	38	29	150

Diagram 6.
Table of Suicide Cases Based on Age Group and Percentage of Total Cases
(period 2018 to 2022)

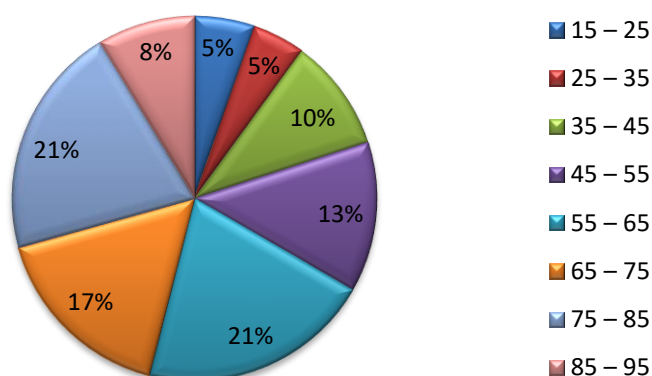
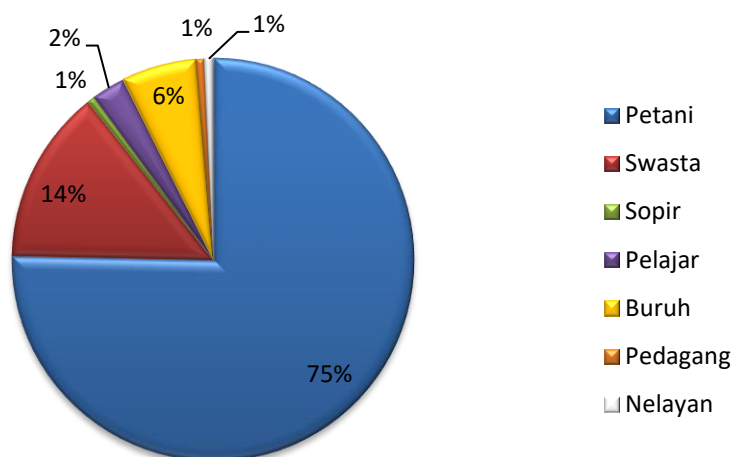


Table 7.
Distribution of Suicide Cases Based on Occupational Groups
(period 2018 to 2022)

Work	number of suicides					Total
	2018	2019	2020	2021	2022	
Farmer	19	21	16	31	26	113
Private/Entrepreneur	6	4	6	2	3	21
Driver	-	1	-	-	-	1
Student	1	-	1	2	-	4

TNI/Polri	-	-	-	-	-	-
Laborer	1	3	3	2	-	9
Trader	-	1	-	-	-	1
Fisherman	-	-	-	1	-	1
JUMLAH	27	30	26	38	29	150



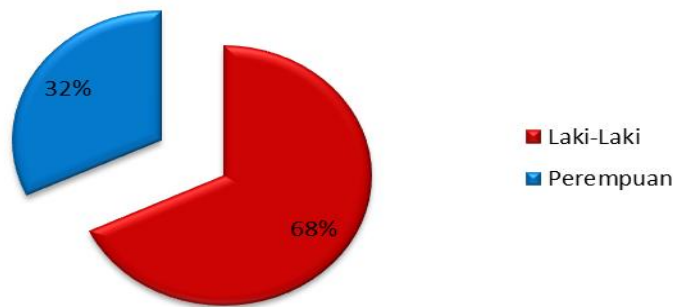
Data from the Gunungkidul Polres from 2018 to 2022 shows that 75 percent of the number of people who commit suicide work as farmers. This is because farmers are at risk of committing suicide because they are included in the category of poor farmers and the threshold of poverty.

Research data shows that men are the largest number who commit suicide. Darmaningtyas (2002) alludes to the correlation of men with a patriarchal society, where men play an important role and have big responsibilities in the family and society. Furthermore, we can see the distribution of suicides by type from 2018-2022, as follows:

Table 8.
Distribution of Suicide Cases by Gender

work	Number of Suicide Incidents					Total
	2018	2019	2020	2021	2022	
Man	23	21	17	23	18	102
Woman	4	9	9	15	11	48
TOTAL	27	30	26	38	29	150

Diagram 8.
Distribution of Suicide Cases by Gender



Based on the data in Table 8 above, it can be seen that from year to year, the most suicide perpetrators are men. Cases of suicide by hanging themselves in the Gunungkidul Regency area are still fluctuating. For example, in 2020 there were 26 cases and in 2021 there were 38 cases, this happened during the Covid - 19 pandemic. The rise and fall of the suicide rate in Gunungkidul Regency show that suicide is not a common problem but requires special attention. Reckless actions such as suicide are a form of rejection of the problems faced, so they choose to withdraw from all the problems they face by breaking the rope of suffering by hanging themselves.

As a form of reducing the number of suicide cases as well as a form of concern for the Gunungkidul Police, they issued an Order from the Gunungkidul Police Chief, Number: Sprin/972/XI/2021, November 1, 2021, regarding the implementation of the Gunungkidul Police Community Development Unit Innovation activity. Gunungkidul Police Station through the Community Development Unit carries out preventive activities and intensive outreach to the community so that they are mutually sensitive to family and neighbors, especially the elderly. The activities carried out are in the form of Social Care for the Elderly (PELAN) which is a form of innovation in giving attention to the elderly/elderly and providing enthusiasm for living old in age in society. The Caring for the Elderly (PELAN) activities are carried out in the form of distributing basic food packages, health checks, and psychological support to the activity targets. This step is hoped to be able to help with the burden of living and establish friendship with the community as a form of Polri's concern for the people of Gunungkidul.

Implementation of the Kapolres Policy by Warrant, number: Sprin/972/XI/2021, dated November 1, 2021, Concerning the Implementation of the Gunungkidul Police Caring for the Elderly Community Development Unit (PELAN) innovation activities carried out by the Community Development Unit (Binmas), Gunungkidul Police Chief (Adjunct Commissioner) Police Chief Edy Bagus Sumantri, S.I.K) stated that; *"One of the duties of the police is to protect and protect the community, so the Police must also help reduce the suicide rate in Gunungkidul. The program implemented is Caring for the Elderly "PELAN".* The program is an initiative in the form of distributing basic food items and free medical check-ups targeting the community, especially the elderly who live in poverty and live alone. Another program is meeting local youths, known as the "Friday Confide" program. This program is a program to go around the villages to perform Friday prayers together, at this event the policy listens to the complaints of the residents. The hope is that in the future, through Innovation Caring for the Elderly and meeting youth, we can continue to reduce suicide rates and alleviate problems in society.

Meanwhile, the opinion of AKP Mujiman as the Head of the Community Development Unit (Binmas) conveyed the following; "The phenomenon of suicide in Gunungkidul is a form of outlet for disappointment. For this reason, the PELAN program is to provide community services while at the same time establishing friendships, providing and enthusiasm and motivation for the elderly so they don't feel alone and lonely because they live alone. AKP Mujiman also conveyed that one of the obstacles to this program was the lack of Polri personnel and the vast area of Gunungkidul Regency; so this program could not be reached throughout the Gunungkidul area.

One of the institutions that concentrate on a large number of suicides in Gunungkidul is IMAJI. Is a non-governmental organization IMAJI Foundation (Inti Mata Jiwa), an institution that concentrates on mental health and Increasing community mental resilience, including efforts to fight the stigma of suicide that occurred in Gunungkidul. Based on local wisdom supported by science, and technology and having principles on human values across religions and beliefs that exist, IMAJI Gunungkidul carries out: knowledge sharing, counseling, and support groups for survivors of mental health problems and suicide, community capacity building, advocacy of stakeholders, research-documentation of mental health problems and the problem of suicide for the practical benefit of increasing community mental health resilience and prevention and prevention of suicide.

According to IMAJI, "The high number of suicides in the Gunungkidul Regency area is also a sign that there are still serious problems in dealing with community mental health. The stigma attached to perpetrators and their families of suicide as well as to people with mental problems (ODMK) and people with mental disorders (ODGJ) confirms that efforts to treat, recover, as well as preventive and promotive efforts need to be continued to increase community mental health resilience and development quality of human resources.

From the results of interviews with the families of suicide victims, the following threads can be drawn: 1) Individual factors, where the community is closed when facing problems and is less able to solve the problems they face. 2) Social factors, which are far from family and low mobility. 3) Economic factors, where many people still work hard at an advanced age besides the lifestyle that causes perpetrators/victims to borrow money at high - interest rates. 4) Factors of Depression, in general, elderly suicides have previously experienced depression either with or without physical disturbances. 6) Several chronic diseases are susceptible as risk factors for suicide in the elderly, including diabetes, cancer, cardiovascular (heart) neurovascular (nerve) disease, chronic kidney disease, gastrointestinal disease (another digestive system), stroke, and many others. 7) Love problems and family problems.



Figure 1. Giving food packages and talking to the elder

CONCLUSION

In this study, the data that can be collected on the many cases of suicide that occurred in the Gunungkidul community is a form of rejection of the problems they face, so they choose to withdraw from all the problems they face by breaking the rope of suffering by hanging themselves. To reduce the number of suicides in Gunungkidul, it is hoped that what has been done by the Gunungkidul Police has met the expectations of the residents, greeting residents, checking their health, and distributing basic necessities is a form of intervention and concern for the Gunungkidul Police. The elderly who live in the village, alone and left behind by their children really need to be approached and greeted or in Javanese terms "dikaruhke" and "diuwongke".

The trend of suicide cases by hanging in the Gunungkidul Regency area for the 2018-2022 period is dominated by the elderly, namely aged 55-65 there are 31 (thirty-one) cases, aged 65-75 there are 25 (twenty-five) cases, aged 75- 85 there were 31 (thirty- one) cases while the elderly over 85 years there were 13 (thirteen) cases. While the time is chosen by the victim/perpetrator of suicide, namely between 03.00 WIB and 06.00 WIB, there were 52 (fifty-two) cases. At that time many residents of the community were asleep. In addition, from 06.00 WIB to 12.00 WIB there were 50 (fifty) cases, at that time many people were carrying out activities such as farming, trading, schooling, and other activities.

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