

Proactive Coping As A Suicide Protective Factor In Adolescents: A Systematic Review

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ABSTRACT

Suicidal behavior in adolescents is a serious public health problem. Adolescents have a lot of psychological conflicts when solving their problems, so they need effective coping strategies to deal with stressors. This systematic review aimed to determine the proactive coping function to prevent suicidal behavior in adolescents. Comprehensive journal search including cross-sectional study design from several databases namely Scopus, Science Direct, PubMed, ProQuest, and EBSCO are used for scientific contributions published in 2017-2021. This systematic review uses PRISMA. Proactive coping is future-oriented to prepare adolescence for stress to prevent suicidal behavior as a result. Proactive coping facilitates self-control of negative behavior (26.7%), improves psychological conditions (40%), and increases welfare and life satisfaction (33,3%). Proactive coping increases self-protection by shifting the focus of risk behavior to more effective. The use of proactive coping has the potential to be a protective factor against suicidal behavior in adolescents.

Keywords: Adolescent, Proactive Coping, Protective Factor, Self-Harm, Suicide

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BACKGROUND

Suicide is the second leading cause of death for the productive age population, especially the 15 to 19-year-old age group. The World Health Organization (WHO) in 2016 recorded that 800,000 people died of suicide every year (WHO, 2016). Suicidal behavior is self-injuring behavior with the intention to die, accompanied by ideas, cues, and actions (Van Orden et al., 2015). Suicidal behavior is divided into three types, namely suicidal ideation, suicide threats, and suicide attempts (Stuart, 2016).

The prevalence of suicide in Indonesia in 2016 has increased by 9.8% or 875 cases, namely 1,800 people per year. Men are 3 times more prone to suicide than women. The number of deaths due to suicide among children and adolescents 10-19 years was 4.8% or 42 cases (KEMENKES RI, 2019). Komisi Perlindungan Anak Indonesia (KPAI) in 2018 reported that there were 189 suicides in adolescents. There were 19 cases at the age of 5 to 10 years, 121 cases at the age of 12 to 15 years, and 49 cases at the age above 15 years.

Adolescence is one of the most important developmental periods and is prone to suicidal behavior. Hormonal changes, social competition, societal demands, and shifts in self-identity that occur in adolescents can cause emotional turmoil and disruption of self-control (Atherton, 2019). Low self-control in adolescents will result in adolescents being impulsive, unable to predict the risk of action, and making decisions too quickly (Meinert & Reinecke, 2018). Psychological conflict in adolescence is considered a stressor that exceeds the individual's capacity to cope with it, thus triggering suicidal behavior among adolescents (Asghari et al., 2016).

The ability of self-control, stress management, and self-protection needs to be improved in adolescents to handle unpleasant life events that occur and prevent negative behavior with coping strategies (Aspinwall, 2012). One of the coping strategies that can be used to increase self-protection against suicidal behavior is proactive coping. Proactive coping is coping that aims to prepare yourself for stress with a focus on preventing and overcoming the impact it causes. Proactive coping combines coping activities by controlling environmental demands and potential hazards with self-control processes such as controlling, directing, and correcting actions in solving problems (Straud & McNaughton-Cassill, 2019).

Supporting the evidence of proactive coping as a potential factor for increasing self-protection and preventing suicidal behavior, a comprehensive systematic review is needed so that it can be used as a recommendation for suicide prevention programs in adolescents.

METHODS**Data Sources and Search Strategy**

A systematic review was carried out for this study. The databases used to search for articles in English are Scopus, Science Direct, PubMed, ProQuest, and EBSCO. Selected articles were published in 2017-2021. The database search used the following terms "Proactive Coping" AND "Suicide" OR "Self-harm" AND "Adolescent" OR "Teenager".

Eligibility Criteria

Guidelines for reporting items when searching the literature for systematic reviews using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). The article we include in this systematic review is a cross-sectional study design that presents an analysis of proactive coping as a factor related to self-control, improving psychological conditions, and increasing life satisfaction so that it can be used as self-protection and suicide prevention. The inclusion criteria for this article are research on proactive coping, coping strategies to prevent suicidal behavior, analysis of the relationship

between proactive coping and self-protection. Articles will be excluded if they are in the form of paper conferences, systematic reviews, literature reviews, and experimental research.

Study Selection

An article search in the database returned 382 articles. On Scopus returned 142 articles, Science Direct returned 41 articles, PubMed returned 51 articles, ProQuest returned 70 articles, and EBSCO returned 78 articles.

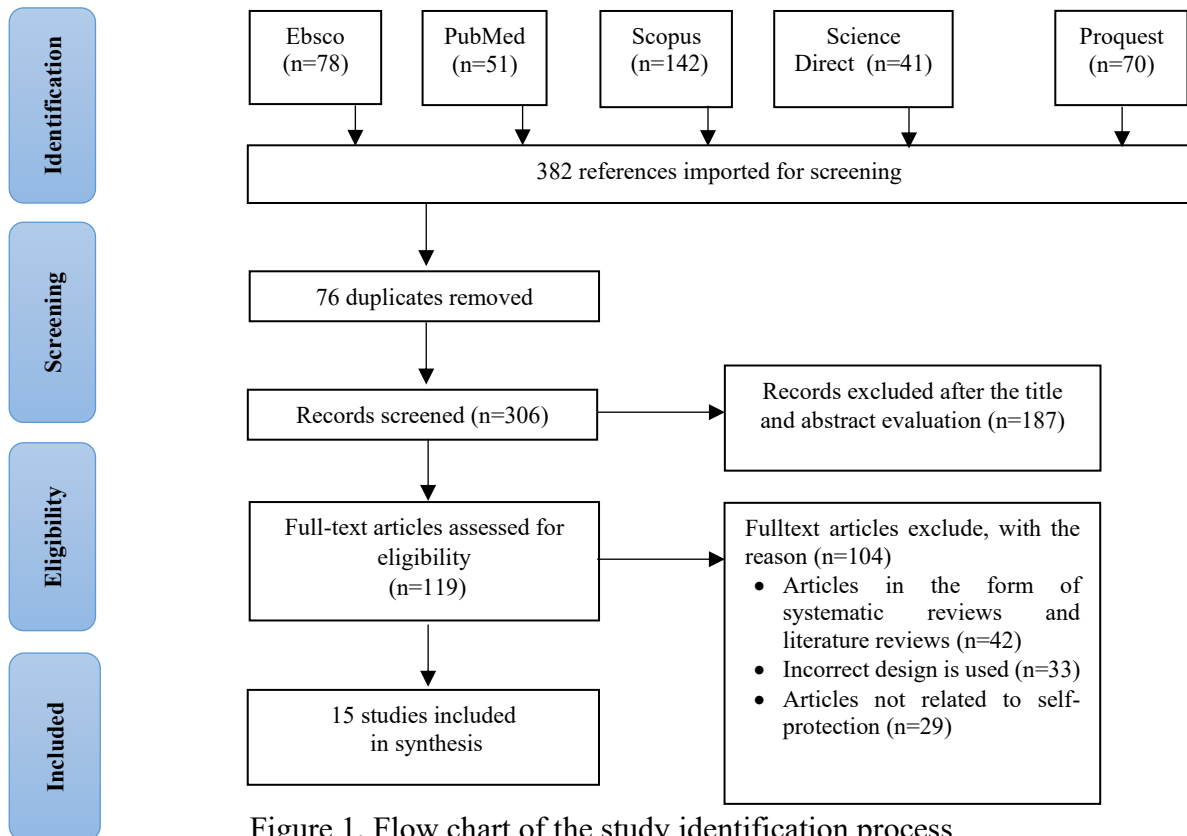


Figure 1. Flow chart of the study identification process

RESULT

An initial database search found 382 articles. After screening the articles and removing duplicates, fifteen articles were enrolled in the study (Table 1). The articles are in English published in 2017-2021 and all use a cross-sectional study design.

Tabel 1. An overview of the study is included in the review

Article	Sample	Design	Findings
(Straud & McNaughton-Cassill, 2019)	261 adolescents aged 15-18 years	Cross-Sectional Study	Proactive coping mediates the relationship between self-blame and stress and is negatively related to other negative behavioral constructs.
(Raper & Brough, 2020)	89 adolescents aged 11-19 years	Cross-Sectional Study	Proactive and preventive coping moderates daily stress assessments. When proactive coping is high, the assessment of challenge increases, and the assessment of resistance decreases. Preventive coping also has a positive

			correlation with decreased stressor ratings.
(Miao & Gan, 2019)	89 adolescents aged 11-19 years	Cross-Sectional Study	MIL's self-regulation mechanism is reflected in two variables, namely the future temporal focus and the emotional dimension (positive influence), which are encouraging
(Altan-Atalay & Zeytun, 2020)	404 respondents aged 11-18 years in the community	Cross-Sectional Study	The interaction of proactive coping with negative urgency was significantly associated with individual depression scores, suggesting that assessing threat as a challenge has the potential to withstand the negative effects of depressive urgency.
(Drummond & Brough, 2017)	182 junior high school students	Cross-Sectional Study	Proactive coping and preventive coping has a positive correlation with personality and psychological distress. The higher the proactive and preventive coping rates, the lower the psychological distress experienced by the individual
(Miao, Zheng, and Gan, 2017)	132 junior high school students	Cross-Sectional Study	Rate of change everyday meanings in life predict proactive coping changes, which are mediated by positive changes. Meaning in life and proactive coping play an important role in dealing with the stress of life in the future.
(Lisica et al., 2019)	100 respondents	Cross-Sectional Study	Self-esteem, optimism, and proactive coping are protective factors that have the potential to increase personal strength and individual quality of life. Optimism and proactive coping are positively related to social connections.
(Dwivedi & Rastogi, 2017)	90 respondents aged 18 years	Cross-Sectional Study	The results indicated that proactive coping was a significant predictor of life satisfaction of individuals who are just entering the early adulthood stage.
(Rogalla, 2020)	120 respondents aged 15-18 years	Cross-Sectional Study	Proactive coping was predicted as a unique personal strength factor. Social support is a significant mediator to cope, develop in a proactive and assertive manner
(Neubauer et al., 2019)	240 respondents aged 15-18 years	Cross-Sectional Study	The results showed that the age of older people influenced the use of proactive coping in managing problems than did people of younger ages. Individuals who use proactive coping can deal with

			problems more effectively before experiencing stress
(D. Bhattacharyya, 2018)	44 respondents aged 11-18 years who injured themselves	Cross-Sectional Study	Proactive coping has a significant relationship with self-harm. Proactive coping is associated with good mental health, this has been identified as an important factor in influencing individual self-control over self-harm.
(Ersen & Bilgiç, 2018)	215 respondents aged 15-19 years	Cross-Sectional Study	The results showed that proactive coping skills predict organizational outcomes positively (i.e. performance, job satisfaction, and organizational behavior). A preventive coping style does not predict any outcome.
(P. Bhattacharyya & Pradhan, 2017)	60 respondents aged 15-18 years with a diagnosis of type 2 diabetes	Cross-Sectional Study	Proactive strategies aimed at anticipated stress are associated with levels of life satisfaction and are considered a health resource

The research characteristics and the findings of the relationship between variables regarding the effect of proactive coping are described in (Table 2). The research characteristics related to suicidal behavior were described by 2 journals regarding self-harm and self-blame. Most research is carried out in Germany. The findings of the effect of using proactive coping are, first, increasing self-control (26.7%) such as controlling negative behavior, regulating emotions, managing problems effectively and controlling behavior for self-harm. Second, improving psychological conditions (40%) such as moderating stress assessments, reducing depression by changing stress assessments from threats to challenges, reducing psychological distress, facilitating personal strength. Third, improve welfare and life satisfaction (33.3%).

Tabel 2. Study Characteristics and Finding

Category	Number of Studies	
	N	%
Research Characteristics		
Related to Suicide	2	13,3
Others Suicide Risk	13	86,7
Origin Country		
USA	3	20
Spain	1	6,7
Germany	4	26,7
Turkey	1	6,7
China	2	13,3
Australia	2	13,3
India	2	13,3
Finding Outcome		
Improve Self Control	4	26,7
Improve Psychological Conditions	6	40
Increase Prosperity and Life Satisfaction	5	33,3

DISCUSSION

Proactive coping is a stress management strategy that involves self-control and stress management activities intending to prepare to face the stress that has not, is currently, and will occur in the future and acts more effectively to prevent or overcome its effects (Aspinwall, 2012). Proactive coping is considered a factor that can increase self-protection against negative behavior so that it can prevent suicidal behavior by facilitating increased self-control, improving psychological conditions, and increasing welfare and life satisfaction.

First, proactive coping increases self-protection by facilitating self-control. Research states that proactive coping facilitates the ability to manage the environment and possible problems that will occur in the future. The use of proactive coping increases the individual's willingness to handle situations before they become distracting stressed, thereby increasing the ability to regulate emotions and adaptation (Neubauer et al., 2019). Other research supports that proactive coping facilitates self-regulation mechanisms by focusing on the future positively (Miao & Gan, 2020).

Second, proactive coping increases self-protection by improving the psychological condition of the individual. Research suggests that the use of proactive coping shows a positive effect on assessing challenges rather than threats that are thought to trigger anxiety. Appropriate obstacle assessment can express emotional and impact resolution that can prevent negative behavior in the future (Raper & Brough, 2020). Proactive coping also functions to reduce levels of anxiety and psychological distress by preparing to face future threats and reducing impulsive responses to certain situations when facing negative emotions (Altan-Atalay & Zeytun, 2020). The stress reduction will also affect the decrease in self-blame. Individuals who use proactive coping will have good self-resistance and can manage stress. Stress reduction affects cognitive behavioral skills, decreased distress and anxiety (Straud & McNaughton-Cassill, 2019).

Proactive coping affects psychological conditions such as reducing tension and increasing optimism so that it acts more effectively to solve problems and prevent the impact of negative behavior due to stress (Drummond & Brough, 2017). Proactive coping explains that when someone is in difficult and detrimental times, they will struggle to find resources to support, build resistance, and be optimistic to focus on positive opportunities (Rogalla, 2020).

Third, proactive coping increases self-protection by increasing welfare and life satisfaction. Research shows that proactive coping increases individual self-esteem so that they can proactively solve their problems, change the philosophy of life, focus on new opportunities and possibilities, change life priorities, and assess self-strength. This will increase emotional relationships and a sense of closeness with other people, thereby reducing the risk of negative behavior (Lisica et al., 2019). Proactive coping facilitates self-fulfilling independence which is described by goal setting, good faith, self-regulation, and self-improvement with constructive goals. Individuals who observe thought patterns, emotional reactions, and behavioral manifestations will be more aware of their actions and impacts (Dwivedi & Rastogi, 2017). The use of proactive coping affects the meaning of an individual's life, which involves setting possible behaviors and religious functions in determining actions (Miao & Gan, 2019).

The limitation in this study is that the relationship between the use of proactive coping is not directly explained in terms of increasing self-protection and prevention of suicidal behavior.

CONCLUSION

Proactive use has a positive effect on the improvement of an individual's cognitive, emotional, and behavioral state. Proactive coping is considered a factor that can increase self-protection against negative behavior so that it can prevent suicidal behavior by facilitating increased self-control, improving psychological conditions, and increasing welfare and life satisfaction. It makes sense to consider proactive coping to increase adolescent self-protection against suicide so that it can become a reference for suicide prevention programs.

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CONFLICT OF INTEREST

No conflict of interest was declared.

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