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**Thesis and Suicide Ideation: Interpersonal Communication to Strengthen Self-Resilience Among College Students**

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**Abstract**

**Background** - As suicide-related incidents on college students increase and receive more and more media coverage, as well as a growing percentage of students experience suicide attempts, there is a desperate need for a further anticipating action and protection among the college population.

**Purpose** - This article reviews the urgency of strengthening interpersonal communication approach to build personal resilience for students in Indonesia in the phase of completing their final thesis on campus. This problem becomes highly important considering the fact that thesis completion period is a very difficult transition for many students, where emotional and psychological instability is very influential and often creates depressive situations.

**Design/methodology/approach** - We examine this issue by Durkheim's theory of dysregulation of social forces to look at the degree of social integration and the importance of increasing interpersonal communication between student and their lecturers, as well as student and their peer group within Indonesian higher education institutions. To that end, we conducted focused group discussions to summarize the social aspects defined as important to tackle this issue.

**Findings** - The results demonstrates the weaknesses of individual resilience dimension must be addressed through specific communication techniques so the person would not lack of connection to something that transcends themselves and creates better personal resilience.

**Research limitations** - However, this alternative would not be fully effective if other factors out of academic reasons are still considered uncovered.

**Originality/value** - Yet this study can be useful for those interested in the area of psychology, communication, and social studies in general.

Keywords: resilience, depressed students, suicide students, communication psychology

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"The man who says he can, and the man who says he can't, are both correct"  
Confucius

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**I. INTRODUCTION**

Since 2015, mental health become one of the global, regional and national agenda of UN member states through Sustainable Development Goals. Being addressed as the global agenda came from the lesson learned that mental health is a newly emerging development challenges for all human being. Over the next 15 years, mental health will be global regional and nation concern of member states by addressing mental health policies, systems, and programs and report it to the UN. The program needs full participation by intellectual, people with mental and psychosocial disabilities to take in part to reduce the stigma (Izutsu et al., 2015).

World Health Organization (WHO) (2018) defined mental health as, "a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work

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