

Overcoming Suicide Cases Through Strengthening Character and Identity at Bali Community in The Digital Era

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Abstract: Suicide cases in Bali will be the highest in Indonesia by 2023. Balinese society is known as a predominantly Hindu population, steeped in expressive ritual practices that reflect devotion to religious culture. This phenomenon is not accompanied by a high level of awareness in strengthening character and self-identity as pillars of mental health, resulting in suicide as one of the resulting impacts. Therefore, efforts are needed to strengthen character and self-identity among those vulnerable to suicide through community service activities. This community service program aims to strengthen character and self-identity in the digital era to prevent the risk of suicide through (1) training and workshops, and (2) community activities based on religious culture. The results of these activities have an impact on participants, as indicated by their understanding of the material related to strengthening character and self-identity. The practical sessions resulted in participants' ability to manage emotions, independence, increased empathy, responsibility, resilience, and self-confidence as a foundation for building mental health...

Keywords: suicide prevention, mental health, character, self-identity, digital era, Balinese society.

Introduction

The Balinese people are known for their polite, friendly, and helpful demeanor (Suparna, 2012). Balinese people have long been viewed internationally as a welcoming, warm community that upholds ethical behavior in interactions. This character is deeply rooted in the Tri Hita Karana philosophy of life, which emphasizes harmony between humans, nature, and God, thus shaping daily behavior full of politeness and mutual respect (Pitana & Diarta, 2009). Balinese hospitality is also reflected in cultural practices such as *menyama braya*, the principle of universal brotherhood that places the values of togetherness and social solidarity as a guiding principle (Covarrubias, 2018). Cultural values imbued with Hindu teachings have made Balinese people known for their hospitable and open demeanor, as noted by foreign scholars.

The Balinese people's reputation as a polite and civilized society is further strengthened by the

continuity of traditions and customs that instill the value of *tat twam asi*, namely that each person is a reflection of oneself, thus encouraging empathetic behavior in social relationships (Eiseman, 1990).. In a global context, interactions between Balinese residents and international tourists demonstrate distinctive politeness, both through speech, gestures, and respect for guests, as part of local cultural etiquette (Hitchcock & Darma Putra, 2007). Balinese cultural practices and local values play a crucial role in shaping tourist loyalty and satisfaction (Angligan et al., 2025). This unique social character is what makes the Balinese people not only known for their hospitality nationally but also for their positive image internationally, while also serving as important cultural capital for the sustainability of tourism and intercultural relations

On the other hand, the cultural capital possessed by the Balinese people creates paradoxes, particularly related to their weak character and identity in facing life's challenges. This weak character and identity have implications for the suicide rate among Balinese people, which ranked highest in Indonesia in 2023. According to data from the "Pusat Informasi Kriminal Nasional, which is shortened to Pusiknas, suicide rates in Bali over the past four years are categorized as relatively high, as presented in Table 1 below.

Table 1. Suicide Data in the Bali Region 2021-2024

Number	Region/Province	Year			
		2021	2022	2023	2024
1	Bali	80	74	121	95

Source: Pusat Informasi Kriminal Nasional (Pusiknas), Basreskrim Polri, 2025

The data in the table above shows a relatively high number of suicide cases in Bali each year. According to the Bali Regional Police (Polda Bali) in 2023, there were 121 cases, while the Pusiknas reported 135 cases. Data for 2024 was taken up to November, according to the availability of data issued by Pusiknas. The triggers for suicide cases vary. Sumarkandia (2024) stated that romance, economics, education, family, and work are triggers for suicide cases in Bali. Saputra (2025) stated that suicide cases are also motivated by *melik*, a special birth that develops in the lives of Balinese Hindus. Synergizing with this, Sudarna (2019); Astuti (2021) suggests that a disruption in character and identity can trigger a crisis of meaning in life, potentially increasing the risk of suicide in the Balinese community. Meanwhile, Aristuti & Kartika (2025) stated that mental health is a factor in suicide in Bali. These cases involve psychological dynamics, such as experiencing severe stress, discomfort, depression, and psychological trauma. The inability to cope with these psychological dynamics leads to suicide.

Prevention has been implemented through various efforts, such as those by Jaya & Retnandari (2026) stated that in preventing suicide cases, strengthening cross-sector integration and developing policy indicators in mitigating suicide cases is necessary. Meanwhile, Sudharma et al. (2025), who stated that to address suicide cases on the Tukad Bangkung Bridge in Pelaga Village, improvements were made to the bridge and security by installing safety fences and CCTV. Astriani, et al. (2023) found that the concept of Tri Kaya Parisudha can be used to address suicide cases in Bali. Applying these values helps build a strong foundation for self-harm, including suicide.

Siregar et al. (2025) emphatically stated that character building, manifested through discipline, self-control, and awareness, impacts mental health among adolescents. Erikson (1968) stated that the formation of identity is the foundation of mental health and personality maturity. This process occurs through crises that individuals must navigate when interacting with their environment. Successful

identity formation subsequently provides individuals with a clear direction in life. Goleman (1995) emphasized that individuals with a good understanding of themselves, such as adaptively recognizing emotions, strengths, and weaknesses, are better able to manage psychological stress. Individuals with a strong identity are less easily swayed by negative emotions such as anxiety, stress, and anger, which in turn can impact mental stability. Individuals with a mature identity tend to have good emotional control, are able to build harmonious relationships, and possess mental resilience in facing life's challenges. Strengthening identity through developing emotional intelligence is the foundation for building mental health. In this regard, strengthening character and identity is a relevant preventive approach in the context of socio-cultural change in the digital era. This effort not only strengthens individual capacity but also builds community resilience to be more empathetic, supportive, and prepared to address mental health issues comprehensively. The integration of digital literacy values, character education, and Balinese local wisdom is an important foundation for creating a sustainable suicide prevention strategy that is culturally appropriate. This character and identity strengthening can be achieved through academic involvement through community service activities that directly involve vulnerable groups affected by suicide cases in Bali. Based on data mapping of suicide cases in Bali, the highest rate is in Karangasem Regency. Denpasar City, as the administrative center of Bali Province and also the area with the highest population density and a relatively high level of heterogeneity, is also a potential location for suicide cases. These two areas serve as loci for implementing community service activities involving lecturers from various universities in Bali and Lombok.

Methods

Needs Identification and Situation Analysis

The initial stage of the workshop involved identifying participants' needs, including mapping risk and protective factors for suicide. A situational analysis was conducted through observation, initial interviews, and a simple questionnaire to explore participants' psychosocial conditions, stress levels, and understanding of mental health. This approach aligns with the principles of initial assessment in psychological interventions to ensure the program is targeted (Corey, 2013). The needs identification and situational analysis were conducted by two lecturers from the Indonesian Hindu University in Denpasar, two lecturers from the Mpu Kuturan State Hindu Institute in Singaraja, and two lecturers from the Gde Pudja State Hindu Institute in Mataram, assisted by two students.

Planning Community Service Activities

The implementation of community service activities is designed in two types: (1) training and workshops and (2) community activities. Training and workshop activities are designed by integrating local wisdom values, particularly the religious culture of the Balinese-Hindu community. Community activities are focused on yoga practices that aim to strengthen religious awareness, which in turn has the ability to interpret the essence of life and a sense of connectedness of participants. This strategy also serves as a vehicle for strengthening the character and identity of participants in overcoming thoughts of shortcuts to the problems they face and ultimately suicidal intentions.

Training and Workshop Activities

The training and workshop activities are conducted as a single unit, inviting participants and speakers to attend lectures and practical sessions. Lectures are delivered by speakers who are experts in their fields. The speakers are practitioners and expert in religious culture. The practical sessions include simulations for mental strengthening, guided by practitioners. The training and workshops aim to help participants understand how to manage emotions to strengthen character and identity.

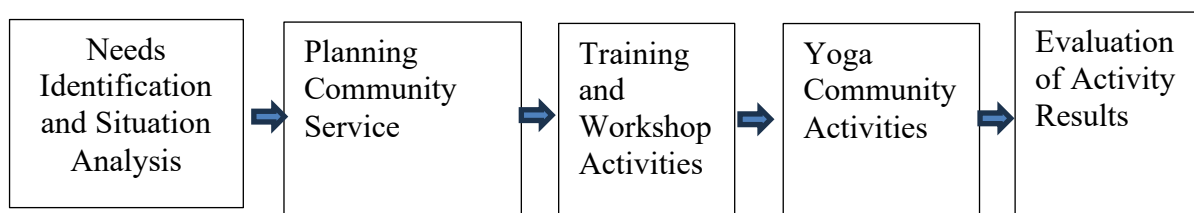
Community Activities

Community service activities focused on yoga as a vehicle for strengthening the participants' character and identity. *First*, participants received a lecture on the background, benefits, types, and methods of yoga. This theoretical session was guided by academics and yoga experts to facilitate understanding. The relatively heterogeneous participant base naturally required an appropriate method of delivering the material so that participants from various backgrounds could understand it. *Second*, a practical session provided participants with hands-on experience in yoga movements, breathing control, and mental focus.

Activity Evaluation

Evaluation of Activities Evaluation was conducted in two stages: formative evaluation during the activity and summative evaluation at the end of the workshop. Evaluation included improving participants' understanding and ability to manage their emotions. This evaluation session involved distributing quizzes to participants to determine their level of understanding of the material and also to measure their evaluation skills through interviews. This is crucial in determining the impact of the activity, particularly regarding the ability to manage emotions in supporting mental health.

Figure 1. Community Service Scheme Flow



Results and Discussion

Strengthening Character and Identity through Religious Culture-Based Training and Workshop Activities

The strategy of strengthening character and identity to prevent suicide in Bali through training and workshops focused on Karangasem Regency, in the eastern part of Bali. The selection of this location was based on two reasons. *First*, Karangasem Regency will have the highest suicide rate in 2025 compared to other regencies and cities in Bali. This data was provided by the Karangasem Police Resort at the end of 2025, with 25 cases. *Second*, depression and mental health issues are the leading triggers for suicide in Karangasem Regency, thus deeming it necessary to strengthen character and identity as a foundation for building community mental resilience. *Third*, cultural factors and the social context within Karangasem Regency contribute to suicide cases. It is crucial to raise public awareness of cultural and social aspects through training and workshops based on religious culture.

The primary focus of this activity was to provide knowledge and experience through simulations to participants, guided by resource persons. The resource persons invited to enhance participants' knowledge on strengthening character and identity came from two institutions. *First*, a resource person from the Karangasem Police Department provided information on the legal aspects of suicide and its impact on the community. The team of police resource persons emphasized suicide by presenting a number of suicide cases that have occurred in Karangasem Regency over the past three years. The emphasis on the legal aspects of suicide aimed to broaden participants' understanding of these cases,

as part of police records of extraordinary events or unusual deaths.

Second, a resource person from the Indonesian Hindu Dharma Assembly (PHDI) of Karangasem Regency raised awareness regarding suicide, which is not permitted in Hindu teachings. The resource person emphasized the sin of committing suicide, known as *ulah pati*, according to Hindu teachings. *Ulah pati* is a premeditated sin, and the death becomes a form of censuring that defiles the area, necessitating a ritual cleansing ceremony. A person who commits suicide is not permitted to undergo a cremation ceremony immediately; instead, a cremation ceremony must be performed several years after death. According to Hindu religious literature, the spirits of those who commit suicide experience torment, wandering aimlessly due to their unnatural death. This presentation reveals that suicide is a sin that must be punished, both in the physical and spiritual realms of the afterlife. The spiritual punishment involves prohibiting the *ngaben* ceremony, preventing the spirit of the suicide from reaching the afterlife until the ceremony is performed. In the spiritual realm, the spirit of the suicide suffers hell because it denies the cycle of rebirth, which aims to perfect the soul toward *moksa*, or union with God. However, this opportunity was wasted by choosing suicide.

Third, the participants were guided by the Academic Team to undertake character and identity strengthening training through simulations. Participants were invited to participate in educational games to increase self-confidence, collaborate with a team, share stories to reduce stress, and motivate self-resilience. The academic team provided orientation regarding the importance of strengthening character and identity through a positive attitude towards every event they encounter. This training session emphasized strategies for responding positively to everything faced. The Academic Team utilized Stoic teachings in providing training, particularly those related to self-control over everything that can be controlled and responding in a specific way to every negative event encountered to build mental strength. Referring to Rerung et al. (2022), Stoic philosophy, especially the thinking of Marcus Aurelius, emphasizes prioritizing reason and rationality in decision-making when negative emotions arise in order to avoid irrational actions.



Figure 2. Training and Workshop Activities

Source: PKM Team Documentation, 2025

The impact of the training and workshop activities on participants is indicated by the results of the opinion poll regarding the understanding of character and identity strengthening, which was recorded through a questionnaire instrument. Before the training and workshop were given, participants were required to complete a questionnaire as a pre-test to measure the initial ability to master character and identity strengthening. The results collected through the pre-test represent the understanding of all participants before being given the workshop material and training on managing emotions. During the workshop, participants carefully paid attention to the enlightenment provided

by the speakers to gain knowledge related to character and identity strengthening. Analogously, during the training activities, participants also participated enthusiastically and expressively responded to the guidance from the speakers through a character and identity strengthening simulation. At the end of the training and workshop session, participants were again given a questionnaire containing points on character and identity strengthening by providing answers to the instrument provided. The results of the questionnaire at the end of the session were also collected to calculate the scores obtained by each participant. This session served as a post-test to measure the participants' absorption of the material presented by the speakers.

Community Activities in Strengthening Character and Identity

Community activities aimed at strengthening character and self-identity were focused in Denpasar City, Bali Province, involving participants in yoga. The community activities involving participants who are vulnerable to suicide through yoga were divided into two sessions: theory and practice. The theory session provided an understanding of the background of yoga, yoga philosophy, yoga procedures, and the benefits of yoga for strengthening character and self-identity. This theory session was guided by Dr. I Gusti Bagus Wirawan, a yoga practitioner and academics. The speaker explained the background of yoga by explaining the formulation of Patanjali Yoga Sutra, which became the beginning of the development of yoga teachings. Maharsi Patanjali's formulation that became the basis for the implementation of yoga is "*citta writi nirodha*" which means controlling the waves of the mind. Maharsi Patanjali formulated eight stages in the implementation of yoga called *ashtanga* yoga which includes aspects of ethics, self-discipline, body posture, breath regulation, and deep meditation. Ashtanga yoga formulated by Maharsi Patanjali is a complete and systematic philosophical foundation. Yoga as a spiritual entity also has a dimension of human needs related to maintaining balance between body and soul.

The core of this theory session focused on the procedures for practicing yoga and its benefits for mental well-being, particularly in strengthening character and self-identity. Participants were given an understanding of the stages involved in practicing yoga. This is crucial for understanding the flow of yoga, from the beginning movements to the core movements, and finally, the closing movements. The resource person, who is also a practitioner, outlined the systematic flow of yoga activities to ensure the desired benefits. After outlining the systematic flow of yoga, the resource person then presented key points highlighting the benefits of yoga for mental health, character building, and self-identity. The participants enthusiastically listened to the theoretical presentation. At the conclusion of the theory session, the resource person provided an opportunity for participants to deepen their understanding of the material presented. The discussion session was very engaging, as participants asked critical questions. This indicated that they were seriously listening to the material presented by the speakers.



Figure 3. Yoga Material Presentation Session by Resource Person

Source: Documentation of the Community Service Implementation Team, 2025

The participants in the community activities, particularly during the theory sessions, were highly enthusiastic. Participants raised numerous questions during the theory sessions, particularly regarding the benefits of yoga for mental health. The questions demonstrated their keen interest in the presentations by the speakers. These questions also indicated their keen interest in deepening yoga theory as a foundation for strengthening character and self-identity through practical application. The speakers responded very well to all questions, providing appropriate answers and providing illustrations to facilitate deeper understanding. The speakers were also very pleased with the number of questions from the participants, as this demonstrated their genuine interest in the material presented.

In synergy with the aforementioned activities, the yoga practice sessions were also enthusiastically participated in by the participants. The yoga practice sessions took place on the grounds of the Hindu University of Indonesia (UNHI) campus in Denpasar. This location was chosen because it is easier for people from various parts of Bali to reach Denpasar, the location of the Hindu University of Indonesia (UNHI). The Denpasar is the center of Bali Province, making it easily accessible to people from various regions due to its convenient transportation system and excellent road access. Yoga practices are best done in the morning, allowing for relatively clean air and less intense sunlight. Practicing yoga in the morning, with its ability to absorb sunlight, is also crucial for improving health. The environment around the yoga practice is carefully designed to allow participants to directly experience the benefits of yoga and simultaneously receive the morning sunlight, which is excellent for boosting the body's immune system. Yoga practices, in addition to body movements, also involve controlled breathing to maintain a calm mind.

Figure 3. Yoga Practice Session



Source: Documentation of the Community Service Implementation Team, 2025

Community activities designed to strengthen character and identity, both through theory and practical sessions, have had a significant impact on participants. A survey conducted among participants regarding the results of the community activities revealed an increase in knowledge and understanding of how to strengthen character and identity. *First*, the delivery of ethical values in practicing yoga through the theory session demonstrated success, as seen in the ability to understand the basic principles of yoga ethics in building mental resilience. *Second*, the theory session also encouraged participants to reflect on their attitudes and behaviors in daily life, fostering a sense of positive thinking in every situation. Through reflection, most participants expressed their opinion that it significantly impacted emotional stability. *Third*, the theory session featured inspirational stories,

providing examples of figures who successfully overcame life's challenges, helping participants build self-motivation and perseverance. *Fourth*, the moral message of yoga, crucial for strengthening character and identity, namely self-soothingness, provided positive encouragement to participants, enabling them to remain calm and control their thoughts and feelings when facing life's challenges.

Community activities in yoga practice sessions emphasize basic movements, such as yoga *asanas* and *surya namaskara*. The purpose of yoga *asana* practice is to train participants by emphasizing postures that are beneficial for physical, mental, and spiritual health. Yoga *asana* training is essentially about achieving balance between the physical, mental, and spiritual bodies. *First*, in relation to the physical body, yoga *asanas* are expected to provide participants with the benefits of building flexibility and strength, which can also improve blood circulation, train breathing, and ultimately improve physical health. *Second*, from a mental or psychological perspective, yoga *asana* practice is expected to calm the mind and reduce stress. Breathing regulation and concentration in yoga *asanas* gradually calm the mind and release mental and emotional tension. *Third*, the spiritual aspect of yoga *asana* practice is expected to enable participants to achieve deeper self-awareness. These benefits serve as a vehicle for achieving inner balance, increasing spiritual awareness, and meditation to realize divine consciousness. The practice of yoga *asanas* provided to participants in community activities serves as an important tool for developing physical and mental health, as well as spiritual awareness.

Synergizing with yoga *asanas*, according to I Gusti Bagus Wirawan, as the speaker of community activities, for the Surya Namaskara, also has significant benefits for mental health because it combines rhythmic body movements with conscious breath control. This practice helps reduce stress and anxiety levels by stimulating the parasympathetic nervous system, resulting in a more relaxed body and a calmer mind. With consistent practice, Surya Namaskara also plays a role in fostering self-awareness, helping individuals manage negative emotions, and increasing positive feelings such as gratitude and inner balance. Muliartini (2018) states that Surya Namaskara is systematically designed through a series of movements that integrate postures (*asanas*), breathing (*pranayama*), and mental concentration. This exercise pattern not only serves to improve physical fitness but also contributes to mental health by creating a balance between body and mind. Through breath control that is in harmony with the movements, individuals can reduce psychological tension, increase inner calm, and strengthen self-awareness.

The community activities, conducted to strengthen the character and identity of participants, through both yoga theory sessions and practical sessions, provided significant benefits. Participants benefited from the results of a survey administered to all participants. The theoretical sessions demonstrated that the presentation of yoga theory by the speakers was easily understood, complemented by case studies based on the speakers' experiences. A theoretical understanding of yoga broadened participants' horizons, including its origins, development, and the benefits it provides for those practicing it in their daily lives. The practical sessions furthered participants' understanding of yoga theory, providing them with direct experience through the practice of yoga. They experienced the control of emotions when engaging in a sincere yoga practice. Emotional calm is a key tool for managing thoughts and feelings. Controlling thoughts and feelings is a key component in building character strength and identity, enabling them to consciously respond appropriately to life's challenges.

The Impact of Community Service Activities on Strengthening Character and Self Identity

Three types of community outreach activities conducted in two regions in Bali, Karangasem Regency and Denpasar City, in the form of workshops, training, and community activities, have significantly improved participants' understanding of character and identity strengthening. Based on the results of participant opinion polls, both through questionnaires and in-person interviews, most

participants reported an increased understanding of ways to strengthen character and identity. The questionnaire results showed a difference between the scores obtained in the pre-test and post-test sessions. This difference resulted in an increase in scores from both pre-test and post-test. Before the workshop and training activities began, participants were given a questionnaire to complete to assess their ability to answer a number of questions. The questions were divided into two categories: one related to their understanding of character and identity strengthening. Following the pre-test, participants were presented with workshop and training materials presented by resource persons who were experts in their fields. Following the sessions, participants were given a post-test to measure their understanding of the material and practices presented during the activities. The results of both tests were compared. The impact of community service activities conducted through two types of activities: training and workshops, as well as community activities, in two different locations, Karangasem Regency and Denpasar City, was indicated by the results of a survey conducted by participants. The survey results from the training and workshop, held in the hall of the Sekolah Tinggi Keguruan dan Ilmu Pendidikan Agama Hindu (STKIP), Karangasem Regency, indicated a positive impact, namely an increased understanding of the material on strengthening character and identity among participants. The pre-test results given at the beginning of the activity differed significantly from the post-test results given after the activity. This difference is indicated by the smaller pre-test scores compared to the post-test results. This significant difference suggests a significant impact of the training and workshop activities among participants.

The participants' understanding of the material presented by the speakers in the training and workshop activities is the beginning of the seeding of character strengthening. Therefore, having a strong understanding of the character strengthening materials presented by the speakers serves as a foundation for building character strength among participants. The delivery of material in the form of lectures accompanied by training through simulations on character building materials helps participants understand the content. This aligns with the research findings of Nuaini et al. (2021), which found a significant relationship between understanding and character. The study focused on elementary school students' understanding of Pancasila values and character. There was a very strong correlation between understanding and character, particularly understanding of Pancasila values. Kurniasih et al. (2020) found a significant relationship between self-understanding and responsibility in children in early childhood education.

In synergy with the above, identity can be built through knowledge and understanding of character. Therefore, a person's identity can be built through character building, as revealed in the research findings of Setiati & Mirna (2026), which showed that character education has a positive influence on identity formation. This research was conducted on students specifically using local wisdom as a basis. Character education involves several aspects to strengthen identity, such as strengthening cultural identity, social attitudes, moral values, and responsible behavior. The results of this study indicate that character development becomes clearer and more solid.

According to Suryatni (2027), character is the result of the internalization of moral values, which then become part of an individual's identity. Therefore, identity is built from character values that are internalized and practiced in daily life. Values of honesty, responsibility, and integrity that are deeply ingrained in an individual become their identity, their distinctive characteristics. In synergy with this, Haniefa & Samsudin (2021) stated that self-understanding, coupled with the internalization of character values, plays a crucial role in personality development and interpersonal skills. This means that the process of instilling character values is a process of discovering and clarifying one's identity.

Based on the description above, the workshop and training provided to participants was intended to foster understanding of the material presented by the speakers in order to foster character

building. The material provided, accompanied by practical exercises through simulations for character building, is expected to serve as a foundation for instilling interpersonal skills, helping participants discover and clarify their identities. The participants' increased understanding of character and identity building is an indicator that the implementation of community service activities focused on training and workshops has had the intended impact. The character and identity building provided in the training and workshop sessions, aimed at participants vulnerable to suicide in Bali, serves as a cultural asset for suicide prevention, in line with the relatively high suicide rate in Bali.

The character and identity building conducted through community activities focused on yoga also impacted the participants. In synergy with the training and workshop activities, participants were also asked to provide feedback on the theoretical and practical yoga sessions during the yoga community activities. Participants responded positively to the yoga community activities. According to participants, the theory session significantly enhanced their understanding of yoga, from its origins to the benefits gained from practicing it. In synergy with the results of the theory session, the practical session was also felt to significantly benefit the participants' health, both physical and mental. The benefits of yoga for physical health align with the results of research by Prayikno (2023), which found that yoga can increase muscle and joint flexibility, resulting in a more flexible and less stiff body. This research focused on women, considering that flexibility helps women in their daily activities. Yoga, through practice, can also improve balance in physical performance. Muscle and joint flexibility can reduce the risk of injury and minimize pain.

Yoga practice in relation to mental health has been studied, demonstrating its effectiveness as a non-pharmacological therapy, highly beneficial in reducing stress, anxiety, and depression. Khairina & Arifin (2025) revealed that chair yoga has a positive impact on mental health, particularly in the elderly. This intervention effectively reduces symptoms of depression, anxiety, and stress. Positive aspects of mental well-being include improved mood, emotional well-being, life satisfaction, and social participation. It also reduces stress hormones and increases happiness hormones. Novitasari (2022) suggests that yoga practice can improve concentration, create peace of mind, and foster emotional control. Wijaya & Suwadnyana (2021) emphasize that yoga practice by students can help improve concentration, build peace of mind, and foster emotional control. Siregar et al. (2025) suggest that yoga can reduce stress and psychological pressure, reduce anxiety and negative emotions, improve concentration and focus, enhance self-control, and foster mental balance. Based on the above description, it is clear that the implementation of yoga has an impact on the physical and mental health of those who practice it. In this regard, community activities conducted through yoga have an impact on participants in strengthening character and identity. The main consideration in implementing community activities in the form of yoga is intended to address participants who are vulnerable to being affected by suicide cases through strengthening character and identity as part of mental health. Strengthening character and identity in yoga community activities is a preventative measure in the case of suicide that occurred in Bali. The practice of yoga is a process of personality development carried out holistically by combining physical exercise, breathing, and meditation. Yoga practice emphasizes discipline in performing *asana*, *pranayama*, and mind control as an exercise in cultivating important values in life, such as calm, patience, responsibility, and self-awareness. These values are then internalized into a strong character that in turn forms a resilient and authentic identity. Yoga, which is the focus of community activities, is not only a physical activity, but also a self-development that can strengthen personal integrity, emotional balance, and provide a clearer direction for an individual's life.

Conclusion

Bali's suicide rate was categorized as the highest in Indonesia in 2024, requiring serious attention

to prevent similar cases from recurring in the future. Data indicates that suicide cases are primarily driven by mental health factors. Experts believe that mental health can be built through strong character and a strong sense of identity. Therefore, strengthening character and identity is a crucial foundation for suicide prevention efforts in Bali, as it helps individuals develop mental resilience, the ability to manage emotions, and a clear understanding of life's purpose. Individuals with strong character and a strong sense of identity are better able to cope with life's pressures, reduce feelings of despair, and have the confidence to find healthy solutions in difficult situations. Therefore, strengthening character and identity through community service activities is crucial for communities vulnerable to suicide.

The community service activities are implemented in two ways: (1) training and workshops, and (2) community activities aimed at educating the public about the importance of strengthening character and identity as a foundation for mental health. The training and workshop were held in Karangasem Regency, a region with the highest suicide rate on the island of Bali. Participants came from several areas vulnerable to suicide. The community activities were held in Denpasar City, a region with the highest level of heterogeneity on the island and a relatively high number of suicides. Yoga was the focus of the community activities, which included theoretical and practical sessions.

The training and workshop had an impact on the participants, as indicated by an increased understanding of character and identity strengthening, as obtained through questionnaires. The results of the practical emotional management provided to the participants were evident through simulation sessions guided by practitioners. The training and workshop significantly assisted the participants in strengthening their character and identity, positively impacting self-awareness, emotional management skills, and the ability to build healthy social relationships. In synergy, the yoga community activities demonstrated a theoretical understanding of the relationship between body, mind, feelings, and breath. The practice of yoga through *asana* (body movements), *pranayama* (breathing techniques), and *samadhi* (deep meditation) helps reduce stress, anxiety, and emotional tension through calming the nervous system and self-awareness..

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