

THE CONCEPT OF THE QUR'AN AND HADITH IN EXPLAINING THE PHENOMENON OF SUICIDE IN MUSLIM MAJORITY COUNTRIES: A STUDY IN INDONESIA

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ABSTRACT:

Suicide became a phenomenon and a hot topic that occurred in 2025 to early 2026 due to a series of cases that were so rampant, so that this issue became a discussion that was categorized on a national scale. This means that this suicide phenomenon raises questions "why is suicide so rampant?" and "why is this country with a Muslim majority population recorded as one of the countries with increasing suicide cases from year to year?" This article was also born from the author's and many people's concerns about the many victims of the suicide phenomenon that is currently emerging and prominent on social media, and in the midst of society. This research is interesting because it is full of questions and questions about why this always happens, isn't a Muslim majority country like Indonesia already understand the concepts of religion, social, right and wrong and divinity ? The method used by the author in this paper is *library research* , where the author searches for and completes this research by utilizing accurate sources, including books, scientific articles, media reports, and other accurate sources. The results of this study explain that: *first*, the number of suicides that occur in Indonesia has increased drastically from year to year, *second*, the Qur'an and hadith have very clearly prohibited every individual from taking the decision to commit suicide when faced with a problem, *third*, suicide occurs due to various reasons including economic problems, family, trauma, victims of violence, and so on. Therefore, in essence suicide is not the right choice in ending a problem faced by an individual, especially since Indonesian society is recorded as a Muslim majority whose religious and Islamic understanding is perhaps no longer in doubt.

Keywords: *Al-Qur'an, Hadith, Suicide, Muslim Countries*

INTRODUCTION

Recently, news reports have become increasingly frequent about suicides



committed by people of all ages , including children, teenagers, students, parents, and the elderly. This has quickly become a hot topic in the public consciousness, making it necessary to investigate why this despicable phenomenon is occurring at such a drastic rate.

Suicide is essentially an attempt to intentionally take one's own life, whether by cutting one's veins, consuming poison, stabbing oneself with a sharp object, intentionally drowning oneself, or so on. This is done for several reasons, including stress, depression, and others (Istianah, 2023) . If seen from a religious perspective, suicide occurs because an individual separates himself and his life from the Creator, so that he can easily take a shortcut to death (Sharfina, 2024) .

However, if we look at other causes, suicide occurs due to complex problems such as economic problems, mental problems, illness, long-term risk issues, trauma and family , (Salwa, 2023) . There are even cases where the cause of someone committing suicide is because they are victims of online sexual blackmail and receive threats of spreading intimate content, as a result suicide becomes a solution taken by the victim to cover up the shame of the mistakes they have made , (Nurul Wulan, 2025) .

According to cna.id, National Police data shows that throughout 2024, there was an increase of around 100 cases compared to the previous year. As of August 2024, the National Police's National Education Center (Pusiknas Polri) reported that the majority of victims were male, accounting for 714 cases, or 76.94 percent, while female victims accounted for 171 cases, or 18.43 percent. However, these figures are considered unreliable. Many families choose to remain silent due to social stigma. Researcher Sandersan Onie from the University of New South Wales, in a study published in *The Lancet Regional Health-Southeast Asia* (2024), even revealed that the suicide rate in Indonesia is likely 860 percent higher than official data. National Police data only covers 12.8 percent of the WHO estimate, while the Sample Registration Survey (SRS) recorded 51.4 percent. The remainder is lost in



unreported reports due to shame and social pressure (Cna, 2025).

Furthermore, based on information and data provided by barometerbali.com, the same report shows that the Indonesian National Police handled 21 types of public order disturbances, totaling 8,393 cases. The details of some of the most significant disturbances are as follows: *First*, there were 3,184 cases of corpse discovery , *second*, there were 1,781 cases of fire , *third*, there were 1,019 cases of missing persons , and there were 849 cases of suicide. Of all reported suicide cases, 137 cases had an unknown cause. In addition, housing or settlements were the main locations for suicides, with 643 incidents, followed by plantations, fields, and sea waters. In 2024, 852 suicide victims were recorded, with the majority aged 26-45 (263 cases). Interestingly, the number of perpetrators under 17 was higher than the 17-25 age group . In terms of educational background, high school graduates/equivalent dominated with 137 cases (16.07 %), although 67.84% of cases lacked clear educational data (Barometer, 2025) .

Meanwhile, the number of suicide cases in 2025, if we look at data based on the source katadata.co.id, then the number of suicide cases this year almost reached 600 cases as of May 2025. A number that is not small and full of concerns for various groups, both for parents, religious institutions, education, society and the future of this nation. Therefore , with the data that the author presents and the impacts resulting from this phenomenon, it is interesting to explore this article, especially seeing how the Qur'an and hadith view the phenomenon of suicide so that in the end it can increase understanding and knowledge for many people so that they are wise in making decisions when problems come.

METHOD

The method used in this study is a qualitative method with a literature



review approach or *library research* . In collecting data, the researcher examined several sources, including articles, books, scientific journals, and theses that align with the theory discussed in this study, namely regarding the phenomenon of suicide in Indonesia from the perspective of the Quran and Hadith.

In practice, this research is not simply an activity of reading and recording information or data that has been collected. Instead, the researcher processes the collected data and analyzes it in sentence form . In conducting the analysis, the researcher needs to prioritize objective interpretation in the form of an in-depth study of the problem being studied, namely the Conception of the Qur'an and Hadith. in explaining the phenomenon of suicide in Muslim-majority countries, especially in Indonesia .

RESULTS AND DISCUSSION

The Phenomenon of Suicide in Several Regions in Indonesia

As reported by cna.id, Dr. Imran Pambudi, Director of Health Services for Vulnerable Groups at the Indonesian Ministry of Health, stated that Central Java was the province with the highest number of suicides in 2024, with 478 cases in a single year. This figure is twice that of East Java and significantly higher than West Java, which recorded only 72 cases despite having the largest population in Indonesia. The government is currently investigating the factors contributing to the high suicide rate in Central Java.

As reported by detik.com, it was explained that in Tulungagung, East Java (August 2025): A husband and wife were determined to drink poison due to economic pressure. The incident was first discovered by their nephew on Sunday morning. The witness noticed the headlights were not turned off, then he then wanted to meet the victims and entered through the unlocked back door. That's when the two victims were found dead, lying on the floor .



As reported by detikjatim, it was explained that in January 2025, a young mother with the initials NS (26) in Bangkalan committed suicide at her home, leaving a touching letter for her family. The woman is suspected of committing suicide due to depression. Based on an investigation conducted by the police, the victim's husband with the initials AK stated that there was no dispute between him and his wife that was the background to the incident, (Detik, 2025).

As reported by detik.com, in January 2025, a young mother in Lubuklinggau, South Sumatra, with the initials DM (23) was found hanging by her husband, Agam Prabowo (26) at their residence. It is suspected that the victim committed her act due to economic factors. South Lubuklinggau Police Chief AKP Nyoman Sutrisno said that based on the victim's older brother's statement, DM had tried to commit suicide three times.

As reported by BCC News Indonesia, a 14-year-old girl committed suicide in October 2025. In Sukabumi, West Java, a 14-year-old girl took her own life, allegedly due to verbal abuse from her peers. The Indonesian Child Protection Commission (KPAI) recorded 25 child suicides in Indonesia throughout 2025. KPAI Commissioner Diyah Puspitarini stated that most of the suicides were motivated by *bullying*, including those that occurred in schools. Allegations of *bullying* emerged after the victims' families discovered a letter believed to be handwritten by Eneng. The heartfelt letter, written in Sundanese and Indonesian, contained her complaints.

BBC News Indonesia reported that in Bandung, West Java (September 2025): A young mother with the initials EN (34) was found dead with her two children in a rented house. The short will that was found revealed feelings of defeat by life and fatigue.

According to barometerbali.com, Bali has one of the highest suicide rates in Indonesia. As of November 2024, there were 95 suicides recorded, a slight decrease compared to the previous year. This phenomenon is influenced by several factors,



including: *first*, economic pressure. Bali's economic dependence on tourism makes its people vulnerable to economic crises. The Covid-19 pandemic exacerbated this situation, resulting in numerous job losses. *Second*, cultural and social factors in Balinese culture, where the concept of "shame" plays a significant role. Economic failure, debt, or family conflict can be severe social pressures, pushing someone to commit suicide. *Third*, mental health disorders. Awareness of the importance of mental health remains low, coupled with limited access to adequate mental health services, preventing many people with depression from receiving the help they need. *Fourth*, tradition and spirituality. In some cases, elements of spiritual or customary beliefs can influence a person's decision to end their life, even though Balinese Hinduism fundamentally discourages suicide. *Fifth*, the lack of social support; modernization and social change have weakened traditional community support systems, leaving individuals feeling increasingly isolated.

As reported by suararembang.com, it was explained that on November 13, 2025, a 19-year-old woman was found hanging from a pine tree, not far from the shore of Dasun Beach, Lasem District. This incident was not an isolated incident. On June 16, 2025, a 35-year-old man was also found hanging behind his in-laws' house in Gedongmulyo Village. Economic motives were suspected to be the cause. A month earlier, a similar case occurred in the Pancur area. This series of incidents shows that the suicide cases in Rembang are not isolated.

As reported by kompas.id, on February 3, 2026, an elementary school student in East Nusa Tenggara (NTT) was found deceased. The victim was found with a letter, believed to be a suicide note, before committing suicide. This incident highlights the dangerous cycle of extreme poverty, the lack of emotional support, and the failure of the child protection system to lead to his decision to end his life.

Based on several suicide cases in Indonesia, it is clear that the potential for suicide among people of all ages exists for a variety of reasons and causes. This



issue must be a serious concern for all members of society and national policymakers, especially those seeking solutions to minimize suicide attempts.

The Koran's View on Suicide

Given the numerous suicide cases and phenomena occurring in various regions across the country, an interesting question arises: how the Quran views this phenomenon and what lessons each individual can learn from it to be cautious in making decisions, especially regarding the intention to end their life. One Quranic verse that addresses suicide is:

QS An-Nisa verse 29

" And do not kill yourself, Indeed, Allah is Most Merciful to you ."

Hadith Views on Suicide

The prohibition on suicide is not only rooted in the Quran, but several hadith also warn against ending one's life by suicide. The following hadith from the Prophet explain the prohibition on suicide, including:

1. Narrated by Abu Hurairah

"Whoever kills himself with iron, then iron it will be in his hand which he will use to stab his stomach later (on the day of resurrection) doomsday) in hell and hell in an eternal state therein forever. And whoever kills himself by drinking poison, then the poison is in his hands for him to drink in the hell of hell, eternally therein, forever and ever."

2. HR. Muttafaq alaih

"Indeed, once there was a man from among the people before you who was injured, then he took a knife and cut the veins in his hand, then the blood continued to flow until he died. Allah swt. said , "My servant preempts My (permission) for him, I forbid heaven for him."

3. Sunan An-Nasai', The Book of the Dead



"Have told us about Ishaq bin Mansur; have told us about Abul Walid; has told us about Abu Khaitamah Zuhair; and have inform us Heard from Ibn Samurah that there was a man who committed suicide with a spear: "As for me, I will not pray for him." informed us about Ishaq bin Manshur; has informed us about Abul Walid; has told us about Abu Khaitamah Zuhair; and have informs us Heard from Ibn Samurah that there was a man who committed suicide with a spear: "As for me, I will not pray for him." (Indra, 2025)

4. Musnad Ahmad bin Hambal, volume 5 page 91

"Humaid bin Abdurrahman Ar Ru'asy has told us, Zuhair from Simak from Jabir bin Samurah has told us that it was reported to the Prophet sallallaahu 'Alaihi 'Alaihi Wasallam about someone who committed suicide, then he said, "Then, I will do it." Don't pray for it." "Has told us Zuhair from Simak from Jabir bin Samurah."

5. Sahih Muslim, Book of Corpses, chapter 107

"Aun bin Sallam Al Kufi has told us Zuhair from Simak from Jabir bin Samurah: Once the body of a person who committed suicide with an arrow was brought to him," he said. However, he did not pray for the body."

6. HR. Ahmad No. 15790

The Prophet sallallaahu'alaihiwasallam said: "Cursing a believer is like killing him, whoever kills himself with something in this world, he will be tortured in the afterlife with something he used to kill himself," (Fuad, 2025)

Based on the explanation of the Quran and the Prophet's hadith regarding the prohibition of suicide, it is clear that humans are not permitted to end their lives because they will receive retribution in the afterlife. The explanations from the Quran and hadith truly serve as guidance for all groups today, as suicide cases increase with each passing year and with current advances, especially in Indonesia, which is recorded as one of the countries with the largest Muslim population in the world.



CONCLUSION

The widespread suicide phenomenon in Muslim-majority countries indicates a problem that extends beyond theological concerns to economic, social, and family dimensions. Therefore, the Quran and Hadith explicitly forbid any individual, especially a Muslim, from committing suicide. The explanations in the Quran and Hadith also indirectly instruct every believer to strengthen their worship, faith, patience, spiritual strength, and belief in solutions to every problem.

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