

**Pemikiran bunuh diri dalam kalangan lelaki gay yang Mengalami kemurungan:  
satu kajian kes**

**ABSTRACT**

Gay men are among high-risk minority groups that are vulnerable to depression and suicidality, having three times the rate of depression compared to the general adult population. They are also at high risk for suicidality. Despite the high prevalence of such disorders, medical practitioners have tended to focus more on aspects related to diseases and their medical treatment and rarely explore factors contributing to those mental issues. In general, gay men have weak coping strategies when dealing with mental health issues. This research explores a single case study of a gay male who had depression that led to suicidal thoughts. SBQ-R is used to measure the level of suicidal thoughts, and in-depth interviews were employed to explore the risk factors contributing to suicide ideation. The findings show that risk factors underlying depression and suicidality among gay men include lack of family acceptance of their sexual identities, low social support, internalized homophobia, and societal stigma. The paper discusses in detail the barriers preventing gay men from seeking help as well as how mental health practitioners might advance the well-being of this underserved minority group by effectively addressing depression and suicidality.