

A STUDY OF PERSONAL AND FAMILY ENVIRONMENTAL PARAMETERS

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ABSTRACT

Killing oneself is one of the most mysterious activities in the entire world. Most commonly suicide is undertaken out of the worry and frustration one suffers by a temporarily triggered unique incident. The lack of tolerance and emotional maturity to consider and cope with the challenges of life tend people to end their lives. Suicide is third main reasons for death in global among adolescence. In words of World Health Organization on average each year, around one million of individuals perish by suicide and twenty times greater commit suicide; worldwide death ratio is sixteen per one lack or 1 death each forty seconds and one commit suicide in every 3 seconds. The risk factors of the suicide include physical health concerns, damaged relationships, financial troubles, work or academic stress, unpleasant life events, hopelessness and loneliness. Suicidal ideation is the thoughts of committing suicide. It might be active or passive. But there are possibilities of a transition of passive suicidal ideation to become active. In the current inquiry, many hypotheses about a study titled "Study of negative cognition, personality, and familial environment as correlates of suicide ideation in non-depressed college students" were put to the test to see whether or not they were correct. However, the empirical verification of the presented hypotheses is contingent, first, on the accurate measurements of the variables of ultimate interest, and, second, on the methodologies and processes used to derive conclusions from the data.

keywords: Family , Environmental, Parameters

INTRODUCTION

Suicide has distinct epidemiological characteristics that make it a major public concern. A recent national assessment estimated an annual suicide rate of 23 per 100,000 people in India. Suicide thus accounts for 3.6 percent of all deaths in India and ranks as the fifth most common cause of death. Suicide among university students accounts for 19 percent of all deaths and is the top cause of death among that cohort. Suicide among university students has become a severe public health problem, and the growth in the student suicide rate has led to an increasing number of studies on the elements that explain suicidal behaviour. Suicidal ideation among students is defined as the wish, thought or desire to take one's own life violently due to a number of

internal and environmental variables, such as personality, negative feelings and school life. Information on suicidal ideation can be exploited to predict suicide and can act as a guide for suicide prevention. This study will focus on suicidal ideation as a vital element to determine the elements connected to suicide.

Previous studies on university students' suicidal ideation have been unduly focused with educational surroundings, students' undesired behaviour and psychological symptoms. Few studies have studied how family settings effect upon university students' suicide ideation, and the study methodologies have been quite limited. A lot of research have indicated that the home environment greatly affects suicidal behaviour among university students. The family is a social-life community of relatives established through marital, blood, and adoptive relationships; it is the most intimate group and has a great effect on its members. Family features differ between cultures and nations. India has a unique marriage system, employment structure and parenting style, and these specific traits may affect family members.

When researching family risk factors for suicide ideation among university students in India, parental structure and interactions may be relevant predictors. Divorce is looked down upon and considered to be an embarrassing affair in accordance with traditional Indian norms. As a result, it is in the best interest of the children for their parents to make an effort to coexist despite the challenges. This preference might lead to strained relationships between parents and children. The divorce rate in India has been continuously climbing over the past three decades, going from 0.4 per 1,000 people in 1985 to 1.85 per 1,000 people in 2009. Students who are exposed to poorer family relationships and higher divorce rates are more likely to face tragedy and psychological pain, which can lead to students having suicidal thoughts.

When evaluating suicidal thoughts in college students, the employment structure of the student's parents, including factors like job insecurity, may also be regarded an essential component. At the moment, India's society is going through a time of change. In order to conform to the shifting conditions of the market economy, India businesses have laid off a sizeable section of their formerly employed workforce and modified their contracting practises to include newly hired workers. This strategy has caused many individuals in India to become unemployed as a direct consequence. When a family has no other sources of income, the stability of the parental pay is extremely important to the family's overall financial situation. Numerous research conducted in other countries on college students have found that having a low family income is associated with having suicidal thoughts.

Objectives

1. To investigate the association between non-depressed college students' feelings of despair as a measure of negative cognition and their thoughts of ending their own lives by suicide.
2. To investigate the association between suicidal thoughts and the personality traits of psychoticism, neuroticism, extraversion, and social desirability in college students who are not clinically depressed.

Meaning of suicide

The word "suicide" comes from the Latin word "suicidare," which means "to kill oneself," and it refers to the act of purposely inflicting pain onto oneself with the intent of ending one's life. In the year 1642, Brown.S. was the first person to use the word suicide. He did so in his work entitled "Religio Medici," which

caused a variety of responses in the minds of the general people. Even though suicide is not an illness in and of itself, it most likely involves an individual who has tunnelled logic into a condition of inner feeling that may be accounted for as a health concern. The rate of suicide, which has become one of the leading causes of death around the world, varies according to age, gender, religion, time period, and norms surrounding the recording of deaths.

According to the National Alliance on Mental Illness (2006), more young adults have taken their own lives than have died from any other illness in recent years.

Every forty seconds, someone somewhere in the globe takes their own life (WHO). For every successful suicide, there are twenty unsuccessful attempts. The vast majority of those who try to take their own life are under the age of 18. According to Howton (2009), suicide is the tenth largest cause of death in the world, and the global mortality rate is 16 suicides for every 100,000 people. The number of people dying by suicide in less developed countries has shown a steady rise over the past 45 years. This disease has also affected younger children and teenagers to a significant degree. As a result, the suicide of adolescents has become a primary source of concern for society.

SUICIDAL TENDENCY AND BEHAVIOR

A person is said to have a suicidal tendency if they are prone to having suicidal thoughts or have attempted suicide in the past. It is also possible to be referring to a crisis, suicidal ideation, para suicides, or an unsuccessful attempt at suicide.

Attempts at suicide, premeditated suicide, and completed suicide are all included in the category of suicidal behaviour. Refers to the activities carried out by a person who is contemplating or making preparations to bring about his or her own death. A obsession or act that is focused on causing one's own death intentionally and is considered to be a form of suicide. The term requires that there be a conscious intent to bring about the victim's demise.

Suicidal ideation is when a person has thoughts about committing suicide or has the desire to end their own life.

An act that is intended to result in the person's own death but does not really succeed in doing so is referred to as a suicide attempt.

Completed suicide, also referred to simply as suicide, is the act of willfully causing one's own death.

Suicidal ideation and attempted suicide are major predictors of subsequent suicide fatalities, which can lead to personal injury, a loss of freedom, and an increased financial burden on society (WHO 2014).

Globally, suicide ranks nineteenth among the top causes of illness burden, and it ranks sixteenth and ninth among the leading causes of death for those aged 15 to 44 worldwide (WHO2008). The monitoring of suicidal behaviour and attempts, as well as the prevention of suicide, have emerged as pressing concerns in recent times.

Suicidal thoughts is the first link in the chain of suicide behaviour and represents the lowest level. According to some research (Pfeffer, 1984), there is some stability in a sizeable percentage of cases, specifically fifty percent, at a two-year follow-up (Canals & Ballart, 1992), who observed that twenty-seven percent of girls and eighteen and a half percent of boys maintained these ideas at a three-year follow-up.

As a result of the information presented above, we are able to draw the conclusion that children who have suicidal ideation have a greater likelihood of developing serious suicidal behaviour when they reach adolescence. According to Reynolds (1988), suicidal ideation is one of the less severe types of suicidal conduct, which, as one moves along a continuum of activity, progressively translates into more severe forms of suicidal behaviour.

PARENTING STYLES

The act of supporting and encouraging the physical, emotional, social, and mental development of a kid from birth until adulthood is what we mean when we talk about parenting. It is a means through which the relationship that exists between a parent and a child can be portrayed. The act of parenting is a complex process that entails a great deal more than a mother or father merely providing a kid with nourishment, protection, and emotional support. It is a complex activity that involves a wide variety of explicit attitudes and behaviours that have an effect, both individually and collectively, on the results for children, and it establishes an emotional connection through which the actions of parents are communicated (Darling & Steinberg, 2019; Darling, 2018). Therefore, parenting as a method of bringing up a child refers to an entitlement or responsibility of the mother and father, either jointly or severally, to educate the child in regards to society and culture (Veenes, 2017a). As a consequence of this, each parent possesses a one-of-a-kind mindset, way of behaving, set of beliefs, set of values, and culture for the family, and all of these aspects vary from parent to parent (Bibi, Chaudhry, Awan & Tariq, 2013).

The phrase "parenting style" refers to the many behaviours and approaches that parents employ in order to control and socialise their offspring (Lightfoot, Cole & Cole, 2009). According to Darling and Steinberg (2003), "a constellation of attitudes towards the kid that are communicated to the child and that, taken together, constitute an emotional climate in which the parent's behaviours are exhibited" is the definition of "parenting style." Generally speaking, there are two aspects that are used to conceptualise parenting styles: parental demand (such as control), and parental reaction (e.g. warmth). Diana Baumrind was a pioneer among the researchers who have researched traditional educational methods of bringing up children. Her work has been influential in the field. The idea of distinct parenting styles has been shown in a consistent manner thanks to the conceptualization of parenting styles, which has supported the naturally occurring development of a kid (Baumrind, 2007). Baumrind (2001) categorises parenting styles as authoritative, authoritarian, and permissive based on the relationship between two variables of parental demandingness and responsiveness. These two dimensions are parental responsiveness and demandingness.

PERMISSIVE STYLE

It is the objective of permissive parents to provide a high level of warmth to their children, and as a result, they exercise very little control over their children. Children are often given an enormous amount of freedom

to make their own choices in life, and children who are disciplined in a permissive manner are rarely subjected to physical or mental punishment (Kang & Moore, 2011). They are more responsive, they don't enforce very many regulations, and to some extent, they don't have high expectations for their children. They usually have an approach toward their children that is highly unplanned and nonchalant (Verenikina, Vialle, and Lysaght, 2017). As a result, they have open dialogues with their children and therefore create friendly ties with them.

SUICIDE IDEATION

Suicide happens all through the life expectancy. It is the second driving forerunner of death among long term olds generally. As per Borges and Werlang (2006), independent brutality turns out to be more evident in the midst of the ages of 15 and 19, which makes it the second justification for death among this age bunch on the planet. Self-destructive ideation (SI) is a term, which credits to the contemplations an individual has about taking their own life, with some level of aim. While an individual might encounter self-destructive contemplations, it doesn't mean the person is in that frame of mind of ending it all.

Marcelli and Braconnier (2019) accepted that suicide ideation during puberty surfaces as a way to "escape"; teenagers generally assume that taking their own life can save them from conditions that they feel are heinous. Suicide ideation is characterized as the sign of thoughts or potentially wants to take their own life, and in such people, the natural seriousness of the suicide is high. The writing recommends that the self-destructive perceptions might be recognized as a consistent substitute in a circumstance of huge pressure and profound irregularity anytime of life (Donath, Graessel, Baier, Bleich and Hillemacher, 2014)

The idea of "suicidality" is alluded to considerations and plans of suicide, suicide endeavors and finished suicide, and consequently consolidates an extensive scope of peculiarities. An idea relating to "suicidality" is "self-destructive way of behaving" (which infers goes about as well as considerations). "Self-destructive ideation" alludes to suicidality without activity, which incorporates a wide range of self-destructive considerations and plans. A "suicide endeavor" can be alluded to a fruitless suicide and it likewise is purposeful demonstrations of lower casualty and aim. As indicated by Michel and Valach (2001), the "self-destructive interaction" alludes to the evolvement of suicidality over the long run, which starts with suicide ideation. For the most part, the cycle is portrayed as including suicide ideation, more exact suicide plans, and suicide execution or activity: endeavored and finished suicide.

FAMILY ENVIRONMENT

Family dynamics are a significant factor in the transmission of suicidal ideation and behaviour from one member of the family to another who has a mental health problem. (Apter 2010; Brent, Perper and Goldstein, 2019, Wilde 2017).

More number of suicides committed within the family (Marurie, 2004) were associated with parent psychopathology their age (younger than 20yrs), single parent families; family disharmony (Brent, 1988), Parents not alive and those whose mothers were working, and poor social support; these factors were found to have a correlation (Keer, Preues and King, 2006). This suggests that the support and availability of parents play a significant part in ensuring that teenagers have the capacity to prevail over the many stresses that are present in their life.

Murphy (2018) discovered that communication with one's parents was an essential "asset" in protecting young people from a variety of health risk behaviours, including suicide ideation. In a study done by Lin (2014), it was shown that girls who came from harmonious family environments had less suicidal behaviour than girls who came from dysfunctional family environments. This finding suggests that the role of family environment plays a significant role among teenagers. According to Chawh (2014), attempts at suicide are quite common among younger adolescents. There are various psychosocial features of suicidal families that are very different for boys compared to girls. In this regard, he investigated, as part of his study, the influence that gender and family discrepancies play among 1559 middle school students living in the north-eastern region of France. When compared to the percentage of males who were impacted, girls had a higher rate of suicidal ideation and attempted suicide at 12.5 percent. Girls who lived in reconstructed homes, where at least one parent was single and the parents had divorced, had a three times increased risk of attempting suicide compared to girls who lived in intact households.

Prevention of suicide attempts should begin in early adolescence and take into account gender and family differences, as well as the role of socioeconomic status, school and health-related difficulties among adolescent family members (Jurich 2008). These factors were found to be associated with suicidal ideation among adolescents.

Among adolescents, family dysfunctionality and bad life experiences were associated with an increased risk for suicide thoughts (Zhang, 2014, Lin, 2014). According to the findings of Lamil (2013)'s research, instances of disagreement between children were associated with no symptoms of attempted suicide (Pefia, 2011) Attachment to one's parents is associated with a decreased propensity for adolescents to participate in a variety of activities. (Wrights and Aileen, 2001) This includes behaviours that lead to suicide (Essau, 2004, Bose, 2006).

CONCLUSION

The current study expands and refines the previous work done by Beck and his associates as well as Upmanyu and his associates by investigating the structure of suicidal ideation in non-depressed college students. This is accomplished by keeping in mind the most important aspects that have been uncovered by previous research in the field of suicide. Although previous studies have made important contributions to the body of knowledge on suicidality, the strength of the present investigation lies in the fact that it focuses on non-depressed college students who are at a stage between late adolescence and early adulthood, which is known to be a time of increased vulnerability for the emergence of suicidal ideas and actions. Earlier researches have made important contributions to the body of knowledge on suicidality.

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