

ITS CORRELATION WITH SUICIDAL IDEATION AMONG STUDENTS OF CHAUDHARY DEVILAL UNIVERSITY, SIRSA, HARYANA (INDIA)" IN THIS

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ABSTRACT

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. According to the findings of the National Comorbidity Survey, the lifetime correlations of suicidal thoughts, intentions, and attempts among teenagers are, respectively, 12.1 percent, 4.0 percent, and 4.1 percent (Nock et al., 2013). It would be helpful to identify additional risk factors for suicidal thoughts and behaviours in a non-depressed sample of college students in order to develop a model of risk that offers greater explanatory power. The term "suicidality" refers to the ideas and intentions of suicide, as well as attempts and successful suicides; as a result, it encompassed a broad spectrum of occurrences. In this sense, suicidal thoughts, threatening to end one's own life, attempting to end one's own life, and actually ending one's own life are all terrible and excruciatingly painful occurrences, not only for the people who participate in these behaviours, but also for the others whose lives they touch. It is fairly rare for individuals suffering from some form of psychopathology to have tried suicide more than once, and the risk for suicide completion is greater among individuals who have attempted suicide.

keywords: *Correlation, Suicidal, Students*

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.

The manner in which children are raised is also highly linked to suicide ideation in students. There is a stricter adherence to the established order of authority within Indian families when compared to families in other nations. As a result of elders' tendency toward parentalism, university students are more likely to obey their parents. Youngsters are coerced into following the expectations of their parents, and their parents do not respect the students' ideas and wishes. In the views of parents, the only form of parenting that is beneficial for their children is the kind that satisfies their requirements for shelter, food, clothing, and transportation. When pupils disobey their parents' wishes, they risk receiving a spanking, reprimand, or even physical violence. Many Indian parents have extremely lofty aspirations for their children, which is

frequently reflected in the strict approach that the parents take toward their children's academic pursuits. The pressure to succeed academically is placed on children by their parents. Studies carried out in different nations have uncovered evidence that links suicide ideation with particular parenting styles. It is possible that children who are subjected to poor parenting have a higher risk of harbouring suicide thoughts.

When a person makes an effort to deal with a stressor, they put their body through a series of negative physiological, psychological, and behavioural processes that lead to stress (Bernstein et al., 2008). It is generally accepted that stress is a mental process that involves the unique perception and reaction of an individual to any potentially harmful situation. Psychologists believe that people feel more creative and motivated to attain their goals when they are under a reasonable amount of stress. Despite the fact that stress might cause individuals to do less well on challenging tasks (Auerbach&Garmblig, 1998). There is no universally accepted definition of "bad" stress. It is entirely dependent on your point of view. When it comes to being creative and effective at work, stress can be useful; but, the stress of failure, humiliation, or infection can be bad (Selye,1956). The demands placed on today's students combined with the modern lifestyle inevitably lead to increased levels of stress. In the current climate, we observe a cutthroat level of competitiveness, in which every person is confronted with difficulties of some kind and every individual possesses a high degree of ambition but a limited amount of time to accomplish their objectives. The final outcome is the manifestation of stress in one's life. The term "academic stress" describes the pressure that students feel to do well on tests, as well as the anxiety they feel about being punished and the competitive nature of the tests themselves. Over the past few years, there has been a rise in the amount of stress caused by academics. Students are put under a lot of pressure to perform well in school by not just their instructors but also their parents. One of the most major obstacles that students face in their pursuit of academic success is the stress brought on by their studies. It is possible that it will have a negative impact on their emotions as well as their physical and psychological wellbeing. The private tutoring sector in India has its epicentre in the city of Kota. The present goals that are set before the students of Kota are to obtain a degree from an IIT and become a doctor. Approximately one and a half million to two million students visit Kota each year in the hopes of fulfilling their dream of enrolling in a medical or engineering college. Researchers have been studying the topic of academic stress among students for a long time, and their findings have shown that there is no one component that contributes to academic stress among students. The individual's upbringing, familial circumstances, friend circle, and aspirations are out of sync with their actual talents. Academic atmosphere that is overbearing, pressure from coaching institutions, and a lack of regular pleasant interaction with parents and friends are all contributing factors.

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.

Researchers such as Lewinsohn (1996) and Shea (1998) came to the conclusion that suicidal ideation is a strong predictor of more serious forms of suicidal behaviour. They also found that the degree of self-harm was directly proportionate to the degree of suicidal ideation experiences. This association between suicidal ideation and more serious forms of suicidal behaviour was supported by the findings of these researchers.

Objectives

1. To investigate the association between emotional dysregulation and suicidal thoughts in college students who do not suffer from depression.
2. To investigate the association between having social support and not having suicidal thoughts among college students who are not depressed.

REVIEW OF LITERATURE

Sheetal Yadav (2020) Investigating whether or if there is a link between the pressures of schoolwork and thoughts of self-harm or suicide among students was the focus of this particular research project. Included in the study's sample were two hundred students from the Allen Institute in Kota, which is located in Rajasthan. 100 of the students aimed to get into IIT, and the other 100 wanted to get into NEET. Both academic stress, as evaluated by the academic stress scale produced by Rao, and suicidal ideation, as

measured by the suicidal ideation scale developed by Sisodia and Bhatnagar, were found to be significantly correlated with one another. The findings of this study indicated that there was no significant difference between IIT aspirant students and NEET aspirant students in terms of academic stress, and that there was a significant difference between IIT and NEET aspirant students in terms of suicide ideation. Academic stress and suicide ideation can be caused by a number of different things, including pressure from parents, difficulties in personal relationships, struggles with addiction, and an atmosphere that is overly competitive. The findings of the study showed a significant connection between the pressures of schoolwork and thoughts of suicide among pupils.

Hui Zhai (2015) This study looked into whether or not there is a connection between suicidal ideation and the environment of the family. Students from 5183 Indian universities were selected for the sample. Rather than concentrating on families, the subjects of a lot of studies on suicidal thoughts were individuals. The general concepts of suicidal thoughts and the implications that emerge from the familial context are discussed throughout the course of this study. The dataset for this study consisted of individuals who attended one of six different institutions and had a total of 2645 males and 2538 girls participating. Students were questioned with regard to socioeconomic demographics as well as factors that contribute to suicide ideation. In order to establish the extent of the connection between suicidal ideation and a dysfunctional familial environment, the data were subjected to both factor and logistic analyses. The percentage of individuals who had suicide thoughts was 9.2 percent (476/5183). The majority of people who had suicidal thoughts shared substantial similarities, including having dysfunctional family structures and relationships, having parents whose jobs were unreliable, and having parents who utilised inappropriate parenting approaches. Suicidal ideation was significantly more prevalent among female students than it was among male students. This study illustrates that suicidal ideation among Indian university students is a public health concern and demonstrates the need of taking into consideration the home context when analysing the suicidal ideation of university students. It is possible to anticipate and prevent suicides among university students by gaining a better understanding of the risk factors connected to suicidal ideation in the family.

Birmaher, Boris (2009) The purpose of this study was to investigate whether or not there is a connection between the home environment and suicide ideation in young people who have been diagnosed with bipolar disorder. The study comprised 446 young people with bipolar disorder (BP) ranging in age from 7 to 17, all of whom were involved in the Course and Outcome of Bipolar Youth study. At the time of intake, assessments were made about current suicidal ideation, family functioning, and family stress. BP adolescents who were currently having suicidal thoughts reported having more conflicts with their mothers and less adaptation in their families. The ideators advocated for a higher number of stressful family events in comparison to the previous year as well as increased frequencies of particular familial stressors. When conducting a suicide risk assessment on a patient with bipolar disorder, clinicians should take into account the patient's familial stress. The goals of treatment may include improving communication within the family and working through issues relating to loss.

Deb et al. (2014) conducted a study to determine the extent to which students attending private secondary schools in India experience academic stress and exam anxiety. 400 students from five private secondary schools in Kolkata made up the sample. Male students made up 52% of the total. A significant level of academic stress and exam anxiety was reported by 35 to 37 percent of respondents, according to the results.

However, individuals with lower grades reported higher levels of stress in comparison to those with higher marks.

Arun and Chavan (2014) conducted research on the levels of stress, psychological health, and the existence of suicidal thoughts in students in order to determine whether or not there is a correlation between these factors. The sample consisted of a total of 2402 students from the city of Chandigarh. The analysis of the data showed that there was a significant correlation between the class that a student was taking and their perception of life as a burden. Students who had academic problems and an unsupportive environment at home were more likely to view life as a burden and have suicidal ideations.

The amount of academic stress experienced by students in higher secondary schools was analysed by Prabu (2015). Students enrolled in higher secondary schools located in the Namakkal area of Tamil Nadu made up the sample, which totaled 250 individuals (India). The findings showed that the kids in higher secondary schools are experiencing a considerable amount of stress. The academic pressure felt by male students is far higher than that felt by female students. The academic pressure placed on pupils in metropolitan areas is greater than that placed on students in rural areas. The academic pressure faced by pupils attending public schools is far lower than that of children attending private schools. The academic pressure placed on science students is greater than that placed on students of other subjects.

RESEARCH METHODOLOGY

Therefore, it is important to include a description of the sample, the particular instruments, as well as the methodologies and processes that were utilised in the process of carrying out the study that is being reported. On the pages that follow, you will find a description of the sample that will be used to collect data for putting the presented hypotheses to the test. This chapter also provides a description of the instruments that have been utilised for the purpose of data collection; in addition, the information concerning the administration and scoring of the tests that have been utilised is included in the next pages of this chapter. In addition to that, the method of analysis has been broken down into steps and covered in this chapter.

Chaudhary Devi Lal University, named after Chaudhary Devi Lal, the previous Deputy Prime Minister of India was created by the Government of Haryana on 2 April 2003. The University, located at Sirsa 256 kilometres from Delhi and 285 km from Chandigarh, has space of 280 acres (1.1 km²) on the Barnala Road. The University includes 24 academic departments, which offer 21 career oriented and specialized courses to the students. It also offers job-oriented courses through distance education.

RESULTS

The following is a list of several sections under which the findings of the current research are presented in relation to the aims and hypotheses that were proposed:

1. The frequency distributions of the scores obtained from the variables that were tested
2. Gender Differences on Different Variables
3. The Relationships between the Various Interco Variables

4. An Examination of the Factors

Frequency Distributions of Scores on Tested variables

The frequency distributions of scores on 21 tested variables referring to suicide ideation, dysfunctional affective regulation, hopelessness, negative automatic thoughts, quantitative and qualitative social support, optimism, Eysenckian's dimensions of personality, and 10 different dimensions of family environment are shown in Tables 4.1. This is in the context of the first objective and the first hypothesis as mentioned in chapter-2 of the review of literature and formulation of hypothesis. Tables 4.1 show the frequency distributions of scores on these variables.

The above mentioned tables also carry information about the following descriptive statistics:

1. Mean
2. Median
3. Standard deviation
4. Skewness
5. Kurtosis

In addition, the results of the present study, which covered 21 distinct factors, have been graphically represented in Figures 4.1 through 4.21, with each of these figures depicting the results for males and females individually. This was done in order to determine the characteristics of the score distribution, however skewness and kurtosis are other interesting factors to look at.

The characteristics of the score distribution across the 21 different factors that were examined were covered in the chapter titled "Discussion."

Table No. - 1 Showing Frequency distribution of scores on suicide ideation as derived from Suicide Ideation Scale

CI	Malesf	Femalesf
24-26	01	02
21-23	06	05
18-20	20	09
15-17	15	05
12-14	20	20

9-11	16	20
6-8	16	14
3-5	03	7
0-2	03	08
N	100	100
Mean	13.21	10.32
Median	13.00	9.50
S.D.	5.58	6.12
SK	-.10	.35
KU	-.69	-.57

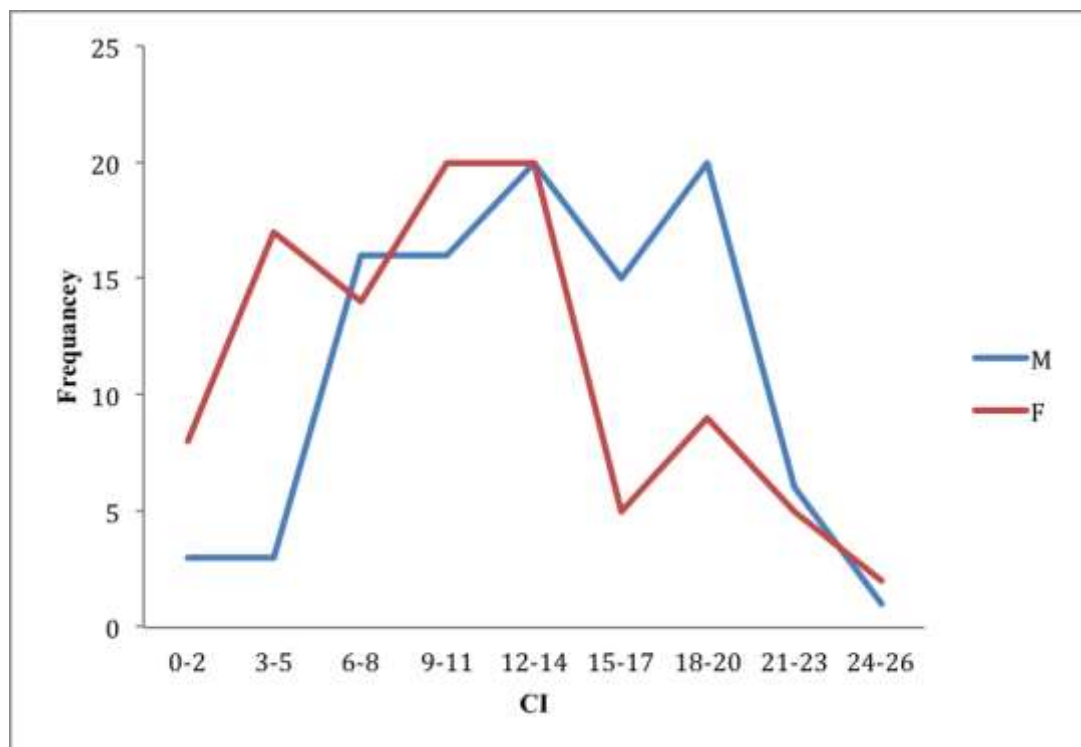


Figure 1 Graphical representation of scores on suicide ideation as derived from Suicide Ideation Scale

Table No. 2 Showing Frequency distribution of scores on affective dysregulation as derived from Affective Dysregulation Inventory

CI	Malesf	Femalesf
60-64	00	03
55-59	08	10
50-54	13	08
45-49	16	23
40-44	29	14
35-39	19	18
30-34	11	20
25-29	03	01
20-24	00	03
15-19	01	00
N	100	100
Mean	42.43	42.02
Median	42.00	42.00
S.D.	7.88	9.00
SK.	-.17	.02
KU.	.01	-.63

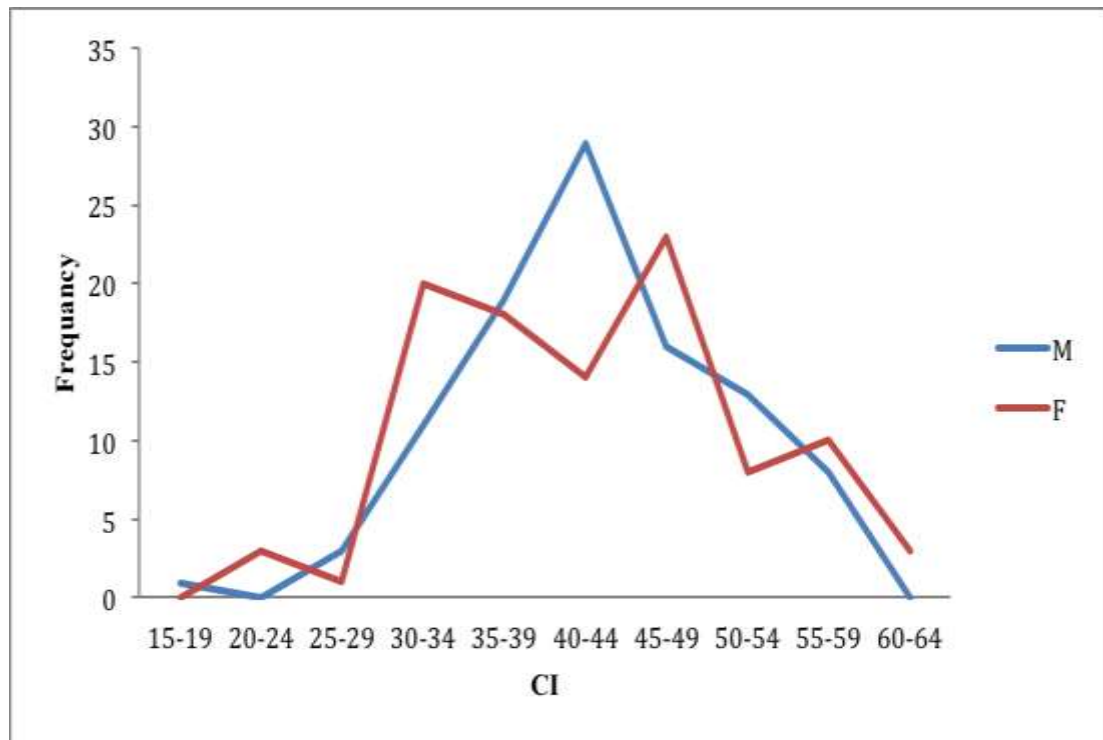


Figure 2 Graphical representation of scores on affective dysregulation as derived from Affective Dysregulation Inventory

Table No. 3 Showing Frequency distribution of scores on hopelessness as derived from Beck's Hopelessness Scale

CI	Malesf	Femalesf
16-17	00	03
14-15	00	03
12-13	02	12
10-11	08	23
8-9	19	13
6-7	20	20
4-5	26	08
2-3	17	15
0-1	08	03

N	100	100
Mean	5.65	8.01
Median	5.00	8.00
S.D.	2.94	3.94
SK.	.15	-.02
KU.	-.79	-.57

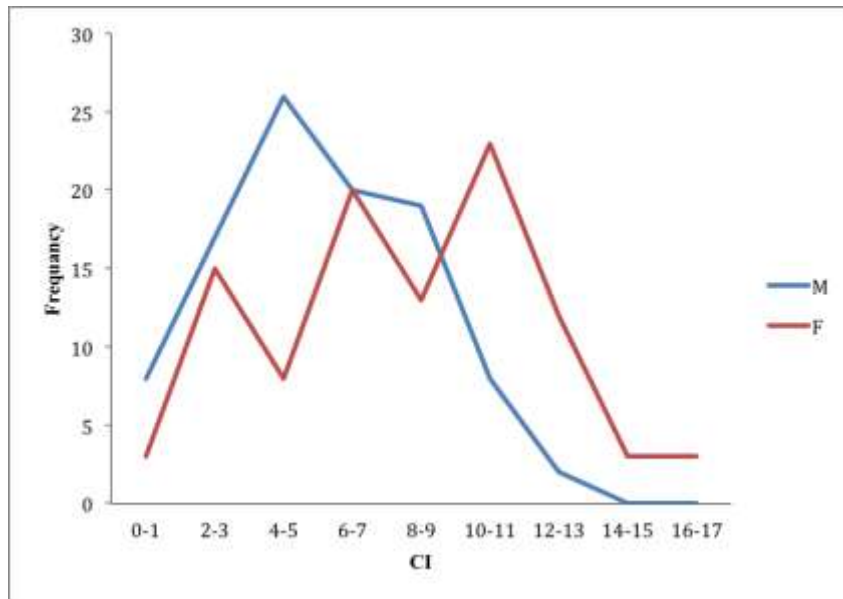


Figure 3 Graphical representation of scores on hopelessness as derived from Beck's Hopelessness Scale

CONCLUSION

The term "suicidal ideation" refers to all different kinds of suicidal thoughts and intentions that do not result in actual suicide attempts. According to the findings of this study, there are various viable targets for suicide prevention programmes that are aimed at non-depressed college students who are in the stage of late adolescence and early adulthood (20 to 25 years). At the stage of late adolescence and early adulthood, hopelessness, a prominent component of Beck's cognitive triad, has emerged as an important positive correlate for suicidal ideation in non-depressed males. On the other hand, borderline personality disorder, which refers to higher psychoticism and neuroticism, has emerged as a salient positive correlate of suicidal ideation in non-depressed females. The current findings bring to light the distinct ways in which negative cognition (hopelessness) and borderline personality traits (psychoticism, neuroticism) contribute to suicidal ideation among non-depressed male and female college students in their late teens and early 20s. This tendency shows the possibility of distinct intervention targets for non-depressed males and females to deal with the first stage of suicidal behaviour, which is the stage referred to as suicidal ideation. These findings of the current experiment, if they are able to be duplicated, may indicate the existence of promising new tactics for the prevention of suicide.

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