

A study of suicidal behaviour in depressive adolescents

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ABSTRACT

Depression could be a mental state within which someone experiences deep, unshakable unhappiness and diminished interest in nearly all activities. People conjointly use the term depression to explain the temporary unhappiness, loneliness or blues that everybody feels from time to time. In contrast to normal sadness, severe depression, also called major depression, can dramatically impair a person's ability to function in social situations and at work. People with major often have feeling of despair, hopelessness, and worthlessness, as well as thoughts of committing suicide. A group of 60 depressive adolescent from different government and private health care and 60 normal populations from different government and private colleges from Udaipur were taken as sample in the study, following incidental sampling method. Data were collected by Personal information Schedule and Suicide Probability Scale developed by John G. Cull & Wayne S. Gill. Finding revealed that suicidal thoughts among depressive adolescent and normal population of same age group differed significantly ($p < .01$) which indicates that depressive adolescent have lost hope in life and wish to end their lives. Male and female depressive adolescents did not differ significantly about suicidal behaviour.

Keywords: *Suicidal Behaviour, Suicide, Depression, Adolescent*

Suicide is an intentional, self-inflicted death. A uniquely human act, suicide usually suffers from extreme emotion pain and tension. They are possible to suffer from psychological state, particularly severe depression, and to feel hopeless about the future. A person who observes these signs should ask the person in question whether he and she are thinking of suicide. If so, the observer should refer the person to a trained mental health professional to reduce the immediate risk of suicide and to treat the problem that led the person to consider suicides.

Most suicides can be prevented because the suicidal state of mind is usually temporary. India is on its extremes for youngster suicide. Suicide is second leading cause of death of youngster here. Every 90 min a youngster tries to commit suicide in India. Suicide is an indispensable public health problem for adolescents around the world. The world health organization has defined "adolescents" as persons in the 10 to 19-year age group. Today India has a population of adolescents that is among the largest in the world. An estimated 1.3 million deaths occurred globally among 10-19 year olds in year 2012 alone (world health organization,

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A study of suicidal behaviour in depressive adolescents

2014). Many factors related to suicidal behaviour among adolescents but in our study I examine suicidal behaviour in relation to depression among adolescents. Depression is that the most typical diagnosing in adolescents world health organization kill and it's extremely prevailing in those with unsafe ideations and suicide tries.

Depression may be a universal, timeless and ageless human affliction. It affects the means someone grub and sleeps, the way one feels about oneself, and the way one thinks about things. A depression is not the same as a passing blue mood. It is not a sign of personal weakness not a condition that can be willed or wished away. The economic cost of this disorder is high, but the cost in human suffering cannot be estimated. Depression is one in every of the few psychological disorders that may be aforementioned to be fatal. Suicide now ranks among the ten leading causes of death in most western countries.

In the united adolescent depression is a disorder that affects teenagers. It results in disappointment, discouragement, and a loss of self-worth and interest in their usual activities. Depression is also delineate as feeling unhappy, blue, unhappy, miserable, or down in the dumps. Most people feel this fashion at just once or another for brief periods. Clinical depression may be a mood disorder within which feelings of disappointment, loss, anger, or frustration interfere with existence for a extended amount of your time.

According to Fred et al. (2010) depression can change or distort the way adolescents see themselves and their lives, as well as the people around them. Adolescent with depression usually see everything more negatively and are unable to imagine that any problem or situation can be solved in positive way.

Objectives

- To study the suicidal behaviour among depressive and normal adolescent irrespective of gender differences.

Hypotheses

- There is no difference in suicidal behaviour among depressive adolescent and normal population of it age group irrespective of gender difference.

METHODOLOGY

Sample Selection: A group of 60 depressive adolescent from different government and private health care and 60 normal populations from different government and private colleges from Udaipur were taken as sample in the study, following incidental sampling method.

Test: In order to achieve the objective of the study, a specially designed Semi-Structured Schedule was used to gather information about socioeconomic and demographic background of depressive adolescent. Suicide Probability Scale developed by John G. Cull & Wayne S. Gill was used.

Procedure: The data was collected through standardized questionnaire after distribution of questionnaire instructions were given to respondents as per the manual of respective test scoring of responses was done according to manual.

RESULTS

Findings of the Personal Information Schedule that depressive adolescent came from all age groups; however depression mostly affected people over 18 years of age. Out of 60

A study of suicidal behaviour in depressive adolescents

depressive adolescent 30 were male and the 30 were female. About two-fifth of adolescent were suffering from depression.

Table-1 Suicidal behaviour of depressive adolescent and normal Population

Sample group	Mean	S.D.	t-test	Sign. level
Depressive adolescent	82.90	18.43	7.15	P<.01
Normal population	66.70	17.60		

Findings also revealed that out of 60 depressive adolescent covered in this study, 19 attempted to least once. In order to understand the 'suicidal behaviours' among the depressive adolescent and for comparison of the same with the normal population 'Suicide Probability Scale' was used. The results showed that the mean value of the depressive adolescent with regard to 'suicide probability' was 81.90, which was greater than the mean value of normal population i.e. 65.70. The standard deviation of the score of 'suicidal behaviour' of depressive adolescent was 17.43 while in case of normal population it was 16.60. The result of t²-test revealed that depressive adolescent and normal population differed significantly (p<.01) about suicidal behaviour. There for hypothesis has been rejected which indicates that depressive adolescent possessed more suicidal behaviour as compared to normal person.

DISCUSSION

Finding revealed that out of 60 depressive patients 50% were male while 50% were female which is contrary to some earlier findings (Coreyll, Endicott, & Keller, 1991; Blazer, Kessler, Mcgonagle, & Swartz, 1994). It could be because of gender discrimination. In India male always receive better attention and care in case of health, education and food intake especially in the middle and lower socioeconomic classes. In case of depression, male patients were reported more perhaps because of less social stigma attached with them.

The cognitive features of depression have been given particular emphasis by some investigators, who note that thinking in such grim and self-critical ways actually makes people more depressed or prolongs their depression. The negativistic thinking is commonly and distorted, and represents very different interpretations of then self and the world during the depressed state than an individual would typically display when they were not depressed. This observation gave rise to Aaron Beck's cognitive modal of depression (Beck, 1967). Finding of the present study reveal that suicidal thoughts of depressive adolescent and normal population of same age group differed significantly which indicates that depressive adolescent have lost hope in life and wish to end their lives.

CONCLUSION

Depressive adolescent possess more suicidal behavior as compared to normal persons. Male and female depressive adolescent did not differ significantly with regard to suicidal probability.

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A study of suicidal behaviour in depressive adolescents

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Conflict of Interest

The author declared no conflict of interests.

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