Research Paper

Self-Efficacy, Depression and Suicidal Ideation: A Study among Love Failure Adolescents in India

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ABSTRACT

The aim of the present study is to find the impact of self-efficacy, depression and suicidal ideation among love failure adolescents. The sample of 100 love failure adolescents was taken from all over India. The sample comes under the age group of 12-19. The tools used for the study are General Self Efficacy Scale by Schwarzer and Jerusalem, Beck Depression Inventory-II by Beck and Scale for Suicide ideation by Beck, Kovacs and Weissman. Significant gender difference is found on depression and suicidal ideation. Girls tend to be higher in depression and suicidal ideations. No significant gender differences found on self-efficacy. Positive correlation obtained between depression and suicidal ideation. Depression and suicidal ideation shows negative correlation with self-efficacy.

Keywords: *Love-failure Adolescent, Self-efficacy, Depression and Suicidal Ideation*

According to Coon & Mitterer (2007) adolescence is the culturally defined period between childhood and adulthood. A key task of adolescents is preparation for adulthood. Indeed, the future of any culture hinges on how effective this preparation is (Larson, Wilson, Brown, Fursternberg and Verma, 2002). Susan Moore says that falling in love is an emotional upheaval at any age, but for adolescents the feelings are likely to be even more difficult to manage.

Lifespan developmental theorist Erik Erikson (1968) viewed crushes and youthful romances as important contributors to adolescent self-understanding and identity formation. He described teenage falling in love as a form of self- development rather than true intimacy.

According to Susan Moore, breakups are a very common feature of adolescent romantic relationships, some of which last only a few weeks. Nevertheless, some teenagers are more

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vulnerable than others. Pickhardt (2012) explains that break-ups of in-love relationships are particularly painful for the one who is broken off and feels hurt, helpless, betrayed, abandoned, or rejected. Several studies have shown romantic break-ups associated with depression particularly among those who have already experienced mood disorders (Davila, 2008; Welsh.et.al., 2003).

Price, Hides, & Stoyanov found that break ups are a common challenge for adolescents with similar impact irrespective of age or gender and had strongest associations with concurrent mental health, suicide and self- harm risk. Studies also point out that relationship breakups are associated with elevated levels of depression.

India has one of the world's highest suicide rates for youth aged 15 to 29, according to a Lancet report 2012 which illustrated the need for urgent interventions (Saha, 2017). The national average recorded in 2013 was 30-40 suicides per 100,000 among 15-29 age group with wide variations between states of India (Mandana, 2016). According to 2015 data from the National Crime Records Bureau (NCRB), every hour, one student commits suicide in India (Saha, 2017).

"State nodal officer of the National Mental Health Programme, Dr.C.Ramasubramanian says suicides are identifiable and preventable. Suicide is impulsive only among younger people. In a majority of other cases, it is a culmination of turmoil. A feeling of insecurity, hopelessness and finally helplessness causes negative perception and tunneled type of thinking. This kind of prolonged depression with no emotional support and scope to ventilate often trigger suicidal tendencies" (Kumar, 2013).

"In Bandura's system, self-efficacy refers to feelings of adequacy, efficiency, and competence in coping with life. Meeting and maintaining our performance standards enhances self-efficacy; failure to meet and maintain them reduces it. People low in self-efficacy feel helpless, unable to exercise control over life events. They believe any effort they make is futile. People who are extremely low in self-efficacy will not even attempt to cope because they are convinced that nothing they do will make a difference. Low self-efficacy can destroy motivation, lower aspirations, interfere with cognitive abilities, and adversely affect physical health. High self-efficacy reduces fear of failure, raises aspirations, and improves problem solving and analytical thinking abilities" (Schultz & Schultz, 2013, p.338).

" People with low level of self-efficacy typically view difficult task through the lens of fear. They also noted that low self –efficacy becomes a cycle: lack of faith in ability produces lack of action, Lack of action contributes to more self-doubt. They become doubtful of their own capabilities and are more easily stressed and more frequently depressed than people with high level of self-efficacy" (Singh & Udainiya, 2009).

In this context, there is a need for intervention among love failure adolescent to enhance self-efficacy and thereby increasing their well-being. The present study focuses on how self-efficacy, depression and suicidal ideation vary in a love failure adolescent.

METHODOLOGY

Sample

The data consist of 100 love failure adolescent all over India. The age group was 13-19. Among 100, 50 were boys and 50 were girls. The data was collected not only individually but also through emails. The participants voluntarily participated and cooperated for the study.

Tools

The following tools were used for the present study.

1. **Personal Data Sheet** Personal Data Sheet was used to collect some personal information like age, gender.
2. **General Self Efficacy Scale(GSE)** General Self Efficacy Scale was developed by Schwarzer and Jerusalem (1995). This scale is a self-report measure. The scale consists of 10 items with a 4-scale scoring- Not at all true, Hardly true, Moderately true and Exactly true. Scoring is done as follows: a score of 1,2,3,4 is given to Not at all true, Hardly true, Moderately true and Exactly true respectively. The total score is calculated by finding the sum of all the items. The total score ranges between 10 and 40, with a higher score indicating more self-efficacy. Cronbach's alpha found between 0.76 and 0.90. GSE is correlated to emotion, optimism, work satisfaction. Negative coefficients were found for depression, stress, health complaints, burnout and anxiety.
3. **Beck Depression Inventory-II (BDI-II)**

Total Score	Level of Depression
0-13	Minimal
14-19	Mild
20-28	Moderate
29-63	Severe

   Beck Depression Inventory-II was developed by Beck (1996). This scale is a self-report measure consisting 21 groups of statement. A score of 0, 1, 2 or 3 will be given for each statement based on the option chosen by the participant. The total score is obtained by finding the scores on all the items. Based on the scores the severity of depression is found as follows:
4. **Scale for Suicide ideation (SSI)** Scale for Suicide ideation (SSI) was developed by Beck, Kovacs, and Weissman (1979). It is a 19-item clinical research instrument designed to quantify and assess suicidal intention. Each item consists of three alternative statements graded in intensity from 0 to 2. The total score is computed by adding the individual item scores. Thus, the possible range of scores is 0-38. Cronbach's alpha found to be 0.89. The inter-rater reliability coefficient was 0.83.

Procedure

The questionnaires were distributed to the participants (either by email or by-hand). They were detailed about the purpose of study. They were also assured about the confidentiality and anonymity of the responses. They were asked to answer every items in all the 3 questionnaires. Scoring was done as per the manual. SPSS was used to analyze the data. Karl Pearson Correlation and t-test were used for statistical analysis.

RESULTS AND DISCUSSION

Adequate statistical techniques are essential for the interpretation of data. In the present study, correlational analysis and t-test are used.

Table 1: Mean, SD and t value of Self Efficacy with reference to gender on love failure adolescent

Variable	N	Mean	SD	t value
Boys	50	66.22	23.80	
Girls	50	47.44	21.89	1.17

The results in the above table present the mean, SD and t-value of 100 love failure adolescents. It shows no significant difference between the mean values. Therefore there is no significant difference in self-efficacy based on gender.

Table 2: Mean, SD and t value of Depression with reference to gender on love failure adolescents

Variable	N	Mean	SD	t value
Boys	50	66.44	18.15	
Girls	50	68.02	22.56	7.15**

**p>0.01

The results in the above table present the mean, SD and t-value of 100 love failure adolescents. It shows t(98)= 7.15,p<0.01; indicating that the difference is significant at 0.01 level. The mean value indicates that girls have higher depression than boys. The timing of puberty and hormonal changes, body esteem can contribute to this difference. Studies on depression also show supporting evidence. Hankin et al (1998) found that by ages 13 to 15, more girls are depressed than boys. Longitudinal studies by Angold et al(2002) and Cole et al (1999) indicate that girls depressive symptoms increase after age 13, whereas boys symptoms remain relatively constant. So the present result is in agreement with previous studies.

Table 3: Mean, SD and t value of Suicidal Ideation with reference to gender on love failure adolescents

Variable	N	Mean	SD	t value
Boys	50	47.22	17.55	
Girls	50	73.68	20.96	3.317**

**p>0.01

The results in the above table present the mean, SD and t-value of 100 love failure adolescents. It shows t(98)= 3.317,p<0.01; indicating that the difference is significant at 0.01 level. The mean value indicates that girls have higher suicidal ideation than boys. It was found that girls tend to have higher depression; this can be directly related to higher suicidal ideation.

Table 4: Correlation between Suicidal Ideation and Self Efficacy among love failure adolescents

Variable	N	r	Sig.level
Suicidal Ideation	100		
Self Efficacy	100	-0.74	0.01

Table 5: Correlation between Depression and Suicidal Ideation among love failure adolescents.

Variable	N	r	Sig.level
Depression	100		
Suicidal Ideation	100	+0.31	0.01

Table 6: Correlation between Self Efficacy and Depression among love failure adolescents

Variable	N	r	Sig.level
Self Efficacy	100		
Depression	100	-0.22	0.05

On analyzing correlations, it was observed that there is significant relationship among self-efficacy, depression and suicidal ideation. The results are shown on table 4, 5 and 6. Self-efficacy is negatively correlated with depression and suicidal ideation. Therefore increase in self- efficacy can decrease depression and suicidal ideation. The result also showed positive correlation between depression and suicidal ideation. Therefore increase in depression can increase suicidal ideation or decrease in depression can decrease suicidal ideation.

Therefore enhancing the self-efficacy can be helpful in reducing depression and suicidal ideation. Occasional counseling sessions are helpful in identifying the issues. Encourage using positive coping skills and restructuring the thoughts can be helpful in enhancing the self-efficacy. Overall a support from family, friends and teachers can act as a buffer in critic situations.

CONCLUSION
On the basis of these findings the following conclusions can be made. Firstly, there is significant gender difference on depression and suicidal ideation. As per the result, adolescent love failure girls tend to experience greater depression and suicidal ideations. Secondly, depression and suicidal ideation showed negative correlation with self-efficacy. And finally, depression and suicidal ideation showed positive correlation.

Limitations

This study presented some limitations. The samples size was small which is found to limit the generalization of the study findings.

Conflict of Interests: The author declared no conflict of interests.

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