

Suicidal tendency in diabetes patients

Miss Sonal Kanojia^{1*}, Dr. Pragna J. Parikh²

ABSTRACT

The purpose of this study was to find out the Suicidal tendency in Diabetes patients who have Diabetes of their hereditary status. For this study 100 Diabetes patients (N=50 Hereditary, N=50 Non- Hereditary) were selected purposely. “Suicidal Tendency Scale” by Dr. Dilip Bhatt & Dr. Rasik Meghnathi was used for data collection. For statistical analysis ‘t’ test was used. The result shows that there is no significant difference in diabetes patients who have hereditary diabetes and who have non hereditary diabetes.

Keywords: Diabetes, Suicidal Tendency, Hereditary status

Every day we see headlines about health in newspapers, magazines or TV and now in our mobile by social media and internet too. We are told that smoking is injurious for health, we need to do more exercise otherwise we’ve grown obese. We learn about new treatments for disease about which we are only dimly aware, or we hear that a particular herbal remedy may us feel better about ourselves. Meditation or optimistic beliefs can keep us healthy or help us to get well more quickly. How do we make sense of all these claims, and which one is personally important? Here are some look out for Type-2 Diabetes and also suicidal tendency in these patients. Let’s we talk briefly about Diabetes and Suicidal tendency.

What is diabetes?

Diabetes is the 3rd most common chronic illness in India and one of the leading causes of death. It comes as no surprise that India carries the burden of 49% of diabetes patients in the world, with an estimated 72 million cases reported last year in the country. We are celebrating 14th November as ‘World Diabetes Day’ each year, to spread awareness regarding this life-threatening disease.

Type-1 Diabetes

Type-1 Diabetes is an autoimmune disorder characterized by the abrupt onset of symptoms, which result from lack of insulin production by the beta cells of the pancreas. The disorder may appear probably genetically. Type-1 diabetes usually develops relatively early in life, earlier for girls than for boys. There are two common time periods when the disorder arises: between the age of 5 and 6, or later, between 10 and 13. This is serious, life threatening

¹Ph.D Scholar, Psychology, Dept. of Psychology, Gujarat University, Ahmedabad, India

²HOD, Dept. of Psychology, Smt Sadguna Arts College for Girls, Laldarwaja, Ahmedabad, India

*Responding Author

Received: August 19, 2020; Revision Received: September 19, 2020; Accepted: September 25, 2020

Suicidal tendency in diabetes patients

illness. It is managed primarily through direct injections of insulin – hence the name insulin – dependent diabetes.

Type-2 Diabetes

Type-2 diabetes or non-insulin-dependent diabetes is milder than the insulin dependent type and has different underlying causes. It is typically a disorder of middle and old age, striking those primarily over the age of 40. Obesity is a major contributor. Rising levels of glucose in the blood trigger the pancreas to secrete insulin into the blood stream. When this balance goes awry, it sets the stage for Type-2 diabetes. In response to insulin resistance, the pancreas temporarily increases its production of insulin. At this point, insulin-production falls and the balance between insulin action and insulin secretion becomes dysregulated resulting in type 2 diabetes.

Symptoms of Type-2 Diabetes

1. Frequent urination
2. Fatigue
3. Dryness of mouth
4. Impotence
5. Irregular menstruation
6. Loss of sensation
7. Frequent infection of the skin, gums, or urinary system
8. Pain or cramp in legs, feet or fingers
9. Slow healing of cuts and bruises
10. Intense itching and drowsiness

Risk factors for Type -2 Diabetes

1. Overweight
2. High blood pressure
3. Sibling or parents with diabetes
4. Sedentary life style

Indeed, the majority of type 2 diabetics are overweight and also common in women and individual's low SES. Type 2 diabetes increase because of an increase in the prevalence of sedentary lifestyle and obesity which are risk factors for the development of the disorder. Genetic factor is also implicated.

WHAT IS SUICIDE TENDENCY?

What is suicide?

Suicide is complex issue involving numerous factors and should not be attributed to any one single causes. Not all people die by suicide have been diagnose with a mental illness. People who experience suicidal thoughts and feelings are suffering with tremendous emotional pain. People who have died by suicide typically had overwhelming feelings of hopelessness, despair and helplessness. Many factors and circumstances can contribute to someone's decision to end his/her life.

Suicidal Tendency

The centres for Disease Control and Prevention list suicide as the second leading cause of death for those between the age of 25 & 34.

Suicidal tendency in diabetes patients

Definition

“Suicidal tendencies are the propensity for a person to have suicidal ideation or to make suicide attempts” According to the U.S. National Centre for Health Statistics, suicide rates have increased more than 30% in 10 years.

Some Factors for Suicidal Tendency:

1. Loss
2. Addiction
3. Childhood trauma or other forms of trauma
4. Depression
5. Serious physical illness
6. Major life changes

Suicide is not about a moral weakness or a character flaw. People considering suicide feel as though their pain will never end and that suicide is only way to stop the suffering. It is important to remember that it isn't necessarily the nature of the loss or stressor that is as important as the individual's experience of these things feeling unbearable.

REVIEW OF LITRATURE

A review of literature is an important prerequisite for actual planning and then execution of any research work.

An article conducted by Kathryn Godfrey on “High rates of suicidal thoughts in those with type 1 and type 2 diabetes” by department of Psychiatry Australia, aimed to find out to suicidal rates in diabetic. The conclusion of this article was that the findings show how important it is to ensure that mental and physical care are fully coordinated and integrated for people with diabetes.

A study conducted by Tolstoy Rajangam, Mritheika Priyashini, & Santni Manickem on “A study of Prevalence of Depression in Type 2 Diabetic patients in Tertiary Care Centre by Dept of Medicine, PSG Institute of Medical Sciences and Research, India aimed to examined to depression in diabetic patients with type 2 diabetes. The sample consisted N=100 Diabetic patients with type 2 diabetes. Statistical analysis by Chisquare test. The result suggested that, people with uncontrolled diabetes were more prone to depression and suicidal tendencies than the controlled diabetics.

Problem of the study

Suicidal tendency in type-2 Diabetes patients.

Aim:

- The aim of the present study was to examine suicidal tendency in hereditary & non hereditary type-2 diabetic patients.

Hypothesis

- There will be no significant difference between hereditary & non hereditary type-2 diabetic patients.

RESEARCH METHODOLOGY

Sample

For the purpose of the present study the sample consisted of N=100 diabetic patients (n=50 hereditary, n=50 non hereditary) selected purposely from diabetes care hospital Ahmadabad.

Suicidal tendency in diabetes patients

The age of both groups patients was 35 to 55 years those who have diabetes for more than 1 year.

Description of scale

Suicidal Tendency scale developed by Dr. D. J. Bhatt and Shri R. G. Meghnathi. This scale consist 40 items divided into 4 areas like Personality characteristics, Emotional disturbance, Conflictive thoughts, Self-harm tendency. It is applicable for the adults.

Tools

1. **Personal data sheet:** A personal data sheet used to collect basic information about diabetes patients.
2. **Suicidal Tendency Scale (STS):** STS was applied on both groups type-2 diabetic patients to measure suicidal tendency.

Statistical analysis

Mean, SD and t-test were applied to find out the significant difference of suicidal tendency level between hereditary and non-hereditary type 2 diabetic patients.

RESULT AND DISCUSSION

Table-1: Mean, SD, t-test for significant of difference between two groups of type-2 diabetes patients.

GROUPS	N	Mean	SD	t	df	0.05 sig. level
Hereditary	50	70.7	16.69			
Non Hereditary	50	74.66	20.58	1.050	98	N. S

(0.01 level=2.63, 0.05 level= 1.98)

DISCUSSION

The derived mean is **70.7** for the hereditary type 2 diabetic patients and **74.66** for non hereditary type 2 diabetic patients. The SD for hereditary group is **16.69** and **20.58** for non hereditary group. The calculated t-value is **1.050** & df= **98** at the 0.05 sig. level. We can see the calculated t-value is lower then the table t-value, therefore the Ho is accepted. So there is no significant difference between hereditary and non hereditary type 2 diabetic patients groups.

CONCLUSION

According to the present result we can conclude that there is no significant difference between hereditary and non-hereditary diabetic patients. But showing some other review of literature and studies to suggest that type 2 diabetes patients associated with greater frequency of suicidal tendency and attempts. Patients with type 2 diabetes whom have hereditary or non hereditary both kind of patients present some unique characteristics of suicide attempt like it has been seen that insulin over dose in the suicide by subcutaneous or intravenous injection of insulin can cause hypoglycaemia which can cause of death and also oral medication like metformin has been used in massive quantities with an intent to self-harm in few patients. Suicidal tendency in patients with diabetes have involved excess consumption of sugary substance leading to hyperglycaemia. Even depression and adjustment problems are common in this kind of patients.

LIMITATIONS

Followings are the limitations of the research

1. Sample size is very small and cannot be generalized to large population.

Suicidal tendency in diabetes patients

2. Data were taken only from the urban area from the Ahmedabad city.
3. The data can be analyzed using other statistical technique.
4. Socio-Economic status, other area & cities, types of diabetes, other disease, duration of disease was not taken as independent variable while collecting data.
5. To get more reliable and specific result, some other variable can be studied.

SUGGESTION

1. Body checkup after 30 years of age should be must.
2. Management of suicidal tendency among patients with type 2 diabetes begins with proper assessment and evaluation.
3. Improve Dietary intervention, self-control skills, life style changes & exercise.
4. Give them social support and family support to improve and adjustment to the disease.
5. Apply variety of cognitive-behavioural intervention.
6. Some medical programme to training them to monitoring blood sugar level effectively.
7. Manage stress management programme and implicates coping methods are needed.
8. Manage diabetes awareness programme and to educate people about diabetes.
9. Improving doctor-patients relationship.

IMPLICATION

1. Research result will be useful for health professionals, councilors, social workers who have handle this type of patients effectively.
2. It will be useful for suicide prevention organization.
3. This result will be useful for patients to apply good habits, to aware their disease and its long-term complication like blindness, amputation of organ (legs), kidney failure and etc.

REFERENCES

- (n.d.). Retrieved from <http://www.apa.org/helpcentre/diabetes.aspx>
- 'Times Wellness', Nav Gujarat Newspaper, Published on 14th Nov-2018, Pg no: 8-9.
- Dr. D.J. Bhatt & Shri R.G. Meghnathi, Manual of Suicidal Tendency Scale.
- Godfrey, K. (2019, August 04). High rates of suicidal thoughts in those with type 1 and type 2 diabetes. Retrieved from <https://www.nursingtimes.net/clinical-archive/diabetes/high-rates-of-suicidal-thought-in-those-with-type-1-and-type-2-diabetes/7015997.article>
- Suicidal tendencies. (2019, August 26). Retrieved from https://en.wikipedia.org/wiki/suicidal_tendencies
- Taylor Shelly E., (2012) Health Psychology, 7th edition, McGrawHill Education (India), Pg no: 351-359.
- Tolstoy Rajangam, Mrithika Priyashini & Santni Manickem, Published in International Journal of Contemporary Medical Research, Vol-5- Issue 8- August 2018.
- What is Suicide? (n.d.). Retrieved from <https://projectsemicolon.com/what-is-suicide/>

Acknowledgments

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

Suicidal tendency in diabetes patients

How to cite this article: Kanojia S. & Parikh P.J (2020). Suicidal tendency in diabetes patients. *International Journal of Indian Psychology*, 8(3), 1650-1655. DIP:18.01.168/20200803, DOI:10.25215/0803.168