

## Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State

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### ABSTRACT

Suicidal ideation is a key element in a process called suicidal behavior, and emerges as a trigger for suicide attempt, and committing suicide. In 2017, the World Health Organisation said 7,079,815 Nigerians suffered from one of the most ignored and misunderstood forms of mental disorder in the country — depression. The figure, according to the world health body, was 3.9 per cent of the country's population, thereby making Nigeria the most depressed country in Africa. Hence, the study examines personality trait and depressive symptoms as predictors of suicide ideation among undergraduate students in Lagos State University as suicide has recently become a trending issue among Nigerian youths. A cross-sectional research design was adopted using survey method to collect data from the respondents. Big Five Inventory (BFI-10), Beck's depression and positive and suicide ideation inventory was administered individually to the randomly selected four hundred and twenty undergraduate students (420) of the university. Three hypotheses were formulated and tested using multiple regressions and one way ANOVA. The result revealed that personality traits and depressive symptoms jointly predicted suicide ideation among undergraduate students; depressive symptoms had significant independent influence on suicide ideation. Also, it was revealed that sex had no significant influence on suicide ideation. Thus, it was recommended that student's mental health should be assessed and therapeutic treatment provided to students diagnosed with depression, support should be provided by the university to severely depressed students so as to avert suicide and any other mental health related disorder.

**Keywords:** *Personality Traits, Depression, Suicide Ideation, Suicide, And Students.*

Suicidal ideation is a key element in a process called suicidal behavior, and emerges as a trigger for other components, i.e. the suicide attempt, and committing suicide. Among university students suicidal ideation may present at a particularly important moment, such as the transition from adolescence and entering the young adult age and/or the adversities experienced in academic life (Latin,2017). Suicide ideation is the idea behind committing suicide or thought of taking one's life by one's self. People who are suicidal feels they want to kill themselves; suicide tendencies are very dangerous and likely to lead to death (oxford advanced learner dictionary7th edition). Invariably, before individual

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## Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State

commit suicide, there must have been some series of faulty thinking going on in that individual which could stem from response to an event or occurrence once sees as devastating and if not resolved or attended to, can lead to suicide (Hudgens, 2003). According to Robert (2008), there are four categories of suicide behavior namely: suicidal ideation, self-destructive acts, suicidal attempts, completed suicide. Suicidal ideation is the overt and covert behaviour of committing suicide such as thinking of killing own self, self-destructive behaviour or self-injurious act follows suicide ideation that is, individual tend to exhibit some injurious behaviour in order to accomplish his/her suicidal thought, while suicide attempt is a failed attempt to committing suicide and completed suicide is the actual suicide in which the person kill himself or herself. Suicidal ideation which happens to be one of the sign and symptom to watch-out for in a depressed individual; according to American Psychiatric Association Diagnostic Statistical Manual for Mental Disorder (5th edition), depression is classified as one of the mood disorders called major depressive disorder, also known as clinical depression and it characterized by persistence feeling sadness, loss of interest of hopelessness, helplessness and loneliness. DSM-V Diagnostic features of major depressive disorder includes: For most of the time during a 2-week period, a person must have experienced at least five of the following symptoms, which involve a change from previous functioning (at least one of the first two symptoms must be present). Depressed mood, Diminished interest or pleasure in all or most daily activities, significant unintentional weight loss or appetite decrease or increase, insomnia or hypersomnia, psychomotor agitation or retardation, fatigue or energy loss, feelings of worthlessness or inappropriate guilt, concentration difficulty or indecisiveness, recurrent thoughts of death or suicidality, the symptoms are not part of a mixed (manic/depressive) episode and are not attributable to a medical condition, use of a substance, or bereavement. The symptoms cause significant distress or impairment.

Depression leading to suicide and other self-injurious behaviour has been a pertinent issue among undergraduates in Nigeria universities of recent and this have been giving all stakeholders concerns, since such death can caused permanent problem to the families of those that commit suicide, particularly when such people are the only child or the only one in tertiary institution and this may make the parents and love ones depressed, therefore such act have implication on societal wellbeing, economy and productivity. Therefore, the purpose of this research is to examine the relationship between personality factors and depressive symptoms as they contribute to this worrisome psychological problem “suicidal ideation”.

Potter, Silverman, Connorton, and Posner (2004) reviewed 36 different University counseling centers and found out the risk factors associated with depression and suicidal ideation among college students, these risk factors include anxiety, eating disorders, fear, substance abuse, alcohol abuse, hostility, and anger. Also, Shaffer, Gould, Fisher, Trautman & Moreau (1996) asserted that the increase in suicide may be associated with the onset and increase in depressive symptoms and other disorders during adolescents as compare to childhood as well as greater suicidal intent with age (Brent, Baugher, Bridge, Chen & Chiappetta, 1999). As compare to adult males, adolescent males complete suicide at rates approximately five time higher than rates for adolescents females (Kochanek, Murphy, Anderson & Scott, 2004). Depression is a long-established risk factor for suicide (Preuss, Schuckit, Smith, Danko & Buckman, 2002; Yen, Shea, Pagno, Sanislow & Grilo, 2003), and mood disorders are most frequently associated with suicide and suicide ideation and discussed as risk factors for the presence of suicidal acts (Chioqueta & Stiles, 2003; Hawton,

## Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State

1987). The majority of the studies that evaluate the relation of psychiatric disorders to suicide report major depression as the most significant diagnosis related to suicide (Asnis, Friedman, Sanderson, Kaplan, Van Praag & Harkavy-Freidman, 1993; Chioqueta & Stiles 2003; Isometsa, Heikkinen, Henriksson, Aro & Marttunen, 1996; Spalletta, Troisi, Saracco, Ciani & Pasini, 1996). Despite the fact that suicide is the second major cause of death, after depression among young adults (Capron, Lamis & Schmidt, 2014), sufficient diagnosis, treatment methods, studies and factors predicting depression among undergraduate college students is lacking (Weissman, 2007). The correlation between internal conflicts felt by young adults and increased rates of depression suggests more should be done to screen and treat for depression in undergraduate students (Feixas, Compan, Salla, Pucurull, & Guardia, 2014).

Studies have shown that suicide cases is more prevalent during adolescent stage of life, for instance, Kessler, Borges and Walters (1999) reported that rates of attempted suicide rise precipitously during adolescence. Borst, Noam and Bartok (1991) postulate that with the advent of puberty, social-cognitive changes lead to more internal than external attributions of unhappiness. This shift in attributional style leads to more self-blame in response to interpersonal stressors and in some adolescents results in suicidal behavior. Similarly maladaptive cognitive processes frequently play an important role in suicidal behavior. Although numerous studies have demonstrated a relation between hopelessness and adolescent suicide attempts, hopelessness does not consistently predict suicidality once depression is controlled (Esposito, Johnson, Wolfsdorf & Spirito, 2003). It has been suggested that hopelessness may place adolescents at risk for suicidal behavior for only a limited period during a depressive episode (Dori & Overholser, 1999).

Research investigating Suicidal Ideation in young adults has most consistently indicated depression and hopelessness as major predictors. In particular, Beck conceptualized hopelessness as a core element of the “cognitive triad of depression”. The Beck Hopelessness Scale is the most generally employed measure of hopelessness. Research in both clinical and non-clinical populations supports a positive relationship between BHS scores and measures of depression, suicidal intent, and current suicidal ideation. A personality trait on the other is one of those factors that may predispose individual to suicide or suicidal attempt especially those specific personality traits that are more vulnerable to stress (Matsudaira & Kitamura, 2006; Bunevicius, Katkute & Bunevicius, 2008).

Some theories have established that relationship exist between personality factors, depression and suicide, for instance cognitive theories such as Aaron Beck's theory and Seligman learned helplessness theory. These cognitive theories emphasis that irrational beliefs leads to depression and suicide rather than behaviour; for instance depression or suicide ideation results from faulty and negative thinking process in perceiving and evaluating environmental stimuli, like academic stressors which are often accompanied by abnormal or maladaptive behavioural response to the academic stressors can lead to state of depression or have suicide ideation.

Personality is the enduring emotional, cognitive and behavioural pattern that characterized an individual (Pervin & John, 1997) and these patterns of behaviour brought about individual differences which separate the identity or dispositional factors from another and can be described in dimensional characteristics for example, McCrae and Costa (1999), classified personality factors into five dimensions called CANOE or OCEAN model. The

## Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State

five factors include: conscientiousness, agreeableness, neuroticism, openness to experience, extraversion which often gain the support of many researchers (Larsen & Buss, 2005; Murphy & Davidshofer, 2005).

Neuroticism has been described as vulnerable to psychological distress, depression, emotional stability/psychological adjustment, unhappiness, fear of aggression, guilt, embarrassment and disgust, anxiety disorders and borderline hostility (Larsen & Buss, 2005). Extraverted persons tend to be sociable, talkative, assertive, active, create positive affect or mood, such as happiness, interest, enthusiasm, love, and optimism (Ryder et al., 2005). On the other hands, introverted individuals tend to be reserved, quiet, and prefer and comfortable to be alone, shy, unhappy or pessimistic (Larsen & Buss, 2005). Individual who is open to experience has tendency towards fantasy, creative, feelings, thinking, ideas, and thoughts, tends to be curious about their inner experiences and external world as a consequence of their behaviour. The Agreeableness is inclination towards sympathy, trust, cooperation and altruism, cooperative, and willingness to help others and have in mind that others will be helpful in future. (Ryder et al., 2005). Conscientiousness is the tendency towards persevering and responsibility, the ability to plan, organize and carry out cognitive tasks, capability, self-orientation and competence, purposeful, strong-willed, motivated, well organized, and determined. (Ryder et al., 2005).

It can be said that student who have neurotic personality – a personality trait with emotional instability and manifestation of negative emotional ranging from anxiety, anger and depressed mood – are at the risk for depression thereby leading to suicidal ideation (Steunenber, Beekman, Deeg, Kerkhof, 2006; Tyssen, Hem, Vaglum, Gronvold, & Ekeberg, 2004). It can be found that neuroticism personality was negatively associated with the severity of depressive and anxiety symptoms and positively associated to stress vulnerability (Bunevicius, Katkute & Bunevicius, 2008). Also study on personality correlates of undergraduate's suicidal ideation indicates that there was association between neuroticism and suicidal ideation (Ryder et al., 2005). Kerby (2003) also found that low conscientiousness, low extraversion and high neuroticism participants predicted suicide ideation in male and female and that there is no differences between female and male did in suicide ideation. He also found that there is no interaction between gender and personality factors in predicting suicide ideation. In the same vein, Daniel, Meghan, William and Frederick (2012) in their work found that there is an inverse association between personality domain and suicidal ideation. Also, Brezo, Turecki and Paris (2006) in their study revealed that there was statistical significant relationship between neuroticism and extraversion on suicide ideation among undergraduates. Results also showed increase in neuroticism on suicide acts, suicide intention, and complete suicidal ideation. Results further revealed that extraversion was negatively related to suicide ideation among undergraduate students. Heisel, Beckman, Conner, Duberstein and Franus, (2006) reported that there was relationship between suicide ideation and increased neuroticism and openness among older adults. Singh and Joshi (2008) in their study on the association between depression, life stress and personality factors on suicidal tendency among undergraduate students found that stressful life event positively correlated to suicide ideation as well as depression, and neuroticism and extraversion. It can be further deduced that stressful life event, depression and personality factors significantly predicted suicidal ideation among undergraduate.

## **Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State**

### ***Statement of the problem***

Some empirical findings and observation from happenings in the Nigeria society through mass media have confirmed that there is sudden increase in depression and suicide among students especially undergraduate students in tertiary institution. Given that there is deficiency or not enough empirical findings investigating the relationship or influence of personality factors and depression on suicide ideation among undergraduate students in Nigeria, therefore there is the need to conduct findings on how personality factors and depression predict suicidal ideation among undergraduates. Depression and suicide have become epidemic in the Nigeria society and it is common among undergraduate due to either workload at school, academic stress and in ability to cope with the demand of their academics or low performance or inability to attain a particular grade in their academic work. Apart from their inability to cope with school demand some are easily predisposed to depression as a result of their personality trait, for examples, empirical findings have established strong link between neuroticism and depression leading to suicide (Ryder et al., 2005; Kerby, 2003). Therefore, there is urgent need to investigate personality factors and depression as predictors or influencers of suicide ideation among undergraduate student in Lagos State University. This has become imperative for if the current rate of suicide among Nigerian youth and undergraduates in particular should continue without empirical investigation on factors predicting this behavior and how to prevent it, it will get to a stage that parents will be scare of sending their children to university and still expect them to return back after the completion of their programme safely. Therefore, there is a need for empirical studies on likely causes of the problem and how it can be prevent in order to halt the present rate of this evil cancer among our young ones in tertiary institutions.

### ***Objectives of the Study***

The main objective of the study is to examine personality factors and depressive symptoms as predictors of suicide ideation among undergraduate students in Lagos State University. The main objective can be further examined in the following specific objectives:

- To examine joint and independent influence of personality factors and depression on suicide ideation among undergraduate students in Lagos State University.
- To determine the influence of depression on suicide ideation among undergraduate students in Lagos State University.
- To examine the influence of sex on suicide ideation among undergraduate students in Lagos State University.

### ***Research Hypothesis***

- There will be significant joint and independent influence of personality factors and depressive symptoms on suicide ideation among undergraduate students in Lagos State University.
- There will be significant influence of depressive symptoms on suicide ideation such that undergraduate students with extreme depression will significantly score higher on suicide ideation than undergraduate students with mild, borderline, moderate and severe depression.
- Female undergraduate students will be more predisposed to suicide ideation compare to their male counterparts.

## Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State

### METHODOLOGY

Cross-sectional research designed using survey method (questionnaire) to obtain data from the respondents. To participate in the study, participants must be a student of Lagos State University on a full-time programme and has attained the University recommended age of 16years.

#### *Sample*

Simple random probability sampling technique used to select 3 department each from the five (5) of the eight (8) faculties, while faculty of Law, Transport and Communication were there are no departments were used as one single department, in all the study was carried out in 18 departments of Lagos State University from main campus, Ojo, and accidental sampling techniques was used to select four hundred and twenty undergraduates (420) students from selected 18 department from the 8 selected faculties. The component parts of the questionnaire that were extracted for the purpose of the study were: demographic data for the respondents, questions relating to personality dimensions, depression and suicide ideation.

#### *Instruments*

Two measures were used in this study,

**Section A:** It measured the socio-demographic variables which comprises of the sex, age, marital status, religion, level, department and faculty.

**Section B:** The Big Five Inventory (BFI) developed by Rammstedt B. and Oliver P. John (2007) consists of 10 items and it is used to assess the personality characteristics of extraversion, neuroticism, agreeableness, openness to experience and conscientiousness. The extraversion subscale was made up of 2 items (item 1, and 5), the agreeableness subscale was made up of 2 items (items 2 and 7); conscientiousness made up of 2 items (item 3 and 8); neuroticism comprises of 2 item (item 4 and 9) and openness to experience which comprises of 2 items (item 5 and 10). It is rated on a five-point likart scale from 1= strongly disagree, 2= disagree, 3= undecided, 4= agree, 5= strongly agree. Gottman Split-half coefficient of 0.906 and cronbach alpha of 0.84 was reported also high score on the dimension reflect high level of the personality trait while low score reflect low level of the personality trait.

**Section C:** Beck's Depression inventory II (BDI-II) developed by Beck, Steer, Ball and Ranieri, (1996), a multiple-choice inventory of 21 statements, which are assessed on a scale from 0 to 3. The BDI score is then a continuous variable – with its values between 0 and 3– which indicates the intensiveness of depressive symptoms. The scores below 13 are considered “minimal” depression, scores between 14 and 19 “mild”, scores from 20 to 28 “moderate” and from 29 onwards “severe” (Beck, Steer & Brown, 1996). Beck's study reported a coefficient alpha rating of .92 for outpatients and .93 for college student samples. The BDI-II positively correlated with the Hamilton Depression Rating Scale,  $r = 0.71$ , had a one-week test-retest reliability of  $r = 0.93$  and an internal consistency  $\alpha = .91$ .

#### *Procedure*

Letter of introduction was collected from the department of psychology, two (2) research assistants was recruited during the course of administering the instruments to the participants. Faculties in the university and department were randomly selected using ballot system. All the eight faculties at the main campus, Ojo were selected and undergraduate

**Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State**

students were randomly selected from the department in each faculty and instruments (questionnaires) were administered to the participants based on the principle of randomization after their consent have be sought. Four hundred and twenty (420) undergraduate students participated in the study.

**RESULTS**

The data were analyzed using Statistical Package for the Social Sciences IBM 20 Version. The stated hypotheses were tested using Simple percentages, Multiple Regression Analysis, one way analysis of variance and independent t tests. The results obtained are shown below:

*Table 1: Socio-Demographic Characteristics of the Participants*

<b>Variable</b>	<b>Frequency</b>	<b>Percentage</b>
<i>Age group (years)</i>		
<b>16-20years</b>	219	52.1
<b>21-25years</b>	174	41.4
<b>26-30 years</b>	24	5.7
<b>31years and above</b>	3	0.7
<i>Sex</i>		
<b>Male</b>	276	65.7
<b>Female</b>	144	34.3
<i>Marital Status</i>		
<b>Single</b>	398	94.8
<b>Married</b>	17	4.0
<b>Divorced</b>	1	0.2
<b>Separated</b>	2	0.5
<b>Others</b>	2	0.5
<i>Level</i>		
<b>100L</b>	116	27.6
<b>200L</b>	125	29.8
<b>300L</b>	71	16.9
<b>400L</b>	98	23.3
<b>500L</b>	10	2.4
<i>Religion</i>		
<b>Christianity</b>	296	70.5
<b>Islamic</b>	124	29.5
<i>Faculty</i>		
<b>Social Sciences</b>	75	17.9
<b>Management Sciences</b>	68	16.2
<b>Education</b>	41	9.8
<b>Law</b>	28	6.7
<b>Arts</b>	82	19.5
<b>School of Transport</b>	22	5.2
<b>Sciences</b>	84	20.0
<b>School of Communication</b>	20	4.8

The data revealed that the percentage of male participants (65.7%) was lower than that of the female (34.3%). The dominant group in the camps that participated was within the age brackets of (16-20 years). Christians accounted for 70.5% of the participants while Muslims

**Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State**

were 29.5%, while majority of the participant were single accounting for 94.8% of the participant. 200 level participated mostly with 29.8% followed by 100L with 27.6% while 300L, 400L, 500L were 16.9%, 23.3% and 2.4% respectively. The following percentages represent each faculty: Social Sciences (17.9%) Management Sciences (16.2%), Education (9.8%), Law (6.7%), Arts (19.5%), School of Transport (5.2%), Sciences (20.0%), School of Communication (4.8%).

***The results of Hypothesis testing***

The first hypothesis which stated that there will be significant joint and independent influence of personality factors and depression on suicide ideation among undergraduate students in Lagos State University Was tested using Multiple regressions analysis. The result is shown below:

***Table 2: Summary of Regression analysis showing joint and independent influence of personality factors and depression on suicide ideation***

<b>Model</b>	<b>R</b>	<b>R<sup>2</sup></b>	<b>F</b>	<b>P</b>	<b>B</b>	<b>T</b>	<b>P</b>
<b>Constant</b>	0.521	0.272	25.675	<.01			
<b>Extraversion</b>					.073	1.580	>.05
<b>Agreeableness</b>					.072	1.525	> .05
<b>Conscientiousness</b>					-.193	-4.368	<.01
<b>Neuroticism</b>					.011	.228	>.05
<b>Openness to Experience</b>					-.086	-1.909	>.05
<b>Depression</b>					.469	10.142	<.01

**Dependent Variable:** Suicide Ideation

**Predictor Variables:** Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness and Depression

The finding of the study revealed that personality factors and depression significantly and jointly predict suicide ideation among undergraduate students in Lagos State University [F=25.675, R<sup>2</sup> = 0.272, P<.05]. The predictor variables accounted for 27% of the total variation on suicide ideation. It can be seen that among the personality factors, only conscientiousness had significant independent influence on suicide ideation among undergraduate students in Lagos State University ( $\beta$ = -0.193, t=-4.368, P<.01) while other personality factors such as Extraversion ( $\beta$ = 0.073, t= 1.580 P>.05), Agreeableness ( $\beta$ = 0.072, t=1.525, P>.05), Neuroticism ( $\beta$ = 0.011, t= 0.228, P>.05) and Openness to experience ( $\beta$ = -0.086, t=-1.909, P>.05) did not have significant independent influence on suicide ideation but it can also be revealed that depression had significant independent influence on suicide ideation among undergraduate students in Lagos State University ( $\beta$ = 0.469, t=10.142, P<.01). Therefore, the stated hypothesis that there will be significant joint and independent influence of personality factors and depression on suicide ideation among undergraduate students in Lagos State University is thereby accepted.

The second hypothesis which stated that there will be significant influence of depression on suicide ideation such that undergraduate students with extreme depression will significantly score higher on suicide ideation than undergraduate students with mild, borderline, moderate and severe depression was tested using one way analysis of variance.



**Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State**

The result is shown below:

**Table 3: Summary table of one-way ANOVA showing influence of depression on suicide ideation among undergraduate students**

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	4204.672	5	840.934	22.125	.000
Within Groups	15735.640	414	38.009		
Total	19940.312	419			

From the table, it can be revealed that there is significant influence of depression on suicide ideation among undergraduate students in Lagos State University ( $F=22.125$ ,  $df(5,419)$ ;  $P<.01$ ). It can be further revealed that student with extreme depression score significantly higher on suicide ideation ( $M=34.67$ ) than student with mild ( $M=31.49$ ), borderline ( $M=35.29$ ), moderate ( $M=34.68$ ) and severe depression ( $M=36.92$ ). Therefore, the stated hypothesis is confirmed.

The third hypothesis which stated that female undergraduate students will be more predisposed to suicide ideation compare to their male counterparts was tested using T-test for independent means. The result is shown below

**Table 4: Summary table of Independent T- test showing influence of sex on suicide ideation**

Variables	Sex	N	Means	SD	Df	t	P
Suicide Ideation	Male	276	32.34	7.22	418	-0.151	>.05
	Female	144	32.44	6.25			

The Table 4 above reveals that there was no significant influence of sex on suicide ideation ( $t = -0.151$ ,  $df (418)$ ;  $P>.05$ ). Thus, the hypotheses three was rejected.

**DISCUSSION**

This study examined personality factors and depression as predictors of suicide ideation, among undergraduate students in Lagos State University. The finding of the study revealed that personality factors and depression significantly and jointly predicted suicide ideation. The predictor variables accounted for 27% of the total variation on suicide ideation. The result confirmed an earlier study by Daniel, Meghan, William and Frederick (2012) who found out an inverse association between personality domains (neuroticism, extraversion, openness to experience, conscientiousness and agreeableness) and suicidal ideation. The result finds further confirmation in an earlier work of Singh and Joshi (2008) who deduced from their findings that stressful life event, depression and personality factors significantly predicted suicidal ideation among undergraduate. This result also agrees with other researchers who posited that personality traits is one of those factors that predispose individual to suicide or suicidal attempt especially those specific personality traits that are more vulnerable to stress (Matsudaira & Kitamura, 2006; Bunevicius, Katkute & Bunevicius, 2008). It can be revealed that among the personality factors, only conscientiousness had significant independent influence on suicide ideation. The findings support research conducted by Kerby (2003) who found that low conscientiousness, low extraversion and high neuroticism participants predicted suicide ideation in male and female. Other personality factors such as Extraversion, Agreeableness, Neuroticism and Openness to experience did not have significant independent influence on suicide ideation which

## Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State

contradicts the studies of Brezo, Turecki and Paris (2006) who revealed that there was statistically significant relationship between neuroticism and extraversion on suicide ideation among undergraduates. Also, Heisel, Beckman, Conner, Duberstein and Franus, (2006) reported that there was relationship between suicide ideation and increased neuroticism and openness among older adults. The study also revealed that there is significant influence of depression on suicide ideation among undergraduate students in Lagos State University. It can be further revealed that student with extreme depression score significantly higher on suicide ideation than student with mild, borderline, moderate and severe depression. The findings support numerous research findings who reported that major depression is the most significant diagnosis related to suicide (Asnis, Friedman, Sanderson, Kaplan, Van Praag & Harkavy-Freidman, 1993; Chioqueta & Stiles 2003; Isometsa, Heikkinen, Henriksson, Aro & Marttunen, 1996; Spalletta, Troisi, Saracco, Ciani & Pasini, 1996). It also supports the findings of, Potter, Silverman, Connorton, and Posner (2004) who found out the risk factors associated with depression and suicidal ideation among college students, Also, Shaffer, Gould, Fisher, Trautman & Moreau (1996) asserted that the increase in suicide may be associated with the onset and increase in depressive and other disorders during adolescents as compare to childhood as well as greater suicidal intent with age. Furthermore, the study revealed that female undergraduate students will be more predisposed to suicide ideation compare to their male counterparts which supports the findings of Kerby (2003) that no differences was established between female and male on suicide ideation. He further said that there is no interaction between gender and personality factors in predicting suicide ideation.

### CONCLUSION

In conclusion, the finding established the fact that personality factors and depression play a vital role in suicide thinking among undergraduate students especially students who are often faced with lots of challenges such as overload academic work, academic stress while some student show depressive due to low academic grade/performance or inability to attain their desirable grade and some are faced the pressure from peer groups. Although, all these exposure to negative environment influence lead to depression but some students tend to be depressed than other for example, it is very odd or unusual for an extraverted individual to be easily depressed or have suicide ideation but student with neurotic personality trait tends to be easily get depressed due to his/her personality makeup. Therefore, some personality traits and depression combined to predict suicide ideation among undergraduate students.

### Recommendation

It was recommended from the findings that assessment of important factors leading to depression and suicide thinking/ideation should be carried out by university management. Also, each undergraduate should be educated on the need to understand their personality traits and how it can predispose them to depression. Quick intervention response should be provided to any undergraduate university students identified to be depressed or diagnosed with depression to avoid more chronic psychotic symptoms or suicidal act. Management of depressed student or students with an intent to commit suicide or having suicidal ideation can be done by clinical psychologists, counseling psychologists, psychiatrists and other mental health professionals using cognitive behaviour therapy, behavioral therapy, rational emotive behaviour therapy, interpersonal psychotherapy, and social skill training, etc. By so doing, undergraduate students especially the younger ones can overcome any challenges or difficulties faced in their academic pursuit.

**Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State**

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## Personality Traits and Depressive Symptoms as Predictors of Suicidal Ideation Among Undergraduates in Lagos State

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The author declared no conflict of interests.

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