

Research Paper

A Psychological Study of Suicidal Ideation among College Going Students of Jamshedpur District of Jharkhand

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ABSTRACT

Suicidal ideation refers to thoughts, fantasies, or contemplation of self-inflicted harm or death. It can range from fleeting or passive thoughts about death to more persistent and active thoughts of planning or carrying out suicide. The objective of the study was to know the impact of gender (Boy & Girls) on college going Students. Subjects were selected on stratified Random Sample Technique and data were collected with the help of PDQ and Suicidal Ideation Scale (SIS)- Sisoda & Bhatnagar. In this study it was found that gender had significant effect on Suicidal ideation.

Keywords: *Suicidal Ideation, Boys, Girls*

Suicidal ideation refers to thoughts, fantasies, or contemplation of self-inflicted harm or death. It can range from fleeting or passive thoughts about death to more persistent and active thoughts of planning or carrying out suicide. Suicidal ideation is not limited to any specific age group, gender, or population and can occur in individuals with or without diagnosed mental health conditions. It is important to differentiate between suicidal ideation and suicidal intent or behavior, as ideation represents the initial stage of the continuum leading to self-harm or suicide.

The prevalence of suicidal ideation varies across populations and is influenced by various factors. According to global estimates, approximately 9.8 million people experience suicidal ideation each year (World Health Organization, 2019). However, it is important to note that reported rates may underestimate the actual prevalence due to underreporting and stigma surrounding mental health issues. Research suggests that certain demographic groups are at higher risk for suicidal ideation, including individuals with mental health disorders, previous suicide attempts, substance abuse issues, and those experiencing psychosocial stressors (Bostwick et al., 2016; Nock et al., 2010). Additionally, disparities in suicidal ideation exist among different age groups, genders, and cultural backgrounds, underscoring the importance of tailored interventions and prevention strategies.

Stigma and societal factors play a significant role in perpetuating the silence and invisibility surrounding suicidal ideation. The stigma associated with mental health problems often leads individuals to hide their thoughts and feelings, preventing them from seeking help or

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support (Gulliver et al., 2010). Societal attitudes, cultural norms, and lack of awareness about mental health issues further contribute to the stigmatization of suicidal ideation. Negative portrayals in the media, limited access to mental health resources, and inadequate training of healthcare professionals can further exacerbate the challenges faced by individuals experiencing suicidal ideation (Wasserman et al., 2012). Addressing stigma and societal factors is crucial for creating an environment that encourages open dialogue, destigmatizes seeking help, and promotes early intervention and prevention efforts.

Individuals with mental health disorders are at an increased risk of experiencing suicidal ideation. Conditions such as depression, bipolar disorder, anxiety disorders, post-traumatic stress disorder (PTSD), borderline personality disorder, and schizophrenia have been consistently linked to a higher likelihood of suicidal thoughts (Franklin et al., 2017; O'Connor & Pirkis, 2020). The presence of these disorders amplifies the distress and hopelessness experienced by individuals, increasing their vulnerability to suicidal ideation.

REVIEW OF LITERATURE

Ghosh et al. (2022), conducted a study on suicidal ideation among adolescents of North East India. The study was aimed to identify the demographic variables that are related to suicidal ideation among adolescents in Tripura, India. A sample of 500 adolescents (266 boys and 234 girls) aged between 16 and 18 were selected. In this study, the gender, area of residence, substance use, and family environment of adolescents were found to have an effect on suicidal ideation. The highest rate of suicidal ideation was observed among boys (i.e. male gender), adolescents residing in urban areas, substance users, and adolescents living in a non-peaceful family environment. Community, the number of children in the family, family type, and family income were not significantly associated with suicidal ideation. Despite this, high suicidal ideation was reported by non-tribal persons, people who were an only child, nuclear families, and adolescents with a family income of 11 000 – 20 000 INR (Indian Rupees) per month.

Soares et al. (2020), conducted a study on Secular trends in suicidal ideation and associated factors among adolescents. The study was to identify trends in suicidal ideation by sex and ascertain factors associated with this outcome. It was found that, there was a positive trend in suicidal ideation prevalence in 2016 compared to the prevalence in 2006 and 2011, in both boys and girls. Low social support, poor sleep quality, and low parental supervision were associated with suicidal ideation in boys and girls. Exposure to violence and bullying was associated with suicidal ideation only in girls. TV time and computer and videogame time were not associated with suicidal ideation in boys or girls. Conclusion: There is an alarming trend of increased suicidal ideation in adolescents. Several dimensions were associated with suicidal ideation in adolescents, especially social support, sleep quality, and parental supervision.

Putra et al. (2019) also found in their study, suicidal ideation and suicide attempt among Indonesian adolescent students, that the effects of intrapersonal factors (sex, age, loneliness, anxiety, current use of tobacco and alcohol) and interpersonal factors (physically attacked, bullying victimization, having no close friends, parental understanding and having sexual intercourse) varied by suicidal behavior and sex. Therefore, developing comprehensive approaches for prevention of mental health problems, including suicidal behaviors in the school setting is essential by asking for a collaboration of schools, parents, public health centers (PHCs), related stakeholders and non-governmental organizations (NGOs). This was

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a cross-sectional study using secondary data analysis from the Global School-based Student Health Survey (GSHS) of Indonesia in 2015. The samples were 8634 school-going adolescents aged 13–18 years old.

METHODOLOGY

Objective of the Study

The objective of the present study was as follow:

- To know the impact of Gender (Boy & Girl) on Suicidal Ideation.

Hypothesis of the Study

The Hypothesis of the present study was as follow:

- There will be significant impact of Gender (Boy & Girl) on Suicidal Ideation.

Sample

The sample consisted 300 college going Students, 150 Boys & 150 Girls. The samples were selected randomly from different areas of Jamshedpur District of Jharkhand.

Table-1: Sample Design

Groups	Boys	Girls
	150	150
Total	300	

Tools used for Data Collection

Following tools were used for data collection:

- **Personal Data Questionnaire (PDQ):** The Personal Data questionnaire (PDQ) was prepared to obtain information about respondents Name, Age, Class, Gender, Name of College and Place of residence etc.
- **Suicidal Ideation Scale (SIS)- Sisoda & Bhatnagar, (1971):** Suicidal Ideation Scale developed by Sisoda & Bhatnagar, (1971) was used to measure the frequency of suicidal thoughts among high school students. There are 25 statements with five response alternatives: Strongly agree, Agree, Undecided, Disagree & Strongly Disagree. The statements are both Positive and Negative. Positive statements are scored as 5 to 1 for responding strongly agree, Agree, Undecided, Disagree, and Strongly Disagree whereas scoring of negative statements is reverse. The test re-test reliability of this scale is .72.

RESULT AND DISCUSSION

Impact of Gender on Suicidal Ideation

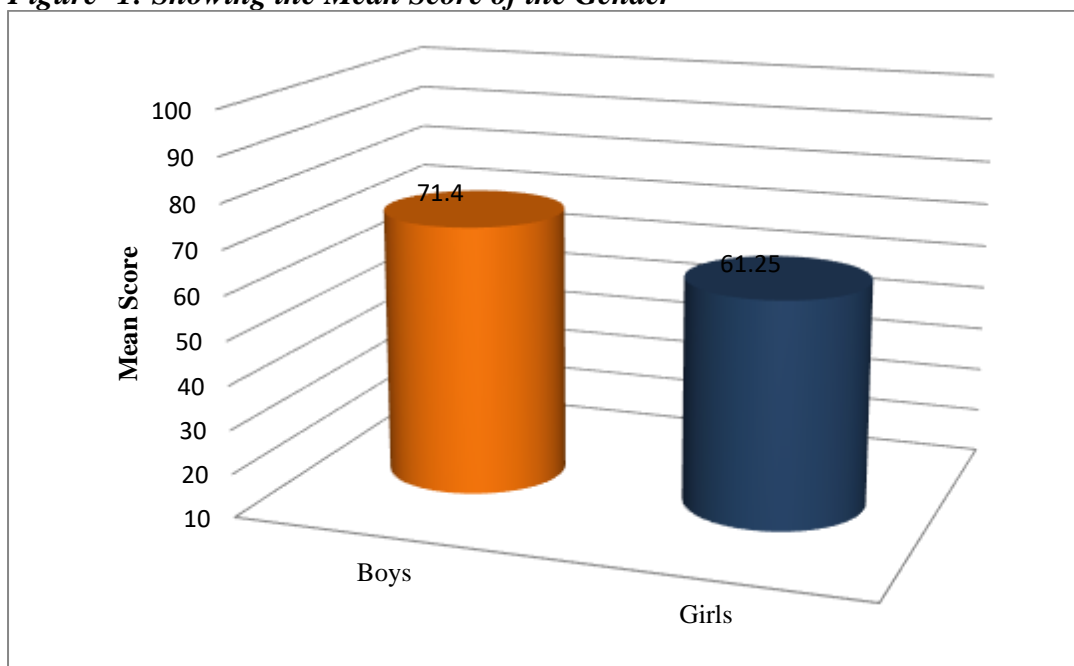
To examine the impact of Gender on Suicidal Ideation, t-test was applied on scores. Mean scores, SD and t-values were presented in Table- 2 and mean scores were presented in Figure- 1.

Table- 2: Mean scores, SD and t-value showing the impact of Gender on Suicidal Ideation among college going Students

Gender	N	M	SD	t	Level of Significance
Boys	150	71.40	15.28	5.94	.01
Girls	150	61.25	14.27		

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Figure- 1: Showing the Mean Score of the Gender



The observation was following:

- Among the total sample, mean score of Boys students was 71.40 and mean score of Girls students was 61.25. The t-value was 5.94 which was statistically significant. This indicated that Gender had significant impact on Suicidal Ideation.
- Here, the hypothesis stating that there may be significant impact of Gender on Suicidal Ideation among school students was accepted.

Conclusion

Gender had significant on Suicidal Ideation.

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Conflict of Interest

The author(s) declared no conflict of interest.

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