

Effect of Parental Involvement on Suicidal Ideation among Adolescents

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ABSTRACT

The purpose of study was to investigate the effect of parental involvement on suicidal ideation among adolescents. The study was conducted on two hundred students between 14-17 years of age from K.V. schools in Delhi. Two groups of high and low parental involvement were formed according to measured scores. Each group was having equal numbers of male and female students. The Parental involvement Scale, developed by Dr. Vijaya Laxmi Chouhan and Mrs. Gunjan Ganotra Arora, was used to measure parental involvement. The Suicidal Ideation Scale, created by Dr. Devendra Singh Sisodia and Dr. Vibhuti Bhatnagar, was used to quantify suicidal Ideation. The data was analysed using two-way analysis of variance. In the present study, effect of parental involvement on suicidal ideation was found significant at .01 level of confidence but the effect of gender difference and interaction effect were not found significant at any level of confidence. So, it can be concluded that only parental involvement was affecting level of suicidal ideation among adolescent students significantly.

Keywords: *Parental Involvement, Stress, Suicidal ideation, Adolescents*

Suicide is the world's second-leading cause of deaths for the aged 15 to 29 (WHO, 2023). In both developed and developing nations, youth suicide is an important social problem (Scott et al., 2015).

The prevalence of suicidal thoughts ranged from 7.6% to 24.9% globally. Suicidal thoughts seem to be more common among the younger individuals (Cheung et al., 2021). Suicide has been a major social and mental health issue in Indian society also for many years. Suicide is defined as the deliberate taking of one's own life at any moment (Kim et al., 2019).

According to Bertolote et al. (2005), the term "suicide" is frequently used to describe the concept of suicide as well as the planning, carrying out, and outcomes of suicidal behaviour, especially as a final adjustment of presumptions about the reactions of others.

Siu (2016), states that depression is the psychological factor most frequently associated with suicidal ideation. Adolescent depression manifests as feelings of hopelessness, despair, and low self-esteem.

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Teens who are contemplating suicide frequently find it difficult to communicate their feelings or ask for assistance because they lack appropriate coping mechanisms and because mental health problems are socially stigmatized. Further affecting their psychological circumstances are outside variables such as family disputes, academic pressure, violent events, and exposure to media that promotes suicide (Wasserman et al., 2015).

Adolescence is a time when adolescents must develop independence and autonomy while still maintaining a healthy bond to their parents (Kim et al., 2007).

Parental involvement refers to the amount to which a parent participates in their child's education and life (Edwards & Alfred, 2000).

The cognitive, social, and emotional development of children is greatly influenced by their parents, who play a crucial role in guiding and safeguarding their behaviour (McCormick et al., 2013).

Parental emotional engagement and positive family support operate as protective factors against suicide thoughts (Borowsky et al., 2013). Adolescents need this kind of care to develop emotional stability and a sense of security. Teenagers can manage stress and bad emotions brought on by social, academic, or personal demands if their parents are willing to listen to their issues and offer nonjudgmental assistance (Liu et al., 2013). Parents serve as a support system for children in social and emotional learning, helping them acquire and use the knowledge, attitudes, and skills needed to understand and manage emotions, set goals, show empathy, and make responsible decisions (Taylor et al., 2017). According to Hintermair (2006), the children who experience good emotional development can solve problems and deal with conflicts in their lives more effectively and healthily.

Family plays a crucial role in reducing suicidal behaviour (Prabhu et al., 2010). Promoting attachment stability, familial support, and cohesiveness within the family may benefit teenagers who are experiencing suicide thoughts (Sheftall et al., 2013).

Objective

To study the effect of parental involvement and gender difference on suicidal ideation among adolescents.

Hypotheses

- Parental involvement would significantly affect the level of suicidal ideation among adolescents.
- Gender difference would significantly affect the level of suicidal ideation among adolescents.
- Interaction of Parental involvement and Gender difference would significantly affect the level of suicidal ideation among adolescents.

METHODOLOGY

Sample

The adolescent students at Delhi's K.V. schools participated in the current study. The adolescents ranged in age from 14 to 17 years. Based on their measured scores on the parental involvement scale, the 200 male and female students in the sample were split into groups with high and low parental involvement. There were 100 students in each group, 50 male and 50 female adolescents.

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Tools used:

- **The Parental Involvement Scale** – In 2009, Dr. Vijaya Laxmi Chouhan and Mrs. Gunjan Ganotra Arora developed (T P I S). This entire inventory had twenty-five items. The degree of parental participation among teenagers was assessed using the inventory. The test's validity was determined to be 0.85 and its reliability was .92.
- **Suicidal ideation Scale** – This scale was developed by Dr. Devendra Singh Sisodia and Dr. Vibhuti Bhatnagar (2011). Suicidal ideation was measured using the Likert approach in this scale. There were twenty-five statements on the scale. There were four negative statements and twenty-one positive statements in the scale. The reliability of the scale was determined by (a) test- retest method and (b) internal consistency method. The test- retest reliability was 0.78 and the consistency value for the scale was 0.81. The scale has high content validity. The scale was validated against the external criteria and coefficient obtained was 0.74.

Procedure

The students' consent and required approvals from the school administration were obtained. Rapport with the students was established and tests were administered. The researcher was alert and prepared to dispel any confusion. Completed test were collected and a short break was given to students after the administration of the first test. The researcher thanked the participants for their cooperation and active participation and collected the test once it was finished.

Research Design and Statistical Analysis

2x2 Factorial design was applied for the present research. Two independent variables were studied both having two levels each, parental involvement (high & low) and gender (male & female). Two-way analysis of variance was used to analyse the data.

RESULT AND DISCUSSION

Two-way ANOVA was used to assess the effect of parental involvement, gender difference and interaction effect of these two variables on suicidal ideation. Findings are presented in Table No. 1.

Table No. 1: Summary Table of Analysis of Variance for the effect of Parental Involvement and Gender on Suicidal Ideation among Adolescents (N=200).

Source of variation	sum of squares	df	Mean of Squares	F-Value	Significance Level
Parental involvement (A)	7963.220	1	7963.220	31.48	.01
Gender(B)	444.020	1	444.020	1.75	NS*
A x B	438.080	1	438.080	1.73	NS*
SSW	53402.680	196	272.463		
SST	62248.00	199			

NS* non -significant

The result of the Table No. 1 shows that the main effect of parental involvement on suicidal ideation was found to be significant beyond chance ($F=31.48$, $df= 1$, $p< .01$). whereas, the main effect of gender difference was not found significant with regard to suicidal ideation at any level of significance. The interaction effect between parental involvement and gender of the students was also not found to be significant at any level of confidence. On the basis of

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result, it can be said that the parental involvement was significantly affecting the level of suicidal ideation among adolescents, whereas gender difference was not affecting the level of suicidal ideation among adolescents. Further, together also they were not affecting level of suicidal ideation significantly.

Table No. 2: Mean scores of Suicidal Ideation Based on Factor A (Parental Involvement)

A1 High parental involvement			A2 Low parental involvement		
N	Mean	SD	N	Mean	SD
100	53.89	16.05	100	66.51	17.04

Table No.3: Mean scores of Suicidal Ideation Based on Factor B (Gender)

B1 Male			B2 Female		
N	Mean	SD	N	Mean	SD
100	58.71	16.99	100	61.69	18.33

Table No. 4: Mean Scores of Suicidal Ideation Based on Interaction (AxB)

A1 High parental involvement				A2 Low parental involvement		
B1 (Male)	N	Mean	SD	N	Mean	SD
	50	53.88	16.35	50	63.30	15.74
B2 (Female)	50	53.90	15.92	50	68.92	16.39

DISCUSSION

The obtained findings of the present research clearly showed that the parental involvement significantly affects the level of suicidal ideation among adolescents. The result revealed that the students who have high parental involvement, they experienced low suicidal ideation in comparison to low parental involvement groups (Mean scores 53.89 and 66.51) respectively. The mean scores of suicidal ideations based on gender reported that gender difference did not significantly influenced level of suicidal ideation among adolescents in the present study. Which indicates that male and female students were having same level of suicidal ideation and do not differ significantly on the basis of being a male and female in the present study. Furthermore, findings also revealed that female students scored higher on suicidal ideation than male students (Mean scores 61.69 and 58.71 respectively). The Mean scores of suicidal ideations based on interaction (AxB) clearly indicate that the female students who have low parental involvement reflected more suicidal ideation than the females who have high parental involvement but the difference was not statistically significant.

The obtained scores suggest that high parental involvement can decrease suicidal ideation in adolescents, Findings clearly indicate importance of adequate parental involvement in adolescents' life and mental health.

Positive connection between parents and child plays a role to boost child's confidence and self-efficacy. Findings also revealed that the students who reported less suicide thoughts also had more parental participation in their education and other areas of their lives. Their parents' participation and more time spent with them provided a positive environment in which they could communicate their feelings. When parents are involved, children are better able to recognize problems and discover solutions. Thus, Parental involvement in the activities of their children, provide a strong support to them in getting beyond their bad experiences and depressed situations of life. Findings also revealed that the adolescents who felt emotionally disconnected from their parents had feelings of stress, depression, loneliness, and repression.

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According to earlier researches, Parental involvement has been shown to reduce the relationship between stressful events and adolescents' mental health and to decrease the link between peer victimization and suicide thoughts in teenagers (Wang et al., 2018). According to other research, a strong positive connection with parents also associated with a lower rate of youth suicide, Parental support and supervision has been demonstrated to decrease suicidal ideation and attempts (Peltzer & Pengpid, 2017) but parental physical and psychological violence has been demonstrated to increase teens' suicidal tendencies (Connor & Rueter, 2006).

Present study is a step forward to understand the effect of parental involvement on suicidal ideation, at the same time it has some limitations as it was conducted on the adolescent students only, which cannot be generalized for other age group population. Further, only effect of parental involvement on suicidal ideation was explored. Attempt could be made to study schooling environment, parenting style, parents' relationship with each other, marital status of parents, parenting status and personality factors in future studies.

CONCLUSION

On the basis of the result of present study, it can be concluded that parental involvement affects the level of suicidal ideation significantly among adolescent students but the gender difference was not found statistically significant.

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Conflict of Interest

The author(s) declared no conflict of interest.

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