

Suicidal Tendency among Depressive and Normal People

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ABSTRACT

Suicide is a self-desired act to end one's own life. Suicide is considered a major problem from the social and psychological point of view and sociological, cultural and psychological factors play vital role in suicide. In the present time problem of suicide is made more serious threatening for human life. The main objective of present study was to compare the level of suicidal tendency among depressive and normal people. For this purpose investigator has selected sample of 30 depressive and 30 normal people (20 to 30 years). Depressive people were screened through Beck depression scale from various hospital and clinics of Surat district. Suicidal tendency was measured through Suicidal Tendency Scale developed by Bhatt, D.J. and Meghnathi, R.G. (2004). Findings of present research reported that depressive people have greater symptoms of suicidal tendency on most of the dimensions of suicidal tendency. Thus, intervention programs should be employed to avoid suicidal attempts among youth.

Keywords: *Depression, Suicidal tendency, Depressive people*

Suicidal tendency is a term that describes an unusual preoccupation of suicide that can range from fleeting thoughts to plan. These suicidal thoughts may involve unsuccessful attempts that are created to be discovered or plans that were meant to succeed. While the majority individuals who have suicidal thoughts do not go on to make attempts of suicide, a good number of people do attempt suicide. It is most commonly associated with depression; there are a number of mental disorders, life events, and stresses that may increase the risks for suicidal ideation.

There is growing evidence that depression is in part an illness with a biological basis. It is more common in people with close relatives who have been depressed. Research on the physiology of the nervous system reported that the level of activity of neurotransmitters, such as norepinephrine and serotonin, changes in longstanding depression: Antidepressant medicines probably work by correcting a chemical imbalance of this type. One type of

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imbalance is related with bipolar disorder (previously called manic depression), characterized by dramatic mood swings from depression to irritability or euphoria and other symptoms. The number of physical illnesses can also lead to depression proper examination by medical professionals may be helpful to rule out medical causes of depressive symptoms.

The etiology of suicidal behavior and suicidal ideation is multi-factorial, although one of the most common risk factors is having a psychiatric disease (Lee and Kim 2010). Several psychological autopsy studies have supported high rates of psychiatric disorders among individuals who die by suicide (Cavanagh et al. 2003). Further, a meta-analysis of 3275 suicides reported that 87.3 % of suicide completers had been diagnosed with a psychiatric disorder prior to the suicide (Arsenault-Lapierre et al. 2004). It is expected that the lifetime risk of suicide among people with mood disorders (particularly major depression) ranges from 6 to 15 % (WHO 2000). Nordentoft et al. (2011) reported that among Danish men, followed for 36 years, the absolute risk of completed suicide was highest for those with bipolar disorder followed by unipolar affective disorder.

Operational definitions

Suicidal Tendency: Suicidal tendency is the propensity for a person to have suicidal ideation or to make suicide attempts and thoughts about how to kill oneself, which can range from a detailed plan to a fleeting consideration and does not include the final act of killing oneself.

Depression: Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings, and sense of well-being.

Statement of Problem

The main objective of the present investigation has been to compare the scores of suicidal tendency among depressive and normal people. The exact problem of the present research work is “***Suicidal Tendency among Depressive and Normal People***”

Objectives

1. To evaluate and compare the level of the suicidal tendency among depressive and normal people.

Hypotheses

1. (***H₀₁***) There will be no significant difference in the scores of depressive and normal people with reference to dimensions of suicidal tendency.

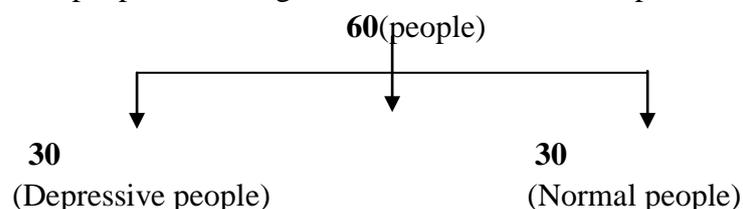
Research Design

The present study was not possible experimentally because of nature of the research work. The pollster adopted the quantitative descriptive research for gaining the objectives of the present study. It was a survey quantitative research in which the event has already occurred and the effects of the variables were studied by qualitative analysis.

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Sample

The sample of 110 people was screened for depression with the help of beck depression inventory and. Finally, 60 people were selected between age ranges of 20 to 30 years. Further, they were classified into two groups according to screening results i.e. depressive people (30) and normal people The categorization and detail of sample selection is as under:-



Inclusion criteria

1. People those were screened as depressive and normal
2. People who were in the age range between 20 – 30 years
3. People those were willing to participate in the study
4. Only those people were selected in depressive group who had higher depressive symptoms as per screening results.

Exclusion criteria

1. People those had medical and psychological disorders were not included

Tools

Suicidal Tendency Scale by Bhatt, D.J. and Meghnathi, R.G. (2004): Suicidal Tendency Scale was developed for normal adolescence and handicapped but it can be used for any person above 16 years of age. The items of the scale are related to four modes of suicidal tendency and each mode has 10 items. Suicidal Tendency modes include Personality Characteristics, Emotional Disturbances, Conflictive Thoughts and Self-harm Tendency. 40 items of the scale are scored on four point scale on the pattern of 4, 3, 2 and 1 i.e. from Strongly Agree to Strongly disagree. The obtained scores for each of the four categories varies in between 10 to 40. High scores in each category indicate lack of potentiality in suicidal tendency and low scores indicates lack of potentiality in suicidal tendency or low potentiality in suicidal tendency.

Procedure

The researcher had screened these 60 depressive and normal people (age group 20 to 30 Yrs.) with the help of beck depression inventory out of 110 people. They were placed into two groups as per screening result. The first group was depressive group and the second group was a normal group of people, In the depressive group, only those people were included who have higher depression symptoms, participants in both the depressive as well as the normal group were administered for suicidal tendency. Then researcher had explained the importance of research work and collected the data after ensuring the confidentiality of them. Each subject was given a questionnaire suicidal tendency. All were requested to read all statements one after the other and give their responses in the response column by choosing appropriate responses for each statement, which they felt correct and appropriate.

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Scoring

Scoring of the obtained data was completed with help of suicidal tendency manual in the present investigation. The data have been arranged in the respective tables according to the statistical test employed.

Statistical Analysis

For the present research study to find out the significant mean difference between scores of depressive and normal people for suicidal tendency, statistical measures like independent sample 't' tests, Mean and SD were employed.

RESULTS AND DISCUSSION

Table 1:- Showing Mean, SD and 't' value between depressive and normal people for various dimensions of suicidal tendency.

Measures	Groups	N	Mean	SD	't' Value
Personality Characteristics	Depressive people	30	30.17	4.26	7.96 $p<.01$
	Normal people	30	19.23	6.18	
Emotional Disturbances	Depressive people	30	29.67	4.59	8.08 $p<.01$
	Normal people	30	18.23	6.24	
Conflictive Thoughts	Depressive people	30	26.60	4.02	6.32 $p<.01$
	Normal people	30	18.03	6.23	
Self-harm Tendency	Depressive people	30	24.33	3.57	7.09 $p<.01$
	Normal people	30	14.97	6.29	

It is evident from Table 1.1 that significant difference is to be found between scores of depressive and normal people on suicidal tendency dimension personality characteristics ('t' = 7.96, $p<.01$). The mean scores of depressive and normal people are 30.17 (SD=4.26) and 19.23 (SD=6.18) respectively. On the basis of this significant difference, one can say conclusively that depression plays a significant role in aggravating the suicidal thoughts among people.

A perusal of table 1.2 shows that the two groups under study i.e. depressive and normal people differ significantly on emotional disturbance. The significant mean difference is to be reported for the suicidal tendency dimension emotional disturbance between depressive and normal group of people ('t'=8.08, $p<.01$). Depressive group of people have scored higher mean (M=29.67, SD=4.59) than normal group of people (M=18.23, SD=6.24). It may be said that depression has an impact on the emotions of people. Normal people have a mild level emotional disturbance whereas depressive people have severe symptoms of emotional disturbance.

Findings of table 1.3 is based on scores of depressive and normal individuals for suicidal factor conflictive thoughts in which individuals with depression scored a mean of 26.60 (SD= 4.02) and for individual without depression mean was 18.03 (SD= 6.23). Thus, it shows that there is a significant difference between both the groups of individuals. The calculated independent sample 't' value was obtained significant ('t'=6.32, $p<.01$) which states that the depressive group of people has shown more conflictive feelings.

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In the same way, mean score of people with depression was observed 24.33 (SD= 3.57) and people without depression mean was 14.97 (SD= 3.29) respectively. Significant mean difference was reported between both the groups ($t=0.54$, $p<.01$) for self harm tendency. Hence, it can be said that depressive group of people have greater symptoms of self harm tendency.

On the basis of above findings, it can be said that formulated hypothesis (H_{01}) is strongly accepted with reference to all the dimensions of suicidal tendency, Thus, it may be concluded that elevated depressive mood provoke suicidal tendency among people. Findings might be explained as depressive people are very sensitive but at the same time, they may experience a sort of tunnel vision, where in the middle of a crisis they believe suicide is the only way.

CONCLUSION

In the last few years, numerous researches have been carried out on the influence of depression on suicidal ideation among young age people with different correlates. Therefore, the present investigation was planned to conduct on suicidal tendency of depressive and normal people. It is clear that depression is a condition that affects the quality of life of a considerable proportion of people. From an individual perspective, depression might lead to social underperformance, violence and suicide in adults. For common mental disorders such as depression being managed in primary care settings, the key interventions are treatment with generic antidepressant drugs and brief psychotherapy.

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Conflict of Interest

The authors colorfully declare this paper to bear not conflict of interests

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