

Suicidal Ideation among School Going Adolescents

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ABSTRACT

Suicide is a leading cause of death among school going adolescents in this generation. These thoughts are not uncommon among young people. The aim of this study is to examine the difference in suicidal ideation between boy and girl students of Ranchi. The respondents comprised of 200 school students (100 boys and 100 girls) studying in class X belonging to high and low socio-economic group selected randomly from different high schools of Ranchi town. Suicidal Ideation Scale developed by Sisodia and Bhatnagar (2011) was administered to the selected sample to assess their suicidal tendency. Percentage, Mean score, standard deviation and t ratios were calculated to analyze data. Result revealed that boys and girls differ significantly on the level of Suicidal Ideation. Girls exhibited more suicide tendency than boys. Low socio-economic status group showed higher suicide tendency than their high socio-economic status counterparts.

Keywords: *Suicidal Ideation, High socio-economic status, Low socio-economic status and adolescents.*

Suicidal ideation is a serious problem of the adolescents of this generation. These thoughts are not uncommon among young people. Through media coverage and the high prevalence of suicidal behavior in their age-group, young people will already be familiar with the topic of suicide. Suicidal ideation is generally associated with depression and other mood disorders; however, it seems to have associations with many other mental disorders, life events, and family events, all of which may increase the risk of suicidal ideation. Suicidal ideation refers to the desire to take one's own life or thinking about suicide without actually making plans to commit and the planning of how it will be done. Suicidal behavior is a broad term that includes suicide gestures, attempted suicide, and completed suicide. Suicide gestures are generally communicative, including suicide plans and actions that appear unlikely to succeed. Attempted suicide is a non-fatal suicidal act, by using a less lethal method. Completed suicide is when the act results in death. Suicidal ideation is a more common event than other suicidal behaviors such as suicide attempt or completed suicide. Suicide is considered a possible complication of depressive illness in combination with other risk factors because suicidal thoughts and behavior can be symptoms of moderate to severe depression. These symptoms typically respond to proper treatment, and usually can be avoided with early intervention for

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depressive illness. Suicidal behavior, especially suicide attempts and completed suicides, has been increasingly identified as an important clinical and public health problem among adolescents. Young students are often thought to have a high risk for suicide. Some of the major causes of suicide among young students are hopelessness.

World Health Organization (WHO) estimates that nearly 900 000 people worldwide die from suicide every year, about in India 170 000. It was reported that about 16 percent of students between class 9-12 in India had seriously considered suicide. The overall male: female ratio of suicide victims for the year 2012 was 65:35. Students constituted 5.5% of the total suicide victims. According to National Crime Records Bureau (2014), the total suicidal commented in Jharkhand state is 1460 (Male 984 & Female 476).

OVERVIEW OF LITERATURE

Young adults are at increased risk for suicidal behavior and there is growing concern about racial differences in suicidal ideation. *According to the World Health Organization (2000), globally there is one completed suicide every 40 seconds Suicide is among the top ten causes of death in India and most other nations.* Males generally appear to engage in more impulsive and reckless behavior than females, perhaps because of their social role, and impulsivity has been linked to suicidal behavior (Garland & Zigler, 1993).

Kennard (2007) found that of those who attempt suicide, the completion rate for men is four times higher than for women and young men and older men are particularly vulnerable groups of suicidal ideation. Thomson, et.al (2012) reported that while females have higher risks of suicidal thoughts, plans, and attempts, it is in fact, adolescent males who have much higher rates of suicide completion. It was also found that suicidal ideation was higher in those with lower household income and those with insufficient food due to economic problems. The association between poverty and suicidal ideation may result form the increased stress and higher level of hopelessness among those in extreme financial need. Canetto and Sarkinofsky (1998) cited that although men commit suicide more frequently than women, women attempt suicide more often than men and express more suicide thoughts than men.

Beautrais, Joyce and Mulder (1996) found that socio-economic disadvantage is also associated with suicide as children growing up in poverty are at greater risk of suicidal thoughts, attempts and completion. Kar (1996) stated that the adolescent suicide attempters reported childhood trauma, had addiction, wrote suicide notes and took alcohol before the attempt. Most attempters belonged to extended families, and most of them had expressed suicidal ideas before the actual act. Most of the attempters had a middle socioeconomic status amongst which the majority (86.8%) was of lower-middle socio- economic status.

Nath (2011) in their study found that students from low socioeconomic classes who faced economic difficulties, and students who experienced distress as a result of caste discrimination or caste conflict, and communal unrest, were at a higher risk for suicidal behavior. Dalen (2012) for adolescents, a higher level of parental socioeconomic status is

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usually associated with fewer mental health problems and school related problems like being bullied, social exclusion, academic stress and academic achievement are all associated with suicidal ideation.

Objectives

- To examine the gender difference on suicidal ideation among school going adolescents
- To examine the impact of socio-economic status on suicidal ideation among school going adolescents

Participants

The study was conducted on a group of (200) adolescent students from high school in Ranchi town. Out of 200 students, 100 were taken from high socio-economic status group school (50 boys + 50 girls) and the remaining 100 were taken from low socio-economic status group school (50 boys + 50 girls).

Variables

1. Dependent variable: *Suicidal Ideation*.
2. Independent variables: *Gender and Socio-economic Status*.

Tool

1. **Suicidal Ideation Scale-** This scale was developed by Sisodia and Bhatnagar 2011 using likert technique with an aim to measure suicidal ideation. The Final Form of scale was thus prepared comprising of 25 statements. Score ranging from 106-120 represent high level of suicidal ideation. The scores from 46-105 represent average suicidal tendency. The low score i.e. 31-45, would indicate people with low level of suicidal ideation whereas a score of 25-30 represents normal individuals with very low level of suicidal ideation. The test-retest reliability was 0.78 and the consistency value for the scale is 0.81. The scale was validated against the external criteria and coefficient obtained was 0.74.

Procedure

The suicidal ideation scale was administered to both groups with instructions to complete all questions honestly and not to discuss the questions with fellow students. Scoring was done according to the respective scoring keys. In order to fulfill the hypothesis of the study the score obtained were analyzed with mean scores, standard deviation and t values.

RESULT AND DISCUSSION

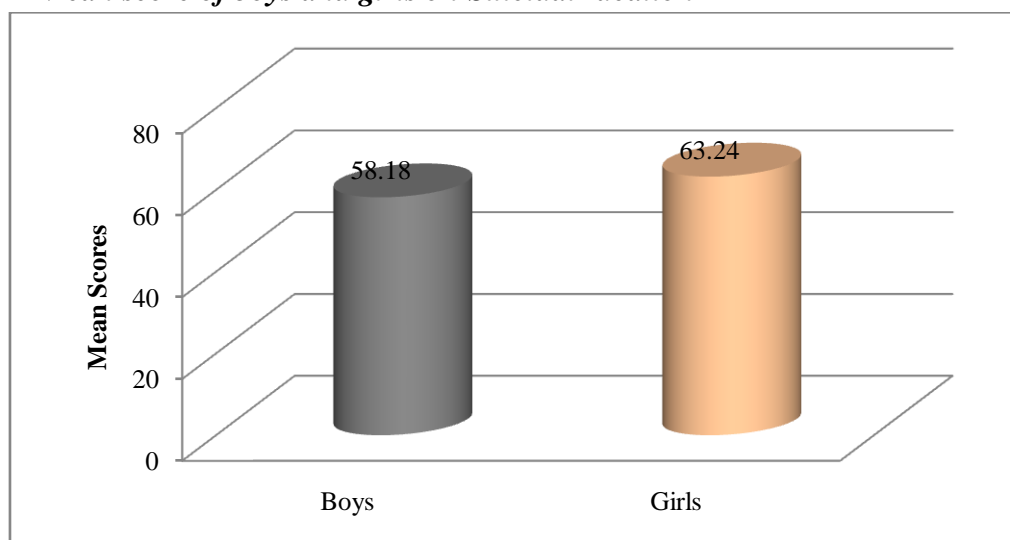
The data were analyzed by Means, SDs and t test. Tables present the result.

Table-1 Comparison of boys and girls student on Suicidal Ideation score

Group	N	Mean	SD	t value	P Value
Boys	100	58.18	10.24	3.56	0.01
Girls	100	63.24	13.75		

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Figure -1 Mean score of boys and girls on Suicidal Ideation

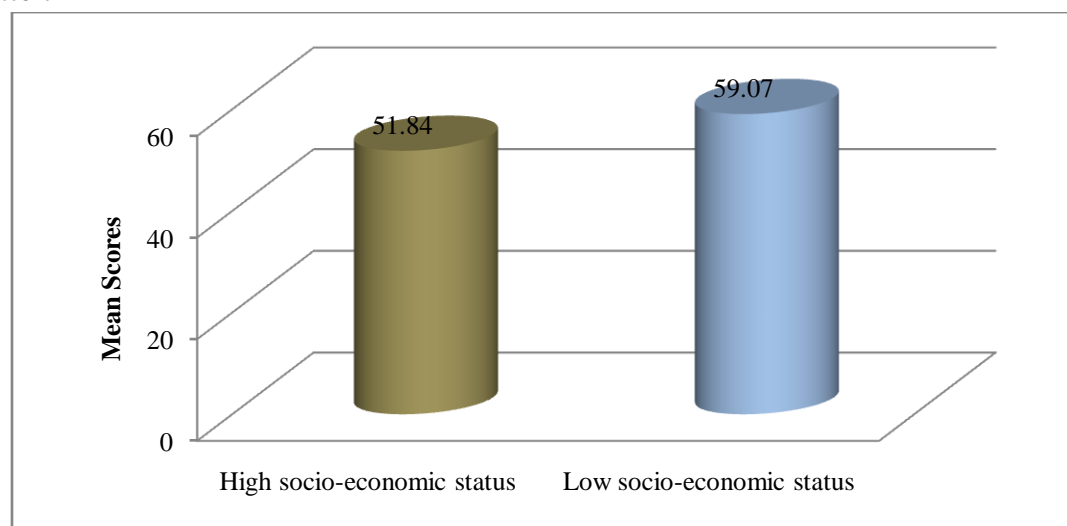


From the table – 1 it can be observed that prevalence of suicide was significantly higher among the girls group as compared to boys group. Obtained t- ratio between the means was 3.56 which were significant at 0.01 level of significance. Young women in India commit suicide at high rate because of conflicts surrounding the issues of lack of education, love affairs, cancellation or the inability to get married illegitimate pregnancy, extra -marital affairs.

Table-2 Comparison of high and low socio-economic status group student on Suicidal Ideation score

Group	N	Mean	SD	t value	P Value
High socio-economic status	100	51.84	11.27	4.57	0.01
Low socio-economic status	100	59.07	13.82		

Figure -2 Mean scores of high and low socio-economic status group student on Suicidal Ideation



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A glance of the table-2 depicts that there was a statistically significant difference found between high and low socio-economic status groups. It was seen that compared to the high socio-economic status group, low socio-economic status group were more suicide prone. Further, mean score of low socio-economic status group was higher 59.84 than high socio-economic status group 51.84.

FINDINGS OF THE STUDY

- Girl's student showed higher prevalence of suicidal ideation as compared to boy's student.
- Low socio-economic status group were found level of suicidal ideation than high socio-economic status group.

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Conflict of Interests

The author declared no conflict of interests.

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