

A Correlational Study Of Suicidal Ideation And Psychological Hardiness Of Adolescents

Dr.Akanksha Singh*

ASSISTANT PROFESSOR

DEPARTMENT OF EDUCATION

UNIVERSITY OF ALLAHABAD

Vineeta Vinodiya**

RESEARCH SCHOLAR

DEPARTMENT OF EDUCATION

UNIVERSITY OF ALLAHABAD

ABSTRACT: *The present study was conducted to study the suicidal ideation of adolescents in relation to their psychological hardiness. The sample of study consists of 100 students (50 boys and 50 girls each) of class 11th from government school of Allahabad city . Random sample technique was used to select the sample. Descriptive survey method of research was employed to conduct the research. Results of the study revealed that suicidal ideation of adolescents is highly correlated with psychological hardiness . Purpose of the study has useful implications that psychological hardiness of the adolescents is important factor behind their suicidal ideation.*

KEYWORDS: Suicidal Ideation, Psychological Hardiness and Adolescents

INTRODUCTION:

Suicidal ideation is defined as thoughts, ideas the desire to commit suicide, being a frequent behavior among adolescents and characterized as a personality disorder or with the character of emotional blackmail. Parents and peer characteristics are the most important predictors for suicidal behavior with the presence of depressive symptom, sensation seeking behavior and family conflict being risk factors.

Suicide is the second leading cause of death among adolescents of 13 to17 age group. Moreover 6.3% of high school and 12th class students have attempted suicide at least once and 13.8% report suicidal ideation during the previous year. Individual risk factors include depression, hopelessness, substance abuse, and family history of mental illness. Social and

interpersonal risk factors for suicidal behavior among adolescent include peer victimization, physical and sexual abuse, having a socially stigmatized docile identity and perceptions of limited social support. Psychological hardiness, parent and peer relation and examination stress are more important determinates of suicidal ideation.

Suicidal behavior, a type of self-directed violence, is a broad term used to encompass several aspects of this important public health problem. It extends from thinking about killing oneself ("suicidal ideation") to developing a plan, obtaining to means to do so, and finally carrying out the plan. The plan can be successful ("completed suicide") or not (attempted suicide", also called "parasuicide" or deliberate self-injury" in some countries). Consequently, deaths form suicide is only a small part of a much larger problem. In fact, the American Association of Suicidology estimates that for every completed suicide there are approximately 20 attempted suicides in the United States.

During adolescence, the child undergoes a sequence of significant biochemical, psychological, and physical transformation. He/ She also adopts many patterns of behavior that may have long-term consequences for his/her health and quality of life. A new focus of study concerns which factors or behaviors "protect" the adolescent from engaging in risk behaviors, and from outcomes, such as suicidal behavior, that could compromise his/her health or life.

Concept of hardiness emerged from the medical literature. This term was formally coined by Kobasa in late 1970s. Initially research by Kobasa mainly focused to study the relationship between health and stress. Findings of her studies (Kobasa, 1979a, 1979b) revealed that individuals who remained healthy despite of having high stress in life possess certain peculiar personality traits, than those people who can't withstand stress and fall ill. In the year 1975, vice president of illions Bell Telephone (IBT) Carl Horn, motivated Dr. Maddi and this team of researchers to start doing a longitudinal research on 430 male and female supervisors, managers and executive working in the medical department of the institute.

Kobasa & Maddi (1979) provide a comprehensive definition of hardiness. Hardiness is constellation of three personality characteristics – commitment, control and challenge that are fundamental for authentic living.

Kobasa (1979) have examined the condition the early life that leads to development of hardiness. They found that family environment in terms of supportive early interventions demonstrating encouragements and acceptance by parents build commitment. Environment

permitting mastery builds control. When children attempt and accomplish moderately difficult task (more difficult what they can easily perform). They gain a sense of mastery and success and an ability to influence events. Finally parents who provide encouraging atmosphere to their children to visualize change as interesting and an opportunity for growth, help their children to feel challenged rather than threatened.

Need of the study

Suicide has been around as long as human society ranking among the top 13 cause of death in all age worldwide and continues to challenges or collective wisdom retrospective study evaluating suicide case in Lucknow capital of Uttar Pradesh and one of the largest cities in India, between Jan 2008 and Oct 2012. There were 5204 cases with 2946 male (56.61%) and 2258 female (45.38%) victims between ages 16-20 suicide rates ranged from 21.55 to 24.23 per 100000 Population out of every. Three cases of suicide reported every 15 minutes in India one is committed suicide by a Young in the age group of 13 to 17. Example put forward various reasons for the suicide some of these reasons which mental health experts term acute stress factors include family and peer pressure, examination stress, academic failure.

Statistic justify the higher prevalence among due to the fact that the adolescent is a period of development with biological, psychological and social changes, accompanied by conflicts and distress that tend to favor suicidal ideation.

Thus ideation is the best feature for mapping in terms of population studies on suicide because from the indication of the prevalence and areas where this behavior is prevented as more prevalent and or incident, actions on public health and mental health can be taken in the attempt to avoid the consummation of the act itself. Base on above this study aimed to identify the prevalence and factors associated with suicidal ideation among adolescent.

Suicide and suicidal behavior has long been regarded as a serious social problem according to the WHO (2000) globally, there is one completed suicide every 40 second. Suicide is one of the most important causes of death among adolescent in India.

Suicidal behavior or ideation is an important problem among adolescent. Effective strategies for prevention of suicidal behavior among adolescent should target high risk group and most important determinants of these behavior. Result of this study may thus, contribute to the development of effective prevention strategies and help safeguard the health of

adolescents. The result of this study will help to profound implications for current and future suicide prevention programmed among higher secondary students. This study will present a better understanding of risk factors for suicidal behavior among higher secondary students. The researcher curious to find out that how psychological hardiness influence suicidal ideation of adolescents students.

REVIEW OF RELATED LITERATURE:

Arun and Chavan (2009) conducted a study on 2402 students from classes VII to XII and concluded that students with academic problems and unsupportive environment at home perceived life as a burden and had higher rates of suicidal ideations.

Pillai and Andrews, and Patel (2009) conducted a cross-sectional study of 3662 youth (16—24 years) from rural and urban communities in Goa, India, to estimate the prevalence and risk factors for suicidal behavior in young people in India Suicidal behavior during the recent 3 months . and associated factors were assessed using a structured interview. Overall 3.9% youth reported any suicidal behaviour in the previous 3 months. Suicidal behaviour was found to be associated with female gender, not attending school or college, independent decision making, premarital sex, physical abuse at home, life time experience of sexual abuse and probable common mental disorders (CMD). Gender segregated analysis found independent decision making, rural residence and pretnarital sex retained association with suicidal behaviour only among females; violence and psychological distress are independently associated with suicidal behaviour; factors associated with gender disadvantage in particular for rural women, may increase their vulnerabilities.

Chatterjee and Basu (2010) investigated the intrinsic and extrinsic factors that would evoke suicidal ideation among 120 female college students. Content analysis of interview revealed four broad factors leading to suicidal ideation. namely, academic 113 interpersonal, and environment related. Events like public embarrassment due to some freaky incident, harassment, rape and being jilted in love were relatively more important while events like death of a loved one and acute financial crisis were found relatively less significant. Results also revealed that about 12.5% of the students had high suicidal ideation. Reasons for living (total score) were found to have negative but significant relation to suicidal thought. Concern for future and moral objections were found to be strongly and negatively related to suicidal thought.

Manani and Sharma (2011) conducted a study on a sample of 180 students of U.P Board , CBSE Board and ICSC Board of affiliated schools of Agra city , 60 students in each group (30 boys , 30 girls; aged 16-18), found that students of CBSE board higher level of suicidal ideation than the students of ICSC board but lower than the students of U.P board students. Their result shows that there is no significant difference in suicidal ideation among ,male and female students. Further , it was found that students having high examination anxiety.

Research studies related to psychological hardiness have revealed negative relationship between hardiness and stress (Skirka, (2000), Crowley, Hayslip, & Hobdy, 2003, Williams & Lawler, 2004, Singh, Srivastava & Bhardwaj, 2005, Subramanian & Vinothkumar 2009, Hasel, Abdoihosein, & Ganji, 2011. Good level of hardiness also predicted better achievement in academics. Sheard (2009), Maddi, Harvey, Khoshaba, Fazel, & Resurreccion (2012), and Hamid, (2010) also found positive correlation between hardiness and academic achievement.

Research studies have showed that higher level of hardiness helps in lowering the feeling of depression and vice versa (Sinha & Singh, 2009, Schellenberg, 2005). Studies have also indicated that hardiness leads to good mental health (Maddi, Khoshaba, Persico, Lu, Harvey and Bleecker, 2002, Singh et.al. 2005, Rahimian Boogar & Asgharnejad Farid, 2008. Azar, Vasudeva, & Abdollahi 2006, Nathawat, Desai, & Majumdar, 2010). Maddi, Harvey, Khoshaba, Lu, Persico, & Brow (2006) found that higher the level of hardiness, the greater the possibility of having innovative and creative functioning. Kaur & Singh, (2011) found that creative adolescents living in controlled type of school climate were found to be possess high hardiness level than their counterparts studying in other types of school climate. Kaur and Singh, (2011) emphasised upon the role of home environment in developing hardiness level and creativity among adolescents. Sajadi, Khatlbari, Panahi, & Sajadi, (2012) have found that anxiety and emotion regulation helps in maintaining students' psychological hardiness level. Bartone, Spinosa, & Robb (2009) found that hardiness has a direct effect on high density lipoprotein (HDL) production, which saves a person from cardiovascular diseases.

Research studies have also indicated positive relationship between hardiness and wellbeing, life satisfaction, Happiness. (Nayyeri, & Aubi, 2011, Albehbahani, 2014, Sharma & Malhotra, 2010). Khaledian, Hasanvand, & Pour (2013) showed negative and significant correlation between psychological hardiness and work holism. Maddi, Erwin , Carmody, Villarreal, White, & Gundersen (2013) reported

psychological hardiness is a negative predictor of internet addiction. Nabiei, Karamafrooz, and Afsharnia (2014) found significant and negative relation between the duration of addiction and hardiness.

OBJECTIVES OF THE STUDY:

1. To study the relationship between suicidal ideation and psychological hardiness of adolescents.
2. To compare suicidal ideation of male and female adolescents.
3. To compare psychological hardiness of male and female adolescents.

HYPOTHESES:

1. There is no significant relationship between suicidal ideation and psychological hardiness of adolescents.
2. There is no significant difference in suicidal ideation of male and female adolescents.
3. There is no significant difference in psychological hardiness of male and female adolescent.

DELIMITATIONS:

1. Present study is delimited to 100 students of XI class from Allahabad city.
2. Sample was collected from U.P board schools.

DESIGN OF THE STUDY:

Descriptive exploratory method of research was employed to study the relationship among the variables.

SAMPLE:

The sample for the study consists of 100 students (50 boys and 50 girls each) of Classes 11 from U.P Board schools of Allahabad city to study the relationship between suicidal ideation and psychological hardiness of adolescents. Random sampling technique was used to select the sample.

TOOLS USED:

The following tools were used to collect the relevant data-

1. Suicidal ideation scale by Sisodia & Bhatnagar
2. Psychological hardiness scale by Singh

STATISTICAL TECHNIQUES USED:

Product moment correlation and t test were used to analyze the data.

RESULTS AND DISCUSSION:

Table: I showing inter correlation matrix between suicidal ideation and psychological hardiness of adolescents.

variable	r
PHS and SIS	-.257**

**correlation is significant at the 0.01 level (2-tailed)

Observation of table 1 shows that the value of the correlation between PHS and SIS for adolescents is -.257 which is significant at 0.01 level. So the null hypothesis stands rejected.

This means that PHS and SIS are negatively correlated. It shows that if PHS increases SIS decreases among adolescents.

Table 2: T - test Analysis of Suicidal ideation Score among Male & Female Students

	Gender	N	Mean	SD	S.E of Mean	t test	Significance
Suicidal ideation	Male	50	67.92	12.780470	1.807431	1.196	N. S
	Female	50	64.84	13.065549	1.847748		

It was hypothesized that “there is no significant difference in Suicidal ideation of male and female adolescents”. Table 2 depicts that male (M=67.92; SD=12.78 ;) and female (M=64.84; SD=13.06) adolescents do not differ significantly on their Suicidal ideation (t = 1.196, p > 0.05). Therefore the null hypothesis that there is no significant difference in suicidal ideation of male and female adolescents was accepted at the specified level..

Table 3: T - test Analysis of Suicidal ideation Score among Male & Female Students

Variable	Gender	N	Mean	SD	S.E of Mean	t value	Significance
Psychological Hardiness	Male	50	112.02	20.279164	2.867907	.152	N.S
	Female	50	112.62	19.061544	2.695709		

It was hypothesized that “there is no significant difference in PHS of male and female adolescents”.

Table 3 depicts that male (M=112.02; SD=20.27 ;) and female (M=112.62; SD=19.06) adolescents do not differ significantly on their SIS (t = 0.236, p > 0.05).

In table 3 psychological hardiness scores of male and female adolescents have been compared with the help of t ratio. Result reveals no significant differences between the scores of male and female adolescents. As the calculated value is found to be not significant at 0.05, level of confidence. Therefore the null hypothesis that there is no significant difference in psychological hardiness of male and female adolescents was accepted at the specified level.

FINDINGS AND CONCLUSIONS:

From the above result we can infer that psychological hardiness plays significant role in suicidal ideation of the adolescents. Commitment, control and challenge dimension of psychological hardiness in adolescents leads to less suicidal ideation in adolescents. Adolescents who have less psychological hardiness have high suicidal ideation. High hardy adolescents have committed controlled behavior, so they do not feel suicidal ideation. Therefore when psychological hardiness increases suicidal ideation decreases. It means that psychological hardiness and suicidal ideation has negative correlation.

IMPLICATIONS OF THE STUDY:

The present study has useful implications in terms of psychological hardiness being an important factor responsible for adolescents’ suicidal ideation. All the problems associated with adolescent’s suicidal ideation depression, stress, hopelessness etc can be solved if we analyze the psychological hardiness of the adolescents and give them proper guidance to make them strong and prepare them for every challenges of life.

CONCLUSION:

Suicide is the second leading cause of death among adolescents of 13 to 17 age group. Moreover 6.3% of high school and 12th class students have attempted suicide at least once and 13.8% report suicidal ideation during the previous year. Present study has shown that Psychological hardiness is more important determinates of suicidal ideation. Adolescent's suicidal ideation is being influenced by their psychological hardiness.

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