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Suicidal thoughts among teenage intermediate students

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ABSTRACT

After the rigorous efforts the present study reached to its destination that highlights the fact that the students of private management junior colleges who are studying in residential mode have high range of suicidal thoughts in comparison to the students of government colleges. The reason behind this can be torturous atmosphere in the colleges, stress from the management to achieve the best ranks, pressure from teachers and parents for best performance and competitive spirit of peer groups. The hostlers become the stress hubs as the management and faculty forced the students to achieve the best ranks in the national and state level common entrance tests and also in annual examinations. With these unbearable stress and pressure sometimes the students may reach to the heights of the hopelessness and his total mental set changes and thus they instead of sharing with his dear ones tends to find the solution through thoughts of endangering their life through thoughts of suicide.

Key Words : Suicidal thoughts, Teenage, Intermediate students

INTRODUCTION

Suicidal ideation is defined as thoughts, ideas, and the desire to commit suicide, being a frequent behavior among adolescents and characterized as a personality disorder or with the character of emotional blackmail. India has one of the world's highest suicide rates for youth aged 15 to 29 years. According to Vidal *et al.* (2013), at some point in life, around 1% to 5% of people may attempt suicide, but the percentage for adolescents can range from 3% to 20% and it has been also emphasized that the risk of suicide increases with the number of attempts. Teixeira and Luis (1997) tried to justify the higher prevalence among teenagers due to the fact that the adolescence is a period of development with biological, psychological, and social changes, accompanied by conflicts and distresses that tend to favor suicidal ideation.

According to Baggio *et al.* (2009), suicidal behavior includes few steps such as a) suicidal ideation, b) suicide planning and c) suicide attempt that may lead to suicide. Of these, the easiest steps to identify at population level, in order to map its prevalence to the elaboration of public policies intended to reduce the suicide rates among adolescents are ideation and attempt itself.

Ideation can be identified from surveys with forms/questionnaires in which secrecy is maintained and which represent the realities that each group of adolescents experiences in their community with aspirations and anxieties. Suicide attempt is only identified in the health care center/hospital and has as limitation the identification of the embarrassment caused to family or close relatives,

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sometimes leading the act not to be reported. 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 presented 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. Based on the above, this study aimed to identify the prevalence of psychological health factors associated with suicidal ideation among teenage intermediate students.

The researcher arrived at the stage of drawing conclusion on the basis of findings after rigorous exercise of analyzing the data and insight into to make objectives more fruitful and significant for layman as well as for the technical person associated with the work of teaching and learning at various levels. The writing of research findings is usually the concluding task of research endeavor. Everything is combined together during writing of the findings. It is a matter of communication, what was done, what occurred and what the results meant in a concise, understandable, accurate and logical manner. The final process of summarizing the findings, arrival at conclusion making recommendations and formulating generalizations for the teenagers to which they will be applicable is an important component of any research. It serves as a refresher for the person involved in the research project to focus on the investigation perspective of the problem. It has a dissemination function because it is crucial to future practical application of the study findings of the study. It aids the future workers to understand the general purpose and the findings of the study. On the basis of analysis and interpretation of the data discussed in the previous chapter certain findings have been obtained and conclusions were drawn. The findings are presented here in accordance with the objectives of the study.

Significance of the study :

Every year when the admissions in the colleges are over, the news about ragging or examinations' results and consequential suicides can be heard from various colleges which are shocking as well as heartbreaking for many people affected by these incidents. The newcomers facing problems in adjusting in the new surroundings have to face depression, stress, impulsiveness, influence and made a mistake that shatters the students internally as well as psychologically, ultimately the death is chosen in place of life. Laws against the above said reasons are made but still the incidents are heard. Unfortunately, unwanted incidents provoke many young students to attempt suicide without proper reasons (Alex Lickerman, 2010). On the other hand torture from various groups within the family and outside the family often run for months, and involve the same batch of people being physically and mentally abused by same and/or different group of seniors. The agony of the depression cannot be beard by many students and they think that suicide is the only way to escape from such situations. There is another condition such as students from school environment to college, times can be rough. They have to get used to their new environment and adapt to any changes that come their way. Someone who was not into the party scene in school might wind up living on a floor that is wild and crazy, and they will have to adapt to their environment in order to fit in with everyone else. Next thing they know their whole personality changes. They begin to think differently, dress differently, and act differently just to fit in with a group of people. It is crazy to think that a group of people can have such a massive influence on one person, but someone's lifestyle can be changed drastically just by conforming and adopting to other people's values and actions as they forget about their own. The new entry students in the colleges and their families are liberal in their attitude so they think that they can do anything fearlessly. Also the students studying in colleges are better freedom in financial matters so they waste their money in spending lavish life

which includes alcohol intake, late night parties, disco, pubs, and drugs. Students under these conditions continue to do so many things totally wrong that now they have no way to justify anything. To overcome these big mistakes sometimes suicide passes by their mind as for them this is again the bypass way to withdraw. So the researcher wants to see to what extent suicidal thoughts come into mind of teenage intermediate students.

Statement of the problem :

Teenage is a period of significant change, during which children undergo the physical changes associated with puberty and face new challenges as they transition to middle school where they encounter increased peer and academic pressures. The number of youth who experience emotional and behavioral problems increases. The features of vulnerable teenagers prone to increase moodiness with biased interpretations of experiences, self-criticality, poor judgment and emotion-focused coping may also contribute to the increase in suicidal thoughts that has been observed as teenage move through the higher secondary school years. According to Adetoun Olubanke Oladele and Isaac Taiwo Oladele (2016) students committed suicide by taking poison because of poor grades when results were released. Young teenagers are perceiving problems as overwhelming their pubertal development, girls are most vulnerable, and indeed studies indicate that girls report more suicidal ideation and attempts than boys. In this context the present study entitled 'Suicidal Ideation among Teenagers in North Coastal Districts of Andhra Pradesh' concentrates with following objectives.

Objectives :

1. To study the suicidal thoughts among teenage intermediate students.
2. To study the perceptive score differences among different groups of teenage intermediate students in suicidal thoughts.

Hypotheses :

1. There is a significant difference in the perceptions of different groups of teenage intermediate students on suicidal thoughts.

METHODOLOGY

Descriptive survey research method was used in the present investigation. In this context this study on teenagers has been employed with the aim to analyse the suicidal thoughts among teenage intermediate students considered as dependent variable and demographic characteristics of students like Management, Study mode, Intermediate, Gender, Study group and Medium of information considered as independent variables.

In this connection stratified random sampling method was adopted for data collection from the selected study units. Thus, the sample of the study was considered by teenagers who are studying higher secondary levels classes *i.e.* 11^{th} and 12^{th} standards (intermediate). Thus the sample was taken from intermediate 1^{st} year and intermediate 2^{nd} year of both male and female students. While the study area is limited to Srikakulam Vizianagaram and Visakhapatnam districts, in each district two junior colleges are selected for sampling. Out of two junior colleges selected, one is from government management and the other one is from private management. In this process of sample design from each group of intermediate 1^{st} year and 2^{nd} year (MPC, BiPC, MEC, CEC and HEC) 8 students (4 boys and 4 girls) were taken into consideration. Thus, all together a total of 480 samples, *i.e.* 160 students from each district randomly selected for this study.

After data was collected, descriptive statistics was used and for analysis of data. In order to make data meaningful, the statistics techniques like percentage, mean, standard deviation, t-test and F–test tools were used.

RESULTS AND DISCUSSION

Data analysis :

The Table 1 represents the perception of sample students on suicidal thoughts. It is found that a dominated group of respondents opined mostly (44.0%) and almost always (23.3%) that their life appears totally meaningless. It is also observed that 33.1 per cent felt almost-always and 25.2 per cent felt mostly that the whole world is upset. Thus, 24.8 per cent said almost always and 28.5 per cent said mostly that they are feeling something was wrong with them. So, out of the total respondents 32.3 per cent said almost-always and 14.8 per cent said mostly that they can't tolerate insult.

According to the perceptions of the students it is noticed that 31.9 per cent said almost always

Table 1 : Perception of sample respondents on suicidal thoughts

Sr. No.	Statement	Almost - always	Mostly	Rarely	Never	Total
1.	Life appears totally meaningless	112 (23.3)	211 (44.0)	89 (18.5)	68 (14.2)	480 (100.0)
2.	In adverse conditions I feel that the whole world is upset	159 (33.1)	121 (25.2)	80 (16.7)	120 (25.0)	480 (100.0)
3.	I feel something is wrong with me	119 (24.8)	137 (28.5)	68 (14.2)	156 (32.5)	480 (100.0)
4.	I can't tolerate insult.	155 (32.3)	71 (14.8)	148 (30.8)	106 (22.1)	480 (100.0)
5.	I feel disturbed for many days when I quarrel with anybody	153 (31.9)	85 (17.7)	167 (34.8)	75 (15.6)	480 (100.0)
6.	During frustration I say goodbye to loved ones	101 (21.0)	99 (20.6)	92 (19.2)	188 (39.2)	480 (100.0)
7.	Getting afraid for small mistakes and try to away from others	104 (21.7)	111 (23.1)	141 (29.4)	124 (25.8)	480 (100.0)
8.	More interest to know about suicide attempt cases	128 (26.7)	99 (20.6)	101 (21.0)	152 (31.7)	480 (100.0)
9.	Like to stay lonely in a separate place	106 (22.1)	94 (19.6)	130 (27.1)	150 (31.3)	480 (100.0)
10.	Feeling helpless and trapped by emotional pain	77 (16.0)	87 (18.1)	180 (37.5)	136 (28.3)	480 (100.0)

and 17.7 per cent said mostly that they felt disturbed for many days when they quarrel with anybody. In this type of frustration 21.0 per cent almost always and 20.6 per cent mostly say goodbye to their loved ones. Even though 21.7 per cent almost always and 23.1 per cent are getting afraid for small mistakes and they try to away from others.

It is interesting to notice from the response of the students that 26.7 per cent opined almost always and 20.6 per cent opined mostly that they spare interest to know about suicide attempt cases happening in the society. Thus, 22.1 per cent almost always and 19.6 per cent mostly like to stay lonely in a separate place. By thinking all the above facts and factors 16.0 per cent almost

always and 18.1 per cent mostly feeling helpless and trapped by emotional pain.

The Perceptive score difference among different categories of teenage intermediate students in suicidal thoughts data is represented in the above table. It is found that regarding the suicidal thoughts, the private college students (26.10) observe more than government management college students (23.35). With these mean differences the calculated t-value is 26.998 found significant at one per cent level where the p-value 0.001 is less than 0.01. This infers that private college students observe more suicidal thoughts than government college students due to stress from parents, college management, competition from peer groups, etc.

Table 2 : Perceptive score difference among different categories of teenage intermediate students in suicidal thoughts

Statement	Class obtained in 10^{th} class	N	Mean	Std. Dev	Std. Error	f-value	p-value
Management	Government	240	23.35	5.82	0.38	26.998**	0.000
	Private	240	26.10	5.82	0.38		
Study mode	Residential	207	26.59	5.34	0.32	71.049**	0.000
	Non - Residential	273	22.26	5.88	0.41		
Year of study	1st Year	240	24.69	5.99	0.39	0.019	0.891
	2nd Year	240	24.76	5.97	0.39		
Gender	Male	240	24.85	5.81	0.38	0.196	0.658
	Female	240	24.60	6.13	0.40		
Study group	M.P.C	96	30.11	4.97	0.51	119.301**	0.000
	BI. P.C	96	26.73	2.18	0.22		
	M.E.C	96	26.01	4.43	0.45		
	C.E.C	96	23.28	4.56	0.47		
	Others	96	17.49	4.45	0.45		
Medium of instruction	English Medium	320	25.78	5.81	0.33	32.186**	0.000
	Telugu Medium	160	22.61	5.73	0.45		

It is noticed that the suicidal thoughts of residential students (26.59) found higher than non-residential students (22.26). Hence, the calculated t-value 71.049 is found significant at one per cent level where the p-value (0.000) is less than 0.01. This indicates that the most of the residential students provoke suicidal thoughts due to stress of management in achieving highest performance in the examinations and pressure of teachers and parents.

Regarding year of study, it is noticed that the mean value of 2^{nd} year students (24.76) found higher than 1^{st} year students of intermediate (24.69). With these mean value differences the calculated t-value 0.019 is not significant because the p-value is 0.891 which is higher than 0.05. This shows that most of the 2^{nd} year students have suicidal thoughts than the 1^{st} year students.

Based on the gender, it is noticed that the suicidal thoughts of male students mean score value (24.85) found higher than female students (24.60). Hence, the calculated t-value is 0.196 is not found significant at any level as the p-value 0.658 is greater than 0.05. This infers that the male students have more suicidal thoughts than the female students.

From the study group category, it is found that M.P.C and Bi.P.C students have the more suicidal thoughts with mean score value is highest (30.11) and the least score value is obtained for other study group students *i.e.* 17.49. The calculated f-value 119.301 is found significant as the p-value 0.000 is less than 0.01. This indicates that M.P.C and Bi.P.C students have more suicidal

thoughts than the other group members as they have many examination tensions and fear of failure problems.

According to the medium of instruction, it is noticed that the suicidal thoughts for the English medium students mean score value (25.78) is greater than Telugu medium students (22.61). The calculated t- value 32.186 is found significant at one per cent level, as the p-value 0.000 is less than 0.01. This shows that most of the English medium students have the suicidal thoughts because they have the future examinations tension and fear of failure problems.

The findings of the present research study are systematically arranged accordance with the objectives of the study. Hence, the description of the findings is as follows:

To study perceptive analysis of suicidal thoughts among teenage intermediate students :

Perception of teenager intermediate students on suicidal thoughts found more stress with the feelings of life appears totally meaningless, in adverse conditions they feel that the whole world is upset, they feel disturbed for many days when they quarrel with anybody and they can't tolerate insult. Whereas in the feelings like something is wrong with them, more interest to know about suicide attempt cases, getting afraid for small mistakes and try to away from others, like to stay lonely in a separate place, during frustration they say goodbye to loved ones and feeling helpless and trapped by emotional pain are found less impact on suicidal thoughts.

To study the perceptive score differences among different groups of teenage intermediate students in suicidal thoughts :

Perceptive score difference among different groups of teenage intermediate students in suicidal thoughts, it is noticed that from the management category private college students, from study mode residential students, from year of study 2nd year students, from the gender most of the male respondents, from the study group M.P.C and Bi.P.C students and based on the medium of instruction English medium students are having more suicidal thoughts because of the competition, excessive academic stress from the management and college to obtain ranks in EAMCET and other competitive exams.

Conclusion :

After the rigorous efforts the present study reached to its destination that highlights the fact that the students of private management junior colleges who are studying in residential mode have high range of suicidal thoughts in comparison to the students of government colleges. The reason behind this can be torturous atmosphere in the colleges, stress from the management to achieve the best ranks, pressure from teachers and parents for best performance and competitive spirit of peer groups. The hostlers become the stress hubs as the management and faculty forced the students to achieve the best ranks in the national and state level common entrance tests and also in annual examinations. With these unbearable stress and pressure sometimes the students may reach to the heights of the hopelessness and his total mental set changes and thus they instead of sharing with his dear ones tends to find the solution through thoughts of endangering their life through thoughts of suicide.

Suicidal ideation in students is something which is difficult to avoid even if the pone try their level best. However, one can save their students from taking the wrong track in their lives by making them understand the difference between good and bad and telling them what is good for them. This maturity can be attained over a period of time with proper guidance and training.

Therefore, college authorities, especially the corporate sector, should teach the ways of dealing with students to get relief from the stress and pressure from their studied which leads to suicidal thoughts and what to do in times of emergencies. Generating confidence in student is very important as students low on confidence and emotional strength are more prone to give in to suicidal thought. By guiding students in a friendly way, college authorities can pave the path of their progress.

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