



## Prevalence and Level of Suicidal Ideation Among Adolescents

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### ABSTRACT

*Suicidal Ideation is a significant public health issue among adolescents. Suicidal ideations are often the precursor of suicide. The aim of this study was to determine the prevalence of suicide ideation among adolescents and to study the level of suicidal ideation in term of gender. Sample of the study drawn from different schools of Meerut by using random sampling. The participants were assessed with General Information Blank and Suicidal Ideation Questionnaire (Renolds, 1988). SPSS version 20.0 for windows was used to analyze and interpret the data. The data were analyzed by frequency, percentage, Mean. The result demonstrated that the prevalence of suicidal ideation is more than girls.*

**KEYWORDS :** Suicidal Ideation, Adolescents, Gender

### 1. INTRODUCTION

Suicide is an important public health issue worldwide and one of the leading causes of loss of life.<sup>1</sup> Suicide is a complex process that involves a series of pathways and mechanisms from initiation of ideation, to planning, and finally, to attempting suicide.<sup>2</sup> India ranks 43<sup>rd</sup> in descending order of rates of suicide with a rate of 10.6/100,000 reported in 2009 (WHO suicide rates).<sup>3</sup> The suicide rates in India rose from 6.3 per 100,000 in 1978 to 8.9 per 100,000 in 1990, an increase of 41.3% during the decade from 1980 to 1990, and a compound growth rate of 4.1% per year.<sup>4</sup> More recent data, however, reveal a different picture. The rate of suicide showed a declining trend from 1999 to 2002 and a mixed trend during 2003-2006, followed by an increasing trend from 2006 to 2010.<sup>5</sup> During 2009, the rate was 10.9 per 100,000 population.<sup>6</sup> The rates of suicide have greatly increased among adolescents. Adolescence 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.<sup>7</sup> Most children meet these challenges successfully and grow into healthy adults while others have a harder time coping with their problems. These difficulties are issues of major concern from the adolescent's perspectives. When they are unable to cope with such stressful situations, they may get so frustrated that they may surrender to suicidal ideation.

### 2. METHOD AND MATERIAL:

Descriptive research design was used for the study. This study was carried out in school of Meerut city. Thirty schools of Meerut were randomly selected for the study. 13 government and 17 private schools were included into research. Students from classes VIII to XII formed the study sample. 4353 students were selected for research sample.

#### Tools:

**General Information Blank:** General Information Blank was constructed by investigator. This included the basic information about the students like name, sex, age, class, school and family type.

**Suicidal Ideation Questionnaire (SIQ):** Measures the frequency and intensity of suicidal thoughts. The SIQ measures one aspect of suicidal behavior- suicidal ideation. The SIQ (senior high school version) consists of 30 items and SIQ-JR (Junior high school version) consists of 15 items. The respondent rates the SIQ items on a 7-point scale. Reliability coefficients are .97 for the SIQ and .93-.94 for the SIQ-JR.

**Conduct of the study:** The list of schools was collected from the State Education Board office. Thirty schools were selected for the study. After obtaining permission from the principals of the schools for conducting research, the parents of the students were informed about the study with the help of class teachers and permission was granted. Thereafter, the students were explained about the study in the presence of school staff. They were provided with the basic instruction to make them understand how to perform. Confidentiality of the data was assured, so that

they could complete the tools without hesitation. The data was collected through screening tool – Suicidal Ideation questionnaire.

### 3. RESULT AND DISCUSSION:

#### A: Prevalence of suicidal Ideation among adolescents

Suicidal ideation is a feeling people may have when they are no longer able to cope with an overwhelming situation. The Suicidal Ideation Questionnaire provides a measure of the seriousness of suicidal thoughts in adolescents. The Suicidal Ideation Questionnaire was filled by junior group (8 & 9 Grades) as well as senior groups (10, 11 & 12 Grades).

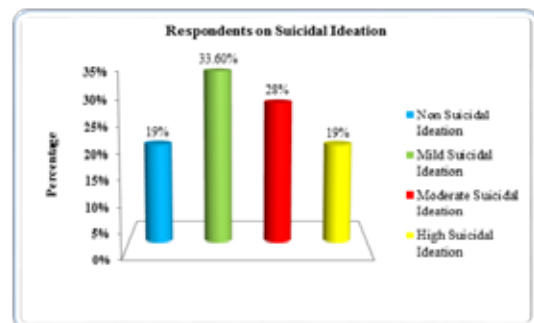
**Table 1: Frequency & percentage distribution of respondents on Suicidal ideation**

S. No.	Score range	Category	N= 4353 Frequency (%)
1.	0 to 25	Non Suicidal Ideation	843(19.36)
2.	25 to 55	Mild Suicidal Ideation	1465(33.6)
3.	55 to 75	Moderate Suicidal Ideation	1205(27.6)
4.	75 to 180	High Suicidal Ideation	840(19.3)

*Values in parenthesis denote percentage*

Table 1 represents the frequency and percentage distribution of the respondents on the scale of Suicidal Ideation. The score range reflects that higher number of respondents lie in the range of mild Suicidal ideation (33.6%) and moderate suicidal ideation (27.6%). Approximately, equal per cent of respondents (19.3%) are seen in the category of High and Non Suicidal Ideation. Even 19.3 per cent is a significant number in high suicidal ideation category and therefore is a matter of concern for teachers, parents and behavioral psychologists.

The findings conclude that respondents of High Suicidal Ideation are at high risk. Thus, a well-developed intervention plans and prevention strategies are needed for suicide prevention. (Fig.1)



**Fig. 1 Percentage Distribution of Suicidal Ideation Respondents**

**B: Gender wise Suicidal ideation among adolescents****Table 2: Mean and S.D. Scores obtained by respondents on Suicidal Ideation**

Category	N	Percentage	Mean	S.D.	Confidence limit $M \pm 1.96 \text{ S.D.}$	t- value	p-value
Boys	2311	53.08	18.56	8.47	1.95 to 35.16	11.20	.01**
Girls	2042	46.91	15.87	7.21	1.73 to 30		

Table 2 reflects that mean and SD values of Boys and Girls at 95% confidence limit. 2311(53.08 per cent) boys with the mean of 18.56, SD=8.47 recline between 1.95 to 35.16 confidence interval. Approx 47% girls with the mean of 15.87, SD=7.21 recline between 1.73 to 30 confidence interval. Thus, the mean of the adolescents differ within the range of confidence limit of 95% but there is chance of 5 per cent error.

Further, it is noticeable from table 2 that the t- value between two categories of suicidal ideation is 11.20 and  $p < .01$ . hence, this clarifies that there exists a significant difference between boys and girls.

Similar findings are mentioned by Peltzer & Pengpid (2012) in their study an overall prevalence of Suicidal Ideation is 8.8%. It was reported that among school adolescents in Thailand prevalence is more in male (9.9%) as compared to female counterparts (7.7%).

**5. CONCLUSION:**

The prevalence of suicidal ideation is high in boys rather than girls. The result shows significant numbers in high suicidal ideation category. There exists a significant difference between boys and girls.

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