



Exploring the Stressful Life Events Among Adolescents with High Suicidal Ideation and Non Suicidal Ideation

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ABSTRACT

Suicidal Ideation may serve as an indicator of suicidal behavior. The present study has been done to compare stressful life events among adolescents with high and non suicidal ideation. Sample of the study drawn from different schools of Meerut by using random sampling. The participants were assessed with suicidal ideation questionnaire (Renolds, 1988) and Stressful life events scale (Aggarwal S., 2007). SPSS version 20.0 for windows was used to analyze and interpret the data. The data were analyzed by frequency, percentage, Mean, Standard Deviation, 't' value. The result demonstrated that the level of stressful life events were higher among high suicidal adolescents rather than non suicidal ideation adolescents.

KEYWORDS : Suicidal Ideation, Stressful Life Events, Adolescents

1. INTRODUCTION

Suicide being the second most common cause of death in young people worldwide.¹ Suicide is major public health problems in adolescents. As compare to adult males, adolescent male complete suicide at rates approximately five times higher than rates for adolescents female.² Suicidal behavior in young people is highly associated with life stressors.^{1,3} Life events are those life changes that affect human psychology.⁴ Stressful life events are one of the external risk factors that affect mental health, and negative life events tend to exacerbate suicidal ideation in adolescents.⁵ Adolescent faces various kinds of stressful events in their life. Negative life events, the death of parents, loss of a sibling, accident and illness, sexual abuse events are devastating life events. The types of life events that are related to suicidal behaviors vary with the age. Younger attempters reported more family/parent conflicts, whereas older adolescents reported interpersonal stressors.⁶ It appears that experiencing a large number of stressful life events is a distracted risk factor that results in negative affect which in turn leads to suicidal behavior in some adolescents.⁷ It also seems that suicidal ideation is positively associated with stressful life events.⁸

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. Prior approval was taken from the principals of schools and later followed by data collection from subjects. Students from classes VII to XII formed the study sample. 4353 students (20 per cent of each grade) were selected. To conduct further research the investigator purposely measured two groups (i.e. high suicidal ideation and non suicidal ideation). Therefore, 1117 adolescents from non suicidal ideation group and 1219 adolescents from high suicidal ideation group were taken as part of research for further data collection. When tool were administered 627 adolescents were absent on the day. Hence the final sample size comprises 840 high adolescents in suicidal ideation and 840 adolescents in non suicidal ideation.

Tools:

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.

Stressful life events scale (Aggarwal S.): Stressful life event scale developed exclusively for Indian adolescents, which is a culturally adapted version of social readjustment rating scale, was used to assess the stress caused by life events among the participants. Scale consists 40 items. The Cronbach's alpha for controllable and uncontrollable events were found to be 0.84 and 0.93 respectively.

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These tests were administered following the instructions specified in respective test manual. All the test were scored as per the procedure described in respective test manual.

3. RESULT AND DISCUSSION:

There is a strong association of stressful life events with mental, physical and social health. The onset of serious mental health in adolescents has been associated with specific and clustered life events. According to the finding, the higher percentage found in high suicidal ideation adolescents and non suicidal ideation adolescents (30% and 41% respectively) is in the category of no risk. 30.3 per cent and 14.4 per cent adolescents from High suicidal and non suicidal recline in the category of at severe risk of stress.

H₀: There is a significant difference between stressful life events of Suicidal Ideation (High scorer) adolescents and Non Suicidal Ideation (Low Scorer) adolescents

The result illustrates the mean score of stressful life events among High Suicidal Ideation and Non Suicidal Ideation adolescents. $P > .05$. Hence, the alternate hypothesis is accepted. Thus, it could be concluded that there is a significant difference between stressful life events of Suicidal Ideation (High Scorer) and Non Suicidal Ideation (Low scorer) among adolescents. (see table 1)

Table 1: Mean, SD and t-value of stressful life events among High Suicidal and Non Suicidal ideation adolescents

S. No.	Respondent	N	Mean score of stressful life events	SD	t- value	p-value
1.	High SI	840	36.18	7.60	1.34	0.1798 ^{NS}
2.	Non SI	840	35.75	5.59		

NS= Non significant

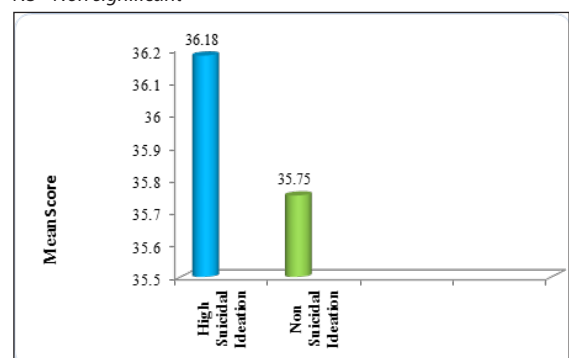


Fig.1 Mean scores obtained by high and non suicidal ideation respondents on stressful life events

The result of present study found that the level of stressful life events is higher among high suicidal ideation which is contradictory, with the finding of Wendy et.al (2012), where researcher said, there was a weaker relation between stressful life events and suicidal ideation among adolescents.

Table- 2: Mean, SD and t-value distribution among High Suicidal Ideation and Non Suicidal Ideation adolescents on stressful life events

Category of respondents	High suicidal ideation N=840 Mean (SD)	Non-suicidal ideation N=840 Mean (SD)	t-value	p-value
Sex				
Boys	35.64(5.65)	22.21(6.51)	31.9	.0001**
Girls	35.64(5.55)	21.49(7.83)	30.71	.0001**
t-value	0.50	1.45		
p-value	0.61 ^{NS}	0.14 ^{NS}		
Family Type				
Joint	35.49(5.65)	21.26(6.97)	27.34	.0001**
Nuclear	35.88(5.56)	22.21(7.26)	34.81	.0001**
t-value	1.07	0.20		
p-value	0.28 ^{NS}	0.83 ^{NS}		
Group				
junior	34.47(7.58)	22(6.77)	22.07	.0001**
Senior	36.56(4.51)	22(6.95)	40.36	.0001**
t-value	5.37	0.04		
p-value	.0001**	0.68 ^{NS}		
School Type				
Government	35.68(5.63)	21.74(7.38)	30.24	.0001**
Private	36(5.57)	22.9(6.98)	32.29	.0001**
t-value	0.34	0.30		
p-value	0.72 ^{NS}	0.76 ^{NS}		

****significant at .01 level of significant, NS= Non significant**

The table 2 exhibits that $p < .01$ in all characteristics (sex, family type, group and school type) on stressful life events of High Suicidal and Non suicidal Ideation adolescents. Stressful life events showed higher in High Suicidal Ideation boys (Mean score 35.64, SD= 5.65) than Non Suicidal Boys (Mean score 22.21, SD=6.51). Likewise girls (Mean score 35.64, SD=5.55) of High Suicidal Ideation has high level of stress life events than Non Suicidal ideation girls (Mean 21.49, SD=7.83).

In category of family type, groups, school type stressful life events are higher in High suicidal Ideation adolescents as compared to Non Suicidal Ideation adolescents.

Further result predicted that $p < .01$ in category of group on stressful life events of High suicidal ideation adolescents. Stressful life events are higher in senior group rather than junior group in High Suicidal Ideation respondents.

CONCLUSION:

Adolescents face tremendous life pressures that put them at risk for many self- destructive behaviors, and suicide is the most disturbing consequence of their inability to cope. Suicidal adolescents feel deep emotional pain and isolation. The present study reports suicidal ideation is highly associated with stressful life events among high suicidal ideation adolescents' rather non suicidal ideation adolescents. Further finding concluded that category wise stressful life events are higher in high suicidal ideation as compare to non suicidal ideation. It is also seems that in high suicidal ideation group, adolescents of senior group face more stressful life events instead of junior group adolescents.

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