



PSYCHO-SOCIAL DETERMINANTS CONTRIBUTING TO SUICIDAL BEHAVIOR AMONG ADOLESCENTS

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ABSTRACT

Now-a-days suicide has become one of the most common cause of death and very few published work is there in this area, we have conducted a study of suicidal behavior in adolescents based on psycho-social determinants. For this we have taken a 643 adolescents from both urban and rural area through WHO "HEEADSSS" questioner on psycho social variables. In this present study we found that prevalence of suicidal behavior is 28.30% and one of the major determinant was domestic violence and depression (p<0.05 as significant).

KEYWORDS : psycho social, suicidal behavior, violence, depression, adolescents

INTRODUCTION

We can say that suicide is a personal, family, and societal crisis. According to the WHO 2012 estimates, 8 lakh people globally die by suicide every year which amounts to a suicidal death every 40 second. Suicide attempts are thought to be at least 25 times the suicide death rates. What becomes important in these estimates is that 75% of these deaths happen in the developing countries^[1]. Psychosocial factors are always scrutinized with suspicion under the prevailing circumstances, to have caused suicidal ideation^[2].

Many research say's that the changing social system in our society, e.g.- fragmentation of joint family, breaking up of social support system, disintegration of value system of life, ruthless and unhealthy life style in our culture are some social causes of suicide. Effects of consumerism and ruthless life style lead to debt traps and financial crisis that often ends up in suicide. Suicides are tragic and puzzling phenomenon. Moreover, it is very difficult to find out the main reasons suicide but yes we can try to find out some of the reasons because of which adolescents moves towards ending their life.

Suicidal behaviors represent suicidal ideation and suicidal attempt. In India, adolescents (10-19 years) constitute 21.4 percent of the population, comprising one fifth of the total population. And several risk factors in adolescents have been reported. This study attempts to analyze some of the psychosocial factors which leads the adolescents to commit suicide.

METHODOLOGY AND OBSERVATION

This study is a **cross-sectional community based** survey on total of **643** samples. This samples have been taken from different 32 areas of Raipur city using multi stage simple random sampling. Selected area for the study consists of different 16 slum and 16 urban areas. WHO "HEEADSSS" Psycho-social evaluation technique was used for collection of data during a period of one year. Consent was taken before interviewing. Collected data was checked for completeness. MS excel and Epi Info 7 was used for data analysis and the study observations and statistical findings are shown in the following table 1 and 2.

Inclusion criteria: Adolescents both male & female were willing to participate in study.

Exclusion Criteria: All those who were not willing to participate in study.

Table 1 Suicide behavior

Suicide ideation	Suicide attempted		2, d.f., p value
	Yes	No	
Yes, 182 (28.30%)	19 (2.95%)	163 (25.35%)	2=49.59, df=1, P<0.0001

Table 2 Prevalence of Suicidal behavior and its psychco-social determinants

Determinants	Suicide Behavior Yes/No		χ^2 test
Relation At home			
Good	Yes	91	$^2=2.63$ df=2 P>0.05
	No	254	
Average	Yes	56	
	No	141	
Bad	Yes	35	
	No	66	
Violence at home			
Occurs	Yes	75	$^2=16.57$ df=1 P<0.0001
	No	115	
Never	Yes	107	
	No	346	
Friends at school			
Yes	Yes	144	$^2=79.08$ df=1 P<0.0001
	No	409	
No	Yes	38	
	No	52	
Feel sad all the time			
Yes	Yes	93	$^2=61.75$ df=1 P<0.0001
	No	92	
No	Yes	89	
	No	369	
Substance abuse			
Yes	Yes	38	$^2=7.51$ df=1 P<0.006
	No	57	
No	Yes	144	
	No	404	

RESULT

The overall prevalence of Suicidal behavior in present study is found to be (28.3%). Prevalence of suicidal behavior was more among adolescents having bad relationship at home (34.65%) then having good relationship, from which (3.96%) attempted suicide. Adolescents having violence at home had more suicidal behavior and suicide attempt (39.47% & 5.26%) respectively. Adolescents having no friends at school had higher suicidal behavior and attempt (42.22% & 5.56%). Similarly adolescents who felt sad all the time or was indulged in some kind of substance abuse had more suicidal behavior and attempt i.e. (50.27% & 7.57%) and (40% & 6.32%).

DISCUSSION

In the present study prevalence of suicidal behavior was more

among adolescents having bad relationship at home (34.65%) from which (3.96%) attempted and violence at home contributed with suicidal behavior and attempt percentage (39.47% & 5.26%). Whereas, Dubow et al^[3] found that use of physical discipline by parents to be significant associated with suicidal behavior. Kienhorst et al^[4] in their cross-sectional survey of 9393 Dutch adolescents, had found poor perceived relationship with the parents to be a significant risk factor. Exposure to physical and, especially, sexual abuse in childhood leads to a significant increase in poor mental health outcomes, including suicidal ideation and behavior, experienced at ages 16 to 25^[5].

Also in our study we found that adolescents thought of killing themselves were 28.35% from which 2.95% attempted it. Similar study done by CDC^[6] the one-year prevalence of suicidal ideation in YRBS-2003 was 16.9% and lifetime prevalence of suicide attempt was 8% also one-year prevalence of suicidal attempt was 3.5%. The lifetime prevalence rates for suicidal attempt have been found to be between 2.2% and 8.8%^[7].

Here we found that the adolescents having no friends at school had higher suicidal behavior and attempt (42.22% & 5.56%). Also adolescents who felt sad all the time or was indulged in some kind of substance abuse had more suicidal behavior and attempt i.e. (50.27% & 7.57%) and (40% & 6.32%). This is in agreement with Kuo W H, Gallo J J and Eaten W.W. et al^[8], where they have mentioned depression and not feeling good for themselves as the motive for committing suicide.

Our findings are also similar with Gupta S.C. & Singh H.^[9] suggested having relationship dispute or no friends as one of the motives for suicide. Vijay Kumar L. et al^[10] also reported major factor for suicide to be stress, and substance abuse.

CONCLUSIONS

Present study shows that psychosocial determinants have a very important role to play in suicidal behavior. Depression, violence at home & substance abuse were major contributors having more than 40% prevalence which brings us to conclusion that suicidal behavior can be identified and precipitating factor can be removed as all psychosocial factors are preventable.

RECOMMENDATIONS

All psychosocial factors are preventable if identified early so some kind of screening method should be used to identify these adolescents.

Counseling of parents should be done about how to handle and treat adolescents via expert counselor periodically.

School is where adolescent spend its most of time so school should also provide screening programmers and counseling services for the same.

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