



PERCEIVED STRESS, SUICIDAL IDEATION & RESILIENCE AMONG PRE-UNIVERSITY STUDENTS

Ms. Charumathi Sridharan

Lecturer, Department of Psychology, MES Degree College of Arts, Commerce and Science, Malleswaram, Bangalore-560003.

ABSTRACT The aim of the present study was to assess Perceived stress, Suicidal Ideation and Resilience among second year Pre-university students from Commerce and Science streams. The data was collected from 60 students (30 males and 30 females- further sub-divided into 15 males and 15 females from Commerce stream ; 15 males and 15 females from Science) using 'The Perceived Stress Scale' by Sheldon Cohen, 'Suicidal Ideation Scale' by Dr. Devendra Singh Sisodia and Dr. Vibhuti Bhatnagar and 'Resilience scale' by Neil .J.T and Dias K.L. The obtained data was organized for statistical analysis. Mean scores for male and female students was calculated to check for gender difference on Perceived Stress, Suicidal Ideation and Resilience. Pearson's Product moment correlation was computed to check the relationship between Perceived Stress, Suicidal Ideation and Resilience. The results revealed that there is no gender difference on Perceived stress, Suicidal Ideation and Resilience among Commerce and Science students. The result also revealed that there is no significant relationship between Perceived Stress and Suicidal Ideation, and between Perceived Stress and Resilience ; however there is a significant relationship between Suicidal Ideation and Resilience.

KEYWORDS : Perceived Stress, Suicidal Ideation, Resilience, Pre-university Students.

Perceived Stress

Perceived stress is the feelings or thoughts that people have about how much stress they are under at a given point in time or over a given time period. It incorporates feelings about the uncontrollability and unpredictability of one's life, how often one has to deal with hassles, how much change is occurring in one's life and confidence in one's ability to deal with problems or difficulties.

Suicidal Ideation

Suicide is a process of ending one's own life by one's own decision. It is a true, universal and generally occurring social incident. This irreversible choice is made when people are alone and in a state of severe psychological stress, unable to see their problems objectively or to evaluate alternate courses of action.

Suicidal ideation, also known as suicidal thoughts, is thoughts about suicide or an unusual preoccupation with suicide. The range of suicidal ideation varies greatly from fleeting thoughts, to extensive thoughts, to detailed planning, role playing and incomplete attempts.

Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone. A combination of factors contributes to resilience. Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family. Relationships that create love and trust provide role models and offer encouragement and reassurance that help bolster a person's resilience.

Pre-university students

The Pre-university course or Pre-degree course, popularly abbreviated to PUC or PDC, is an intermediate course (which is known as 10+2) of two years' duration, conducted by state education institutions or boards in India. A student pursuing this course is known as a pre-university student. There are 3 different streams in Indian Pre-university course. They are Science, Commerce and Arts (Each of these offer different combination of subjects).

Need for the study:

Academic stress is found to be high among second year pre-university students as their performance in board exams and competitive exams become the deciding factor for making future educational choices. In this context, students face excessive pressure and suicidal thoughts are bound to be triggered if students lack the ability to cope with the

academic stressors. However, if students are resilient enough, perception of stress would be low and their approach towards life would be optimistic.

Objectives of the study:

The current study aimed at finding the levels of perceived stress, suicidal ideation and resilience among Male and Female pre-university students from Commerce and Science streams. The study also aimed at finding the relationship between the three variables- Perceived Stress, Suicidal Ideation and Resilience.

Review of Literature:

Thaker.R, Verma.A(2014) studied Perceived stress and coping styles among adolescents. The objective of the study was to measure the level of stress and preferred coping style. 72 Subjects aged between 14-16 years were randomly selected from two schools (one each of central board and state board) of Ahmedabad. The tools used were Perceived stress scale by Cohen and Coping methods(revised) by Folkman and Lazarus. The results indicated that all students scored high. Central board students (private) adopted positive coping styles while students of state board (government) adopted negative coping styles. Males had higher stress scores than females; and females had positive coping strategies than males.

Kamble.R(2015) studied Resilience, Suicidal Ideation and Depression in Adolescents. 70 participants (35 male, 35 female) aged between 17-21 years. Resilience scale by Bharathiyar University, Suicidal Ideation scale and depression scale were administered. Results revealed significant correlation between resilience and suicidal ideation and between suicidal ideation and depression. Significant gender difference was found on resilience, but not on suicidal ideation and depression among adolescents.

Method:

Problem: To assess Perceived stress, Suicidal Ideation and Resilience among second year Pre-University students (Commerce & Science streams) using 'The Perceived Stress Scale' by Sheldon Cohen, 'Suicidal Ideation Scale' by Dr. Devendra Singh Sisodia and Dr. Vibhuti Bhatnagar and 'Resilience Scale' by Neil .J.T and Dias K.L.

Hypotheses:

- There is no gender difference on Perceived stress among Pre-University students.
- There is no gender difference on Suicidal Ideation among Pre-University students.
- There is no gender difference on Resilience among Pre-University students.
- There is no relationship between Perceived Stress and Suicidal Ideation among Pre-University students.
- There is no relationship between Perceived Stress and Resilience among Pre-University students.

- There is no relationship between Suicidal Ideation and Resilience among Pre-University students.

Research Design: The present study examined the relationship between Perceived stress, suicidal ideation and resilience among Pre-university students. Hence, it used a Correlational research design.

Variables:

Independent: Gender, Course pursued (Commerce/Science)

Dependent: Level of Perceived stress, Suicidal ideation and resilience.

Sample: The participants for the study were male and female Second year Pre-University students aged between 15-17 years. The sample size was 60 (30 Males and 30 Females- further sub divided into 15 males and 15 females from Commerce stream and 15 males and 15 females from Science stream) was selected from urban population using stratified random sampling.

Tools:

The Perceived Stress Scale by Sheldon Cohen contains 10 statements to which the subject responds on a 5 –point Likert scale ranging from Never, Almost Never, Sometimes, Fairly and Very often(0-4) Positively worded statements are reverse scored. (statement 4,5,7 and 8).

Suicidal Ideation Scale by Dr. Devendra Singh Sisodia and Dr. Vibhuti Bhatnagar has 25 statements (21 positive) and (4 negative statements) to which the subject responds as Strongly agree, Agree, Uncertain, Disagree and strongly disagree. Higher the score, higher the suicidal ideation.

Resilience Scale by Neil.J.T and Dias.K.L. is a 15 item scale to measure global resilience. All items are positively worded and responses are on a Likert scale ranging from 1(strongly agree) to 7(strongly disagree). Low scores indicate High resilience and vice versa.

Procedure: In order to collect data for the research, Pre-university students were contacted personally to get their consent to participate in the study. With their consent, the purpose of the study was briefed and rapport was established. Their biographical information was obtained in the sheet prepared for the purpose which contained their age, course being pursued. Ethical issues like confidentiality of information and convenience of subjects were strictly followed for the collection of data. Participants were informed of the choice to withdraw themselves from the research at any point during the responding period. Subsequently, the Perceived stress scale, Suicidal ideation scale and Resilience scale were administered as per standard directions. After the participants finished responding, the questionnaires were collected back and subjects were thanked for their participation and co-operation.

Results and Discussion:

The obtained data was organized and classified according to the objectives and hypotheses made in the research study. The analysis of data was made by applying a ‘t’ test to find out if there was significant difference in Perceived stress, suicidal ideation and resilience among Pre-university students. The data was further analyzed by computing correlation co-efficient by Product Moment method to find if any significant relationship existed between Perceived stress and Suicidal ideation, Perceived stress and Resilience and Suicidal Ideation and Resilience among Pre-university students.

Table 1

Mean, SD and ‘t’ value of males and females on Perceived Stress, Suicidal Ideation & Resilience

	Males		Females		‘t’ value
	Mean	SD	Mean	SD	
Perceived Stress	19.80	6.02	21.86	5.81	1.352 NS
Suicidal Ideation	52.86	10.73	55.80	10.60	1.065 NS
Resilience	41.36	11.76	40.86	14.09	0.149 NS

p<0.05, NS: Not significant

An examination of table 1 shows the mean, SD and 't' value obtained by males and females on Perceived Stress Scale. Males have obtained a mean score of 19.80 with a standard deviation of 6.02 and females have

obtained a mean of 21.86 with a standard deviation of 5.81. The obtained 't' value of 1.352 is statistically not significant indicating males and females do not differ significantly on Perceived stress. Thus, the null hypothesis which states – “There is no gender difference on Perceived stress among Commerce and Science students” is accepted.

On Suicidal Ideation scale, Males have obtained a mean score of 52.86 with a standard deviation of 10.73 and females have obtained a mean score of 55.80 with a standard deviation of 10.60. The obtained 't' value of 1.065 is statistically not significant, indicating males and females do not differ significantly on Suicidal Ideation. Thus, the null hypothesis which states – “There is no gender difference on Suicidal Ideation among Commerce and Science students” is accepted.

On Resilience scale, Males have obtained a mean score of 41.36 with a standard deviation of 11.76 and females have obtained a mean score of 40.86 with a standard deviation of 14.09. The obtained 't' value of 0.149 is statistically not significant, indicating males and females do not differ significantly on Resilience. Thus, the null hypothesis which states - There is no gender difference on Resilience among Commerce and Science students” is accepted.

Table 2 –Pearson's Product Moment Correlation between Perceived stress and Suicidal Ideation Among Pre-University Students.

Perceived stress	Correlation co-efficient value
Suicidal Ideation	0.221 NS
Perceived stress & Resilience	0.112 NS
Suicidal Ideation & Resilience	0.402**

NS: Not significant

An examination of table 2 reveals that the correlation co-efficient between Perceived stress and Suicidal ideation among Pre-university students is 0.221 which is statistically not significant. Thus, the hypothesis which states-“There is no relationship between Perceived Stress and Suicidal Ideation among Pre-University students” is accepted.

The correlation co-efficient between Perceived stress and Resilience among Pre-university students is 0.112 which is statistically not significant. Thus, the hypothesis which states-“There is no relationship between Perceived stress and Resilience among Pre-University students” is accepted.

The correlation co-efficient between Suicidal ideation and Resilience among Pre-University students is 0.402 which is statistically significant at 0.01 level. Thus, the hypothesis which states-“There is no relationship between Suicidal ideation and Resilience among Pre-University students” is rejected.

Findings:

- There is no significant gender difference among Pre-University students on Perceived stress, Suicidal Ideation and Resilience.
- There is no significant relationship between Perceived stress and Suicidal Ideation, between Perceived stress and Resilience. However, there is a significant relationship between Suicidal Ideation and Resilience among Pre-University students.

Limitations of the study:

- The study was restricted to Pre-University students from urban population(Bangalore)
- The sample size was small, hence the study cannot be generalized to the general population.
- Factor of socio-economic status was not taken into consideration.

Scope for further study:

- The study can be conducted on students from rural population.
- Different socio-economic statuses and socio-cultural factors can be included.
- Suitable intervention strategies can be developed to help Pre-university students cope with stress and to train them on developing Resilience.

References:

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