



EFFECT OF VIPASSANA MEDITATION UPON SUICIDAL IDEATION OF NO-COLLAR WORKERS.

Arts

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ABSTRACT

Suicidal Ideation is a medical term for thoughts about or an unusual preoccupation with suicide. Suicide is when people direct violence at themselves with the intent to end their lives, and they die as a result of their actions. The study has tried to explore suicidal tendencies among No-Collar Workers and also tried to explore the effectiveness of Vipassana Meditation on controlling suicidal thoughts among No Collar Workers. It made use of purpose sampling in selecting 100 No-Collar Workers equally divides into males and females. The sample responded to the valid and reliable instrument. The Modified Scale of Suicidal Ideation Construct by **Miller W.I, et al (1986)** was used to measure Suicidal Ideation of No Collar Workers. The design which was used to conceptualize the study and analyze the data was 2x2 factorial design with two independent variables: one being Before and after conditions of Vipassana therapy and another being gender of the respondents. The results of the present study have revealed that the Vipassana Meditation has significantly reduced suicidal tendency among No-Collar Workers. Hence it is recommended that Vipassana Meditation should be taught to everyone and should be introduced in all the organization both public and private schools and organizations.

KEYWORDS

Vipassana Meditation, Suicidal Ideation And No-collar Workers.

Suicidal Ideation is a medical term for thoughts about or an unusual preoccupation with suicide. Suicide (Latin *Suicidium*, from *sui caedere*, "to kill oneself") is the act of intentionally causing one's own death. The word "Suicide" was first coined by Brown (1657). The term has been explained in many ways, as follows :- "Suicide is the human act of Self- Inflicted, Self- Intentioned cessation" (Encyclopedia Britannia, 1973). Death caused by self-directed injurious behavior with intent to die as a result of the behavior. (Center of disease control and prevention, 2015). Suicide is the act of deliberately killing oneself. Risk factors for suicide include mental disorder (such as depression, personality disorder, alcohol dependence, or schizophrania), and some physical illnesses, such as neurological disorders, cancer, and HIV infection (WHO, 2015).

Suicide is a leading cause of death in the United States. A suicide attempt is when people harm themselves with the intent to end their lives, but they do not die as a result of their actions. Many more people survive suicide attempts than die, but they often have serious injuries. However, a suicide attempt does not always result in a physical injury. According to the sociologist Hammerin and Enverstedt (1988), Suicide is an activity which involves acts with the aim and result of one's own biological death on the basis of social specific historical motives. Every 40 seconds a person dies by suicide somewhere in the world.

According to WHO Report on Suicide, (2015): Over 800 000 people die due to suicide every year, for every suicide there are many more people who attempt suicide every year. A prior suicide attempt is the single most important risk factor for suicide in the general population, Suicide is the second leading cause of death among 15–29-year-olds, 75% of global suicides occur in low- and middle-income countries, ingestion of pesticide, hanging and firearms are among the most common methods of suicide globally.

Every year more than 800 000 people take their own life and there are many more people who attempt suicide. Every suicide is a tragedy that affects families, communities and entire countries and has long-lasting effects on the people left behind. Suicide occurs throughout the lifespan and was the second leading cause of death among 15–29-year-olds globally in 2012.

Suicide does not just occur in high-income countries, but is a global phenomenon in all regions of the world. In fact, 75% of global suicides occurred in low- and middle-income countries in 2012.

Suicide is a serious public health problem; however, suicides are preventable with timely. So the present study has tried to explore the effect of Vipassana meditation on No-Collar workers.

VIPASSANA MEDITATION:-

Vipassana is the oldest of Buddhist meditation practices. Vipassana can be translated as "Insight," a clear awareness of exactly what is happening as it happens. To see things as they really are, in their true perspective, in their true nature. It is a practical technique of self-examination, a scientific method of self-observation that results in the total purification of the mind and the highest happiness of full liberation. The objective of the technique is to purify the mind. All human actions emanate from the mind and a pure mind is by nature full of love and compassion, sympathetic joy and equanimity. Sustained practice of Vipassana brings about the total transformation of the human personality. Vipassana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body which can be experienced directly by disciplined attention to the physical sensations that form the life of the body and that continuously interconnect and condition the life of the mind. It is this observation-based self-exploratory journey to the common root of mind and body that dissolves mental impurity resulting in a balanced mind full of love and compassion.

NO-COLLAR WORKERS:

No collar workers are defined as those people who are over qualified but unemployed or they are completely devoid of economic activities (ie educated unemployed). It has emerged as an emerging and growing elite in India and America. The definition of this type of workers is self explanatory as why the present has chosen this sample for the study. Since all the No-collar workers are highly qualified yet they are unemployed. This unemployment generates feeling of self devaluation, inferiority and depression among them in the long run because their unemployment not only proves detrimental for their economical and social survival but it also hampers their psychological well-being. All these negativity produces depression and suicidal ideation among them. So the present study has tried to identify their suicidal thoughts as well as the effectiveness of the therapy in controlling their suicidal thoughts.

METHODOLOGY OBJECTIVES:-

1. To identify the suicidal-Ideation among No-Collar Workers.
2. To identify the effectiveness of Vipassana Meditation in controlling Suicidal Ideation of No-Collar Workers.
3. To identify gender difference on Suicidal-Ideation among male and female No-Collar Workers..

HYPOTHESES

1. Vipassana Meditation would significantly decrease the Suicidal Ideation among No-Collar workers.
2. There would be significant gender differences on Suicidal-Ideation among male and female No-Collar workers.

SAMPLE

A sample of 100 No-Collar Workers (50- Males & 50 Females) were chosen from Dehradun city. Only those respondents were selected for the study who were highly qualified such as some respondents were PhD holders while some were Engineers, Software designers, Accountants etc but were unemployed. Another precaution was made while selecting the candidates for the study ie only those respondents were selected for the study who were found to report high level of suicidal ideation and candidates ranging from 26 years to 36 years were taken for the study.

RESEARCH DESIGN

The design which is used to conceptualize the study and analyzed the data was 2x2 factorial design with two independent variables: one being Before and after conditions of Vipassana therapy and another being gender of the respondents.

TOOLUSED

1.THE MODIFIED SCALE FOR SUICIDAL IDEATION BY MILLER, NORMAN, BISHOP, & DOW, 1986.

The Modified Scale for Suicide Ideation (MSSI; Miller, Norman, Bishop, & Dow, 1986) is a revised version of the Scale for Suicide Ideation. The MSSI is an 18 item scale that contains 13 items from the SSI and 5 additional items. These new items are related to intensity of ideation, courage and competence to attempt, and talk and writing about death. The MSSI was designed to be a semi-structured interview that could be administered by both professionals and paraprofessionals. The MSSI assesses suicide symptoms over the past year. The first 4 items have been designated as screening items to identify those individuals whose suicide ideation is severe enough to warrant the administration of the entire scale. Each item is rated on a 0-3 point scale and the ratings are summed to yield a total score ranging from 0 to 54. The MSSI takes approximately 10 minutes to administer.

2.VIPASSANA MEDITATION:

Vipassana is a form of mental training that will teach you to experience the world in an entirely new way. You will learn for the first time what is truly happening to you, around you and within you. It is a process of self-discovery, a participatory investigation in which you observe your own experiences while participating in them as they occur.

STEPS OF VIPASSANA MEDITATION

- Quiet location to meditate, sit in a comfortable position, close your eyes
- Start breathing normally.
- Focus on a portion of the breathing
- Find a beginning, middle, and an end to the breathing.
- Visualize the abdomen rising and falling.

PROCEDURE:

All the participants of the study were individually informed about the purpose of the study and were applied with Suicidal-Ideation Scale. After the pre test the respondents reporting high Suicidal Ideation were provided with the sessions of Vipassana meditation thrice in a week for 2 months by the researcher, while in other days they were instructed to practice the techniques by themselves twice a day i.e. early in the morning and at bed time. The participants were provided with daily record sheets which they fill up regularly and were checked twice weekly. After 2 months post test was taken and the pre- test and post-test scores were statistically analyzed by means of ANOVA to test the significance of difference.

STATISTICAL-ANALYSIS:

The obtained data were analyzed using Mean,SD and ANOVA.

Table-1: Mean and SD on Suicidal Ideation among No-Collar Workers

	Pretest		PostTest		Total	
	Mean	SD	Mean	SD	Mean	SD
Males	11.09	3.39	5.69	2.51	8.39	2.95
Females	14.60	2.72	5.49	1.49	10.04	2.11
Total	13.24	3.05	5.59	2.01		

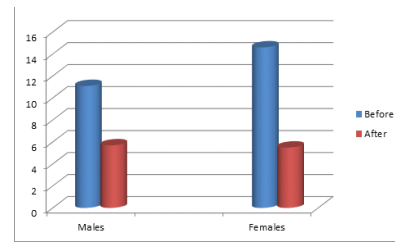
Table-2 Summary ANOVA on Suicidal-Ideation

	Vipp Tech	Gender	V*G
F-ratios	8.25**	10.92**	3.52*

**=Significant at .01 level

*=Significant at .05 level

Graph-1: Mean of Males and Females on Before and After conditions of Therapy



RESULTS AND DISCUSSION

Following results were obtained on the basis of data analysis

EFFECT OF VIPASSANA MEDITATION IN REDUCING SUICIDAL-IDEATION:

As it is clear from the inspection of Table-2 that significant differences were obtained in before and after conditions of Vipassana Meditation. It is further clear from the observation of Table-1 that after the introduction of intervention programme (Vipassana meditation) the suicidal ideation of the respondents was reduced significantly. These results support the first hypothesis stating that Vipassana Meditation would significantly decrease the Suicidal Ideation among No-Collar workers.

Since No-Collar workers are highly qualified yet they don't possess any job or career, it leads a lot of dissatisfaction towards life and society among them. The feeling of dissatisfaction gradually produces depression among them and this depression might develop feelings of suicide among them. The present study has selected only those respondents who were having high Suicidal Ideation. But after the intervention programme their Suicidal ideation was found to reduce drastically. (M=13.24 in before condition and M=5.59 in After condition).

Vipassana Meditation may help mitigate psychological and psychosomatic distress. All the respondents of Vipassana meditation pronounced improvement in anxiety and depression (Hussaini, 2001). Since Vipassana meditation is mind-body awareness, it may be used to produce general physical well-being. It can relieve minor psychological abnormalities like irritability and short temperedness.

Vipassana Meditation was found to reduce Suicidal ideation might be attributed to the fact that since Vipassana is to create awareness and this awareness of the deep consciousness, through practice of choiceless observation ie maintaining a state of equanimity through the experience in the practice, helps an individual to realize his/her actual potential that helps them to get rid of depression and reducing their suicidal ideation.

GENDER DIFFERENCES IN SUICIDAL IDEATION

As it is clear from the inspection of Table-2 that significant differences were obtained in among boys and girls on suicidal Ideation. It is further clear from the observation of Table-1 and Graph-1 that females of the present sample were found to report more Suicidal ideation as compared to males. These results support the second hypothesis of the present study stating that there would be significant gender differences on Suicidal- Ideation among male and female No-Collar workers.

The reason may be attributed to our societal structure & different varying practices for males & females. In line with these findings, Ehnvall et.al. (2008) reported that feeling rejected by parents was a significant predictor of lifetime suicide attempts for women, although not for males. Briere, (2015) reported deprived of love and emotional abuse; was strongly predict suicidal ideation for females as compared to males. A longitudinal study of patients with mood disorders found that women had more suicide attempts than men. (Simon et.al., 2000). Azorin et.al. (2014) also reported that females were more associated with suicide attempts. A nine country study reported that women had consistently higher rates for suicide attempts. (Weissman, Bland & Canino, 1999).

Gender-based violence is a significant predictor of suicidality in women, with more than 20% of women who have experienced violence attempting suicide. (Stark & Flitcraft, 1996). Rehman et. al.

(2012) has indicated that behavioral and emotional disorders are highly prevalent among female orphans than male orphans. Anderson et.al. (2002) reported an increased rate of suicide attempts in abused women compared to men, although investigators questioned whether the findings reflected higher abuse prevalence in women rather than differential susceptibility to the abuse. However, they found that early sexual abuse predicted suicidal behavior among adolescent girls but not among boys.

In contrast to the findings of the present study, Frild et.al. (2014) demonstrated that under conditions of stress, males were found to have more suicidal ideation. Schneider (2014) also found in a recent cohort study that male sex predicted risk for suicide. Fergusson and colleagues (2015) reported that teen boys who had been sexually abused displayed more suicidal behaviors than sexually abused girls. Diefenbah (2009) & NIMH (2009) in their collaborative study found no gender differences in number of suicide attempts Peter et.al (2004) conducted a study to identify the psychosocial problems of orphans and non-orphans. Findings showed that prevalence and seriousness of psychosocial problems (negative emotion, stigma, depression and behavioral problems) was higher among orphans than non-orphans. No gender differences were found in this study.

The results of the present study have also suggested that the interaction of Therapy and Gender was found to be significant (Table-2) which has suggested that males reported less Suicidal ideation after the intervention of Vipassana Meditation.

CONCLUSION

The results of the present study have suggested that Vipassana Meditation was found to be effective in reducing Suicidal Ideation of No-Collar workers. According to Boseley(2015), Unemployment causes 45,000 suicides a year worldwide. So the present study might prove to be beneficial in the counselling and therapy of the person suffering from Suicidal-Ideation. Suicidal-Ideation may be inferred from over suicidal behaviour and communications except for overt behaviour. The suicidal ideas category includes behaviour that may be directly observed or inferred as that are concerned with or move in the direction of a possible threat to the individual life. It is more likely to be present in No-Collar workers since they might feel dissatisfied with their lives. So Vipassana meditation which is a technique of arising awareness helps the individual to make them conscious of their own abilities and try to explore meaning in their life So the present study may prove fruitful for the counselling of No- Collar workers.

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