



ORIGINAL RESEARCH PAPER

Psychology

A STUDY OF SELF CONCEPT AND SUICIDAL IDEATION AMONG HOSTELITE & NON-HOSTELITE MALE ENGINEERING COLLEGE STUDENTS

KEY WORDS: Self-Concept, Suicidal Ideation, Engineering College Students. Hostelites, Day scholars.

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ABSTRACT

Rising aspirations of the youth in India for better job opportunities and acute shortage of seats is creating a lot of stress and anxiety among Indian students aspiring for engineering courses. Even after the entry in these professional colleges, list of problems and stressors is too long. Academic reasons like enormous syllabus, the difficulty of the curriculum, long studying hours, rigid authoritative and non-encouraging faculty, and emotional factors like lack of peer support, competitive environment, staying away from home, financial problems, uncertain future, cultural and minority issues are some of them. There is a mismatch between capability and expectation; increasing the levels of stress and anxiety among these students. This leads to suicidal behavior among government and private engineering colleges. The suicidal behavior of an individual begins with emotional turmoil, and ideation. This tendency would depend on many factors of personality. Another element playing an important role during this phase is Self-Concept (Self-Esteem). Low self-esteem could lead to isolation, negative thoughts, and depression. Conversely, high self-esteem is associated with high tone life, a greater control over emotions, less anxiety and greater capacity to cope with internal and external stress. The students undertaking technical education (Engineering) are at high risk, with increased stress about future. The present research was aimed at studying the Self-Concept and Suicidal Ideation among the Male Students, staying in Hostel & Day scholars in the Engineering Colleges of Nagpur region. Sample size comprised of 350 undergraduate male students of engineering colleges from different branches. The hypotheses were tested using the 't' test for knowing whether there was any difference in the mean scores of Male students staying in Hostel & Day scholars for Self-Concept & Suicidal Ideation separately. Two tests were used for the research; Self-Concept Questionnaire (SCQ) standardized by Saraswat Raj Kumar (1984), and Suicide Probability Scale (SPS) prepared by John G. Cull & Wayne S. Gill (1989). The outcome of the study revealed that: 1. There is no significant difference in the Self-Concept of Male Engineering College Students staying at hostel as compared to the Day scholars ($t > 0.01$). 2. The Suicidal Ideation of male day scholars is significantly higher as compared to Male students staying in the hostel ($t < 0.01$).

INTRODUCTION:

University students are a special group of people that are enduring a critical transitory period in which they are moving from adolescence to adulthood and making many major life decisions. Studies have shown that prevalence of depression among young adults seems to be increasing mentioned by Kessler RC, Walters EE.(1998) and this can lead to impairment in the development of professional, academic, and social skills. Henderson P, Johnson MH (2002). Academic burden, though have been identified as source of depression. In addition, there is a strong relationship between severity of depressive symptoms and Suicidal Ideation in college students. Garlow SJ, Rosenberg J, et al. (2008). It is important to study Suicidal Ideation symptoms among university students because most lifetime mental disorders have their first onset during the typical university age 18. In this vital stage, undergraduate students can face many problems, such as accommodation, interpersonal relationships, competition and difficulties in academic studies, economic stress, and struggles with making important decisions. The primary aim of present study was to find Self-Concept & Suicidal Ideation amongst engineering college students.

Suicide has unique epidemiological characteristics that make it an important public concern. Frequent incidences of Suicide among university students has become a serious public health problem, and the rise in the student suicide rate has led to an increasing number of studies on the factors that explain suicidal behaviour. Suicidal Ideation among students is defined as the wish, thought or desire to take one's own life violently due to a variety of internal and external causes, such as personality, undesirable emotions and school life and many more. O'Carroll, P.W.; Berman et al. (1996). Information on Suicidal Ideation can be utilized to predict suicide and can act as a guide for suicide prevention.

According to AICTE's report, in 2009 the total intake for Engineering was 17, 00,325 and in 2012-13 it was 34, 49,355. In four years, the number of engineering colleges have grown to 12,000 & 10,400, with a total capacity of 50 Lakh seats. This is indicative of the tremendous competition the young students will be facing in future.

Unlimited pressure on the young shoulders from parents, society & self is developed at this age. Not necessarily, everyone is able to sustain this pressure. Development of personality either strong or weak happens in this age & stage. Obviously many reasons can be attributed for increase in suicidal rate of college students i.e. responsibility, family setup, low Self-Concept, parenting styles, emotional intelligence etc. are few of them.

Hurlock E.B. (2006) mentions about personality changes happening in this age. Stating that suicide or attempts of suicide are becoming increasingly common among today's youths. Studies of adolescent suicide have disclosed that the median age is 16 years. Many boys and girls who commit or attempt to commit suicide have been socially isolated, from the group.

SUICIDAL IDEATION

Suicidal Ideation is a medical term for thoughts about or an unusual preoccupation with suicide. The range of Suicidal Ideation varies greatly from fleeting to detailed planning, role playing, self-harm and unsuccessful attempts, which may be deliberately constructed to fail or be discovered, or may be fully intended to result in death. Although most people who undergo Suicidal Ideation do not go on to make suicide attempts, a significant proportion do. Suicidal Ideation is generally associated with depression; however, it seems to have associations with many other psychiatric disorders, life events, and family events, all of which may increase the risk of suicidal ideation. Suicidal behavior has different levels: ideation, contemplation, planning and preparation, attempt, and consummation. Suicide ideates are defined as those who consider ending their lives but have not yet fully implemented a suicide plan or performed any potentially lethal act.

SELF-CONCEPT:

According to Carl Rogers (1959,1961), Self-Concept has three different components; the view you have of yourself (Self-image), how much value you place on yourself (Self-esteem), and what you wish you were really like (Ideal self)

Self-Concept is defined as the sum total of person's perceptions

about his /her physical, social, temperamental and academic competence. It covers beliefs, convictions and values the person holds. It also includes attitudes of himself /herself. His/her worth, his or her right to have own feelings and thoughts and making own decisions. In fact, Self-Concept comprises of various factors including self-esteem, self-worth, ego, and self-efficacy.

The Self-Concept is the individual's view, feeling, thinking and his way of looking at himself in various aspects yielding six dimensions as well as total Self-Concept. The six dimensions are given below:

1. Physical – Individuals view of their body, health, physical appearance and strength.
2. Social – Individuals sense of worth in social interactions
3. Temperamental – Individuals view of their prevailing emotional state or predominance of a particular kind of emotional action.
4. Educational – Individuals view of themselves in relation to school, teachers and extracurricular activities.
5. Moral – Individuals estimation of their moral worth, right and wrong activities.
6. Intellectual – Individuals perception about his/her intellect

A child who has an adequate Self-Concept is likely to follow the problem solving approach and tends to be spontaneous, creative and original. He trusts himself and is free to accept others without any negative feelings. As against this, a child with distorted or inadequate Self-Concept does not come to grips with the problems of life. He /she tends to view himself as unwanted, unaccepted, incompetent, more anxious and less adjusted, less effective in groups and develops inferiority complex, he/she is also likely to exhibit a large extent of anxiety in her/his behavior. Due to poor Self-Concepts, such children have lack of confidence in the mastery of environment and leads to academic failures.

Personality of an individual is an identity that is molded by many factors i.e., socialization, training, life experiences, social perception and education. The structure in which person acquires education also have strong impact on the development of person's personality.

In this study the investigator has tried to understand how day Scholar and Hostlers differ in few psychological attributes i.e. the behavior patterns, thoughts, beliefs and ideologies, patterns of socialization, emotional bonding, Self-Concept, perceived parenting style, emotional intelligence & suicidal ideation.

REVIEW OF LITERATURE:

To understand the various aspects related to the suicidal ideation, Self-Concept of engineering student's review of literature was done. Individuals with Maladjusted Backgrounds, poor Self-Concept, Emotional Disturbance, and poor Social Achievement levels cannot contribute to their optimal potential, in the society.

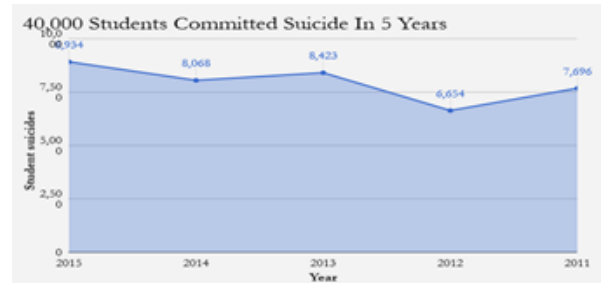
Bergin. A (1983) investigated the personality of hostellers and non-hostellers. He found that there was significant difference between both groups on major dimensions of the personality. Day scholars were proved to be healthier (physically and emotionally) and especially possess better Self-Concept than day boarders.

Bronfenbrenner, (2007) found that, in a home's environment a child gets the undivided attention of the parent and thus is able to overcome and comprehend academic issues at a deeper level as well as at a faster pace.

The purpose of the study conducted by Chinky Upadhyaya (2016) was to find out the differences in adjustment among Day Scholars and Hostel students from Meerut District, in Uttar Pradesh. 600 School students were selected by random sampling method. Sample consists of 300 Day Scholars (150 Males and 150 Females) and 300 Hostel students (150 Males and 150 Females). The data was collected with the help of Bell's adjustment inventory. Results revealed that Day Scholars and Hostel students differed significantly on home, health, social, emotional and overall adjustment, and that the levels of overall adjustment with the hostelites was significantly better than the non-hostelites.

Many reasons being attributed to the suicidal ideation. Review of literature in India & Abroad reveals certain factors mainly responsible for suicidal tendency. Many studies were found relating to suicidal ideation, with different aspects of life, may it be factors related to nature & nurture both. But a combined study of Self-concept, Suicidal Ideation and Emotional Intelligence was not found.

Sumit Kumar Singh (2012) mentions, "a high expectation to secure seats in prestigious institutes is a main reason for suicides". Despite the existence of umpteen numbers of help lines and widespread counseling, students in the Capital continue to take the extreme step due to exam related stress. Going by the statistics, 40000 students killed themselves in five years from (2011 to 2015) due to stress over examinations. According to the National Crime Records Bureau.



Source: National Crime Records Bureau (2015)

Psychologists say a high expectation to secure a seat in a prestigious institute is the main reason for driving a student to the edge. They also blame the increasing communication gap between children and parents, which adds more pressure to the former.

"We don't have a single answer to the question of students' suicide. The reasons are pressure, competition, societal expectations and anxiety, possibly a lot of emotional disturbance, which is high among the young," says Dr Bhatia Rani, head of psychiatry department at St Stephen's Hospital. Bhatia says one must try to understand suicide in "different dimensions". (2013) State wise figures as per National Crime Records Bureau (2015), Maharashtra has the highest number of student's suicide across India. Which is defiantly a matter of concern.

A study conducted by Raghav Arora, Lakhan Kataria at el. (2014) to find out the prevalence of depression among undergraduate students and finding correlation between various demographic variables and depression. Cross sectional study carried on 1066 under graduate students of medical, dental, engineering and basic science branches. In this study, prevalence of depression was found more in Male students (29.75%) than female students (23.36%). Highest depression was found in basic Science undergraduate students (34.53%) followed by engineering undergraduate students (22.82%) followed by MBBS students (18.99%) and least in dental undergraduate students (17.54%). Students living at hostel (24.10%) showed least depression and maximum depression was found in students living at private rooms (31.54%).

All of these reviews of literature suggest a study to be conducted to understand the relationship between Self-Concept and Suicidal Ideation in Male Engineering College Students staying in hostel or are day scholars.

OBJECTIVES:

1. To study the Self-Concept of Male engineering students staying in hostel & male Day scholars. (Staying at home)
2. To study Suicidal Ideation of Male engineering students staying in hostel & male Day scholars. (Staying at home)

HYPOTHESES:

1. The Male students not staying in a hostel have a significantly better Self-Concept as compared to those Male students staying in the hostel.

2. The Male students staying in hostel have higher level of Suicidal Ideation than the Male students staying at Home do.

METHODOLOGY:

This study was conducted in Nagpur District in Maharashtra, India. Sample comprised of undergraduate students of engineering colleges (i.e. Government & Private) from different branches. Purposive sampling was done for the study. Students from 18 years to 22 years of age studying in all academic years were included. Data was collected from July 2016 to November 2016. Sample size comprised of total 350 Male Engineering College students.

TOOLS USED:

1. Suicide probability scale (SPS) Constructed and standardized by John G. Cull & Wayne S. Gill was used to assess Suicidal Ideation. The Suicide Probability Scale (SPS) is a rapid, accurate and empirically validated measure of suicide risk in individuals over 13 years of age. The scale is composed of 36 items that describe particular feelings and behaviors.
2. The self-concept questionnaire (SCQ) constructed and standardized by Dr. Raj Kumar Saraswat was used to assess self-concept of the participants. It consists 48 items and six dimensions. Each dimension contains eight items. Each item is provided with five alternatives. Test is available in Hindi and English. This test measures 6 major areas of an individual i.e.

Physical, Social, Temperamental, Moral, Educational and Intellectual Self-Concept. High score in this inventory indicates a higher self-concept, while a low score shows low self-concept.

Data thus generated was tabulated and categorized and analysis was done. Suitable statistical analysis mean, standard deviation was calculated, and the data was treated with 't' test to compare the difference between means.

RESULTS & DISCUSSION:

The present study was conducted to study the self-concept of Male Engineering College Students staying in hostel & students staying at home of Nagpur region. Moreover, Suicidal Ideation was also studied among the same subjects. For testing the hypothesis, the test of significance (t-test) was used to calculate the differences (if any) between Means of the two groups i.e., between the self-concept of Male students staying in Hostel & Male Engineering College Students staying at home, and the Suicidal Ideation of the same group.

The calculations were done with the help of Microsoft Excel and Data tool-pack was used for statistical analysis. The following results were obtained.

Table No. 1 for 't' Value of SELF-CONCEPT for Male Day Scholars & Hostellers.

HYPOTHESIS: 1

SELF-CONCEPT of Male Students						
	Students	N	Mean	SD	t-value	p value
Physical	Day Scholars	150	28.91	3.67	0.79	0.43
	Hostelites	215	28.60	3.67		
Social	Day Scholars	146	29.29	3.67	0.86	0.39
	Hostelites	209	28.95	3.51		
Temperamental	Day Scholars	147	29.51	3.66	1.15	0.25
	Hostelites	210	29.06	3.66		
Educational	Day Scholars	131	26.95	3.55	3.39	0.00 **
	Hostelites	179	28.34	3.54		
Moral	Day Scholars	143	30.34	3.55	0.24	0.81
	Hostelites	211	30.24	3.65		
Intellectual	Day Scholars	146	25.91	3.41	2.39	0.02 *
	Hostelites	216	26.81	3.60		
Total	Day Scholars	141	164.54	17.31	1.19	0.24
	Hostelites	205	162.33	16.56		

Table No.1 Shows the 't' value for comparing the Mean values of the two groups of Male students staying in Hostel & Students staying at home. The calculated value of 't' is 1.19, and the p-value is not insignificant, so hypothesis No.1 that, "The Male students not staying in a hostel have a significantly better Self-Concept as compared to those Male students staying in the hostel" is rejected (t>0.01). Comparing the means, we can surely say that there is no significant difference in the Self-Concept of Male students staying

in hostel & day scholars. May be because Self-Concept is developed at a very early stage of life. However, on the other dimensions of self-concept like Educational self-concept ('t' is 3.39) and Intellectual self-concept ('t' is 2.39) the hostelites differ significantly as compared to the Day scholars. Comparing the Mean Values we can say that, the Male Engineering College Students staying in hostel have better Educational self-concept & better Intellectual self-concept than their counter-parts do.

HYPOTHESIS: 2

SUICIDAL IDEATION of Male Students						
	Students	N	Mean	Std. Deviation	t-value	p value
Hopelessness	Day Scholars	113	22.12	3.73	6.001	0.00 **
	Hostelites	163	19.39	3.69		
Suicide Ideation	Day Scholars	127	15.91	3.60	1.699	0.09
	Hostelites	195	15.20	3.71		
Negative Self Evaluation	Day Scholars	150	13.72	3.44	0.104	0.92
	Hostelites	186	13.68	3.00		
Hostility	Day Scholars	150	12.63	3.39	0.429	0.67
	Hostelites	217	12.47	3.25		
Total	Day Scholars	143	62.18	10.76	2.786	0.01**
	Hostelites	215	58.89	11.20		

Table No. 2 Shows the Mean values of the two groups of Male students staying in Hostel & Male Engineering College Students

staying at home. The calculated value of 't' is **2.786** which is greater than the critical value, hence we may conclude that there is a

significant difference between the Suicidal Ideation of Male hostellers & Male Engineering College Students staying at Home. So the hypothesis No.2 is **rejected** ($t>0.01$) as it says 'The Male students staying in hostel have higher level of Suicidal Ideation than the Male students staying at Home.'

Referring other area of the test, it was observed that there was no significant difference amongst Male Engineering College students living in hostel & Male students living at home on the dimension of Suicide Ideation ($t=1.699$), Negative Self Evaluation ($t=0.104$) and Hostility ($t=0.429$).

But, there is significant difference on Hopelessness ($t= 6.001$, $p < 0.01$) at both the significance levels and at the total Suicidal Ideation ($t= 2.786$) which means that, in totality, the Suicidal Ideation is significantly higher in Day scholars as compared to hostellers.

CONCLUSION:

In the present study, hypothesis No.1 that, "The Male Day Scholars Engineering College Students have a significantly better Self-Concept as compared to the hostelites" is **rejected** ($t>0.01$). Indicating that there is no significant difference in the Self-Concept of both the groups i.e. hostelites & Non-Hostelites. The probable reason for this result could be identified with the development of Self-Concept at a very early stage of life (Rogers,1961). By comparing ourselves with others. In addition, that the difference if any may have come by chance.

Moreover, rejection of Hypothesis No 2, indicates that the Suicidal Ideation in Day Scholars is significantly higher than that of the Hostelites, which substantiates the earlier researches done on Hostelites & Non-Hostelites. In hostels, students learns courage and spirit from other students, and that may help students to face the practical life more confidently (Ahmad, 2006). The fact that hostel life imparts a different life skills training, as compared to the supported life with Parents, is proved true.

RECOMMENDATIONS & SUGGESTIONS:

The study was limited to a particular region, considering availability of time, & money. Although the sample was statistically large, as compared to the Engineering College Students population it is still small. Further study could be done with a spectrum of students from various states. Moreover, the various other traits of Personality, Emotional Intelligence, Perceived Parenting Styles, may be studied to understand the underlined cause of Suicidal Ideation in Engineering College Students.

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