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A Study Of Suicidal Ideation Among Facebook Users In Tribal Adolescents

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Abstract:

Adolescence is one of the most crucial stages of human development that is marked by a massive physical, emotional, social, and psychological transformation. Over the past years, there has been integration of digital communication systems (Facebook) in the lives of adolescents. Facebook allows users to create personal profiles, provide personal communication, socialize with others, and find social support in terms of likes, comments, and shares. The tribal adolescents are a socially and culturally different population in the Indian society; tribal adolescents are often marginalized, have limited access to education facilities, and are socio-economically unprivileged. As smartphones and internet penetrate the tribal areas, Facebook usage among the tribal teenagers is increasing significantly. The objective of the current research was to determine the extent, prevalence and the level of suicide ideation among the tribal and the non-tribal adolescents who were using Facebook. The total number of sampled students was 240 adolescent students who represented the various schools in the Palamau division of Garhwa and Daltonganj. The sample was identified through purposive, where the participants were required to fulfil some specified inclusion and exclusion criteria. The tools used were a socio-demographic and clinical data sheet and Suicidal Ideation Scale. The findings showed that there was a variation in suicidal ideation among the groups. The suicidal ideation was found to be higher in non-tribal adolescents than in tribal adolescents. Further, the suicide ideation was found to differ in relation to age and socioeconomic status. Suicidal ideation also varied between the tribal and non- tribal adolescents.

Key words: Suicidal ideation, Facebook Users, Tribal, Adolescents

Introduction: Adolescence is a crucial stage of human development marked by rapid physical, emotional, social, and psychological changes. During this period, the formation of self-concept and self-esteem plays a vital role in determining an individual's mental health and adjustment. In recent years, social media platforms such as Facebook have become an integral part of adolescents' daily lives. Facebook allows users to create profiles, share personal information, interact with peers, and seek social approval through likes, comments, and shares. While these features may enhance social connectedness, they may also lead to social comparison, cyberbullying, and dependency on virtual validation, which can negatively affect positive thought.

Tribal adolescents represent a socially and culturally distinct group in Indian society. They often experience marginalization, limited access to educational resources, and socio-economic disadvantages. With increasing penetration of smartphones and internet facilities in tribal areas, Facebook usage among tribal adolescents has increased significantly.

The purpose of Waters (2015) was to create a paradigm shift when it comes to interpreting the experience of parents who struggle with the process of raising children with special needs as well as the stressors associated with it. In the said research, 103 participants were a sample of children with a certain learning disability (SLD). It was determined that the children were tested with situational tests that assessed the degree of stress level in children, whereas the parents were evaluated with the help of multiple measures that were concerned with particular parenting strategies that are anchored on strengths, levels of stress and application of the strength-based parenting technique and management strategies. The hypothesis of the author was supported: the negative dependence between the application of strength-based management techniques and the stress level among children was statistically significant (when r is negative: $r = -0.52$). That is, children whose caregivers used less strength-based parenting strategies had a greater level of stress. Positive relations between strength-based parenting and Facebook represents a new dimension for global information sharing.

Suicidal behaviours and attempts are increasingly reported on Facebook. This scoping review explores the various aspects of suicidal behaviours associated with Facebook, discussing the challenges and preventive measures. Methods: PubMed, Google Scholar, and Scopus were searched for related articles published in English up to October 2021, using different combinations of "Facebook" and "suicide". A group of experts comprising consultant psychiatrists screened their cords and read the full- text articles to extract relevant data. Twenty-eight articles were chosen as relevant and included in the review under four selected themes. Results: Facebook impacts on suicidal behaviours in different aspects. Announcing suicides through sharing notes or personal information may lead to the prediction of suicide but be harmful to the online audience. Live-streaming videos of suicide is another aspect that questions Facebook's ability to monitor shared contents that can negatively affect the audience. A positive impact is helping bereaved families to share feelings and seek support online, commemorating the lost person by sharing their photos. Moreover,

it can provide real-world details of everyday user behaviours, which help predict suicide risk, primarily through novel machine-learning techniques, and provide early warning and valuable help to prevent it. It can also provide a timeline of the user's activities and state of mind before suicide. It may be said that social media can detect suicidal tendencies, support those seeking help, comfort family and friends with their grief, and provide insights via timelining the users' activities leading to their suicide. One of the limitations was the lack of quantitative studies evaluating preventative efforts on Facebook. The creators' commitment and the users' social responsibility will be required to create a mentally healthy Facebook environment. An emerging trend in the last few years is announcing suicide on Facebook. It is observed that young people who self-harm use the Internet frequently to express their distress, and there is a rising trend of people dying by suicide after posting on social media, which is found to have assortative patterns. Certain users post the irritant publicly on social media and then die by suicide, and a number of such cases have been reported.

According to Radhakrishnan and Andrade (2012), 15-29 years old were the highest common age group for suicides in which 35% of all deaths from suicide occurred. Their discoveries also showed that suicidal ideation was most common among those aged 16 to 45 during early youth and young adulthood when at high risk.

The international literature also shows that large numbers of adolescents have suicidal thoughts. Ruplatsikiras and others (2007) using data from the 2004, Global School Based Health Survey reported that nearly one in five adolescents in Guyana had seriously considered suicide in the past year. There was a significantly higher prevalence among girls than boys in suicidal thought suggesting and significant gender difference.

In its broadest sense suicidal ideation is generally considered to be the presence of thoughts, desires or plans concerning death by suicide (Klonsky et al 2016.) These thoughts may be transient and fleeting or more detailed planning and obsessive preoccupation with self-injury.

Studies by Dandona et al (2018) specifically highlight that the determinants of suicide ideation are diverse across geographies and demographic entities. Such realities provide a sense of urgency for the development of broad-based preventive interventions and policy environment sensitive to the considerable heterogeneity that characterises India.

Boteega and et al (2005) had a prevalence of suicidal ideation of 17.6 % in adolescents. For Caribbean - descent black people in the US studies have also shown that the rate of suicidal thoughts was about 11% suggesting some cultural and ethnic differences.

Lee MT et al (2006) reported in their study of adolescents in Hong Kong such a sizeable percentage experienced to a more or less severe extent suicidal mention that only reporting nothing as averages. Older youths reported more ideation compared to younger students which may imply that vulnerability for suicidal behavior grows with the increase in age throughout adolescent development.

According to Manson et al (1989) based on the boarding school students survey, stressful life events were associated with suicide risk but only at a moderate level of power and with regard that environmental stressors in combination with other more generalized psychological and social factors rather than independently control this relationship.

In the USA, thirty veterans were recruited through Facebook, and semi-structured interviews were held on responding to friends' emotional distress on social media and potential interventions. Many veterans showed hesitancy when posting about their troubles on Facebook but were willing to reach out to help other peers. Training veterans in suicide prevention could prove vital to their competence in responding to these distressing posts. (Teo et al., 2020)

In Australia ten researchers, 13 organisations, and 64 users were consulted on risks of Facebook use. Social media allows users to talk to others with similar issues and provide emotional support. The benefits of social media suicide prevention initiatives far outweigh any risk associated. (Robinson et al., 2015)

More people sharing personal information openly on Facebook allows them a chance to reach out to others even without knowing them. There are several reports of reported suicides where a suicide note was shared on Facebook beforehand. In emotionally distressful situations, it may be possible to offer support and prevent a potential suicide. By analysing public posts and suicide notes, social media platforms should identify users at an elevated risk and provide online support. Suicide notes found on Facebook were associated with a younger age, psycho active substance use, and previous non-suicidal self-injury in the individual.

Multi-task artificial neural network models analyzing. Facebook posts could predict suicide risk better than a single-task model. This will facilitate building tools to predict suicide risk among users correctly and has successfully dealt with crises in inpatient settings.

Our scoping review showed both positive and negative effects of Facebook on suicidal behaviour. It provided an audience to express distress and live-stream harmful behaviour. On the other hand, Facebook allowed loved ones to mourn virtually and share their grief with others. Further, limited studies showed that Facebook could provide opportunities to prevent suicides and function as a protective agent.

Social media allows users to talk to others with similar issues and provide emotional support. The benefits of social media suicide prevention initiatives far outweigh any risk associated. (Robinson et al., 2015).

However, limited research has focused on how Facebook use influences their positive thoughts as well as suicidal ideation. The present study attempts to fill this research gap by examining suicidal ideation among Facebook-using tribal adolescents.

Objective: The following objective was prepared for the present study:

1. To assess the level, prevalence and extent of Suicidal ideation among Facebook user Tribal adolescents and non-tribal adolescents.

Hypotheses: The following hypothesis was prepared for Present research.

Hypotheses:

H01- There is no variation in prevalence and level of suicidal ideation with gender, age, ethnicity and SES among Facebook user between Tribal adolescents and non-tribal adolescents.

H02- There is no significant difference in suicidal ideation among Facebook user between Tribal adolescents and non-tribal adolescents.

Method:

Research design:

In the current investigation cross sectional, and comparative non-experimental design was used.

Sample:

For the present Study, the total sample was comprising 240 adolescent students from different School of Palamau division Garhwa and Daltonganj. The sample was selected by purposive sampling technique. The stratification was based on Ethnicity (Tribal and Non-Tribal) age 15-18 and SES (High & Low). High SES demotes the group which belongs to high parental occupational Status (School Teacher, Professor, Advocate etc), Low SES denotes the group which belongs to low-parental Income 15000 or below per month and low parental occupation Status (Sweeper, cycle repairing) etc.

Inclusion criteria:

- Subject with age 15-18 both Ethnicity
- Subject with high and low SES backgrounds were included.
- Only Tribal and Non-Tribal adolescent Student were Included.
- Only Government School Students were Included.
- Only student from the urban background were Included.

Exclusion criteria:

- Below 14 years as well as above 19 years were excluded.
- Christian and Sikh Students were excluded.
- Middle SES Students were excluded.
- Private School Students were excluded.
- Student from the rural area were excluded.

Tools used for data collection:

1.Sociodemographic and Personal Data Sheet: This was prepared by the Investigator to collect the socio demographic details of the participants. Where relevant information collected regarding the Criteria of Sampling such as the subject, age, gender, education, socio-economic states and residential background of the Subjects.

2. Suicidal Ideation Scale:

This scale was developed by Sisodia and Bhatnagar (2011) using the likert-technique with the aim to measure Suicidal Ideation. This scale consists of 25 items with alternative options like strongly agree, agree, undecided, disagree and strongly disagree. The scale comprises 25 Statements. The scale consists of 21 positive statements and 4 negative statements.

Higher scores indicate higher levels of distress.

Procedure: The participants, or their parents, if necessary, gave their full consent. They were informed of the study's purpose, and all their inquiries were addressed.

Data Collection: The researcher went to the field first to the mainstream schools, principals of the respective school were contacted and they were informed about the purpose and importance of the study. The test was administered in sessions. Relevant information was gathered and recorded on personal data sheet.

Statistical analysis: Using a proper statistical method to analyse the data involved using SPSS v 22.0. If the data was able to be categorized, they were represented as a percentage; if the data could be measured as a continuous measure, a Mean, Standard Deviation, Percentage and t-Ratio were calculated.

Result and discussion:

1.H01- There is no variation in prevalence and level of suicidal ideation with, age, ethnicity and SES among Facebook user between Tribal adolescents and non-tribal adolescents.

Table 1: Level of Suicidal Ideation among Total Sample:

	Number of Adolescents	(%) Percentage of Adolescents
Very High	4	1.67
High	17	7.08
Average	95	39.58
Low	51	21.25
Very Low	73	30.42

From above table it is clear that, most of the adolescents among total sample were found average level of suicidal adolescents (39.58%), 1.67 % adolescents were found among very high level of suicidal ideation, 21.25% of adolescents were found having low level of suicidal ideation, 30.42 % adolescents were found having very low level of suicidal ideation.

Table: 2 Level of Suicidal Ideation among Tribal and Non-Tribal Adolescents:

Level	No. of Tribal Adolescents	No. of Non-Tribal Adolescents	% of Tribal Adolescents	% of Non-Tribal Adolescents
Very High	0	4	0	3.33
High	8	9	6.67	7.50
Average	46	49	38.33	40.83
Low	27	24	22.50	20.00
Very Low	39	34	32.50	28.33

It was clear from above table that most of the Tribal and Non-Tribal both were average level of Suicidal Ideation 38.33 and 40.83 % respectively, 3.33% non-Tribal were found having very high level of Suicidal Ideation on the contrary tribal were having no suicidal ideation.6.67 Tribal and 7.50 Non-Tribal adolescents were found having high & 32.50 Tribal and 28.33 % Non-Tribal adolescents were found having very low level of suicidal ideation.

Table 3: Level of Suicidal ideation among Age 15 and Age 18 i.e. Age-1 and Age- 2 group of adolescents:

Level	No. of Age-1 Adolescents	No. of Age-2 Adolescents	%Age-1	%Age-2
Very High	2	2	1.67	1.67
High	9	8	7.50	6.67
Average	41	54	34.17	45
Low	31	20	25.83	16.67
Very Low	37	36	30.83	30

From the above table it was clear that among adolescents of 34.17 % adolescents of high age group and 45% of low age group adolescents were found having average level of Suicidal ideation .1.67% of both high age group and low age group were found having very high level of Suicidal Ideation. 7.50% adolescents of high age group and 6.67% adolescents of low age group were found having high level of suicidal ideation. 25.83 % of the students of high age group and 16.67% adolescent of were found having low level of Suicidal Ideation 30.83% of the adolescents of high age group and 30% of the adolescents of low age group were found having very low level of suicidal Ideation.

Table 4 : Level of Suicidal Ideation among High and low SES adolescents.

Level	No. of high SES	No. of Low SES	% of High SES	% of Low SES
Very High	4	0	03.33	0
High	17	0	14.17	0
Average	68	27	56.67	22.50
Low	2	49	1.67	40.83
Very Low	29	44	24.17	36.67

From above table it was clear that among adolescents of high SES 56.67%, among low group SES 22.50% were found having average level of Suicidal ideation. 3.33% adolescents of high SES group and none of

the low SES group were found having very high-level suicidal ideation. 1.67% of the adolescents of high SES group were found having low level of suicidal ideation while 40.83% of low SES group of adolescents were found having low level of suicidal ideations. 24.17% of high SES group and 36.67% of low SES group of adolescents, found having very low level of suicidal ideation.

Therefore, it may say the levels of suicidal ideation vary among total sample and groups. It means level of suicidal ideation have different extent according to, age, and SES. Hence the hypothesis that prevalence and level of suicidal ideation adolescents don't varies with, age, ethnicity and SES is rejected here.

Table 5 : Effect of Ethnicity on Suicidal Ideation.

Mean SD and t-value of adolescents of Tribal and Non-Tribal (Ethnicity)

Group	N	Mean	SD	Mean Difference	DF	t-value	F
Tribal	100	41.18	22.58	18.89	2.38	6.40	0.01
Non- Tribal	100	60.07	23.00				

It had been observed that mean score of Tribal and Non-Tribal group adolescents on suicidal Ideation was found 41.18 and 60.07 where mean difference was found 18.89, t-value was found 6.40 which is significant at 0.01 level. Which means there exists significant difference between mean of Tribal and Non-Tribal, and also been observed that non-Tribal adolescents were having higher level of Suicidal ideation as compare to Tribal adolescents. Hence the second Hypothesis, there will be no significant difference on suicidal Ideation between Tribal and Non-Tribal Students is rejected here.

Conclusion; It was found that each group varies on variable of Suicidal Ideation. On-tribal adolescents were having more suicidal ideation in comparison to tribal adolescents. Further it was identified that suicidal ideation varies in terms of age and SES. Level of Suicidal Ideation also varies between Tribal and Non-Tribal Adolescents.

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