



# A Study Of Depression And Stressful Life Events In Prediction Of Suicidal Ideation Among Facebook Users Tribal Adolescents

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## Abstract:

In the last few years, we have seen an introduction of digital communication systems (Facebook) to the life of adolescents. The tribal adolescents are a culturally and socially dissimilar group of people within the Indian community; tribal adolescents are usually marginalized, access education facilities are limited, and they are socio-economically disadvantaged. Facebook is becoming a popular among the tribal teenagers as the smartphones and internet are penetrating into the tribal regions. Depression is a long-term mood disorder infecting most aspects in one's life in that one feels worthless, highly guilty, lonely, dejected, hopeless, self-doubtful of oneself as well as of their guilt and is the common symptom of depression. Stressful life events have serious adverse effects on the physical and psychological well-being. The aim of the present study was to investigate the relationship between depression, stressful life experiences and suicidal thoughts of Facebook user tribal adolescents and non - tribal ones. 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, Suicidal Ideation Scale, Stressful life Events Scale, and Beck Depression inventory (BDI). The findings showed that high levels of depression and stressful life events was both significantly associated with higher levels of suicidal ideation. The findings further supported that high depressive adolescents would have a higher level of suicidal ideation than low depressive adolescents and that adolescents experiencing high level of stress would have a higher level of suicidal ideation compared to those experiencing low levels of stress.

**Key words:** Suicidal ideation, Facebook Users, Depression, Stressful life events.

**Introduction:** Adolescence is an essential period of human development that is characterized by such significant changes as physical, emotional, social, and psychological ones. The tribal adolescents are a socio-culturally different group within Indian society. They usually feel marginalized, and there is a lack of access to education materials and are disadvantaged socio-economically.

Depression in adolescents occurs as a result of process of maturation and the stress accompanies it, the influence of hormones, child abuse, stressful life events like the loss of parents, stressful relationship with parents, emotional fatigue etc. Personality traits and the stressful life events also contribute significantly to development of suicidal behavior among the adolescents. Depression is a health complication. It is described by long lasting sadness or despair. Depression may shift thinking and feelings of a person and affect his or her social behaviour and well-being. It is a problem of all ages such as children and teenagers.

Depression is a chronic mood disorder, which has a long-term duration and has numerous implications on the overall life of a victim in the sense of selflessness, excess guilt, loneliness, despair, hopelessness, self-doubt and guilt are all typical symptoms. There is also the risk of suicidal thoughts. Normal everyday depression may take up a few minutes up to days. we have all had days or times when we found ourselves in a foul or sad mood. These are emotions that are afforded by the human condition. Severe and long-term depression on the other hand is a type of depression, which is not very common. You need to seek assistance in case you are experiencing a more severe depressive condition.

The suicidal ideation can be defined as the suicidal thoughts. The thoughts may be a comprehensive plan or a momentary thought. Suicidal thoughts are very common and most of the people experience this when stressed or depressed. They tend to be temporary and remediable but, in some cases, they expose the individual to suicide attempt and even suicide. Most of the individuals with suicidal ideations do not follow through with the thoughts but some attempt to kill themselves.

Stress comes as a response either physically, psychologically or emotionally to any physical, psychological or emotional exertion. The symptoms of stress are numerous both physical and mental and depend on the situation of every person. This may include physical and mental diseases. In the contemporary world, stress management is among the secrets to a joyful and prosperous life. We are stressed when faced with more than we are accustomed to. When we worry it is like our bodies are in danger. It generates chemicals that give boost to heart rate, accelerate breathing and give burst of energy.

Life event stressors or stressful life events are unwanted, unscheduled, normative and or uncontrollable discrete observable events that typically have a clear onset and offset that typically represent significant changes in life. Stressful events in life lead to consequences that are very adverse to both the physical and mental health.

Evidence suggests that using social media can adversely affect its users' mental health, mainly the young generation (Glazzard & Stones, 2019). Other studies reported that the excessive use of social media among young adults is associated with mental health problems, e.g. depression, anxiety, stress, and self-esteem (see Seabrook et al., 2016).

Many prior studies have explored the relationship of social media usage with the users' mental health problems (e.g. depression, anxiety, stress, loneliness, and self-esteem) among the various age group of people in developed countries (Glazzard & Stones, 2019). In the least developed countries such as Afghanistan, there is not enough relevant academic literature.

Depression might be caused by various factors; an earlier study of Rich & Scovel (1987) indicated that loneliness, interpersonal distrust, and neuroticism are strongly and consistently associated with depression. Other scholars argue that the growing popularity of social media might be another possible reason for the suspected increase in mental health problems (eg. depression) (Twenge et al, 2018), and social media, may even increase feelings of loneliness (Song et al, 2014 cited in Twenge et al, 2018), whereas loneliness is known as one of the main symptoms of depression.

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. With increasing penetration of smartphones and internet facilities in tribal areas, Facebook usage among tribal adolescents has increased significantly.

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.)

Boteaga 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.

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.

Brar and Kaur (2015) As a consequence of their research to learn more about suicide ideation among abused women in the middle-income group who were depressed. The finding revealed a substantial link between a large number of depression related variables and suicidal ideation. Multiple regression analysis revealed that some depression related characteristics are linked to suicidal thoughts in battered women.

Cato (2012) examined a study with both sadness and optimism in suicidal thoughts among African American college students. The results indicated that it was not associated with depression and suicidal ideation. In addition, optimism was found to be negatively and significantly correlated with suicide.

Nagendra Sanjay Gaulin, Kalappanavar and Vinod Kumar (2012) examined the high school college students for prevalence of depression and suicidal ideation along with socio demographic profile. Considering the prevalence of depression was 57.7%. Suicidal thoughts were significantly more often among depressed individuals 41.7% compared to non-depressed individuals 11.4 %. Those at private colleges were more depressed 74.5% than students at public colleges 52.1%. The most prevalent form type of depression was moderate followed by mild serious and severe depression. Age, gender, class recent academic achievement,

mother's education level, and factors at home such as quarrels, money related issues, booze addiction and persistent ailment in guardians all showed a strong link to depression prevalence.

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, depression and stress among Facebook-using tribal adolescents.

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

1. To examine the relationship among depression, stressful life events and suicidal ideation in Facebook user tribal adolescents and non - tribal adolescents.

**Hypotheses:** The following hypothesis was prepared for Present research.

### **Hypotheses:**

H01- High depressive adolescent will have high level of Suicidal Ideation than low depressive adolescents.

H02- There is a positive relationship among suicidal ideation, depression and stressful life events between Tribal 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) and age 15-18 .

#### **Inclusion criteria:**

- Subject with age 15-18 both Ethnicity
- 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.
- Private School Students were excluded.
- Student from the rural area were excluded.
- Any major Psychiatric disorder, neurosis and medical disorder.

## 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.

### 3.Stressful life Events Scale

This scale was developed exclusively for Indian Adolescent which is a culturally adopted version of the social readjustment rating scale (Holmes& Rahe). It was used to assess the stress caused by life events among the participants. It is 41 items scale. In Which the students were asked to report only the events which had occurred in their lives in the past year. They agreed the stress as highly and valid, where 01 represented the least stress and 10 represented the most. The Cronbach's alpha for controllable and uncontrollable events used found to be 0.84 and 0.93 respectively.

**4. Beck Depression inventory (BDI):** It is one of the most widely used instruments to assess the severity of depression. It is a 21-item inventory with multiple choice options to assess the presence and severity of depression in adults and adolescents. It is mostly utilized for clinical research and as a screening tool. Each of the BDI's 21 items aims to evaluate a particular symptom or attitude that seems to be unique to patients who are depressed and that is compatible with descriptions of depression found in the psychiatric literature. The BDI rates 21 depressive symptoms, 15 of which are emotional four behavioral and six physicals. Reliability and validity of this inventory is good.

**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. Chi square was used to analyse the data.

**Result and discussion:****Table 1- Level of depression\* Level of Suicidal Ideation Cross tabulation:**

<b>Depression Level</b>	<b>V. High</b>	<b>High</b>	<b>Average</b>	<b>Low</b>	<b>V. Low</b>	<b>Total</b>
High	1	5	17	3	0	26
Low	0	1	13	17	19	50
Total	1	6	30	20	19	76

Above table showed that the levels of suicidal ideation were distributed among the respondents at various levels of depression (N = 76). The results also showed that there was a definite correlation between suicidal ideation and levels of depression. The more severely depressed (n = 26) showed higher percentage of moderate to high suicidal thoughts with 17 in the average and 5 in high category with only a small proportion of low or very low suicidal ideation.

Conversely, individuals who were not highly depressed (n=50) majorly rated low levels of suicidal ideation. In particular, most of them were classified as low (n = 17) and very low (n = 19) suicidal ideation and very few were high and very high.

Comprehensively, the findings indicated that the prevalence of depression is linked to the severity of suicidal ideation, and the low level of depression is linked to the low suicidal ideation. This trend underscores how depression is an important risk factor of suicidal ideation. Thus the hypothesis that, High depressive adolescent will have high level of Suicidal Ideation than low depressive adolescents is not rejected. Further majority of high depressive adolescents had reaction towards suicidal ideation as compared to low depressive adolescents. It may, therefore be said that high depressive adolescents found more tendency of Suicidal Ideation than low depressive adolescents. It showed that level of suicidal Ideation of high depression and low depression adolescents differs significantly.

**Table 2: Chi-square test of association between depression and Suicidal ideation**

	Value	DF	Asymptomatic significance(2side)
Chi Squire	28.237	4	0.000
Ratio	34.279	4	0.000
Linear	26.716	1	0.000
Association			
No.of. valid cases	76		

Above table showed that there was statistically significant relationship between depression and suicidal ideation in the participants. Chi square 28.237 and 4 degrees of freedom was found significantly high ( $p < .001$ ) indicating that the levels of depression are significantly correlated with the changes in suicidal ideation. Likewise, this strong association is further supported by the likelihood ratio value (34.279,  $df = 4$ ,  $p < .001$ ).

Moreover, the linear-by-linear association ( $kh2 = 26.716$ ,  $df = 1$ ,  $p < .001$ ) shows that there is a significant direction of the association between the severity of depression and the level of suicidal ideation which also tends to increase in a steady manner. The general implications of these results are that depression is a very serious predictor of suicidal thoughts, and psychological intervention and prevention of depression should be considered at an early stage.

**Table 3- Level of stressful events\* Level of Suicidal Ideation Cross tabulation:**

Stress level	V.High	High	Average	Low	Very low	Total
High	2	4	21	5	14	46
Low	0	0	21	15	24	60
Total	2	4	42	20	38	106

The cross-tabulation test was used to analyze the correlation between the stress levels and suicidal ideation among the respondents ( $N = 106$ ). Higher cases of severe suicidal ideation were reported by the high-stress people, with some cases being very-high ( $n = 2$ ) and high ( $n = 4$ ), but no such cases were found in the low-stress participants. The similar frequencies were observed at the average level (in both groups,  $n = 21$ ).

Nevertheless, the low (n = 15) and very low (n = 24) suicidal ideation levels showed higher rates among the participants of the low-stress group than the participants of the high-stress group. In general, the results indicate positive correlation between high levels of stress and higher levels of severity of suicidal thoughts. It shows that level of Suicidal ideation of high stressed and low stressed differs significantly. So, there was significant association between stressful life and suicidal ideation of adolescents.

**Table 4: Chi-square test of association between stressful life events and Suicidal ideation**

	Value	DF	Asymptomatic significance(2side)
Chi Squire	11.992	4	0.017
Linear	14.359	4	0.006
Association	6.322	1	0.012
No. of valid cases	106		

The above table results showed that stressful life events were statistically significant related to suicidal thoughts in the participants. The chi-square test revealed a value of  $\chi^2(4, N = 106) = 11.992$ , with a significance level of  $p = .017$ , which is below the conventional threshold of .05. This suggests that the distribution of suicidal ideation levels differs significantly across varying levels of stressful life events. Furthermore, the linear-by-linear association was also found to be significant,  $\chi^2(4) = 14.359$ ,  $p = .006$ , indicating a consistent trend in the relationship between stress and suicidal ideation. Additionally, the association value ( $\chi^2 = 6.322$ ,  $df = 1$ ,  $p = .012$ ) further supports the presence of a meaningful relationship. These results suggest that stressful life events are strongly associated with the amount of suicidal ideation and point to the significance of stress as a psychological factor.

**Conclusion;** It was found that high levels of depression and stressful life events is both significantly associated with higher levels of suicidal ideation. The findings supported the hypothesis that high depressive adolescents would have a higher level of suicidal ideation than low depressive adolescents and that adolescents experiencing high level of stress would have a higher level of suicidal ideation compared to those experiencing low levels of stress.

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