



Suicidal Tendency Among College Students

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ABSTRACT

Suicide is a public health and social unlawful phenomenon which is known as a conscious or an unconscious tragic reaction to stress, depression or trauma demonstrated by an individual or a group of individuals with a direct or indirect intention of putting an end to their own lives by either self-poisoning, shooting, knifing or by hanging (voluntary homicide). The present study aimed to know the suicidal tendency among boys and girls. It also aimed to check suicidal tendency with reference to level of education and gender. The Suicidal Tendency Scale (Revised) (STS-R) by Rasik G. Meghnathi (2020) was used. The sample constituted total 120 college students out of which 60 were from undergraduate (30 boys students and 30 girls students) and 60 from postgraduate (30 boys students and 30 girls students). The data was collected from normal population of Gandhinagar District. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that 1. Undergraduate students have more suicide tendencies than postgraduate students, 2. The boy's college students are having more suicidal tendencies than girl's college students and 3. There is no significant difference between interactive effect of mean score of the suicidal tendency among level of education and gender.

Keywords: Suicidal Tendency, undergraduate and postgraduate students, Boys and Girls.

In India, college students face a multitude of pressures, uncertainties, and problems that can intensify sentiments of hopelessness and despair. As a result, the suicide threat looms large over the halls of higher education. The nation, known for its rigorous academic standards and competitive culture, frequently uses higher education as a testing ground for students' mental health, with social pressures, individual goals, and institutional stresses all playing a role. From this perspective, it becomes critical to comprehend and treat the issue of suicide thoughts among Indian college students in order to protect the wellbeing of this susceptible group.

Suicide is a devastating result of untreated mental illness and serves as a stark reminder of the extreme agony and desperation felt by those who believe that there is no way out of their current situation. In India, the number of suicides has been rapidly increasing in recent years, especially among young adults. Therefore, it is critical that this public health disaster be addressed immediately. Over 10,000 students committed suicide in 2020, according to the National Crime Records Bureau. This startling statistic highlights the seriousness of the crisis and the need for early intervention.' Suicides during 2021 increased by 7.2% in comparison to 2020 with India reporting highest number of suicides in the world.

When Should Someone Seek Immediate Assistance?

When they are...

- Threatening or talking about wanting to hurt or kill him/herself
- Looking for ways to kill him/herself by seeking access to firearms or other means
- Talking or writing about death, dying, or suicide

How Do We Support Someone Who Might Consider Suicide?

It takes a careful mix of knowledge, empathy, and proactive intervention to support someone who could be having suicide thoughts. First and foremost, you must actively and compassionately listen to them, establishing a safe environment where they may share their thoughts and challenges without worrying about being judged. Assure them that their emotions are understandable and that they are not the only ones going through difficult times. Encourage them to call helplines, therapists, or counsellors for professional assistance, and offer to go with them if necessary. To let them know you are thinking about them and are available to help them throughout the way, stay in touch and provide them regular updates. Finally, do not

hesitate to call emergency services or reputable specialists for prompt aid if you think they are in urgent danger. We can assist people in getting through their darkest moments and emerging with hope and healing by providing empathy, support, and direction.

Prevention and control

Suicides are preventable. There are a number of measures that can be taken at population, sub-population and individual levels to prevent suicide and suicide attempts. LIVE LIFE, WHO's approach to suicide prevention, recommends the following key effective evidence-based interventions:

- limit access to the means of suicide (e.g. pesticides, firearms, certain medications);
- interact with the media for responsible reporting of suicide;
- foster socio-emotional life skills in adolescents; and
- early identify, assess, manage and follow up anyone who is affected by suicidal behaviors.

These need to go hand-in-hand with the following foundational pillars: situation analysis, multisectoral collaboration, awareness raising, capacity building, financing, surveillance and monitoring and evaluation.

Suicide prevention efforts require coordination and collaboration among multiple sectors of society, including the health sector and other sectors such as education, labour, agriculture, business, justice, law, defence, politics, and the media. These efforts must be comprehensive and integrated as no single approach alone can make an impact on an issue as complex as suicide.

Types of Suicide

The manner which social integration and regulation work can be seen by examining the four-fold classification of suicides that Durkheim developed. Durkheim ends his discussion of the organic-psychic and physical environmental factors by concluding that they cannot explain "each social group specific tendency to suicide". By eradicating other explanations, Durkheim claims that these tendencies must depend on social causes and must be collective phenomena. The key to each type is a social issue, with the degrees of integration and regulation into society being either too high or too low.

Niru K. Khatri (2023) found that 1.. The boys college students is having more suicidal tendency than girls college students group, 2.. The college students of urban area is having more suicidal tendency than college

students of rural area group and 3.. The college students of rural area is having more suicidal tendency than college students of urban area group.

Objective

The objectives are:

1. To know whether suicidal tendency is more among undergraduate students and postgraduate students.
2. To know whether suicidal tendency is more among boys and girls.
3. To know whether there is any difference among the suicidal tendency among level of education and gender.

METHODOLOGY

Hypothesis

1. There will be no significant difference between mean score of the suicidal tendency among undergraduate students and postgraduate students.
2. There will be no significant difference between mean score of the suicidal tendency among boys and girls.
3. There will be no significant difference between interactive effect of mean score of the suicidal tendency among level of education and gender.

Variable

Independent Variable

1. **Level of Education** : Undergraduate and Postgraduate.
2. **Gender** : Boys and Girls.

Dependent Variable : Suicidal Tendency Score.

Research Design

A total sample of 120 college students equally distributed between level of education and gender from Gandhinagar District selected for the research study.

Showing the table of Sample Distribution

Gender(B)	Level of Education(A)		Total
	Undergraduate(A₁)	Postgraduate(A₂)	
Boys(B₁)	30	30	60
Girls(B₂)	30	30	60
Total	60	60	120

Sample

The sample constituted total 120 college students out of which 60 were from undergraduate (30 boys students and 30 girls students) and 60 from postgraduate (30 boys students and 30 girls students).

Tools

The Suicidal Tendency Scale (Revised) (STS-R) prepared by Rasik G. Meghnathi (2020). The first version of the scale was developed in 2002. Initially the first draft was consisted with 80 items of S.T.S. and finally 40 items were selected as final scale. The scoring is on a four point alternatives, viz., strongly agree, agree, disagree and strongly disagree. The Reliability of this scale, the split-half reliability has been calculated by the odd even method the correlation coefficient was 0.86 which indicated the S.T.S. is highly reliable (index of reliability was 0.91). The scale was validated against the external criteria and coefficient obtained was 0.89.

Procedure

The permission was granted from principal of various colleges for data collection in Gandhinagar District after the establishment of rapport, personal information and the 'Suicidal Tendency Scale (Revised) (STS-R)' was administrated the data was collected, scored as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

RESULT AND DISCUSSION

Table : 1 The Table showing sum of variance mean 'F' value and level of significance of level of education and gender.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	3674.13	4.91	0.05
SS _B	1	6541.63	8.74	0.01
SS _{A*B}	1	48.13	0.06	N.S.
SS _{Error}	116	748.18	-	-
SS _{Total}	119	97052.37	-	-

*0.05=3.92, **0.01=6.84, N.S.= Not Significant

Table : 2 The Table showing the Mean Score of suicidal tendency among Undergraduate students and Postgraduate students

	A (Level of Education)		'F' value	Sign.
	Undergraduate (A ₁)	Postgraduate (A ₂)		
M	120.92	109.85	4.91	0.05
N	60	60		

The above table no.2 shows the mean score of suicidal tendency among undergraduate students and postgraduate students. The mean score of undergraduate students group is 120.92 and postgraduate students group is 109.85. The 'F' value is 4.91 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to suicidal tendency and level of education. It should be remembered here that, according to scoring pattern, higher score indicate higher suicidal tendency. Thus from the result it could be said that, the Undergraduate students have more suicide tendencies than postgraduate students. Therefore the hypothesis no.1 that, "There is no significant difference between the mean score of the suicidal tendency among undergraduate students and postgraduate students" is rejected.

Table : 3 The Table showing the Mean Score of suicidal tendency among boys and girls.

	B (Gender)		'F' value	Sign.
	B ₁ (Boys)	B ₂ (Girls)		
M	128.93	108.00	8.74	0.01
N	60	60		

The above table no.3 shows the mean score of suicidal tendency among boys and girls. The mean score of boys group is 128.93 and girls group is 108.00. The 'F' value is 8.74 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to suicidal tendency and gender. It should be remembered here that, according to scoring pattern, higher score indicate higher suicidal tendency. Thus from the result it could be said that, the boy's college students are having more suicidal tendencies than girl's college students. Therefore the hypothesis no.2 that, "There is no significant difference between the mean score of the suicidal tendency among boys and girls" is rejected.

Table : 4 The Table showing the interactive effect of the Mean Score of suicidal tendency among gender and level of education.

			A		'F' value	Sign.
			A ₁	A ₂		
M	B	B₁	128.93	116.60	0.06	N.S.
		B₂	112.90	103.10		
N			60	60		

The above table shows the interactive effect of the suicidal tendency among level of education and gender. The result was found to be significant from table no.4 shows that 'F' value 0.06 is not significant. This means that the two group interaction effect under study do not differ significantly in relation to suicidal tendency, level of education and gender. The mean score is 128.93 for the undergraduate boys students group, the mean score is 112.90 for the postgraduate boys students group, the mean score is 116.60 for the undergraduate girls students group, and the mean score is 103.10 for the postgraduate girls students group. Therefore the

hypothesis no.3 that, “There is no significant difference between interactive effect of the mean score of the suicidal tendency among level of education and gender” is rejected.

CONCLUSION

1. Undergraduate students have more suicide tendencies than postgraduate students.
2. The boy's college students are having more suicidal tendencies than girl's college students.
3. There is no significant difference between interactive effect of mean score of the suicidal tendency among level of education and gender.

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Why Is Suicide So Common Among College Students?

<https://www.govst.edu/suicide-prevention>

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