

Suicidal Ideation and Adolescents of District Pulwama

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Abstract

This study aims to ascertain the frequency and prevalence of suicidal thoughts and ideation among adolescent students enrolled in various government higher secondary schools in the Pulwama district of Jammu and Kashmir. For the current study, a sample of 400 adolescents in classes 11th and 12th with a mean age of 17.3 years was chosen. Sisoda and Bhatnagar suicidal ideation scale (2011) was used to achieve the objectives. Data analysis was conducted using percentage statistics. According to the results, 59.5% of the respondents reported having suicidal thoughts. In order to stop the issue from worsening, administrators and school authorities must pay special attention to the study's critical and worrisome findings.

Key words: Suicidal ideation, Adolescents.

Introduction

Suicidal behaviour is not impulsive; instead, it is a well-thought-out, well-planned action motivated by protracted desperation or terrible life circumstances (Jamison, 1999). Suicidal thoughts come before a suicide attempt and serve as a roadmap for further suicide attempts (Brent, 1989; Reynolds, 1988). Suicidal conduct includes a spectrum of actions that ranges from contemplating suicide to planning, attempting, and ultimately committing suicide (Jena, & Sidharta, 2004). According to Andrews & Lewinsohn (1992), adolescents are more likely than those in other developmental stages of life to have suicidal thoughts and ideation. According to a study by Reinherz, Tanner, Berger, Beardslee et al. (2006), adolescent suicidal ideators had twelve fold greater likelihood of attempting suicide before they turned 30 compared to non-suicidal ideators. It is one of the significant problems that primarily impacts children and young adults worldwide (Rueter & Kwon, 2005). Suicidal thoughts are less common in children under the age of 10 and more prevalent in children and adolescents between the ages of 12 and 17 (Nock, Green, Hwang et al., 2013). In their study, Juan, Xiao-Juan, Jia-Ji et al. (2010) revealed

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that suicidal thoughts and ideation, as opposed to suicide attempts, affect 11–14% of persons in western cultures and 12–17% of those in Asian cultures. Adolescents with suicidal thoughts should be identified so that intervention may start before they turn into possibly fatal suicide plots. In this way, the current research shall attempt to assess the prevalence of suicidal ideation and thoughts among adolescent students.

Objective of the study

To study the pervasiveness of suicidal Ideation among higher secondary school students.

Research Question

What is the percentage of suicidal Ideation among adolescent students in District Pulwama of South Kashmir?

Sample

Adolescent students of Kashmir were the target population of this study. The investigator used simple random sampling technique to select 400, 11th and 12th class students of 10 government higher secondary schools of District Pulwama as the sample. The mean age of the respondents was 17.3 years.

Tools Used

The suicidal Ideation Scale developed by Sisoda and Bhatnagar (2011) was used as a tool for the collection of data. The scale is a 5-point scale with 25 items. Twenty-one items are positive, and four items are negative. It has five levels, viz. very low suicidal ideation (VLSI), low suicidal ideation (LSI), average suicidal ideation (ASI), high suicidal ideation (HSI), and very high suicidal ideation (VHSI).

Results and Discussion

Table 1: *Pervasiveness of suicidal ideation among adolescent students*

District	Total No. of students	No. of students with suicidal ideation	Percentage
Pulwama	400	238	59.5

Table 2: *Level of suicidal ideation.*

Score range	Level of suicidal ideation	No. of students	Percentage
25 to 30	VLSI	159	39.75
31 to 45	LSI	38	9.5
46 to 105	ASI	169	42.25

106 to 120	HSI	34	8.5	
121 to 125	VHSI	0	0	

Table 1 displays the prevalence of suicidal thoughts among teenage pupils. 238 out of 400 teenage respondents—or 59.5 percent of the sample—were found to be suicidal ideators, as shown by the statistics in the table. Based on the aforementioned, it is safe to say that a large percentage of adolescent pupils have suicidal thoughts and ideas.

Table 2 displays the frequency of suicidal thoughts among adolescents in the Pulwama district. According to the range of scores, a more significant percentage of teenagers (159) fall into the range of extremely low suicidal ideation (39.75 percent), which is regarded as normal by the scale's norms and excludes them from the group of suicidal ideators. No student scored in the 120-125 range, indicating no students with extremely high suicidal ideation. Instead, 38 (9.5 percent) of students scored in the low suicidal ideation range, 169 (42.25 percent) in the average suicidal ideation range, and 34 (8.5 percent) in the high suicidal ideation range.

Determining the prevalence of suicidal thoughts among adolescent pupils was the goal of this research investigation. In relation to the objective, the research found that many adolescents had frequent suicidal thoughts. A total of 238 teenagers out of 400 were discovered to have suicidal thoughts and ideas, or 59.5 percent of the participants. The findings of the current study are consistent with those of Goyal, Kishore, and Rathi (2012). They reported in their research that 53.6% of Delhi's medical students had expressed suicidal thoughts. The tendency to act impulsively under pressure, the preference for death over a fight, and the difficulty in multitasking have all been substantially associated with suicidal thoughts. Another study by Bonner and Rich (1987) found that 50% of the sample's participants had suicidal thoughts at some point in their life. A high frequency of suicidal thoughts has been linked to emotional instability and poor adaptive behaviour. According to Strang and Orlofsky (1990), 21% of teenagers under the age of 19 reported moderate or severe suicidal thoughts, while 61% of them had some degree of suicidal ideation. According to Schotte and Clum's (1982) research, 35 to 55% of adolescent pupils in high schools had thoughts of dying. In Kashmir Division's district Srinagar, 28.3% of adolescents reported having suicidal thoughts, and 7.7% had tried to commit themselves (Ahad & Shah, 2018).

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