

## Suicidal Ideation Among High School Students of Ranchi Town: A Gender Based Study

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### ABSTRACT

The objective of this study is to know the Level of suicidal ideation and mean differences between Boys and Girls high school students of Ranchi town. Subjects were selected on Stratified Random Sample techniques. The data were collected with the help of PDQ and Suicidal Ideation Scale. In this study it was found that: • Maximum students of the total sample had average level (11 or 13.75%) of suicidal ideation. • Most boys and girls high school students have average level of suicidal ideation. • Most government and private high school students have average level of suicidal ideation. • Girls' students had high suicidal ideation than boys' students.

*Keywords: Suicidal Ideation, Boys, Girls, Government School, Private School*

### Suicidal ideation

“Suicidal ideation” refers to suicidality without action, which includes all kinds of suicidal thoughts and schemes. Improper parenting styles, either overindulging or insufficient attention and deficient family functioning remarkably intensifies the possibility of suicidal ideation and suicide attempts.

According to the National Crime Records Bureau (NCRB) data of the year 2015, every hour, a student commits suicide in India. In 2015, 7940 adolescents of 14-18 years of age committed suicide. The number of adolescents that took away their lives during the five years leading 2015 was 39,775. The number of attempted suicides, many of which go unreported, is likely to be much higher.

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According to the WHO's, (2010) report titled 'Mental Health Status of Adolescents in South East Asia- Evidence for Action', the suicide rate per 100,000 population in 10-19 age-group is 35.5 in India., This report covers ten nations of the region, including India.

Suicidal ideation, also known as suicidal thoughts, concerns thoughts about or an unusual to extensive thoughts, to detailed planning, role playing (e.g., standing on a chair with a noose), and incomplete attempts, which may be deliberately constructed to not complete or to be discovered, or may be fully intended to result in death, but the individual survives (e.g., in the case of a hanging in which the cord breaks). Most people who have suicidal thoughts do not go on to make suicide attempts, but it is considered a risk factor.

During 2008-09, an estimated 8.3 million adults aged 18 and over in the United States, or 3.7% of the adult US population, reported having suicidal thoughts in the previous year. An estimated 2.2 million in the US reported having made suicide plans in the past preoccupation with **suicide**. The range of suicidal ideation varies greatly from fleeting thoughts, year.

### *Types of Suicidal Ideation*

There are two types of suicidal ideation: -

- a) **Active Suicidal Ideation:** - Active suicidal ideation involves a current desire & plan to die.
- b) **Passive Suicidal Ideation:** - Passive may also include a desire to die but is not accompanied with a plan to end one's life.

### **Prevention of Suicidal Behavior**

Primary prevention of suicide is the ideal method of protection. It requires broad modifications in social, economic and biological conditions to prevent certain members of a population from becoming suicidal. Primary prevention is directed at social interventions early in suicidal pathways. Primary preventive measures or protective factors could include reduction of divorce rates and violence (especially in families), restricting access to lethal methods (firearms, pesticides, toxic gas, barbiturates etc.), promoting physical health, proper exercise, diet, sleep etc. Public education campaigns are popular and they increase knowledge and improve attitudes toward mental illness and suicide, but measures for suicide prevention have been insufficient.

## **REVIEW OF LITERATURE**

Improper parenting styles, either overindulging or insufficient attention and deficient family functioning remarkably intensifies the possibility of suicidal ideation and suicide attempts. Gau et al., 2008 established that when adolescents described their parents as showing the requisite care and affection, the risk of suicide was alleviated and when parents were recognized watchful or authoritarian, the risk of suicides increased significantly. The study brings into light the fact that maternal parenting is substantially important and that paternal parenting plays a pivotal role in determining suicidal risk in children. Still, mothers were widely discerned as more caring and

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were rated higher on the overprotection and authoritarian control dimension when compared to the fathers, implying strong foundation of emotional spirit in the mother–child relationship than in the father–child relationship.

Kumari, Juyal, & Singh, (2015) conducted a study on the topic, suicidal ideation and parenting styles among school going students. The present study aims to assess the relationship between parenting style and suicidal ideation among school going adolescents. Parenting Scale and Suicidal Ideation Questionnaire were administered on 120 School going adolescent (sixty residential and sixty non- residential). Results of the study show that good parenting is related with suicidal ideation of non-residential boys. It also indicated that non-residential have good parental relationship have shown mild suicidal ideation as compared to non-residential boys who have poor parental relationship.

Kumari et al., (2015) conducted a study on the topic “Parenting style and suicidal ideation among school going adolescents”. Results of the study show that good parenting is related with suicidal ideation of non-residential boys. It also indicated that non-residential boys who have good parental relationship have shown mild suicidal ideation as compared to non-residential boys who have poor parental relationship. Results also showed that good parenting related with the suicidal ideation of non-residential adolescent’s girls.

## RESEARCH METHODOLOGY

### *Objectives of the Study*

The main objectives of the present study: -

- To find out level of suicidal ideation among high school students in respect of gender and type of school.
- To find out mean differences between Boys and Girls high school students on suicidal ideation.

### **Hypotheses**

Following hypotheses formulated for the present study: -

- Level of suicidal ideation will vary among high school students in respect of gender and type of school.
- There are no significant mean differences between Boys and Girls high school students on suicidal ideation.

### *Sample and Sample Design*

The sample consists of 80 high school students studying in different government and private high schools of Ranchi town from the age range 16 to 21 years and studying in class XII. The present study is an ex-post facto research, aims to identify the suicidal ideation and their relationship among the high school students. The sample randomly selected from Ranchi Town. The

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stratification was based on 2 factors of gender (boys & girls) and 2 factors of types of school (Government & Private schools).

Therefore, the research design was based on 2X2 factorial design and factors of stratification were:

**Gender = 2 (boys & girls) and  
Types of School = (Government & Private schools)**

Therefore, there were 4 sub-groups: -

- Boys from government high schools = 20
- Boys from private high schools = 20
- Girls from government high schools = 20
- Girls from private high schools = 20
- Total = 80

**Table-01: Sample Design**

Type of School/Gender	Boys	Girls	Total
Students of Government Schools	20	20	40
Students of Private schools	20	20	40
<b>Total</b>	<b>40</b>	<b>40</b>	<b>80</b>

### **Personal Data Questionnaire:**

Personal data questionnaire developed by the investigator consisted of items to collect information of the students regarding age, gender, education and occupation of parents, type of family, religion, and place of residence.

**Suicidal Ideation Scale (SIS)-Sisoda & Bhatnagar, (1971):** Suicidal Ideation Scale developed by Sisoda & Bhatnagar, (1971) will be used to measure the frequency of suicidal thoughts among senior secondary school students. There are 25 statements with five response alternatives: - Strongly agree, Agree, Undecided, Disagree & Strongly Disagree. The statements are both Positive and Negative. Positive statements are scored as 5 to 1 for responding strongly agrees, Agree, Undecided, Disagree, and Strongly Disagree whereas scoring of negative statements is reverse. The test re-test reliability of this scale is .72.

### **Procedure of data collection**

After taking the necessary permission from the principals of the participating schools, the questionnaires will be administering on all the participants. Personal information schedule, parenting scale and suicidal ideation scale will be used for data collection. The questionnaires will be administering separately on all participants.

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### Statistical Analysis

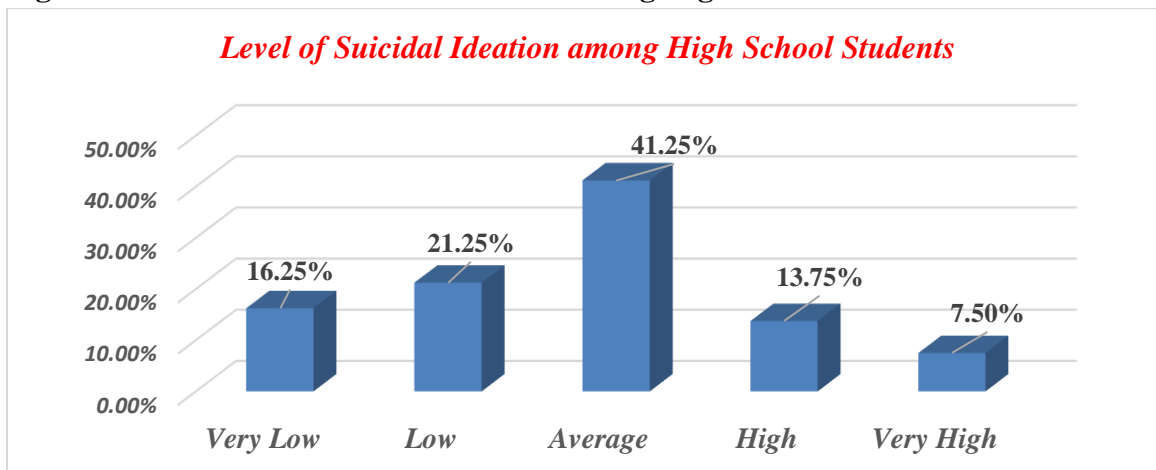
- Percentages were calculated to show levels
- 't' test was used to test the difference between the respondents. further, the difference between boys' and girls' respondents of suicidal ideation.
- graphical representation done where ever needed.
- Analysis done by using SPSS.

## ANALYSIS AND RESULT

*Table No-02: Level of Suicidal Ideation among total sample of high school students*

Sr. No	Score Range	Category	N	%
1	25-30	Very Low	13	16.25%
2	31-45	Low	17	21.25%
3	46-105	Average	33	41.25%
4	106-120	High	11	13.75%
5	121-125	Very High	06	7.5%
Total			80	100%

**Figure No-01: Level of Suicidal Ideation among High School Students.**



According to table number 07, 13 (16.25%) students had very low, 17 (21.25%), students had low, 33 (41.25%), students had average, 11 (13.75%) students had high and 06 (7.5%) students had very high level of suicidal ideation.

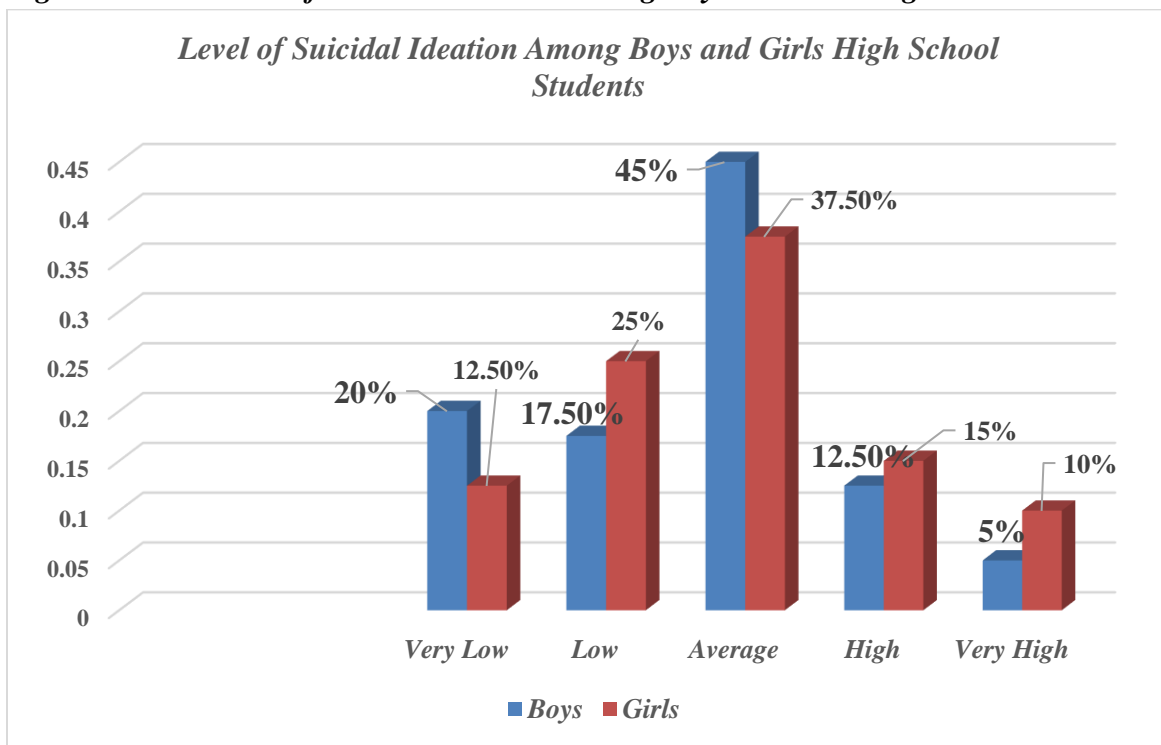
**Conclusion: Maximum students of the total sample had average level (11 or 13.75%) of suicidal ideation.**

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**Table No-02: Level of Suicidal Ideation among Boys & Girls high school students**

Sr. No	Score Range	Category	Boys, 40		Girls, 40	
			N	%	N	%
1	25-30	Very Low	08	20%	05	12.5%
2	31-45	Low	07	17.5%	10	25%
3	46-105	Average	18	45%	15	37.5%
4	106-120	High	05	12.5%	06	15%
5	121-125	Very High	02	5%	04	10%
<b>Total</b>			<b>40</b>	<b>100%</b>	<b>40</b>	<b>100%</b>

**Figure No- 02: Level of Suicidal Ideation Among Boys and Girls High School Students.**



According to table number 08, 08 (20%) Boys students had very low, 07 (17.5%), boys students had low, 18 (45%), boys students had average, 05 (12.5%) boys students had high and 02 (5%) boys students had very high level of suicidal ideation whereas, 05 (12.5%) Girls students had very low, 10 (25%), girls students had low, 15 (37.5%), girls students had average, 06 (15%) girls students had high and 04 (10%) girls students had very high level of suicidal ideation.

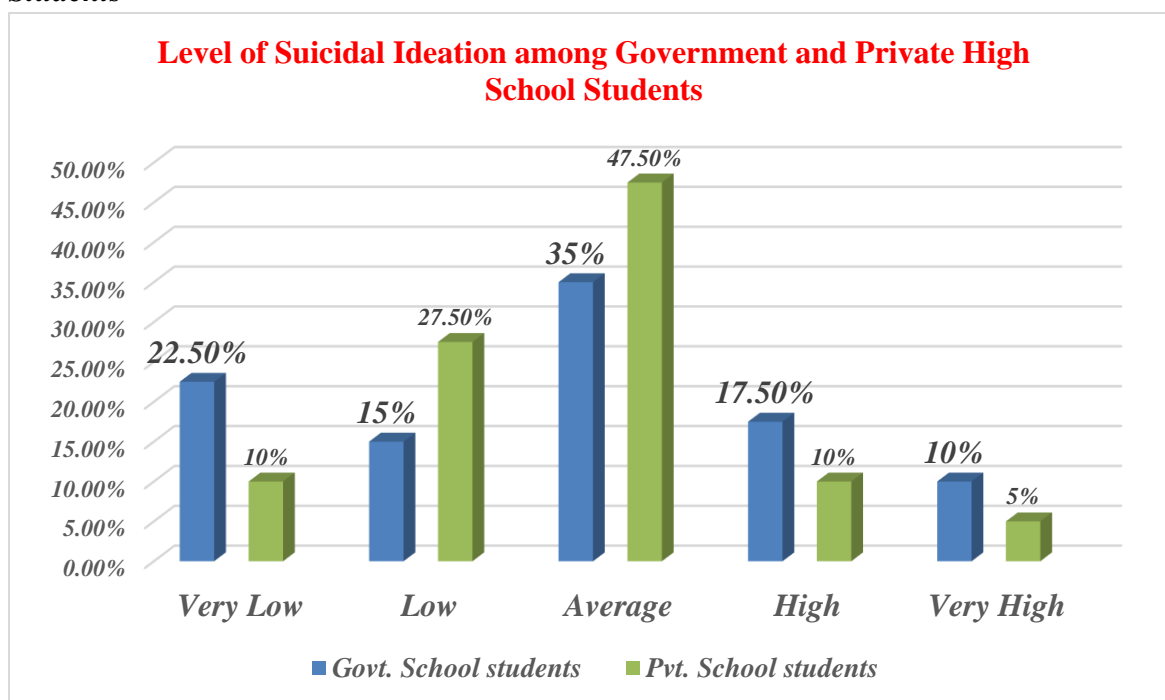
**Conclusion: Most boys and girls high school students have average level of suicidal ideation.**

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**Table No-03: Level of Suicidal Ideation among Government & Private high school students**

Sr. No	Score Range	Category	Govt. School students, 40		Pvt. School students, 40	
			N	%	N	%
1	25-30	Very Low	09	22.5%	04	10%
2	31-45	Low	06	15%	11	27.5%
3	46-105	Average	14	35%	19	47.5%
4	106-120	High	07	17.5%	04	10%
5	121-125	Very High	04	10%	02	5%
<b>Total</b>			<b>40</b>	<b>100%</b>	<b>40</b>	<b>100%</b>

**Figure No-03: Level of Suicidal Ideation among Government and Private High School Students**



According to table number 09, 09 or (22.5%) government students had very low, 06 (15%), government students had low, 14 (35%), government students had average, 07 (17.5%) government students had high and 04 (10%) government students had very high level of suicidal ideation whereas, 04 (10%) private students had very low, 11 (27.5%), private students had low, 19 (47.5%), private students had average, 04 (10%) private students had high and 02 (5%) private students had very high level of suicidal ideation.

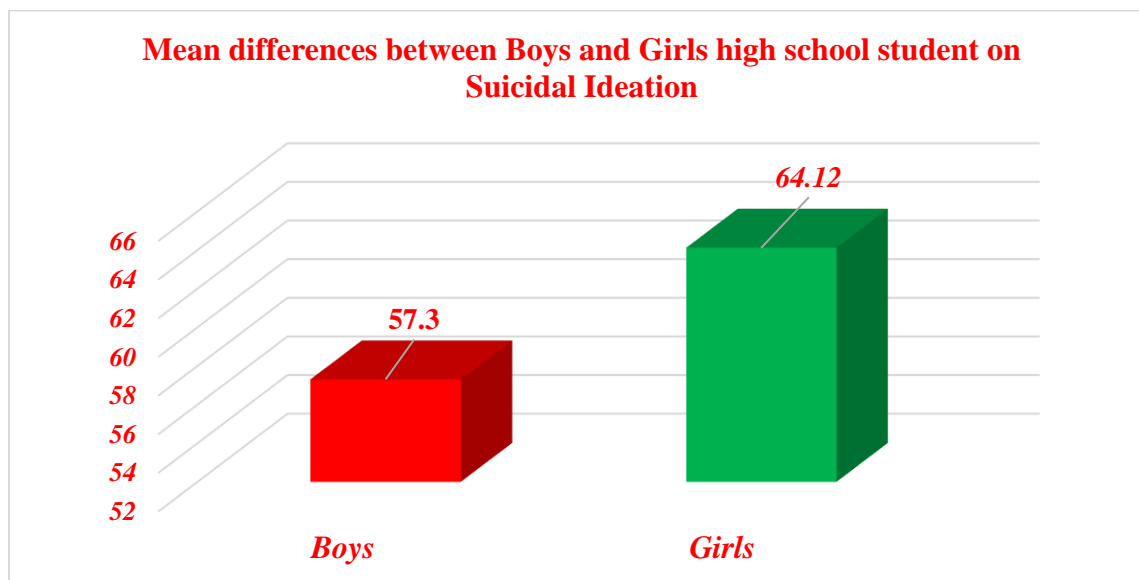
**Conclusion: Most government and private high school students have average level of suicidal ideation.**

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**Table-04: Mean differences between Boys and Girls high school student on Suicidal Ideation**

Group	N	Mean	SD	Mean Diff.	t	p-value
Boys	40	57.30	16.72	6.82	3.17	P<.01
Girls	40	64.12	22.71			

**Figure No-04: Mean differences between Boys and Girls high school student on Suicidal Ideation.**



Above table number 14 showing that mean score of girls' students (64.12) on suicidal ideations was higher than boys' students (57.30). The mean difference between each group was 6.82. The t-ratio was 3.87, which was found statistically significant at 0.01 level. This indicates that girls' students had high suicidal ideation than boys' students. Therefore, our hypothesis, "There is no significant mean differences between Boys and Girls high school students on suicidal ideation" has been accepted.

**Conclusion: Girls' students had high suicidal ideation than boys' students.'**

### **Main Findings:**

- Maximum students of the total sample had average level (11 or 13.75%) of suicidal ideation.
- Most boys and girls high school students have average level of suicidal ideation.
- Most government and private high school students have average level of suicidal ideation.
- Girls' students had high suicidal ideation than boys' students.



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### **Conflict of Interest**

The author(s) declared no conflict of interest with respect to the research, authorship, and publication of this article.

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