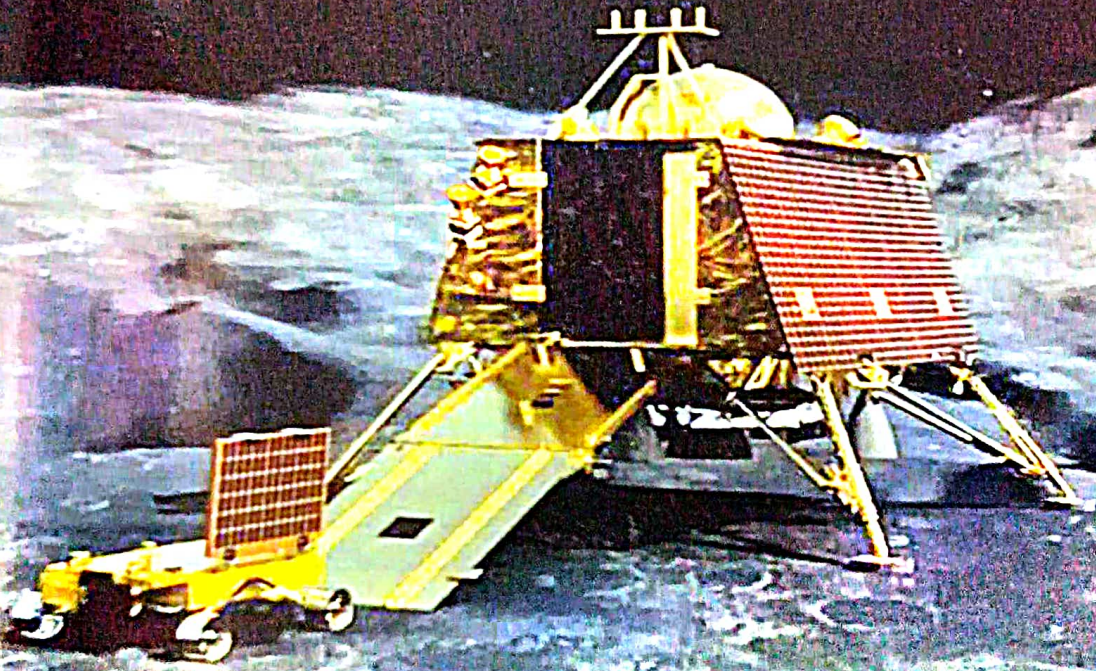


UGC CARE LISTED
ISSN No.2394-5990

संशोधक

वर्ष : ९१ • सप्टेंबर २०२३ • पुरवणी विशेषांक अंक-५



प्रकाशक : इतिहासाचार्य वि.का.राजवाडे संशोधन मंडळ, धुळे



UGC CARE LISTED
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इतिहासाचार्य वि. का. राजवाडे मंडळ, धुळे
या संस्थेचे त्रैमासिक
॥ संशोधक ॥

पुरवणी अंक ५ - सप्टेंबर २०२३ (त्रैमासिक)

- शके १९४५
- वर्ष : ९१
- पुरवणी अंक : ५

संपादक मंडळ

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*** प्रकाशक ***

श्री. संजय मुंदडा

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दूरध्वनी (०२५६२) २३३८४८, ९४२२२८९४७९, ९४०४५७७०२०

कार्यालयीन वेळ

सकाळी ९.३० ते १.००, सायंकाळी ४.३० ते ८.०० (रविवारी सुट्टी)

मूल्य रु. १००/-

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'संशोधक त्रैमासिक राजवाडे मंडळ, धुळे' या नावाने पाठवावी.

अक्षरजुळणी : सौ. सीमा शिंत्रे, वारजे-माळवाडी, पुणे ५८.

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PREVALENCE OF SUICIDE IDEATION AMONG COLLEGE STUDENTS

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Abstract :

In the Suicide prevention area, research indicate that high rate of death by suicide in the world is the second leading cause of suicidal behaviour. It is proved that suicide ideation or suicide behaviour is preventable. This study is on the prevalence of the suicide ideation among the students. A Sample of 120 students (Age group 19 to 21) was collected from the colleges in Kalamb. Suicide ideation was examined through the questionnaire which is developed by Devendra Singh Sisodia and Vibhuti Bhatnagar (2011). The result of the study shows the 48.33% of the prevalence of suicide ideation among the students. The statistics such as percentage of the suicide ideation clearly indicate and alarm to the health service providers, policy makers and counsellors to aware people those who are trapped in this suicidal thinking process or problem of self-harm in the society.

Keyword: suicide Ideation, prevalence of suicide ideation, suicide prevention

INTRODUCTION :

According to World Health Organization suicide ideation is the global mental health issue and India's population is victim of suicide at higher level than other countries. The earliest data shows 12.70% of the total death is due to suicide in India (World Health Organization, 2014). India has just initiated the National Suicide Prevention Strategy (NSPS), which aims to drag down the number of suicides in the country by 10% by 2030. Suicide ideation has operationally defined

as deep rooted tendency in which the individual tend to harm oneself and is not willing to continue his or her life (Londhe Datta & Dr. Kandde M D, 2019). Suicide ideation and actual attempts are related to several demographics traits are discussed. (Rudd, 1989). The suicide cluster is another type of suicide behaviour which is defined by US's Centres for Disease Control and Prevention like that a suicide cluster as a group of suicides, suicide attempts, or self-harm events that occur closer together in time and space than would normally be expected in a given community. The suicide cluster are uncommon; Kota is an example, 26 cases are seen only within a year. Suicides are preventable and need public health approach, rather than Knee-Jerk quick fixes. The causes of the causes are rooted in the competitive education that millions of young people are facing (Rema Nagrajan, 2023).

A cross-sectional study on college students of Delhi explore the region-specific prevalence and determinant of suicidal behaviour. Age, education level, state of origin, social category, religion and family income etc. are included in this study. It shows 18.01% prevalence in the suicide participants (Gangipogu et al., 2023). Moreover, the researchers indicate the positive correlation between youth problem and suicide ideation. It shows significant correlation between four areas namely Family problem, school/Colleges problem, Social problems, personal problem and oversensitivity have positive correlation with suicide ideation



(Parisa Bahramian & Alpana Vaidya, 2019). The reasons behind the teenager's suicide or attempts to suicide can be complex and there are so many things needed for better understanding of this issue.

SUICIDE IDEATION :

Suicide ideation, suicide attempts, suicide completion and over intention can come in the category of suicide behaviour. According to Beck; suicide ideation often emerges in individuals or individuals who are suffering from severe depression, the severe state of demoralization and overwhelming hopelessness. According to the American psychiatric association, suicide ideation is thinking about or planning it, but it does not include the final act of suicide.

THEORIES OF SUICIDE IDEATION :

Joiner's Interpersonal theory of suicide: According to this theory, suicide is the result of thwarted belongingness and perceived burdensomeness attached with the capability to engage in suicidal behaviour. Thwarted belongingness occurs when a person's fundamental needs are not met. The perceived burdensomeness refers to an individual's perception of being a burden to others, including family members and friends.

3ST: Three Steps Theory proposed that an "ideation to action" framework should guide suicide theory, research and prevention. It offers a separate explanation of the development of suicide ideation and the progression from suicide ideation to attempts. This is a relatively parsimonious model in that suicide ideation and attempts are explained in terms of pain, hopelessness, connectedness, and suicide capacity (Klonsky & May, 2015).

SYMPTOMS OF SUICIDE IDEATION :

A person who is experiencing or could be experiencing suicidal thoughts or actions may show the following signs and symptoms:

Feeling or appearing to feel trapped or hopeless. Having mood swings, either happy or sad. Talking about suicide or dying, revenge, guilt, or shame. Experiencing changes in personality, routine, or sleeping patterns. Engaging in risky behaviour, such as driving carelessly, taking alcohol & drugs. Getting hold of a gun, medications, or substances that could end a life. Experiencing anxiety, depression, panic attacks and impaired concentration. Increased isolation. Saying goodbye to others as if it were the last time.

OBJECTIVE OF THE STUDY :

To study the prevalence of suicide ideation among college students.

RESEARCH QUESTION :

What is the prevalence of suicide ideation among college students in the Kalamtahasli of the Yavatmal District?

SAMPLE :

The college going under-graduate student population in Kalamtahasli was the target population of this study. 120 students from 3 Arts, Commerce and science colleges in Kalamtahasli were randomly selected for this study.

TOOL USED :

Suicide ideation scale is developed by Dr. Devendra Singh Sisodia & Dr. Vibhuti Bhatnagar, on the basis of Likert technique - five-point scale. The scale consists of 24 items. Out of them, 21 items are positive and 04 items are negative (items 11, 13, 18, 24). It is a valid and reliable measure. The reliability of the test was determined by the test-retest method (0.78) and internal consistency method (0.81). Besides face validity, as all the items of the scale are concerned with the variable under focus, the scale has high content validity. The scale was validated against external criteria and the coefficient obtained was 0.74. Scoring: Positive



Items alternative as strongly agree scored 5, agree 4, uncertain 3, disagree 2, strongly disagree 1 & for Negative items are scored as strongly agree scored 1, agree 2, uncertain 3, disagree 4, strongly disagree 5. The total score on the scale are categorised to interpreted them as score between 25-30 it means very low suicide ideation, 31-45 low suicide ideation, 46-105 average, 106-120 high suicide ideation and 121-125 very high suicide ideation. It was used to study the prevalence of suicide ideation among the college students

RESULT :

The prevalence of the suicide ideation is given in the table no. 1 which indicate 48.33 percent (58/120). The result shows 58 students having suicide thought out of the sample 120 students. Female participants are large in numbers on this suicide ideation scale. On the basis of the data it

can be state that suicide ideation or thoughts are common among the college students.

The table no. 2 depict the incidence and percentage of the suicide ideation in students of colleges in kalambtahasil. It denote the 36.66 percent (44) of the population comes in the range of 25-30 score which is very low suicide ideation, Which is negligible according to the scale standard so that they are not include in the group of suicide ideation cases. In the 121-125 with extremely high suicide ideation range there is no any case found.. This study is line with the previous study has been conducted by Bhat, R. A., & Praveen, A (2021), Goyel, Kishore, Anand, and Rathi (2012) who revealed in their research 52.33% & 53.62% suicide ideation in secondary school in Ananhang district of Jammu & Kashmir, and another study conducted on the government schools adolescent studying in 11th standard of the Delhi.

Table 1. The prevalence of the suicide ideation among the college students

Tahashil	Total Number of the Students	Number of students with suicide ideation	Percentage
Kalamb	120	58	48.33

Table 2. The prevalence of the suicide ideation among the college students

Gender	Total Number of the Students	Number of students with suicide ideation	Total Percentage
Male	26	55.75%	48.33
Female	32	44.82%	

Table 3. Frequency and percentage distribution of college studentson suicide ideation

The score range	Level of suicide ideation	Number of students	Percentage
25-30	Very low SI		
31-45	Low SI	44	36.66%
46-105	Average SI	17	14.16%
106-120	High SI	58	48.33%
121-125	Very high SI	1	0.83%
		0	0%



CONCLUSION

The purpose of the present study was to determine the prevalence among the college students. In connection with the aim, current study revealed that suicide ideation is common in the college students. 58 out of 120 students were found to show suicide thought and ideation.

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