



STUDY ON GENDER DIFFERENCE IN SUICIDAL IDEATION AMONG ADOLESCENTS

M. Suvarchala

Research Scholar, SP Mahila Viswavidyalam, Tirupati, Andhra Pradesh, India

Prof E Manjuvani

Professor in Home Science, SP Mahila Viswavidyalam, Tirupati, Andhra Pradesh, India

ABSTRACT

The teenage years are challenging for teens and their parents. Adolescents face many new pressures and may not always react in the healthiest ways to the problems they encounter. Social difficulties, stress, financial crisis, academic pressures, and other concerns facing teens may contribute to suicidal ideation. The World health organization has acknowledged that suicidal behavior is a major public health problem in every country. Suicide rates gradually increasing in India. So, this study aims to find out gender difference between suicidal ideation among adolescents. Total 50 sample were selected for this study and suicidal ideation scale was used for this study. The study results revealed that there were significant differences between boys and girls with respect to suicidal ideation. Girls scored high mean score when compare to boys. It can be conclude that external and internal factors make them to more vulnerable to have suicidal thoughts in adolescents.

Keywords: Gender Difference, Suicidal, Adolescents, World health organization

Cite this Article: M. Suvarchala and Prof E Manjuvani, Study on Gender Difference in Suicidal Ideation Among Adolescents, International Journal of Management (IJM), 14(3), 2023, pp. 64-68.

<https://iaeme.com/Home/issue/IJM?Volume=14&Issue=3>

INTRODUCTION

Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth. This affects how they feel, think, make decisions, and interact with the world around them.

Suicidal ideation, sometimes referred to as suicidal thoughts, describes thoughts, fantasies, ideas or images related to committing suicide. Contrary to common belief, depression and suicidal thoughts are not limited to adults, but symptoms and warning signs are often different in teens.

Suicidal ideation in teens is often caused by untreated depression or drug misuse and always needs to be taken seriously. Suicidal thoughts and depression often have many causes. Social difficulties, stress, academic pressures, and other concerns facing teens may contribute to suicidal ideation.

The role that gender plays as a risk factor for suicide has been studied extensively. While females show higher rates of non-fatal suicidal behavior and suicide ideation (thoughts), and reportedly attempt suicide more frequently than males do, males have a much higher rate of suicide. As of recent World Health Organization (WHO) releases, challenges represented by social stigma, the taboo to openly discuss suicide, and low availability of data are still, to date, obstacles leading to poor data quality for both suicide and suicide attempts: "given the sensitivity of suicide – and the illegality of suicidal behaviour in some countries – it is likely that under-reporting and misclassification are greater problems for suicide than for most other causes of death."

Many researchers have attempted to find explanations for why gender is such a significant indicator for suicide. A common explanation relies on the social constructions of hegemonic masculinity and femininity. According to literature on gender and suicide, male suicide rates are explained in terms of traditional gender roles. Male gender roles tend to emphasize greater levels of strength, independence, risk-taking behavior, economic status, and individualism. Reinforcement of this gender role often prevents males from seeking help for suicidal feelings and depression.

REVIEW OF LITERATURE

Afroza. B (2021) Studied Social Determinants of Suicidal Ideation among Adolescents in Rural Bangladesh. This Study showed that lifetime prevalence of suicidal ideation was 5% among adolescents. The majority of adolescents with suicidal ideation were female (67, 5.3%), unmarried (106, 5.5%) and students (86, 6.2%). Suicidal ideation was significantly associated with age, education, occupation and living with parents or others. Suicidal ideation was more common among adolescents with parents from the low-income group (5.5%).

Cormac O.B et.,al (2020) Studied Adolescent Suicide Ideation, Depression and Self-Esteem: Relationships to a New Measure of Gender Role Conflict. The that regression analyses and tests of mediation revealed that depression significantly mediated the relationship between GRC and negative suicide ideation, whilst self-esteem and depression significantly mediated the relationship between GRC and positive suicide ideation.

Yi-Yang Zhang.Y.Y et.,al (2019) had done a study on Gender differences in suicidal ideation and health-risk behaviors among high school students in Beijing, China. The prevalence of suicidal ideation was significantly higher for girls (13.3%) than boys (10.7%). The multivariate regression analyses indicated that high academic pressure, running away from home, feeling lonely or sad/hopeless, being bullied, fighting, and binge drinking were significantly associated with suicidal ideation in boys and girls. Factors more strongly associated with suicidal ideation in girls than boys were being in junior vs senior high school (girl vs boys: 1.24 vs NA), high academic pressure (2.42 vs 1.55), ever smoking (1.52 vs NA), binge drinking (1.30 vs 1.17), fighting once (1.63 vs 1.06) and being sad/hopeless (2.39 vs 2.04) and their interaction with gender were all statistically significant ($P < 0.05$). A lower likelihood of suicidal ideation was found among boys, but not girls, who had PE class two or more days per week.

Andrea.M.M (2019) studied Gender differences in suicidal behavior in adolescents and young adults: systematic review and meta-analysis of longitudinal studies. The study revealed that. Females presented higher risk of suicide attempt and males for suicide death. Common risk factors of suicidal behaviors for both genders are previous mental or substance abuse disorder and exposure to interpersonal violence. Female-specific risk factors for suicide attempts are eating disorder, posttraumatic stress disorder, bipolar disorder, being victim of dating violence, depressive symptoms, interpersonal problems and previous abortion. Male-specific risk factors for suicide attempt are disruptive behavior/conduct problems, hopelessness, parental separation/divorce, friend's suicidal behavior, and access to means. Male-specific risk factors for suicide death are drug abuse, externalizing disorders, and access to means.

Riaz.U et.,al (2019) studied Suicidal ideation, suicide planning, and suicide attempts among adolescents in 59 low-income and middle-income countries: a population-based study. The study results revealed that girls had higher prevalence than boys for suicidal ideation (18.5%, 16.4–20.6 vs 15.1%, 13.4–16.7), suicide planning (18.2%, 15.8–20.6 vs 15.6%, 13.7–17.6), and suicide attempts (17.4%, 15.0–19.8 vs 16.3%, 14.0–18.6). Adolescents aged 15–17 years had higher prevalence than those aged 13–14 years of suicidal ideation (17.8%, 15.8–19.8 vs 15.9%, 14.1–17.6), suicide planning (17.8%, 15.7–20.0 vs 16.3%, 14.7–17.9), and suicide attempts (17.6%, 15.2–20.0 vs 16.2%, 13.8–18.5).

Achyut R.P (2019) Studied factors associated with suicidal ideation and suicidal attempts among adolescent students in Nepal: Findings from Global School-based Students Health Survey. The study found that nearly 13.59% of the participants had considered suicide while 10.33% had attempted it. Food insecurity (OR = 2.32, CI = 1.62–3.32), anxiety (OR = 2.54, CI = 1.49–4.30), loneliness (OR = 2.51, CI = 1.44–4.36) and gender (OR = 1.39, CI = 1.03–1.89) were identified as risk factors of suicidal ideation. Anxiety (OR = 3.02, CI = 1.18–7.74), loneliness (OR = 2.19, CI = 1.28–3.73) truancy (OR = 1.99, CI = 1.40–2.82), cigarette use (OR = 3.13, CI = 1.36–7.23) and gender (OR = 1.60, CI = 1.07–2.39) were identified as risk factors of suicidal attempt. Having 3 or more close friends was found to have protective effect (OR = 0.35, CI = 0.16–0.75) against suicidal attempt.

Reza. Z et.,al (2017) had done a study on suicidal ideation and its correlates among high school students in Iran: a cross-sectional study. The results revealed that Overall, 62 (4.1%, 95% CI= 3.1, 5.2) of 1,517 students had thoughts of suicide. Three hundred and thirteen (20.6%, 95% CI= 18.6, 22.7) students reported being bullied in the previous 30 days. Being worried that they could not eat or did not feel hungry (Adjusted Odds Ratio (AOR) = 4.15; 95% CI [1.71, 10.07] were all factors positively associated with suicidal ideation.

Each suicide is a personal tragedy that prematurely takes the life of an individual and has a continuing ripple effect, dramatically affecting the lives of families, friends and communities. According to the National Crime Records Bureau (NCRB) ,a total of 139,123 people died by suicide in India 2019 showing an increase of 3.4% in comparison to 2018 and the rate of suicides has increased by 0.2% during 2019 over 2018(NCRB).This suicide rate was 10.4 deaths per 100,000 population. There are various causes of suicides like professional/career problems, sense of isolation, abuse, violence, family problems, mental disorders, addiction to alcohol, financial loss, chronic pain etc.

All these information gives support to the present study which hypothesizes that there are increasing number of suicide ideation among adolescents. Hence this study tries to find out the factors that make them vulnerable to commit suicide.

METHODOLOGY

A total sample of 100 (50 boys and 50 girls) were selected for this study from Intermediate colleges in Kakinada. Suicidal ideation scale by Sisodia and Bhatnaga r (2005) was used for this study and random sampling method was chosen and collected data was analyzed by using t sample test.

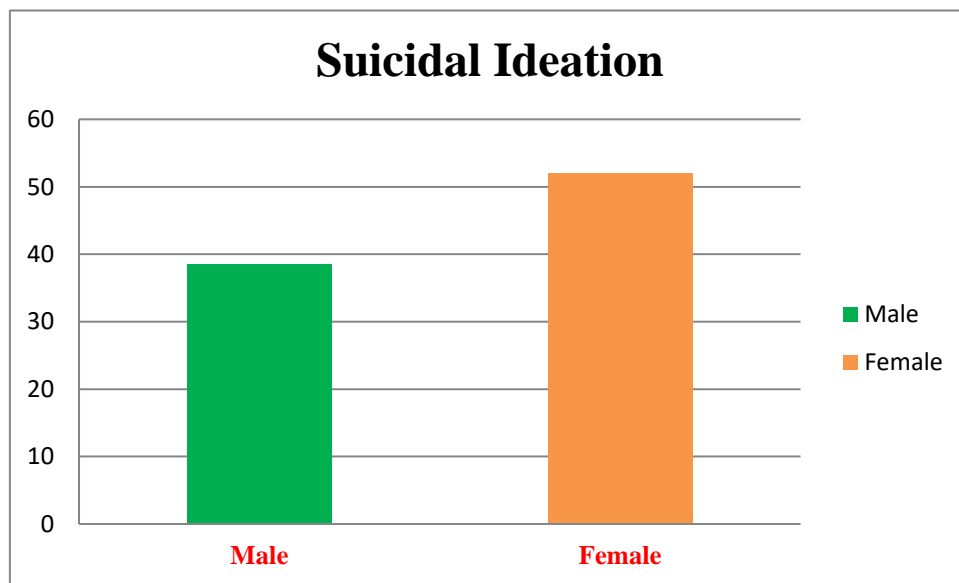
RESULTS AND DISCUSSION

Table: 1 Mean difference of suicidal ideation among adolescent boys and girls

Suicidal Ideation	Boys		Girls		t-value	P
	Mean	S.D	Mean	S.D		
	38.48	29.18	52.04	14.88	-2.069	0.04*

Note: *Significance at (P<0.05), **Significance at (P<0.01), NS- Not Significant

This table 1 represents the gender differences in suicidal ideation. The results of this study clearly shows that there were significant differences between boys and girls with respect to suicidal ideation. Girls scored high mean score when compared to boys. This means that adolescent's girls might have faced interpersonal conflicts, attitude of inequality of family members, academic stress, loss of loved ones, sleep disturbances and financial crisis which make them to have suicidal thoughts. The results are in congruence with study conducted by Andrea. M.M (2019) who revealed that female suicidal ideation risk factors for suicide attempts are posttraumatic stress disorder, depressive symptoms, and interpersonal problems. And also U Wunderlich (2001) who concluded The female suicide attempters showed suicidal thoughts and suicide attempts significantly more when compare to male.



CONCLUSION

The findings of this study revealed that girls scored high mean score on suicidal ideation. The study results clearly depicted that there were significant mean differences existed between both the genders on suicidal ideation. It evident that girls scored high mean score compared to boys. Factors like financial, academic, family and interpersonal factors which makes them to more vulnerable for committing suicides. This study results should be taken into consideration while planning suicidal prevention programme for adolescents.

REFERENCES

- [1] Afroza B, (2021) Social Determinants of Suicidal Ideation among Adolescents in Rural Bangladesh, Licentiate thesis, Comprehensive summary
- [2] Andrea.M.M (2019) Gender differences in suicidal behavior in adolescents and young adults: systematic review and meta-analysis of longitudinal studies. *International Journal Public Health*. 64(2):265-283. doi: 10.1007/s00038-018-1196-1. Epub
- [3] Cormac O.B, Jessica McCutcheon 3, Paul F. Conway^{1,2}, Joan Hanafin^{2,4} and Todd G. Morrison (2020) Adolescent Suicide Ideation, Depression and Self-Esteem: Relationships to a New Measure of Gender Role Conflict.
- [4] National Crime Records Bureau (2020). Accidental Deaths and suicides in India 2019 <http://ncrb.gov.in/StatPublications/ADSI/ADSI2019/ADSI-2019-Full-Report.pdf>
- [5] Pandey AR, Bista B, Dhungana RR, Aryal KK, Chalise B, Dhimal M (2019) Factors associated with suicidal ideation and suicidal attempts among adolescent students in Nepal: Findings from Global School-based Students Health Survey. *PLoS ONE* 14(4): e0210383. <https://doi.org/10.1371/journal.pone.0210383>
- [6] Riaz.U, Nicola W.B, Myfanwy. M, Shanchita.R.K and Asaduzzaman.K (2019) Suicidal ideation, suicide planning, and suicide attempts among adolescents in 59 low-income and middle-income countries: a population-based study. Volume 3, Issue 4, P223-233. DOI:[https://doi.org/10.1016/S2352-4642\(18\)30403-6](https://doi.org/10.1016/S2352-4642(18)30403-6).
- [7] Sisodia D.S, BhatnagarV (2005) Suicidal Ideation Scale, National Psychological Corporation, Bhargava Bhavan, 4/230, Kacheri Ghat, Agra -282004
- [8] Yi-Yang Zhang et.,al (2019) Gender differences in suicidal ideation and health-risk behaviors among high school students in Beijing, China. *Journal of Global Health*. ; 9(1): 010604. doi: 10.7189/jogh.09.010604

Citation: M. Suvarchala and Prof E Manjuvani, Study on Gender Difference in Suicidal Ideation Among Adolescents, *International Journal of Management (IJM)*, 14(3), 2023, pp. 64-68



<https://doi.org/10.17605/OSF.IO/HY6JB>

Article Link:

https://iaeme.com/MasterAdmin/Journal_uploads/IJM/VOLUME_14_ISSUE_3/IJM_14_03_008.pdf

Copyright: © 2023 Authors. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

This work is licensed under a **Creative Commons Attribution 4.0 International License (CC BY 4.0)**.



editor@iaeme.com