Resilience, Suicidal Ideation, Depression and Adolescents

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Abstract:

Suicidal ideation and Depression is becoming prevalent factor among college students. The number of cases of suicide and depression among college students is founding frequently and rising strongly in college campuses. Keeping in this view present study is designed to study the resilience, suicidal ideation and depression among adolescents. Seventy participants (35 male, 35 female) age ranged 17 - 21 were administered to study.Students were asked to solveBharthiar University Resilience Scale, Suicidal Ideation Scale (SIS) and Depression Scale. Results revealed that there is significant correlation found between resilience and suicidal ideation, resilience and depression and suicidal ideation and depression. Significant gender difference was found on resilience but surprisingly no gender difference was found on suicidal ideation and depression among adolescents. Present results help to fostering resilience may be important to efforts to prevent and reduce suicidal ideation and depression in adolescents.

Keywords: *Resilience, Suicidal Ideation, Depression and Adolescents.*

I. INTRODUCTION

The concept of resilience is originally emerged from the Latin word resalire, means to bounce back or spring back. It has been differently used to depict a substance of elastic qualities (Joseph, 1994).It's a broad concept like an umbrella which is focus on many concepts regarding the positive patterns of adaptation in the face of adversity. (Masten, A. S., and Obradovic, J. 2006). The concept of resilience first emerged in 1970 from the studies conducted in the fields of psychopathology, traumatic stress, and poverty while researchers studying the effects of "risk factors" upon children's development (i.e., factors which increase the likelihood of poor or negative development). In another simple words Resilience is known as a general coping skills and mechanisms which is help to face and recover common challenges in day today life. (Mandleco&Peery, 2000). It's bouncing back ability in proper place after facing lots of adversities. It helps people to normal development under circumstances, difficult situation. Resilience also explained through risk factors and it can be help to study suicidal risk factors.

The concept of Suicidal ideation and Suicidality is slightly different from each other. According with Johnson (2006) Suicidal Ideation refers to the thoughts about taking one's own life with some degree of intent. In other side suicidality includes thoughts of suicide with the suicidal attempt (action) and completed suicide. In short a suicidal ideation is just thought of suicide without suicidal action but suicidality includes attempts and complete action with suicidal thoughts.

Among young adults and adolescence Suicide is the third leading cause of death (E. Mojs et al., 2012; Singh and Joshi, 2008) and also in teenagers and young adults (Centers for Disease Control and Prevention, 2004). Because of this the problem of suicide among adolescence is increasing vastly.

According with NCRB's report in India in the year 2005 majority of suicide is 37.8% among the persons age of 30 years and in 2006 more than one lakh persons lost their lives by committing suicide. (National Crime Record Bureau, India, 2005; 2006). National College Health Assessment (NCHA) reported that, .1% of female and 6.4% of male respondents have seriously considered suicide and 1.2% of female and 1.5% of male respondents have seriously attempted suicide in the past 2 weeks (ACHA, 2008). Mostly gender, socio – economical status, educational status and isolation may be cause to suicide amongadolescents. Thus the college campus is the important place to study and prevent suicidal thoughts among adolescents.

The first year of college experienced stressful by lots of students which can lead to depressive symptoms in academic life. Due to the various stressful events it can be associated with depressive symptoms across the complete academic span. In particular, stage of the college stage students typically face lots of new challenges and stressors in academic, family and social domains, which in turn amplify general feelings of depression. Depression is one of the most commonly found disorders in college counseling centers (Adams, Wharton, Quilter, & Hirsch, 2008). Day after day the incidence of depressive symptoms has been increasing vastly among college students and the development of depressive symptoms may have affect on the ability of college students to successfully complete academic requirements and demands. In a nationwide study, 43% of college students reported high feelings of depressed symptoms which can make difficult for them to study (American College Health Association, 2009). Depressive symptoms affect negatively on college students because of this depressed college students reported greater amounts of emotional suffering which mayaffect on academic performance and also cause to suicidal thoughts them. Keeping in this view present study will help to boost resilience ability among adolescents to prevent suicidal thoughts and depression.

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Aim

To study the Resilience, Suicidal Ideation and Depression among Adolescents.

Objectives

1. To study the gender difference on resilience among adolescents.
2. To find out the gender difference on suicidal Ideation among adolescents.
3. To examine the gender difference on depression among adolescents.
4. To study the relation between resilience and suicidal ideation among adolescents.
5. To explore the relation between resilience and depression among adolescents.
6. To observe the relation between suicidal ideation and depression among adolescents.

Hypotheses

1. Resilience will be significantly differ on the basis of gender.
2. Suicidal Ideation will be significantly differ on the basis of gender.
3. Depression will be significantly differ on the basis of gender.
4. Resilience and Suicidal Ideation will significantly and negatively related with each other.
5. Resilience and Depression will significantly and negatively related with each other.
6. Suicidal Ideation and Depression will significantly and positively related with each other.

II. METHOD

Participants

70 participants consisted (35 male, 35 female) from the three different colleges of Kolhapur district. Age ranged from 17 to 21 years. The subjects covered lower middle to high socio – economic status from different race, without having any psychological problems.

Measures

Bharathiar University Resilience Scale form A (Dr.Annalaxmi Narayanan)

The scale consist 30 items and used to measure individuals resilience. Every item consist five options like 1 for if the statement is not at all appropriate in describing. 2 for if the statement is marginally appropriate in describing 3 for if the statement is moderately appropriate in describing 4 for if the statement is appropriate to a large extent in describing And 5 for if the statement is most appropriate in describing. Biserial correlation was used to identify the individual items that discriminated the high resilience group from the low resilience group. The scale was compared with different tests to measure reliability and correlation coefficient sore was found significant. Validity was measured to compare with various psychological tests and used Biserial Correlation method, the scale found significantly valid to measure. The scoring of scale differs viz., positive and negative items and

type of form which is provided in to manual. High score on scale denote extremely high resilience while low score shows low level of resilience.

Suicidal Ideation Scale (SIS, Dr. Devendra Singh Sisodia and Dr. VibhutiBhatnagar, 2011)

The scale consist 25 items with five alternative options like vise, 'strongly agree, Agree, Undecided, Disagree and Strongly Disagree" and use to measure suicidal ideation of individual. The scale is highly reliable and measured by test – retest method the coefficient score was found 0.78 and 0.81 respectively. The scale has been highly valid and the coefficient score found 0.74.Among 25 items 21 items worded positively and scored 5, 4,3,2,1 and 4 items worded negatively and scored vice versa of positive items. Interpretation of suicidal ideation given from very low to very high suicidal ideation, the high score on scale indicate high suicidal ideation and low score indicate low suicidal ideation.

Mental Depression Scale (MDS, L.N Dubey, 1993)

Present scale consist 50 items with 'Yes' and 'No' options,was constructed to measure depression level of college students age ranged 12 to 45 years. Reliability of mental depression scale is found quiet high. It has been calculated by Test – Retest method and Split – Half reliability method. The obtained coefficients of correlation score are 0.64 and 0.69 respectively. The validity was found 0.41 and 0.39 by rating scale by teachers and parents respectively. In scoring one score allot to 'Yes' option and two for 'No' option obtained total sore in sale shows total level of depression. For the interpretation of row score Mean and SD and Standard score values have been provided as the norms for male and females. According with row score classification of level of depression is provided viz., very high to very low depression level independently for male and female. High score on the scale shows higher level of depression and lower score shows lower level of depression. Finally the scale has been used for research.

III. ANALYSIS STRATEGY

Initially independent sample 't' test and Pearson correlation coefficient is used to analysis. Gender difference was assessed through using 't' test and correlation was measured through using Pearson correlation method to explore relation between key variables like resilience and suicidal ideation, resilience and depression and suicidal ideation and depression.

IV. RESULTS AND DISCUSSION

Table 1 Showing gender difference on Resilience, Suicidal Ideation and Depression.

Variable	Sample		Mean	SD	't'
Resilience	Male	35	101.7	11.59	2.35*
	Female	35	108.8	13.45	
Suicidal Ideation	Male	35	52.05	13.04	0.063
	Female	35	52.25	13.26	
Depression	Male	35	11.28	5.71	1.12
	Female	35	9.97	3.86	

*Significant at 0.05 level.

Table 1showing the gender difference on all key variables. Results revealed that the mean score of male on resilience is 101.7 (SD, 11.59) and mean score of female is 108.8 (SD, 13.45). Obtained't' value is 2.35 which found significant (p>0.05). Means first hypothesis was accepted in present study. This result consists with previous research but quit different also.Sarwar, M. et al. (2010) found that boys have more resilient than girls in Pakistan.Ziaian, et al. (2012) found surprisingly females tended to have higher resilience. From these it is seen that the results regarding resilience and gender difference is quite vary among previous researches.

But surprisingly no significant gender difference was found on suicidal ideation (P<0.063) and depression (p<1.12) in this study. This result also quite different with previous results, because students assessed from this study have from the good economical family and also getting good environment for working in academic setup May be this factor cause to that no gender difference was found on these variables.

Table-2: Showing correlation between Resilience and Suicidal Ideation

Variable	Sample	Mean	SD	'r'
Resilience	70	105.2	12.96	0.296*
Suicidal Ideation		52.15	13.15	

*Significant at 0.05 level.

Table 2 showing correlation between resilience and suicidal ideation. The mean score of resilience is 105.0 (SD, 12.96) and mean score of suicidal ideation is 52.52 (SD, 13.15). Results revealed that there is significant difference between resilience and depression (r = 0.296, p>0.05). Present results consistent with previous research.Kakhki, I, N. et al. (2015) found in experimental research, that resilience training program significantly work to reduce suicidal ideation. In this training the results showed that the significance difference in two groups on suicidal ideation.In this training the subjects passed in training program having with major depression showed less suicidal ideation than the subjects who were not trained.Hirschtritt, M. E. et al. found that decreased risk of suicidal ideation is associated with high level of internal resilience.Johnson, J. et al. (2010) measured Positive self-appraisals the sub scale of Resilience Appraisals Scale. Results revealed that positive self – appraisal moderate the association between hopelessness and suicidal ideation. Subject with high levels of positive self-appraisals, increased were significantly less likely to lead to suicidality. In this discussion it is seen that resilience significantly works to reduce suicidal ideation.

Table-3: Showing correlation between Resilience and Depression

Variable	Sample	Mean	SD	'r'
Resilience	70	105.0	12.96	0.253*
Depression		10.62	4.88	

*Significant at 0.05 level.

Table 3 showing correlation between resilience and depression. The mean score of resilience is 105.0 (SD, 12.96) and mean score of depression is 10.62 (SD, 4.88). Results revealed that there is significant difference between resilience and depression (r = 0253, p>0.05). Present results supported by previous research.Ziaian, T. et al. (2012) found lower resilience in Adolescents those suffering from depressive symptoms.Hamdan-Mansour, A. M. et al. (2014) revealed that 50% of the university students had moderate to high level of resiliency, 70% had certain degree of depressive feelings.Bitsika, V. et al. (2010) assessed student's anxiety and depression by using Connor-Davidson Resilience Scale. Self-confidenceand optimism (a sub factor of CD – RISC) were most strongly negatively associated with depression. From these it is seen that resilience is significantly associated with depression and help to reduce the depressive level.

Table- 4: Showing correlation between Suicidal Ideation and Depression.

Variable	Sample	Mean	SD	'r'
Suicidal Ideation	70	52.15	13.15	0.417*
Depression		10.62	4.88	

*Significant at 0.05 level.

Table 4 showing correlation between suicidal ideation and depression. The mean score of suicidal ideation is 52.15 (SD, 13.15) and mean score of depression is 10.62 (SD, 4.88). Results revealed that there is significant difference between resilience and suicidal ideation (r = 0.417, p>0.05). Present results similar with previous research.Cukrowicz et al (20014) stated that significant suicide ideation is experienced by college students those having mild andmoderate depressive symptoms.Khan (2011) found a significant correlation between t suicide ideation and depression among college students. From these all results it should be clear that suicidal ideation is strongly related with depression. Having depressed symptoms may be cause to suicidal ideation. Singh and Joshi (2008) revealed that suicidal ideation and depression was positively associated with each other. Subject with the high score on depression had poor ability to deal with suicidal wishes and may have plan and wishes to commit suicide.

V. CONCLUSIONS

1. Significant gender difference was found about resilience among adolescents.
2. No significant gender difference was found about suicidal ideation among adolescents.
3. No significant gender difference was found about depression among adolescents.
4. Resilience and suicidal ideation was found significantly correlated with each other among adolescents.
5. Resilience and depression was found significantly correlated with each other among adolescents.
6. Suicidal ideation and depression was found significantly correlated with each other among adolescents.

VI. IMPLICATIONS

The key findings from this research that significant gender difference and significant correlation was found on paired variables. Resilience was found significant predictor of suicidal ideation and depression and suicidal ideation also found correlated with depression. Students having low resilience ability may be cause to suicide and having suicidal thoughts also led to depression among adolescents. So students those having suicidal ideation and depressed symptoms may need to increase their resilience ability. Findings from this study will help counselors, school counsellor's educationist and also professionals working in clinical setup to improve student's resilience ability to prevent suicidal thought and reduce depressed symptoms. These results also can help to arrange resilience training program to improve resilience ability to promote mental health related issues among adolescents. Future research is needed to appropriately compare the resilience of young adolescents with matched population controls in order to decisively determine if adolescents resilience is significantly reduce suicidal ideation and depression then it will help to future research in resilience work.

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