

A Descriptive Study to Assess the Factors Influencing Suicidal Behaviour and Its Prevention among the Adolescents in Rohilkhand School of Nursing at Bareilly with a View to Develop an Informative Booklet

Nidhi Vishnoi¹, Velladurai Narayanan²

¹Master of Nursing, Mental Health Nursing, Rohilkhand college of Nursing, Bareilly, Uttar Pradesh, India

²Professor, Mental Health Nursing, Rohilkhand College of Nursing, Bareilly, Uttar Pradesh, India

Abstract

Background- Suicide is the second leading cause of death among 15- 21 years olds globally. Suicide is a serious public health problem, so the prevention among college is a priority. There are several factors that affect the adolescents like- age, education, social class, family, mental health, Area of living, all these factors affect significantly for suicidal behaviour. A study was conducted on adolescent at college of Bareilly for early identification of risk factors which affect for suicide and to prevent these activities through social awareness, teaching and guidance. So, we can save the precious life of young once. **Objectives-** To assess the factors influencing suicidal behaviour among adolescents in college. To find out the association between factors influencing suicidal behaviour with selected demographic variables, To prepare an informational booklet on prevention measures regarding suicidal behaviour among adolescents.

Material and Method- A descriptive approach was adapted. The sample consisted of 60 adolescents of GNM II year. Convenience Sample technique was used to choose the sample. Self administered questionnaire are used for data collection. Informative booklet is prepared for suicidal prevention. Majority of respondents included in the study was 50% were in the age group of 19-20 years, 16.6 % were in 17-18 age group, 26% 21-22 age group and 6.6% 23 -above age group. 13% of respondents were male, while 86% were females. In education 48% respondents were in intermediate, 51% of undergraduate. 66% of respondents were living in urban and 33% were lives in rural.13% were married while 86% were unmarried. 56% of Respondents belongs to nuclear family while 43% belongs to joint family. Respondents also were belonged to lower class, 83% middle class and 13% upper class. 75% were Hindu, 11% Muslim, 8% Christian and 5% were Sikh. Result reveals that there was significant association between demographic variable like age ($\chi^2= 47.78$ p -123.59), gender ($\chi^2=50.35$ p- 5.99) and marital status ($\chi^2 = 8.04$ p- 5.99) and the factors influencing suicidal behaviour among adolescents and there is no association between demographic variable like- education, area of living, type of family, religion, social class and factors influencing suicidal behaviour among adolescents. **Interpretation and conclusion-** Finding of the study score shows that a study to assess the factors influencing suicidal behaviour was effective in terms of identification of risk factors which influence suicidal behaviour. There are some factors which influence the adolescents for suicide. Proper prevention may decrease the risk of suicidal behaviour. Therefore we can save the precious life.

Keywords- Suicide, Suicidal behaviour, Adolescent, Risk factor, College.

Corresponding of Author:

Nidhi Vishnoi

Student of master of nursing, Rohilkhand College of Nursing, Bareilly, Nidhi.vishnoi100@gmail.com

Introduction

Suicide is the act of taking one's own life. It is usually the second or third leading cause of death among teenagers and remains one of the top leading

causes of death well into middle age. There is a senseless, purposeless act behind a person who dies by suicide.¹ Suicidal death about one fifth of all deaths among older European adolescents and young adult together (15-29), representing about 24,000 deaths each year.² Suicide is the second leading reason of death in adolescents, and young adults 15-24 years-olds. Among younger children, suicide attempts are frequently passionate. They may be associated with the sadness, confusion, aggression, or problems with attention and concentration and hyperactivity.³ one student commits suicide in India every hourly, with about 28 suicides reported early day, according to statistics compiled by the National Crime Records Bureau (NCRB). Globally, Suicide is a common cause of death among the adolescents. This study aimed to document suicidal ideation and behaviours among adolescent. The adolescent suicidal rate has greatly increasing in recent years. Suicide is 5% of all suicides have seen in less than 15-24 years of age, but now it is increased to 14%. This is the reason suicide is the third leading cause of death among the adolescents. Suicidal rate in males 10-14 year is tripled, 15 -19 have quadrupled and in female is doubled.⁶

Objective

- To assess the factors influencing suicidal behaviour among adolescent in college.
- To find the association between factors influencing suicidal behaviour with selected demographic variables.
- To prepare an informational booklet on preventive measures regarding suicidal behaviour among adolescents.

Material and Method

This prospective descriptive study was carried out on adolescents at Rohilkhand school of Nursing, Uttar Pradesh from 2020 to 2021. A total 60 adolescents

(both male and females) of aged between 14- 23, years were for in this study.

Study Design: Descriptive survey design

Study Location: Rohilkhand School of Nursing Bareilly, Uttar Pradesh.

Sample size: 60 adolescent

Approach- Descriptive survey approach.

Technique- Purposive sample technique

Procedure methodology- Research design was consisted of a descriptive approach with a descriptive survey design. Convenient sampling techniques were adopted. The sample consisted of 60 adolescents. The study was conducted in Rohilkhand school of Nursing, Bareilly. The tool developed and used for data collection was self administered questionnaire on factors influencing suicidal behaviour having **section A** and **section B. Section. A** consisted 08 items related to demographic variables and section B of 40 items related to factors influencing suicidal behaviour. The content validity of the tool was established by 05 experts. The reliability of the tools establish by using Split half method. The reliability was 0.82. The tool was established to be reliable and feasible. Pilot study was conducted on 21 June 2021 at Nightingale college of Nursing, Shahjahanpur. The objective of the pilot study to assess the factors influencing suicidal behaviour among adolescents and to check the main study would be effective or not. The main study was conducted in Rohilkhand school of Nursing, Bareilly. Self administered questionnaire on factors influencing suicidal behaviour was used to assess factors influencing suicidal behaviour. The data was gathered, inspected and interpreted according to the objectives. Descriptive statistics were used. Inferential statistics was used to test hypothesis at 0.05 levels significant. Chi square test was applied for finding relationship between factors influencing suicidal behaviour with

demographic variable.

Statistical Analysis

Demographic data and data of factors influencing suicidal behaviour were calculated by the descriptive

statistics by using **frequency, percentage, graphs, mean and bar diagrams**. Inferential statistics is using a sample to make estimates or conclusion about population. **Chi-square test** use to find out the association between demographic variable and factors influencing suicidal behaviour.

Result

Table 1- Distribution of sample according to frequency and percentage.

S/NO.	DEMOGRAPHIC VARIABLE	FREQUENCY	PERCENTAGE
A.	AGE		
	1. 17-18 years	10	16.6%
	2. 19-20 years	30	50%
	3. 21-22 years	16	26.6%
B.	4. 23- above	04	6.6%
	GENDER		
1.	Male	05	8.3%
	2. Female	55	91.6%
C.	EDUCATION		
	1. Intermediate	29	48.3%
	2. Undergraduate	31	51.6%
3.	Postgraduate	00	00%
D.	AREA OF LIVING		
	1. Urban	40	66.6%
2.	Rural	20	33.3%
E.	MARITAL STATUS		
	1. Married	10	16.6%
2.	Unmarried	50	33.3%
F.	TYPES OF FAMILY		
	1. Nuclear family	34	56.6%
2.	Joint family	26	43.3%
G.	SOCIAL CLASS		
	1. Lower	02	33%
	2. Middle	50	83.3%
3.	Upper	08	13.3%
H.	RELIGION		
	1. Hindu	45	75%
	2. Muslim	07	11.6%
	3. Christian	05	8.3%
4.	Sikh	03	5%

Table 2 - Overall response scores of respondents on level of factors influencing suicidal behaviour.

FACTOR LEVEL	TEST KNOWLEDGE SCORE			
	Scale	Score	N	Percentage
Inadequate		27-40	07	14%
Moderate		13-26	57	88%
Adequate		0-12	00	-

Table Shows that frequency and percentage of adolescents according to the factor Reveals that majority (14%) of respondents having inadequate risk factors which influencing suicidal behaviour, (88%) of respondent having moderate risk factors which influencing suicidal behaviour and (0%) of respondents having adequate risk factors which influencing suicidal behaviour.

Conclusion

Regarding association between age and factors influencing suicidal behaviour among adolescents, 13.3% of respondents in the age group of 17-18 years, 48.3% respondents were in the age group 19-20 years, 25% of respondents in the age group of 21-22 years, 6.6% were in the age group of 23 years and above having average knowledge of factors influencing suicidal behaviour. The statistical finding depicts there exists significant association between age and factors influencing suicidal behaviour among adolescents. ($\chi^2= 47.78$)

Regarding association between gender and factors influencing suicidal behaviour among adolescents, 6.6% of respondents in the age group of male and 53.3% of respondents in the group of female having average knowledge of factors influencing suicidal behaviour and 33% of respondents were female in good category while 6.6% were in male. However,

the statistical findings depict there is significant association between gender and factors influencing suicidal behaviour among adolescents ($\chi^2= 50.35$).

Association between education and factors influencing suicidal behaviour among adolescents, 43% of respondents belongs to intermediate with average, 5% were with good knowledge of factors influencing suicidal behaviour. As compare to undergraduate 45% respondents with average and 6.6% with good factors influencing suicidal behaviour. The statistical findings depict there exists a non significant between education and factors influencing suicidal behaviour among adolescents ($\chi^2=0.29$)

Association between area of living and factors influencing suicidal behaviour among adolescents, 58.3% respondents belongs to urban with average, 8.3% respondents belongs to good knowledge of factors influencing suicidal behaviour while 30% with average and 3.3% of respondents of rural with good knowledge of factors influencing suicidal behaviour. The statistical findings depict here is no significant association between area of living and factors influencing suicidal behaviour among adolescents ($\chi^2=0.11$)

Association between marital status and factors influencing suicidal behaviour among adolescents, 10% belongs to married with average, 6.65%

respondents with good knowledge of factors influencing suicidal behaviour. 75% of respondents were belonging to average and 8.3% respondents with good knowledge of factors regarding suicidal influence among adolescents. Statistical findings depict there exists a significant association between marital status and factors influencing suicidal behaviour among adolescents ($\chi^2 = 8.04$)

Association between type of family and factors influencing suicidal behaviour among adolescents, 50% respondents belong to nuclear family with average while 6.6% respondents were good knowledge. 40% respondents were belonging to joint family with average and 3.3% respondents with good knowledge of factors influencing suicidal behaviour among adolescents. Statistical findings depict there is no significant association between type of family and factors influencing suicidal behaviour among adolescents. ($\chi^2 = 0.28$)

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Ethical Clearance- The study was conducted keeping all the ethical issue in mind.

Conflict of Interest- None

Source of Funding- Self

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