

## Suicidal Tendency among Higher Secondary School Students

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### Abstract

The present study is intended to examine the Suicidal Tendency in students of higher secondary school of Surendranagar. Suicidal tendency is the propensity for a person to have suicidal ideation or to make suicide attempts. The variables included for the study apart from Suicidal Tendency are gender and class. The study was conducted on a sample of 120 students (60 boys, 60 girls) randomly selected from the RPP girls high school, Surendranagar Gujarat and C P Oza Boys High School Surendranagar, Gujarat, for this purpose of investigation. The "Suicidal Tendency scale Standardized by Oza Rasik Meghnathi and Dilip Bhatt (2002) was used. The obtained data was analyzed through 't' test to know the difference between gender and class of higher secondary school students. The results shows that there is significant difference between boys and girls of higher secondary school students in term of suicidal tendency in the 0.05 level of probability. As per mean score girls have high suicidal tendency than boys. Results are also indicates that there is significant difference in class (11<sup>th</sup> and 12<sup>th</sup> standard) of higher secondary school students in term of their suicidal tendency in the 0.01 level of probability. Mean scores suggest that 12<sup>th</sup> standard students have high suicidal tendency than 11<sup>th</sup> standard students.

**KEYWORDS:** Level of Suicidal tendency, boys and girls, 11<sup>th</sup> and 12<sup>th</sup> standard of general stream

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### Introduction

Suicide is a main problem of progressive society, especially in Indian culture. Importance of education is increasing in changing society. Today, parents want to see their child educated, smart and progressive, but in this race of progression they harm their child negatively. Students feel lots of pressure due to higher expectation from parent and school. Their education is main source for making and maintaining their social impression. They feel if they will not succeed, they will be recognized as an educationally, socially and personally backward. This is thought process and existing social condition makes them psychologically more problematic. Many students are suffering from depression, anxiety, phobia, stress, and aggression. They are not aware of

their bad mental condition and even are not taking any professional advice, therefore many of them having suicidal tendency.

Study is not only reason for suicidal thought process, but social and family condition, economical condition of parents, school atmosphere and cultural influences are other factors which are directly related with student's mental condition. An article published in the economics time shows analysis of psychological condition of students "Psychological concerns in children are on the rise, especially behavioral issues and suicides. 12 per cent of Indian students between the age of 4 and 16 suffer from psychiatric disorders. 20 percent show signs of mental disorders, out of which 2-5 per cent have serious concerns like autism or bipolar disorder. Shockingly, every one hour a student commits suicide in India." (Birla, 2018)

Only few studies are available on suicide and suicidal tendency among high school students. Some studies show that adolescents face many stresses like criticism from parents, teacher and parent. They also have interpersonal problems, problems in living conditions and home environment. They have much worries about their futures. Some research shows that students have problems with health and financial status of family members. Parental expectations and academic worries are other factors which are associated with their mental health (Arun, Gerg, & Chavan, 2017). Present study is related with suicidal tendency among higher secondary students. This is a comparative study and main aim of the study is find out difference among class and gender of higher secondary school students for suicidal tendency.

## Definition

### Suicidal Tendency

1. "Suicidal tendency is the propensity for a person to have suicidal ideation or to make suicide attempts"

(Deshpande, 1999)

2. "Suicidal tendency means that the individual engages in thoughts about suicide, suicidal ideation or behaviors that are gestures suggestive of suicide"

(Bhatt & Meghnathi, 2002)

### Higher Secondary Students

11<sup>th</sup> and 12<sup>th</sup> standard of general stream consider as a higher secondary student in this study.

## Variables

### Independent variable

1. Gender: boys, girls,
2. Standards: 11<sup>th</sup> and 12<sup>th</sup> students

#### Dependent variable

1. Level of suicidal tendency

#### Controlled variable

1. Students from RPP girls high school, Surendranagar for girls
2. Students from C P Oza boys high school, Surendranagar for boys

#### Research problem

1. To find out difference between boys and girls of higher secondary school in terms of their suicidal tendency.
2. To find out difference in class (11<sup>th</sup> and 12<sup>th</sup>) of higher secondary school students in terms of their suicidal tendency

#### Objectives

1. To know the level of suicidal tendency among boys and girls of higher secondary school.
2. To know the level of suicidal tendency among 11<sup>th</sup> and 12<sup>th</sup> standard of higher secondary school students

#### Hypothesis

1. There is significant difference between boys and girls of higher secondary school students in term of their suicidal tendency
2. There is significant difference between 11<sup>th</sup> standard and 12<sup>th</sup> standard higher secondary school students in term of their suicidal tendency

#### Method

#### Participants

The participants consisted of 120 higher secondary school students. Among them 60 participants are boys of higher secondary school students taken from C P Oza Shardamandir High School, Surendranagar and 60 participants are girls higher secondary school taken from RPP Girls High School, Surendranagar Participants are selected by using the Simple random method

#### Procedure

The aim of the present investigations is to study the difference in level of Suicidal tendency in terms of class and gender of higher secondary school students. For that comparative research design is used.

## Tools

### 1. Suicidal tendency scale

This scale was used to measure suicidal tendency in handicapped and normal adolescent, but it can be used for any person above 16 years of age. This scale was developed and standardized by Bhatt and Meghnathi (2002). The present scale is based on the book “Abnormal Psychology” 8<sup>th</sup> Edition, by Irwin ,Barbara Sarason (1998)and another book namely “Suicide and Attempted Suicide” by C. G. Deshpande. These items are related to four modes of suicidal tendency scale each mode has 10 items.

The split-half reliability has been calculated by odd-even method The correlation coefficient was 0.92 The test-retest reliability of this scale has also been calculated by administration twice of this scale on a sample of 80 subjects the reliability coefficient was r. 0.83 (index of reliability was 0.91)

The validity of the scale has been calculated for the criterion validity. The scale was administered to two groups Normal (N = 40) and Abnormal (N = 40) Abnormal group comprised the patients of depression, suicidal attempters, schizophrenics and other Neurotics as diagnosed by psychiatrics The abnormal group indicated high scores of suicidal tendency than normal group on the scale. This scale is prepared in Gujarati version for Gujarati speaking population.

## Data analysis

For statistical analysis, the obtained data from 120 higher secondary school students were analyzed with the help of “t” test to study the difference in suicidal tendency based on class and gender amongst higher secondary school students.

## Result and Discussion

**Table 1** Means, SDs, and ‘t’ value for Gender of higher secondary School students on suicidal tendency

| Area  | N  | Mean  | SD    | ‘t’ value | Sig. Level                               |
|---|----|-------|-------|-----------|--|
| Girls   | 60 | 71.38 | 19.75 | 2.42      | Significant at 0.05 Level of probability |
| Boys  | 60 | 63.02 | 18.03 |           |  |
| DF =118, ‘t’ value of table 0.05p= 1.98 , 0.01p= 2.62 |    |       |       |           |  |

Table 1 indicates that Girls had higher mean score (M=71.38) than boys (M=63.02) on suicidal tendency, indicating that girls have high suicidal tendency than boys, ‘t’ value of 2.42 was found to be significant at 0.05 level of probability.

As per the norm of STS, on the aspect of Suicidal tendency, the mean score on both standard shows that both the groups reported high suicidal tendency.

Present study found that girl of higher secondary school students have highest suicidal tendency than boys. Generally, girls are more sensitive than the boys, they tend to be more emotional and sensitive toward what is happening in their surroundings (Sulaiman, Hassan, Sopian, & Abdullah, 2009). In the present study girls were reported to have negative self-concept, boredom, sadness, lack of interest from activities, and easily aggressive during communication. They were feeling lonely, and depressed. Some of girls reported bad home atmosphere like family quarrels, addicts in the family and economical problems in the family. Some of them had continued negative and suicidal thoughts and they needed immediate intervention however school are not provide such counselling facilities.

**Table 2** Means, SDs, and 't' value for Class of higher secondary School students on suicidal tendency

| Area  | N  | Mean  | SD    | 't' value | Sig. Level                               |
|---|----|-------|-------|-----------|--|
| 11 <sup>th</sup> Standard                             | 60 | 60.72 | 14.11 | 3.41      | Significant at 0.05 Level of probability |
| 12 <sup>th</sup> Standard                             | 60 | 72.00 | 21.36 |           |  |
| DF =118, 't' value of table 0.05p= 1.98 , 0.01p= 2.62 |    |       |       |           |  |

Table 2 indicates that 12<sup>th</sup> standard student have higher mean score (M=72) than 11<sup>th</sup> standard student (M=63.02) on suicidal tendency, indicating that 12<sup>th</sup> standard student have highest suicidal tendency than 11<sup>th</sup> standard student, 't' value of 3.41 was found to be significant at 0.01 level of probability.

As per the norm of STS, on the aspect of Suicidal tendency, the mean score on both standard shows that both the groups reported high suicidal tendency.

Present research found that 12<sup>th</sup> standard higher secondary students have highest suicidal tendency. As we know 12<sup>th</sup> standard is a board standard, students has lots of study pressure. Many of students have adjustment problems, fear of failure, future anxiety, family and school pressure, they were reported to have headache, inattention, repetitive negative thoughts, hopelessness, weakness, lack of interest, deprivation of intimate relationship, vague fear, anxiety, insecurity, avoiding responsibility, loneliness, short tempered, inability to express fear, boredom, sleep disturbance, restlessness, guilt feeling, mental instability, carelessness, self-inflicted act, verbalization of treating self-harm and with feelings of despair and depression.

Limitation of the study : This study are not represent the actual population, more research work needful for this subject with big sample size.

## Suggestions

1. As per the results at least one psychologist or counsellor should be in the high school for their psychological problems.
2. Girls have higher suicidal tendency and they need immediate psychological intervention. School should provide counselling facilities.
3. Board students must program their study according to their strength and weakness. In between the studies they should have to take some time for fun and entertainment.
4. If board student feels extreme pressure and has negative cognitions, they must visit psychologist or psychiatrist for intervention.
5. Students have to use online or telephonic helpline which is provided during the board examination.

## Conclusion

1. The study found significant difference between boys and girls of higher secondary school. Girls have high mean score suggest that they have higher suicidal tendency than boys.
2. The study also found that significant difference between 11<sup>th</sup> and 12<sup>th</sup> standard higher secondary school students. 12<sup>th</sup> standard (which is board standard) students have higher mean score suggests that they have higher suicidal tendency than 11<sup>th</sup> standard students.

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