

Prevalence of Suicidal Ideation and Attempts among youth of Srinagar district of J&K

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ABSTRACT

Suicide and suicide related problems are global health concerns. The present study was aimed to find out the present trend of suicide related issues among higher secondary students of Srinagar district of J&K. The sample for present study consists of 1069 higher secondary students. The age range of respondents ranges from 15-18 with mean age of 16.5. Suicidal Behaviors Questionnaire-Revised (SBQ-R) (2001) by Osman et al. was used to measure suicidal ideation and attempts among the respondents. The results showed that 28.3% of the respondents fall are Ideators and almost 7.7% of the respondents have attempted suicide. The findings of the present study are alarming, administrators and policy makers in the field of the education system need to pay attention to these alarming crises faced by the youth, so that such a problem can be controlled to some extent.

Keywords: *Suicide Attempts, Suicidal Ideation, Youth.*

INTRODUCTION

suicide represents a global health concern of considerable magnitude. Globally, one suicide takes place after every 40 seconds, which indicates that global mortality rate due to suicide is 16 per 100,000 people and it is the thirteenth leading causes of death worldwide [1] with about a million people dying every year. It is predicted that by 2020 the rate of death will increase to one every 20 seconds [2]. It is a leading cause of death among teenagers and adults under 35 [3]. In last 45 years suicide rates have increased by 60% worldwide [4, 5, 2]. The rate of suicide are far higher in men than in women, with males worldwide three to four times more likely to kill themselves than females. There are an estimated 10 to 20 million non-fatal attempted suicides every year worldwide [6].

More than 1.35 lakh people committed suicide in India in 2011 of which the highest number were reported in West Bengal followed by Tamil Nadu. 1, 35,445 people committed suicide in India in 2012. A study 2013 reveals that 242 men and 129 women commit suicide in India [7]. Two decades back suicide was rare in Kashmir, but now it has become serious problem. In J&K 248 suicides were recorded in 2010, and in 2011, over 287 suicides cases were registered. 44.3% increase was reported in suicide cases i.e. 417 suicide cases were registered in 2012 [8].

Suicide presents not only a considerable socioeconomic burden, considered in terms of productive years of life lost [9, 10], but also a huge emotional and psychological burden for the bereaved friends, spouses and relatives

of the individual [11, 12, 13]. Suicide refers to any death through a direct or indirect result of a positive or negative act accomplished by the victim himself or herself, which the victim knows or expects the result [6].

Nonfatal suicidal thoughts and behaviors (called “suicidal behaviors”) are classified more specifically into three categories: suicide ideation, which refers to thoughts of engaging in behavior intended to end one's life; suicide plan, which refers to the formulation of a specific method through which one intends to die; and suicide attempt, which refers to engagement in potentially self-injurious behavior in which there is at least some intent to die.

Suicide is a voluntary act by which one causes one's own death. It is self-decreed, intended, and hoped for. The range of suicidal ideation varies greatly from fleeting to detailed planning, role playing and unsuccessful attempts, which may be deliberately constructed to fail or be discovered, or may be fully intended to succeed.

II.LITERATURE REVIEW

Rates of suicidal ideation and non-lethal attempts are considerably higher than those for completed suicides [14,1]. These thoughts are not uncommon among young people. It is estimated that between 22% and 38% of adolescents have thought about suicide at some point in their lives, with between 12% and 26% reporting having had such thoughts in the previous year [15].

A recent study titled *Suicide mortality in India: A nationally representative survey (2012)* estimated about 1.87 lakh suicide deaths in India in 2010 at ages 15 years and above (1.15 lakh men and .72 lakh women). The study found that 40 per cent among the men (45100 of 114800) and 56 per cent among women (40500 of 72100) who committed suicide in 2010 were aged 15-29 years. The age-standardized suicide rate found in Indian women aged 15 years or older (17.5 per 1 lakh population) is more than two and a half times higher than in women of the same age in high-income countries (6.8 per 1 lakh population) and nearly as high as it is in China. Two States and Two UTs – Kerala, Jammu and Kashmir, Pondicherry and A & N Islands – accounted for 55.9% of suicide victims in the age group 60 years and above [15].

III.PURPOSE OF STUDY

Suicide-related thoughts and behaviors are common among youth. Rates of suicide increase markedly during adolescence and continue to rise until they stabilize in young adulthood [16]. Suicide ranks as the third leading cause of death for adolescents aged 15 to 19. The suicide rate for this age group increased by 300% from 1950 to 1990, then decreased by 35% from 1990 to 2003. Suicidal ideation is disturbingly common among adolescents, with 20% to 30% of youth reporting they thought about suicide at some point in their lives [17].

IV.OBJECTIVES OF THE PRESENT STUDY

Keeping the need and purpose in mind the following research objectives have been formulated.

1. To identify Suicide Ideators among Youth.
2. To identify Suicide Attempters among Youth.

Sample:

For the present study the target population was youth. A screening test was administered to 1069 higher secondary students from district Srinagar and selection is on the basis of the following criteria.

- Must be enrolled in Higher Secondary,
- Must fall within the age range of 15-18
- Should have suicide ideation tendency as defined by a standard scale.

V.RESEARCH INSTRUMENT

Suicidal Behaviors Questionnaire-Revised (SBQ-R)[18] was used to measure suicidal ideation, which is a 4-item self report inventory assessing a **different risk factor** for suicidality (or risk for suicide):

- Item 1: assesses **lifetime** (i) suicide ideation and/or (ii) suicide attempt.
 - Item 2: assesses the **frequency of suicidal ideation** over the past 12 months.
 - Item 3: evaluates the **threat of suicide attempt** (disclosure).
 - Item 4: evaluates **self-reported likelihood** of suicidal behavior in the future.
- Intercorrelations on the SBQ-R items and the high school sample ranged from .48 (likelihood vs. threat) to .82 (past attempts vs. frequency); coefficient alpha = .87.
 - A detailed account pertaining to the instruments framed for the measurement of the under study constructs is presented as follows.

VI.RESULTS AND INTERPRETATION

Table 4.7a Frequency distribution of the sample group with respect to Suicidal ideation.

Construct	<i>f(low)</i>	%	<i>f(Average)</i>	%	<i>f(High)</i>	%
Suicidal Ideation	729	68.2	179	16.7	161	15.1

Table 4.7b Frequency distribution of the sample group with respect to Suicide Attempts.

Construct	<i>f(Non Attempters)</i>	%	<i>f(Attempters)</i>	%
Suicide Attempts	987	92.3	82	7.7

Table 4.7c Frequency distribution of the sample group with respect to Suicidal ideation.

Construct	<i>f(Non Ideators)</i>	%	<i>f(Ideators)</i>	%
Suicidal Ideation	766	71.1	303	28.3

The above tables reveals that on suicidal ideation 68.2% of the respondents fall in low, 16.7% fall in average & 15.1% fall in high category; on suicidal attempts, 92.3% have never attempted suicide while 7.7% have

attempted suicide. It is further revealed that 71.1% of the respondents were non Ideators while 28.3% were Ideators.

VII.CONCLUSION

The sample group for the present study comprised of higher secondary students from various higher secondary schools of Srinagar district. Almost 28.3% of the respondents were suicide Ideators, i.e., they considered to attempt suicide at some point in their life and 7.7% of the sample group has also attempted suicide. Suicide is the second leading cause of death among young people worldwide, but as in Kashmir majority of population are Muslims and have a relatively low suicide rate. Still the findings of the present study are alarming and can be very useful to the administrators and policy makers to capitalize as the same and devise strategies that can help in minimization of the present scenario of suicide among young population.

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