



COMPARATIVE STUDY ON PREVALENCE OF SUICIDAL IDEATION IN COLLEGE STUDENTS OF RURAL & URBAN DURING PANDEMIC (COVID-19)

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ABSTRACT

Globally, Suicide is the 3rd leading cause of death among adolescents. College student's suicidal ideation is a neglected public health area. During pandemic the physical and mental challenges increases, as college students face problems in managing resources for completing their studies and finding future opportunities, College is a time of significant transition but during pandemic everything is vague, it changed many traditional ways of studying n getting jobs. The present study was conducted to determine the prevalence of suicidal ideation among 17- 23-year-old college students, for which data of n=88 students from urban and rural area is collected and assessed with IBM SPSS.



The mean score of suicidal ideations in urban students is 14.54 ± 2.9 ; the mean score of rural students is 32.67 ± 6.68 . The comparison of urban and rural students shows significant difference with $df = 86$, $t = 2.48$, $p = 0.026^{**}$. The mean score of suicidal ideations in students of below 20 yrs. of age is 24.25 ± 5.2 ; the mean score of students above 20 yrs. is 21.31 ± 4.81 . The comparison of students below and above 20 yrs. of age show non-significant difference with $df = 86$, $t = 0.4121$, $p = 0.6802$.

KEYWORDS: Suicidal Ideation, College Students and COVID-19.

INTRODUCTION

Suicide is the 3rd largest cause of death world wide. And is the second leading cause of death among the youth in india, As per latest reports till 2019, Every year more than 703,000 people take their own life and there are many more people who attempt suicide. Every suicide is a tragedy that affects family and the community too, and leaves the long-lasting effects on the people left behind. Although Suicide occurs throughout the lifespan but if we talk about suicide rate among youth it was the fourth leading cause of death among 15–29-year-olds globally in 2019. The prevalence of suicide rates are high in middle income group, over 77% of global suicides occurred in low- and middle-income countries in 2019.

The reasons for suicide is different from person to person but still if we see the major reasons of suicide is family problems and illness, if we particularly talk about the prevalence/incidence of suicide in India, so as per the data released by NCRB(National crime records bureau),the rate of suicide is continuously increasing in young generation from 2015-2019,even its 3.4% higher in 2019 than 2018

data. If we see the comparison of rural and urban suicidal data than its 13.9% in cities and 10.4% in rural areas. Similarly in this report they confirmed the adult males are more prone to suicide than adult females, but females younger than 18 years of age are more suicide victims, in the same report only 12.6% people are illiterate, that means majority of people who committed or attempted suicide are people who have primary to graduate level of education. it also give the shocking data of 35.1% of all suicide is of the people who are aged between 17-30 years out of which 7.4 percent are college and high school students and 10.1 % are unemployed people.

So we can say the young generation is vulnerable to suicide specially the students who are studying in the college/high schools , Suicide is a serious public health problem; however, suicides are preventable with timely, evidence-based and often low-cost interventions, and if we know the prevalence of suicidal ideation among the young generation we can take preventive steps to reduce the incidences of suicide among our young generation, the reason behind the suicide among the college students can be family issues, financial issues, due to drug abuse, unemployment and failure in love affairs. But all these reasons arise from piling up of stress and depression. And it is not hidden that the pandemic COVID-19 came with stress and anxiety among all the people, due to its sudden spread and clueless treatment regimen, above all the media reporting about the death rates and mis management of hospitals has further add in the anxiety creation during pandemic as per the latest reports 41.1% of total population faced the issues of moderate to severe anxiety and depression in India, out of which 56.2% are the people between the age of 18-24 years. Anxiety and depression itself enhance the mental stress and hence is responsible in enhancing the suicidal ideations among the young generation.

College is a time of significant transition. Many students are living away from home for the first time and have less access to support from family and friends. Along with increased freedom and independence, students face greater stress from a variety of sources, such as: increased academic demands, adjusting to a new environment, and developing a new support system. College also provides an opportunity to experiment with alcohol and other drugs, which may compound problems with mood and increase the risk for suicide, but during pandemic the stress of unemployment and uncertainty of future also piled up in the youth ,particularly how the scenario is changed from offline to online, which suddenly shift the paradigm from offline to online study mode and not all the students are able to manage the resources to fulfil the requirements, in urban areas internet connectivity and the understanding of new technological aids is better than the rural areas, so students from rural areas faced many issues starts from arrangements of smart phones and laptop to the better internet connectivity, but not all students as well as not all the teachers in this area are having technical knowledge of conduction of online classes and workshops, this may count as a drawback in the college students who are residing in rural areas.

RATIONALES

In this rapidly changing world and with the growing advancement in science and technology, massive use of social media, mobile phones and due to lack of mature understanding this problem emerged in the society vastly. Minor problems can also force to do something bad to oneself or suicide to rid out from that, instead of finding solution. The students have lots of friends on social media but no true friend is there to understand the real loneliness of others. The different studies from all around the world suggest the severity and prevalence of suicidal tendencies. Students accounted for 5.5% of total suicides.

REVIEW OF LITERATURE

The study is conducted by Amelia M. Arria, Ph.D., Kevin E. O’Grady, Ph.D., Kimberly M. Caldeira, M.S.,1 Kathryn B. Vincent, M.A., Holly C. Wilcox, Ph. D the study was conducted to find out suicidal ideation among college students. The sample for the present study was 1,249 first-year college students ages 17 to 19 who completed the baseline interview as described above. An additional four individuals were excluded due to missing data on suicide ideation or depressive symptoms. The demographic characteristics of the sample did not differ appreciably from the overall freshman class

with respect to race, gender, and mother's education: 71% were white, 48% were male, and 74% reported their mother had attained a four-year college degree or more. face-to-face interviews were conducted with 1,249 first-year college students and the results shows an estimated 6% wt of first-year students at this university had current suicide ideation. Depressive symptoms, low social support, affective dysregulation, and father-child conflict were each independently associated with suicide ideation. Only 40%wt of individuals with suicide ideation were classified as depressed according to standard criteria. In the group who reported low levels of depressive symptoms, low social support and affective dysregulation were important predictors of suicide ideation. Alcohol use disorder was also independently associated with suicide ideation, while parental conflict was not taken into account. Results highlight potential targets for early intervention among college students.

METHODOLOGY

Objective

The study was carried out with the help of following objectives:

- To find out the levels of the suicidal tendency among college students of rural and urban area
- To find out the levels of suicidal tendencies in students below 20 years and above 20 years of age.

SAMPLE

The present study was conducted on 88 participants from different college of Delhi and Haryana state of N=88 college students aged between 17-23 years, dividing into n1=41 male students and n2 =47 female students, and 50% (44) students below 20 years of age, and 50% (44) students of above 20 years of age with 48 urban and 40 rural students.

TOOLS FOR DATA COLLECTION

Adult Suicidal Ideation Questionnaire (ASIQ; Reynolds, 1991) There is a growing concern for identifying individuals at risk for suicidal behaviors. Suicidal ideation, that is, the thoughts and cognitions one has about suicidal behaviors and intent, may be considered a primary marker for the risk of more serious suicidal behaviors. This investigation examined the reliability and validity of the Adult Suicidal Ideation Questionnaire (ASIQ; Reynolds).

The questionnaire is containing 25 self-report items, it's a pen paper test, and is appropriate for college students. The ASIQ includes a 25-item self-report; items rated on a 7-point scale; . The maximum score obtained will be 150, This tool will help to recognise High, Moderate and Mild suicidal tendencies among the students. According to various studies, Internal consistency and test-retest reliability coefficients range from .96-.97 and .85-.95, respectively in various samples. The ASIQ yields a total score with a corresponding T score and percentile score. Comparing the total score to a cut-off allows identifying individuals in need of further evaluation for suicide risk.

DESIGN

A single case experimental design will be followed in the present study where gender is independent variables. Age and urban and rural location are dependent variables

CONDUCTION

The sample collection was conducted online mode by sending google form followed by telephonic interview of subjects, this mode is selected by considering everybody's safety in During collection of information and data of college students, we followed the ethical guidelines (APA 2006),we took consent from the participant of study, the information will be kept confidential , and we have took care of all other psychosocial threats that should not affect the participants mental health during study.

STATISTICAL ANALYSIS

After collection of data from the students the data was entered in the excel sheet-test was used for statistical analysis the descriptive and inferential statistics was used for scoring and data

interpretation. in descriptive statics the researcher had used frequency percentage mean and standard deviation whereas in the inferential statics the researcher had used t test for comparison of suicidal ideation between rural and urban college students. And t test for students of below 20 years and above 20 years of age, the correlation is also calculated in the suicidal ideation of rural and urban and male and female students .The entire data was analysed by using IBM-SPSS22.0.

RESULTS

Descriptive Result of Urban Students

Age wise distribution: mean age was 21.6 ± 2 with total 48 participants from urban area, from which 22 participants were ranging between 17 years to 20 years and 26 participants are from 20 years to 23 years.

Descriptive Result of Rural Students : Age wise distribution: mean age was 21.81 ± 2 with total 40 participants from rural area from which 22 participants were ranging between 17 years to 20 years and 18 participants are from 20 years to 23 years.

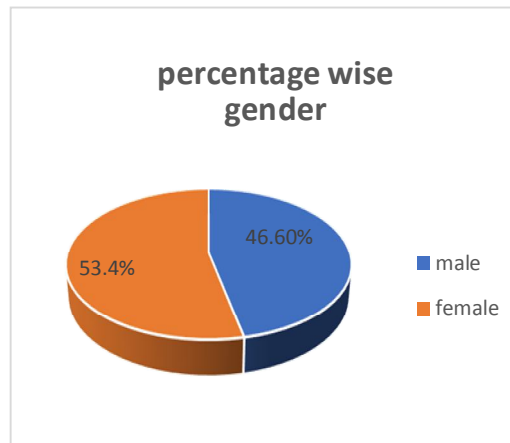
Age Wise Distribution of Total Student Participants

The mean age of total students of urban and rural area is come out as 22.31 ± 2 , from which 44 (50%) participants belongs to age group of (17-20) years and 44 (50%) participants belongs to age group of (20-23)

GENDER WISE DISTRIBUTION OF TOTAL STUDENTS

Out of total 88 participants 41 participants are male (males n-1-41) and 47 participants are females (females n-2 -47) the particulars are given in the below table

Percentage Wise Distribution of Males And Females



If we see percentage wise distribution than 46.60% participants were male and 53.40 % participants were females in this study.

Descriptive Results of Suicidal Ideation In Urban Students

There are total 48 participants belong to urban area out of which 37 have no suicidal ideation , 7 have mild , 4 have moderate and none have severe suicidal ideation. Total Suicidal ideation for urban student is 22.92 %.

Descriptive Results of Suicidal Ideation In Rural Students

There are total 40 participants belong to urban area out of which 27 have no suicidal ideation , 4 have mild, 3 have moderate and 6 have severe suicidal ideation. Total Suicidal ideation of urban student is 32.50 %.

Inferential Results of Suicidal Ideation In Students

Total data collected of students shows the suicidal ideation ranges, Normal range is observed with mean score of 5.83±0.81with standard deviation of 6.4 where 64 out of 88(72.3%) students have No suicidal ideation, 24 students out 88 (27.27%) shows mild to moderate suicidal ideations with suicidal ideation mean score of 67.95±6.9 , 11 out of 88 (12.5%) have Mild suicidal ideation mean score of 37.18±2.7 , 7 out of 88 (7.95%) have Moderate levels of suicidal ideation with moderate suicidal ideation mean score of 78.57±6.87 , 6 out of 88 (6.8%)have highly severe Suicidal Ideation with mean score of 112±5.79 for severe suicidal ideation.

Corelation Between Suicidal Ideation of Students

Correlation of suicidal ideation in urban and rural students

Inter correlation results of urban and rural participants indicates a negative correlation between

Suicidal ideation of two groups (**r = - 0.0422**)

Table -15 Corelation of suicidal ideation in urban and rural students

Variables	urban students	Rural students
urban students	1	-0.0422
rural students	-0.0422	1

Inferential results of suicidal ideation of students of rural and urban Male and Female

The mean score of suicidal ideation in rural male is 35.3913±9.5 , the mean score for urban male is 13.83±5.5.The comparison of urban and rural male shows significant difference with df =43,t=1.95,p=0.1013 **. The mean score of suicidal ideation in rural female is 29±9.2 , the mean score or urban female is 14.96±3.4.The comparison of urban and rural female shows significant difference with df =45, t=1.4185,p=0.3121 **

Table-18 INFERRENTIAL RESULTS OF MALE AND FEMALE STUDENTS

Variables	Mean	Standard Deviation	Standard Mean Error	t value	p value	coefficient of variation	degree of freedom	T value	P value
Rural Male	35.3913	45.6167	9.5117	3.7208	0.0004	1.2889	22	1.9546	0.1013**
Urban Male	13.8333	23.6898	5.5837	2.7548	0.0117	1.7125	21		
Rural female	29	38.2884	9.2863	3.1229	0.0036	1.3203	16	1.4185	0.3121**
Urban female	14.9667	18.6834	3.4111	4.3876	0	1.2483	29		

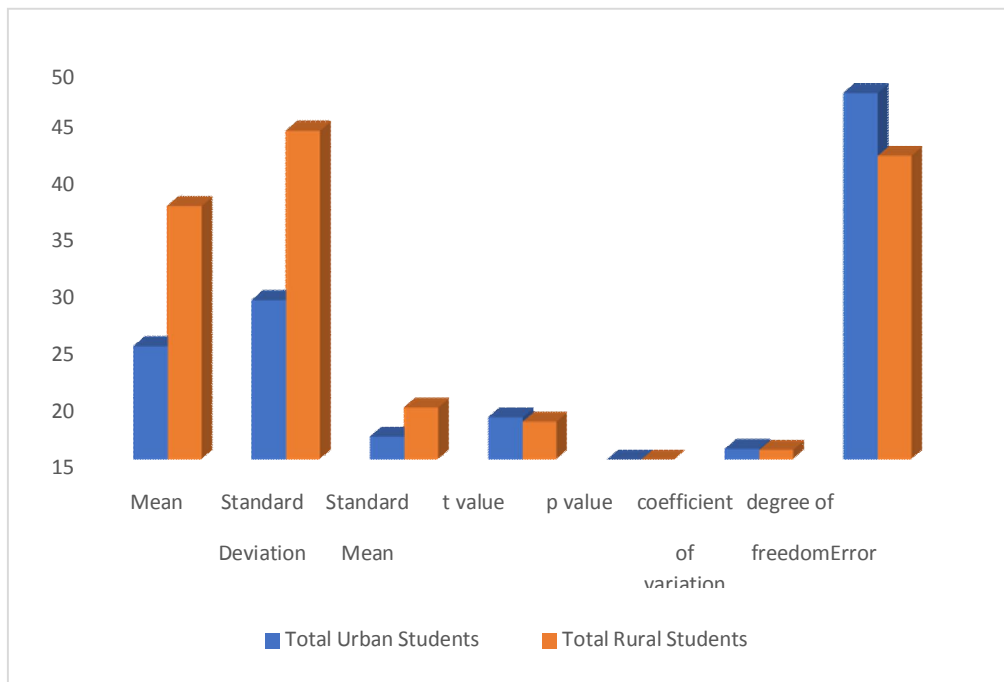
Inferential results of suicidal ideation of Total students of rural and urban area

The mean score of suicidal ideation in urban students is 14.54 ± 2.9 , the mean score of rural students is 32.67 ± 6.68 . The comparison of urban and rural students shows significant difference with $df = 86, t = 2.48, p = 0.026^{**}$.

Table 19- inferential results of suicidal ideation of Total students of rural and urban area

Variables	Mean	Standard Deviation	Standard Mean Error	t value	p value	coefficient of variation	degree of freedom	T value	P value
Total Urban Students	14.5417	20.4616	2.9534	5.4287	0	1.4071	47	2.4824	0.0261**
Total Rural Students	32.675	42.2553	6.6811	4.8906	0	1.2932	39		

Fig19 Inferential results of suicidal ideation of Total students of rural and urban area Comparison of suicidal ideation in rural and urban students



When we compared the suicidal ideation in rural and urban students of, we found correlation of -0.0422 between the two variables, with mean of 22.78 ± 3.55 . The mean of suicidal ideation in rural students is 32.675 ± 6 and standard deviation of 42.2553 for rural students, where 40 participants belongs to rural area with 67.5% students with no suicidal ideation with mean score of (7.14 ± 1.03) . The suicidal ideation of Urban students which are 48 in total, the mean for suicidal ideation is 14.54 ± 2.4 , with standard deviation of 20.46 , with 77.08% urban students with no suicidal ideation with mean score of 4.89 ± 1.16 .

Comparison of suicidal ideation male and female students

The data interpretation shows that 34 out of 47 (72.3%) FEMALE students are showing No suicidal ideation with mean score of 6.38 ± 1.24 . The data interpretation shows that 30 out of 41 (73.17%) MALE students are showing No suicidal ideation with mean score of 5.23 ± 1.008 .

DISCUSSION

When we compared the suicidal ideation in rural and urban students of, we found correlation of -0.0422 between the two variables, with mean of 22.78 ± 3.55 . The mean of suicidal ideation in rural students is 32.675 ± 6 and standard deviation of 42.2553 , if we compare it with the suicidal ideation of Urban students which are 48 in total, the mean for suicidal ideation is 14.54 ± 2.4 , with standard deviation of 20.46 . So, it is seen that **32.5% rural students and 22.91% of urban students so overall 27.27% students** shows suicidal ideation .

The mean score of suicidal ideation in rural male is 35.3913 ± 9.5 , the mean score for urban male is 13.83 ± 5.5 . The comparison of urban and rural male shows significant difference with $df = 43, t = 1.95, p = 0.1013$ **. The mean score of suicidal ideation in rural female is 29 ± 9.2 , the mean score or urban female is 14.96 ± 3.4 . The comparison of urban and rural female shows non significant with $df = 45, t = 1.4185, p = 0.3121$ So 13 out of 47 (27.6 %) **FEMALE STUDENTS** shows suicidal ideation and 11 out of 41 (26.82%) **MALE STUDENTS** showed suicidal ideations.

The current data shows significant difference in the levels of suicidal ideation of rural and urban students with results of $df = 86, t = 2.48, p = 0.026$ **.

CONCLUSION

From the above discussion we can conclude: -

1. Rural Students have more suicidal ideations than urban students as all the students who scored for severely high suicidal ideation are from rural area.
2. There is no significant difference in suicidal ideation of Students with age above 20 and age below 20 years.
3. There is no significant difference in suicidal ideation of Male and Female Students.

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