

## A STUDY OF SUICIDAL THOUGHTS AMONG PROSPECTIVE TEACHERS OF CHANDIGARH

Mangat Ram<sup>1</sup> & Dr. Vijay Phogat<sup>2</sup>

### ABSTRACT

Suicidal thoughts are emerged from emotional factors. Suicidal thoughts refer to make end of life. Suicidal thoughts are connected with the circumstances of life. A number of students commit suicide due to nonattainment of their goals, family problems, and social and economic concerns. In the present study a sample of 97 prospective teachers was studied. It was found that there was an average level of Suicidal thoughts among prospective teachers. It was found that there were no significant differences in suicidal thoughts based on Gender, Locality, and stream.

**KEYWORDS:-** Victims, Inhibitor, Suicidal Ideation, Violation, Self-harm, Life.

### INTRODUCTION

Suicide is one of the most enigmatic and disturbing human behaviors, whose desire and ultimate goal is the end of life (Santos et.al., 2017). Suicide is a major concern for public health and individual well-being worldwide as it happens to be among the top three causes of death of youths and also a major threat to other age groups. According to estimates, every year, almost one million people die from suicide in the world (Pathak et.al., 2017). Homicide and suicide are acts of violence differentiated only by the direction of aggression (Bills, 2017). Drastic changes in appearance, drastic changes in mood, Self-harm, Loss of interest in activities, Fatigue and depressed mood are signs of suicide mood (Kenny, 2019). Suicide ideation emerges from the combination of psychological pain and hopelessness. Second, the persons which are experiencing both pain and hopelessness. Third, the theory views the progression from ideation that there are other practical contributors to attempt suicide (Klonsky & May, 2015). Psychoanalytic and psychodynamic principles and concepts in relation to violence towards the self are introduced and the various unconscious meanings of suicide and self-harm are explored within a relational context and attachment framework (Yakeley & Burbridge-James, 2018). The perceived social support from family, helpless and optimistic styles, seeking social support are a significant predictor of suicide probability (Cenkseven-Onder, 2018). Ego-resilience is a strong inhibitor of suicidal ideation (Cha & Lee, 2017). Failure to ego-dystonic ideation is a strong reason of committing suicides (Bradvik & Berglund, 2011). Overuse of displacement is connected with an increased risk for suicidal and aggressive behaviors, while sublimation is probably a protective factor. Several immature ego defenses possibly amplify aggression, which then is directed to suicide (Apter et.al. 1997).

### SIGNIFICANCE OF THE STUDY

Isolation may increase a high risk of suicide (Jasnosiak, 2020). Every year, more than 1,00,000 people commit suicide in our country. There are various causes of suicides like professional and

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<sup>1</sup> Research Scholar, Department of Education, Panjab University, Chandigarh

<sup>2</sup> Associate Professor, Government College of Education, Sector 20-D, Chandigarh

career related problems, isolation from society, abuse, violence, family related problems, mental disorders and poor mental health, addiction to alcohol and drugs, financial loss, chronic pain (Govt. of India, 2019). Both interpersonal and intrapersonal factors had considerable role in Suicidal Ideation (Damrichi et.al. 2019). Perceived social support from family, helpless and optimistic styles, seeking social support became a significant predictor of suicide probability (Cenkseven-Onder, 2018). Emotional contact with the patient, allow them to think unthinkable thoughts and feel unmanageable feelings, thereby lessening the grip of self-destructive impulses and actions (Yakeley & Burbridge-James, 2018). The perceived liability towards one's family is a precursor of suicide. India is a large country there are occurring a number of events of committing suicide and the largest share of suicides in India is committed by housewives (Ravi, 2015).

### **OBJECTIVES OF THE STUDY**

1. To study Suicidal thoughts among prospective teachers of Chandigarh.

### **HYPOTHESES OF THE STUDY**

1. There is no significant difference in level of Suicidal thoughts in Rural and Urban Prospective Teachers.
2. There is no significant difference in level of Suicidal thoughts in Male and Female Prospective Teachers.
3. There is no significant difference in level of Suicidal thoughts in Science and Arts stream Prospective Teachers.

### **POPULATION AND SAMPLE**

All the students studying in colleges of Education in Chandigarh constituted the population. A total of 97 students of B.Ed. of Govt. College of Education, Sector 20-D, Chandigarh was selected as a sample. Descriptive research methodology was used in this study.

### **TOOLS USED**

The researchers developed a self-developed test of Suicidal thoughts consisting of 40 items consisting of five choices Strongly Disagree, Disagree, Neutral, Agree and Strongly Agree and were scored as 1, 2, 3, 4 & 5 respectively. The score range was 200-40. The score range 200-160 described Most suicidal thoughts, 159-120 Above average suicidal thoughts, 119-80 average suicidal thoughts and score below 79 was below average suicidal thoughts.

### **ANALYSIS AND INTERPRETATION**

The results of the present study are analyzed in the following two sections:

Section I: To study level of Suicidal thoughts among prospective teachers of Chandigarh.

Section II: Comparison of Level of Life Satisfaction of Prospective Teachers studying in Colleges of Education on the basis of Gender, Locality, and Stream.

#### **Section I**

1. To study level of Suicidal thoughts among prospective teachers of Chandigarh.

Table No. 1

Sr. No.	Level of Suicidal Thoughts	Range of Scores	No. of Students	Percentage
1	Most Suicidal Thoughts	161-200	11	11.34
2	Above Average	120-159	29	29.89
3	Average	88-119	45	46.39
4	Below Average	Below 79	12	12.37

It is analyzed from Table No. 1, that 11 students i.e. 11.34 percent of prospective teachers are Most Suicidal Thoughts, 29 students i.e. 29.89 percent of prospective teachers have an above average level of Suicidal Thoughts, 45 students i.e. 46.39 percent of prospective teachers have an average level of Suicidal Thoughts, 12 students, i.e. 12.37 percent of prospective teachers have an below average level of suicidal thoughts.

## 2. To study level of Suicidal thoughts among prospective teachers of Chandigarh based on Locality, Gender and Stream

Table No. 2.

Sr. No.	Variable	Mean	SD	Interpretation
1	B.Ed. Students	105.84	39.05	Average Level of Suicidal Thoughts
2	Rural	109.75	39.73	Average Level of Suicidal Thoughts
3	Urban	103.38	38.85	Average Level of Suicidal Thoughts
4	Male	105.86	41.35	Average Level of Suicidal Thoughts
5	Female	104.63	12.51	Average Level of Suicidal Thoughts
6	Science	107.77	38.43	Average Level of Suicidal Thoughts
7	Arts	103.58	39.82	Average Level of Suicidal Thoughts

It is analyzed from Table No. 2 that Prospective teachers have mean value 105.84, which shows an average level of Suicidal Thoughts, Rural students have 109.75, Urban students have 103.38, Male students have 105.86, Female students have 104.63, Arts students have 107.77, Science Students have 103.58 and all have average level of Suicidal Thoughts.

## Section II: Comparison of levels of Suicidal thoughts of Prospective Teachers studying in Colleges of Education on the basis of Gender, Locality, and Stream.

1. There is no significant difference in level of Suicidal thoughts in Rural and Urban Prospective Teachers.

Table No. 3.

Locality	N	Mean	SD	df	t-Value
Rural	32	109.75	39.73	95	0.747
Urban	65	103.38	38.85		

Entries in the table-3 show the mean differentials (t-test) level of Suicidal thoughts of rural and urban prospective teachers. From the table 3, it is clear that mean and standard deviation for rural group is found to be 109.75 and 39.73 respectively. Likewise, the mean and standard deviation for urban group is found to be 103.38 and 38.85 respectively. „t“-ratio is calculated as 0.747 which is less than the „t“- value 1.99, at 0.05 level of significance at df = 95. This shows that the obtained „t“- value is not significant at 0.05 level of confidence. Therefore, it is clear from the results that mean scores of both the groups do not differ significantly with respect to their level of Suicidal thoughts. So, the null hypothesis that, there is no significant difference in the level of Suicidal thoughts among Rural and Urban prospective teachers is accepted.

2. There is no significant difference in the level of Suicidal thoughts in Male and Female Prospective Teachers.

Table No. 4

Gender	N	Mean	SD	Df	t-Value
Male	12	105.86	41.35	95	0.153
Female	85	104.63	12.51		

Entries in the table-4 show the mean differentials (t-test) of the level of Suicidal Thoughts Male and Female prospective teachers. From the table, it is clear that mean and standard deviation for Male group is found to be 105.86 and 41.35 respectively. Likewise, the mean and standard deviation for Female group is found to be 104.63 and 12.51 respectively. „t“-ratio is calculated as 0.153 which is less than the „t“- value 1.99, at 0.05 level of significance at df = 95. This shows that the obtained „t“- value is not significant at 0.05 level of confidence. Therefore, it is clear from the results that mean scores of both the groups do not differ significantly with respect to their level of Suicidal thoughts. So, the null hypothesis that There is no significant difference in level of Suicidal thoughts among Male and Female prospective teachers is accepted.

3. There is no significant difference in level of Suicidal thoughts in Science and Arts Prospective Teachers.

Table No. 5.

Stream	N	Mean	SD	df	t-Value
Science	20	107.77	38.43	95	-0.525
Arts	77	103.58	39.82		

Entries in the table-5 show the mean differentials (t-test) of level of Suicidal Thoughts Science and Arts prospective teachers. From the table, it is clear that mean and standard deviation for Science

group is found to be 107.77 and 38.43 respectively. Likewise, the mean and standard deviation for Arts group is found to be 103.58 and 39.82 respectively. „t“-ratio is calculated as -0.525 which is less than the „t“- value 1.99, at 0.05 level of significance at  $df = 95$ . This shows that the obtained „t“- value is not significant at 0.05 level of confidence. Therefore, it is clear from the results that mean scores of both the groups do not differ significantly with respect to their level of Suicidal thoughts. So, the null hypothesis that There is no significant difference in level of Suicidal thoughts among Science and Arts prospective teachers is accepted.

### FINDINGS OF THE STUDY

1. Prospective teachers have an average level of Suicidal Thoughts- Rural students, Urban students, Male students, Female students, Arts students, and Science Students all have an average level of Suicidal Thoughts.
2. The level of Suicidal thoughts does not differ among Rural and Urban prospective teachers.
3. The level of Suicidal thoughts does not differ among Male and Female prospective teachers.
4. The level of Suicidal thoughts does not differ among Science and Arts prospective teachers.

### CONCLUSION

It was concluded in this study that there was no significant effect of Gender, locality, and stream on suicidal thoughts among prospective teachers, this study is contradictory to the findings, that Age, sex, education, and attitudes towards suicide were significantly associated with suicidal ideation or behavior. The study focused on fostering belongingness, securing learners' safety, teacher and learner beliefs towards suicidal behavior, and availability of school and community-based services (Estrada, et.al. 2019). Our findings are contrary to the study that the student's sex, age, living place, year of education, and monthly income of their parents had a significant effect on suicidal ideation. Other studies need to be carried out on academic issues to identify specific factors associated with suicidal ideation (Ayubi & Raju, 2020).

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