

EFFECT OF PEER PRESSURE AND FAMILY STRUCTURE ON SUICIDAL IDEATION OF MALE ADOLESCENTS

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ABSTRACT

The purpose of the research paper was to study the effect of peer pressure and family structure on suicidal ideation of male adolescents. For this purpose, peer pressure was measured with the help of a peer pressure scale constructed by Singh and Saini and suicidal ideation was measured with the help of a suicidal ideation scale constructed by Beck and Kovacs. The sample consisted of 120 students from different schools of Meerut. 2 X 2 factorial design was used in this study. There were two independent variables. The first independent variable was peer pressure and the second independent variable was family structure. ANOVA and Mean scores were used for analyzing the data. On the basis of obtained results, it can be said that there is significant effect of Peer Pressure and Family Structure on Suicidal Ideation of Male adolescents.

Keywords

Suicidal ideation, Peer pressure, Family structure, Mentalhealth, Therapies.

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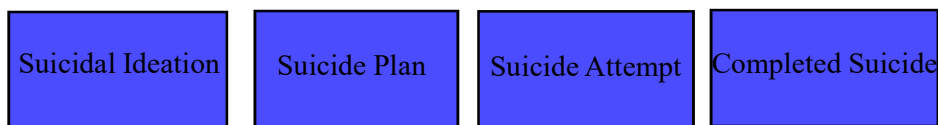
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Introduction

There are many terms related to suicide as Suicidal ideation, Suicide planning, and Suicide Attempts. All these terms come under one umbrella known as suicidal behavior. Today suicide is one of the top causes of death for young people aged 15 to 35 years old. It is found that it has been the second most common and leading cause of death for college students.

The word 'Suicide' comes from the Latin language word 'Suicidum'. The meaning of this word is 'to kill one self'. This word was firstly introduced by Sir Thomas Browne in 1642 in his work named 'Religiomedici'. In this document, a detailed description has been given of the reactions in public minds. Irwin, La gory, Ritchery&Fitzpatrick,2008 have presented Suicidal behavior on a Continuum. This continuum starts with experiencing distress and steps towards suicidal ideation, suicidal planning, suicidal attempts, and complete suicide.



As a continuum of suicidal behavior, the steps leading to a complete suicide include experiencing distress, suicidal ideation, suicidal planning, and suicide attempts. The first step is experiencing emotional distress which Lays the groundwork for all manner of suicidality. Emotional distress could entail any form of transition, difficulty, or element that causes an individual upset (Irwin, Lagory, Ritchey&Fitzpatrick,2008).

Type of suicide

Many suicides can be divided into three types:-

- 1. Suicide, are completed suicide:-** Suicide or completed suicide is the successful act of intentionally causing one's own death.
- 2. Attempted suicide:-** Attempted suicide is an attempt to take one's life that does not end in end, rather self-injury.
- 3. Assisted suicide:-** Assisted suicide, a controversial topic in the medical field, is defined as an individual helping another individual in bringing about their own death by providing them with the means to carry it out or by providing advice on how to do it.

Suicidal ideation

"Suicidal ideation is defined as the common medical term for thoughts about suicide, which may be as detailed as a suicide plan, without the suicidal act itself,

although most people who undergo suicidal ideation do not commit suicide to completion, a considerable proportion do go on to make a suicide attempt.”

Gliatto et AL,1999

Suicidal ideation may be defined as the thought of suicide that can range in severity from a vague wish to be dead to active suicidal ideation with a specific plan and intent . It is a potential precursor to later attempted and completed suicide (Brent, Johnson, Barter, et all,1993). People in the grip of suicidal ideation often feel that life is not worth living. It ranges in intensity from fleeting thoughts to concrete, well-thought-out plans for killing oneself, or a complete preoccupation with self-destruction or self-harm.

According to the American Psychiatric Association (2003) “Suicidal ideation is defined as thoughts serving the agent of one’s own death. It may vary in seriousness depending on the specificity of suicide plans and the degree of suicidal intent”.

According to Johnson,(2006), “Suicidal ideation refers to the thoughts about taking one’s own life with some degree of intent.”

All about definitions clear that suicidal ideation means thinking about or planning suicide. Thoughts can range from a detailed plan to fleeting considerations. It does not include the final act of suicide. Suicidal thoughts are common and many people experience them when they are undergoing stress or experiencing depression. In most cases, these are temporary and can be treated, but in some cases, they place the individual at risk for attempting or completing suicide. Most people who experience suicidal ideation do not carry it through, although some may make suicide attempts. Anyone who has suicidal thoughts should ask for help. If someone is having these thoughts, measures should be taken to help and protect them.

Fast Facts About Suicidal Ideation

- Most people who have suicidal thoughts do not carry them through to their conclusion.
- Cause of suicidal thoughts can include depression, anxiety, eating disorders such as anorexia, and substance abuse.
- People with a family history of mental illness are more likely to have suicidal thoughts.

Peer Pressure

There are two terms we use synonymously sometimes which are peer and friend. But both are quite different terms. Person with the same societal group which is based on age, grade , or status is known as a peer. While friend is a person whom we are connected to by affection or emotions. Peer pressure is feeling pressure from

age-mates, grade- mates, etc. to do or not to do something,” Peer pressure is broadly defined as any attempt by one or more peers to compel an individual to follow in the decisions or behaviors favored by the pressuring individual or group.”(Sim&Koh,2003)

Peer definitely plays an important role in the development of a child by shaping his/her beliefs and explanation of any information related to risk activities.

Review of Related Literature

Barraclough(1988) has studied the suicide rates of males and females of different nations in the world. It was concluded that in the age of 5 to 14 years, the female suicide rate often exceeded the male suicide rates. This tendency is found more in Asian and Latin American Nations. In those aged 15 to 24, he recorded a huge variation in the male/ female suicide rate ratio in different countries. But in this category also, women have higher suicide rates in most of the countries. The researcher felt it important to explore the reasons and explanation of this variation in suicide ratio.

Latha, Bhat, and D’Souza (1994) conducted a study on three different groups which included individuals who attempted suicide, depressives, and normal control people. In the results of the study, it was concluded that in comparison to depressives and normal control people suicidal individuals had experienced more stressful incidents which were marital problems, conflicts with relatives or family, illness, a casualty in family, and unemployment.

Sandin, et. al(1998) conducted a study to find the relationship between negative life events and suicidal behavior. The study revealed that negative life events comprise a risk factor for suicidal behavior of adolescents. These negative events increase the level of stress to the point where they may tend to commit suicide.

Arun and Chavan(2009) studied 2402 students of class VII to XII and derived some factors which may be responsible for suicidal behavior. These factors are academic problems, an unsupportive environment at home, unhealthy peer pressure, etc. Students with such problems perceived life as a burden and had higher rates of suicidal ideation.

Vinas et al (2000) examined some psychological factors that were related to suicidal ideation in pre-adolescent children. These factors were self-esteem, hopelessness. It was concluded that students with lower levels of self-esteem and a greater level of hopelessness recorded higher levels of suicidal ideation.

Objectives of the Study

1. To study the effect of peer pressure on suicide ideation of male adolescents.
2. To study the effect of family structure on suicidal ideation of male adolescents.

The Hypothesis of the Study

1. There will be a significant effect of peer pressure on Suicidal ideation .
2. There will be a significant effect of family structure on suicidal ideation.

Research Methodology

The present study was based on primary data. The data was collected through a Peer Pressure scale constructed by Singh and Sinha and suicidal ideation scales constructed by Back and Kovacs.

Sample Size

In the present study, 120 students were randomly selected from different CBSE schools. Out of which 60 subjects were those who have high Peer Pressure and 60 subjects have low pressure. In each group, there were 30 subjects from joint families and 30 subjects from nuclear families.

Experimental Design

According to the requirement of the study 2×2 factorial design was used for the study. Total three variables were used in the study where peer pressure and family structure were used as independent variables. suicidal ideation was the dependent variable .

Tools for Data Analysis

2×2 ANOVA and Mean scores were used for analysis and interpretation of scores.

Data analysis and interpretation

Summary table of ANOVA for suicidal ideation

Source of Variance	SE	df	MS	F
A (Peer Pressure)	500.41	1	500.41	23.59**
B (Family Structure)	1400.87	1	1400.87	66.05**
AB (Peer Pressure x Family Structure)	122	1	122	5.75*
Within treatment (Error)	2460.04	116	21.21	
Total	4483.32	119		

F ratio for factor A (peer pressure) is (1,116)=23.59. This value is greater than the critical value at the 0.01 level. It clearly shows that students having low peer pressure show less suicidal ideation. F ratio for factor B (family structure) is greater than the critical value at 0.01 level. It depicts that male adolescents living in nuclear families have more suicidal ideation than those adolescents who were living in a joint family. Thus family structure affects suicidal ideation significantly.

Effect of peer pressure

Mean scores of suicidal ideation for factor A Peer Pressure

Peer Pressure	Total Scores	N	Mean Scores
A1 (High Peer Pressure)	1588	60	26.47
A2 (Low Peer Pressure)	1340	60	22.33

The mean scores for High Peer Pressure and low Peer Pressure show that male adolescents with high peer pressure have more suicidal ideation than male adolescents having low peer pressure.

Effects of family structure

Mean scores of suicidal ideation for factor B family structure

Family Structure	Total Score	N	Mean Score
B1 (Nuclear Family)	1670	60	27.83
B2 (Joint Family)	1255	60	20.92

The mean score from the above table depicts that nuclear family adolescents have more suicidal ideation than male adolescents living in a joint family.

Conclusion

The study concludes that peer pressure and family structure have a significant effect on suicidal ideation of male adolescents. Results indicated that the persons, who were from nuclear families and have high peer pressure, have the most suicidal ideation as compared to joint family and low peer pressure.

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