

Academic Stress and Suicidal Ideation among Second Year Pre- University Students

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ABSTRACT

College students in India have a high stress level and high rate of deliberate self-harm. The purpose of the Present research was to study the Academic Stress and Suicidal ideation in Students of Second Year Pre-University Students. The Descriptive Study Design was employed, in which 40 Male and 40 Female Second Year Pre-University students were included. The data on Suicidal ideation was obtained by using Suicidal Ideation Scale developed by Devendra Singh Sisodia and Vibhuti Bhatnagar (2011) and Academic Stress Scale by Rajendran and kaliappan (1990). The sample chosen were in the age group between 17-18 years. The obtained data was analysed with the help of independent 't' test. The results indicated that Significant differences were found between Male and Female Second Year Pre-University Students in Academic Stress and Suicidal ideation.

Keywords: Academic Stress, Suicidal ideation, Second Year Pre-University students.

INTRODUCTION

Globally, the second leading cause of death among young people aged 15-29 years is suicide. In 2012, suicide was the cause of 804,000 deaths worldwide, and since it bears a stigma in most countries, it is very likely that cases are under-reported. Suicidal behaviour has different stages, such as suicidal ideation, suicide planning, and attempting suicide. Wishes, ideas, and the tendency towards committing suicide are defined as suicidal ideation. In adolescents, suicidal ideation has been reported as an important risk factor for suicide. It is also associated with a subsequent risk of attempting suicide. In the general population, a suicide attempt is the most important risk factor for suicide, and the risk of suicide increases with the number of attempts. According to a systematic review, around one third of adolescents aged 12-20 years have reported suicidal ideation.

Adolescence is one of the most stressful periods in development. Adolescents face a host of biological, social, and psychological stressors. Expectations of parents and teachers, peer pressure, interpersonal problems, academic stress, worries about the future, and home environment are some of the stressful issues faced by adolescents. These stressors could lead to mental health problems including adjustment disorder, anxiety, depression, and suicide. Adolescents with academic difficulties generally receive the attention of parents, teachers, and researchers. Although adolescents with academic difficulties face heightened stress, adolescents who are typically achieving face stressors as well. Only a few studies on Indian adolescents are available. They show that adolescents face multiple stressors such as criticism from parents, teachers, and peers; interpersonal problems; problems in living conditions and home environment; worries about their future; health and financial

status of family members; high parental expectations; and academic worries, to name some. These stressors are not limited to adolescents with academic difficulty but are faced by typically achieving adolescents as well.

Present age is the age of competition. Scientific and technological advancement all over the globe has made man very conscious and sensitive about his studies, vocation, lifestyle, relations etc. This immense progress has given rise to certain problems. One of the major problems of today's world is stress. Every person has a unique nature as regard to capabilities, attitudes, personality characteristics and interest. The students have a major impact of stress due to bloodshed competition in every field. Stress occurs when there is substantive imbalance between environment and demand and response capability of organism.

The event of joining the college is one of the major and significant transitions in the life span of any individual. It defines one's future career and the path towards realization of his or her vocational goal. Stress can exist at any stage of life, however, the time of entry to college is fraught with a number of changes that the likely hood of stress at this stage increases. The new surroundings, non-availability of older support system, the demand for acting and thinking independently, a different style of teaching, moving away from home and need to take one's own responsibility rather than depending on others for directions, are some of the factors that might make more difficult for a college entrant.

Academic work in learning environment poses great challenges both mentally, physically and psychologically on the learner. The academic challenges are very stressful and different learners

respond mentally to such pressures differently. Academic stress is therefore mental and emotional pressure, tension or stress that occurs due to the demands of college life. (Mac. George, Samter & Gilliam, 2005). Stress associated with academic activities has been linked to various types of psychological factors which are manifested in terms of negative outcomes with varying extents among the students. Researchers have shown that college students are most susceptible to stress. Gray and Rottman (1988) stated that "College Students represent a population who perceive and experience an immense amount of stress.

" The transition from high school to college is a challenging life transition in the development of young adults and many students are inadequately prepared for the psychological, emotional and academic realities of higher education (Francis, Mc. Daniel & Doyle, 1987).

NEED FOR THE PRESENT STUDY:

In this modern era, the adolescents are always finding themselves under the pressure performing to the best of their abilities. Sometimes parents and sometimes adolescents themselves set such goals which seem beyond their own capabilities and in such conditions cause frequent failure to them. Frequent failures direct adolescents towards depression and in severe conditions towards suicidal ideations too. In the present research focus has been given on the most crucial age of the individuals. It is the age of transition in which an adolescent is at the threshold of adulthood. He/she faces many physical as well as psychological changes and sometime is not able to deal with these changes. Hence, the present study intends to find out the Academic Stress and suicidal ideation among Second Year Pre-University Students.

METHODOLOGY

PROBLEM:

To study the Academic Stress and suicidal ideation among Second Year Pre-University Students

OBJECTIVES

Keeping the problem of the study in view, the following objectives were drawn

- 1) To study the gender difference in Academic Stress among Second Year Pre-University Students
- 2) To study the gender difference in Suicidal ideation among Second Year Pre-University Students

HYPOTHESES

- 1) There will be a significant gender difference in Academic Stress among Second Year Pre-University Students
- 2) There will be a significant gender difference in Suicidal ideation among Second Year Pre-University Students

VARIABLES

- **Independent variables**
Second Year Pre-University Students
Gender
- **Dependent variables**
Academic Stress
Suicidal ideation

INCLUSION CRITERIA

RESULTS AND DISCUSSION

Table 1 Showing the mean, S.D and 't' value between Male and Female Second Year Pre-University Students in Academic Stress.

Variable	Group	N	Mean	S.D	't' value
Academic Stress	Male	40	75.65	12.63	4.00**
	Female	40	87.10	12.96	

** Significant at 0.01 level

Table-1 Shows the result of Academic Stress between Male and Female Second Year Pre-University. As per the above table, the mean obtained is 75.65 and 87.10, with the standard deviation being 12.63 and 12.96 in Academic Stress for male and female Second Year Pre-University Students respectively and obtained 't' value is 4.00, which revealed that it is

Students between the age group of 17-18 would be included Second Year Pre-University Students only.

EXCLUSION CRITERIA

- 1) Students from broken family, divorced families were excluded
- 2) Students who are mentally or physically challenged were excluded

TOOLS

- 1) Semi structure interview schedule to obtain the demographic details.
- 2) Academic Stress Scale by Rajendran and kaliappan (1990)
- 3) Suicidal ideation scale by Devendra Singh Sisodia and Vibhuti Bhatnagar (2011)

RESEARCH DESIGN

Between groups design

SAMPLE

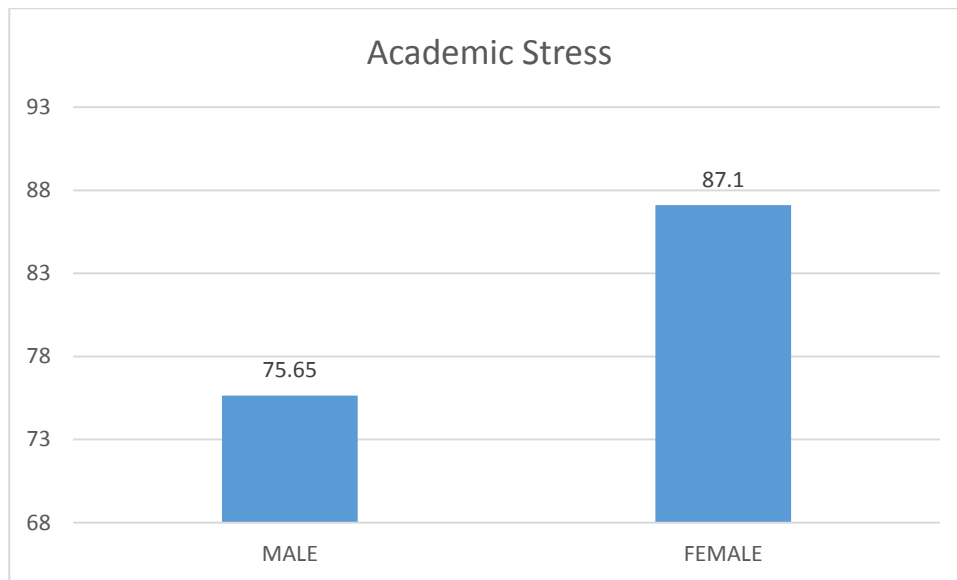
The Purposive Sampling technique was used to select the sample. On the whole, a total of 80 students were chosen as the sample. Among them 40 Male and 40 female Second Year Pre-University Students only.

STATISTICAL ANALYSIS

Data was analysed with the help of descriptive statistics, mean SD, independent 't'-test. The statistical analysis was done with the help of SPSS 20.0 version.

Significant at 0.01 level. Hence, the hypothesis that “There will be a Significant gender difference in Academic Stress among Second Year Pre-University” **has been accepted.**

The Graph that follows depicts the mean difference in Academic Stress between Male and Female Second Year Pre-University Students.



Graph-1 depicting the mean scores of Academic Stress between Male and Female Second Year Pre-University Students.

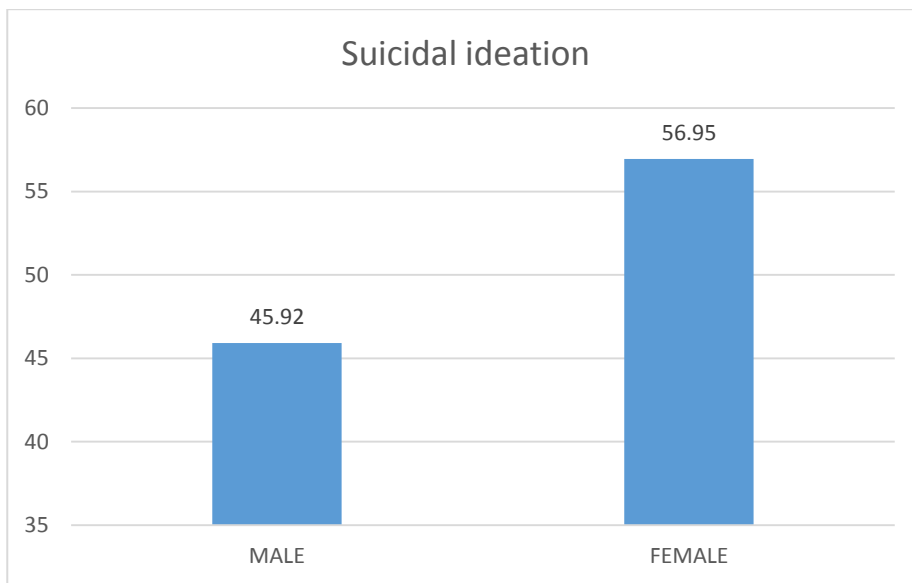
Table 2 Showing the mean, S.D and ‘t’ value between Male and Female Second Year Pre-University Students in Suicidal ideation.

Variable	Group	N	Mean	S.D	‘t’ value
Suicidal ideation	Male	40	45.92	9.05	5.14**
	Female	40	56.95	10.06	

** Significant at 0.01 level

Table-2 Shows the result of Suicidal ideation between Male and Female Second Year Pre-University Students. As per the above table, the mean obtained is 45.92 and 56.92, with the standard deviation being 9.05 and 10.06 in Suicidal ideation for male and female Second Year Pre-University Students respectively and obtained ‘t’ value is 5.14, which revealed that it is Significant at 0.01 level. Hence, the hypothesis that “There will be a Significant gender difference in Suicidal ideation among Second Year Pre-University Students” **has been accepted.**

The Graph that follows depicts the mean difference in Suicidal ideation between Male and Female Second Year Pre-University Students.



Graph-1 depicting the mean scores of Suicidal ideation between Male and Female Second Year Pre-University Students.

CONCLUSION

The present research aimed at studying the Academic Stress and suicidal ideation between Male and Female Second Year Pre-University Students. Based on the finding of the present study, the following conclusions were drawn. Significant differences were found between Male and Female Second Year Pre-University Students in Academic Stress and Suicidal ideation. The present study has made an attempt to analyse the Academic Stress and Suicidal ideation among the students of Second Year Pre-University Students. The findings of study can be used to formulate training the wellbeing and life skills training programmes for promoting positive aspects of mental health as well as to minimize suicidal ideation among the young people. Educational Psychologists, School and college counsellors may use such programs as a part of their counselling services for their students.

LIMITATIONS OF THE PRESENT STUDY:

- 1) The study was conducted on a sample of 80 students only.
- 2) The study was restricted to the colleges of Second Year Pre-University Students of Bangalore City only.

SUGGESTIONS FOR FUTURE RESEARCH:

- 1) The study was conducted only on a limited sample of 80 students. To establish validity and reliability, further study can be conducted on a larger sample

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