

Peer Pressure and Suicidal Ideation among Students of Professional and Non- Professional Courses

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ABSTRACT

In the present competitive age, both professional and non-professional students face many kinds of stressful situations. Today suicide is a major socio-economic and health problem that needs a special concern and it is found to be quite prevalent among young people. The purpose of the Present research was to study the Peer pressure and Suicidal ideation among Students of Professional and non-professional course students. The Descriptive Study Design was employed, in which 40 Professional and 40 non-professional Course 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 Peer Pressure Scale by Sandeep Singh and Sunil Saini(2010). The sample chosen were in the age group between 18-19 years. The obtained data was analysed with the help of independent 't' test. The results indicated that Significant differences were found between professional and non-professional course students in Peer pressure and Suicidal ideation. Professional courses students were having more Peer pressure and Suicidal Ideation Compared to Non-professional course students.

Keywords: Peer pressure, Suicidal ideation and Professional and non-professional course students.

INTRODUCTION

Youth is period of joy, belief in oneself, freedom. It is the time to think for one's future which is prosperous, dignified, well established, content but what takes it to hopelessness, gravity, stress, shamefulness and ultimately.....SUICIDE, a question mark on society, family and the way the world is running,!!!.

Educators in India are worried over an increasing figure - that of the rising suicide rate among Youth. Shorewala, S. (2013, July 13) highlighted At least 125 people aged 29 years or below are committing suicide every day and 51 per cent of the total suicide victims are graduates, college students or younger. Youth has always been a period of confusion with varying temperaments where teens have to deal

with academic, social and individual pressures. Additional stress factors like violence in the family, poor performance, fear of punishment, rivalry etc can make them feel that there is nothing to live for. Youth suicides are like precious lives turned futile causing an irreparable loss to the individual as well his close concerns. The problems of youth, drug use, ragging, peer pressure depression and suicide are evident in our society. Ragging and peer pressure are the causes which turn an individual to think for suicidal thoughts. These are very real and threatening issues that have to be dealt with. Now in the 21st century we have to face the problems of our future generations.

Youth is that period of life when one is exposed to the world outside. These are the

years when they spend most of their time with friends. Youth is the period of beginning to become independent in life; the years of forming ideals and principles, the years that shape personality and the years that introduce them to their own self. Students often spend most of their daily time with friends and owing to this vulnerable age, they tend to imitate their friends. The people around them are bound to influence them. However, the effect of the influences of the masses is greater during teen years. The parameters of good and bad replace by 'what's in' and 'what's out'. Peer pressure is nothing but the incessant desire of the children to be perceived as 'happening' and 'cool' in order to belong to a particular group. Often at schools and colleges the students are always forming groups, and there is a lot of group politics and bullying than one can ever imagine.

Kumar (2007), in one of his study mentioned that suicide is an important issue in the Indian context. More than the southern states of Kerala, Karnataka, Andhra Pradesh and Tamil Nadu have a suicide rate of > 15 while in the Northern States of Punjab, Uttar Pradesh, Bihar and Jammu and Kashmir, the suicide rate is < 3.00 lakh. Higher literacy, a better reporting system, lower external aggression, higher socioeconomic status and higher expectations are the possible explanations for the higher suicide rates in the southern states. The majority of suicides (37.8%) in India are by those below the age of 30 years. The fact that 71% of suicides in India are by persons below the age of 44 years imposes a huge social, emotional and economic burden on our society. The near-equal suicide rates of young men and women and the consistently narrow male: female ratio of 1.4: 1 denotes that more Indian women die by suicide than their Western counterparts.

Preeti Manani, Anand Pyari and Rajkumari Kalra (2013) After the rigorous

efforts the present study reached to its destination that highlights the fact that the students of management, engineering and medical in other words the students of professional courses have faced high ragging and high peer pressure in comparison to the students of non-professional courses

NEED FOR THE PRESENT STUDY:

In the present competitive age, both professional and non-professional students face many kinds of stressful situations. Today suicide is a major socio-economic and health problem that needs a special concern and it is found to be quite prevalent among young people. Youngsters frequently find themselves under tremendous stress. Problems most often occur when stressors at home, college, and with peer group occur within a context of minimal social and emotional support. It is the stage when youngsters face hard time dealing with the expectations of peers, society and expectations of their own. They often feel trapped between the way they want to be and the way others want them to be and it is then suicidal thoughts take place in their sensitive mind. Hence, the present study intends to find out the Peer pressure and suicidal ideation between Professional and non-Professional course students.

Methodology

PROBLEM:

To study the Peer Pressure and Suicidal ideation among students of Professional and Non- Professional Courses.

Objectives

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

- 1) To study the difference in Peer Pressure between students of Professional and Non- Professional Courses.
- 2) To study the difference in Suicidal ideation between students of Professional and Non- Professional Courses.

HYPOTHESES

To understand the difference between professional and non-professional course students on the variables mentioned, the following hypotheses were framed.

- 1) There will be a significant difference in Peer Pressure between professional and non-professional course students.
- 2) There will be a significant difference in Suicidal ideation between professional and non-professional course students.

VARIABLES

- **Independent variables**
Professional and non-professional course students
- **Dependent variables**
Peer Pressure
Suicidal ideation

INCLUSION CRITERIA

- Students belonging to the age group between 18-19 were included
- under Graduate Students only.

EXCLUSION CRITERIA

- 1) Students form broken family, divorced families.

RESULTS AND DISCUSSION

Table 1 Showing the mean, S.D and 't' value between professional and non-professional course students in Peer Pressure.

Variable	Group	N	Mean	SD	't' value
Peer pressure	Professional students	40	69.87	6.62	8.53**
	Non-professional students	40	56.72	7.13	

**Significant at 0.01 level

Table-1 Shows the result of Peer pressure between Professional and Non-Professional course students. As per the above table, the obtained mean is 69.87 and 56.72 with the standard deviation being 6.62 and 7.13 respectively and obtained 't' value is 8.53 which revealed

- 2) Students who are mentally or physically challenged.

TOOLS

- 1) Semi structured interview schedule.
- 2) Peer Pressure Scale by Sandeep Singh and Sunil Saini(2010)
- 3) Suicidal ideation scale by Devendra Singh Sisodia and Vibhuti Bhatnagar (2011)

RESEARCH DESIGN

Between groups design was used for the study.

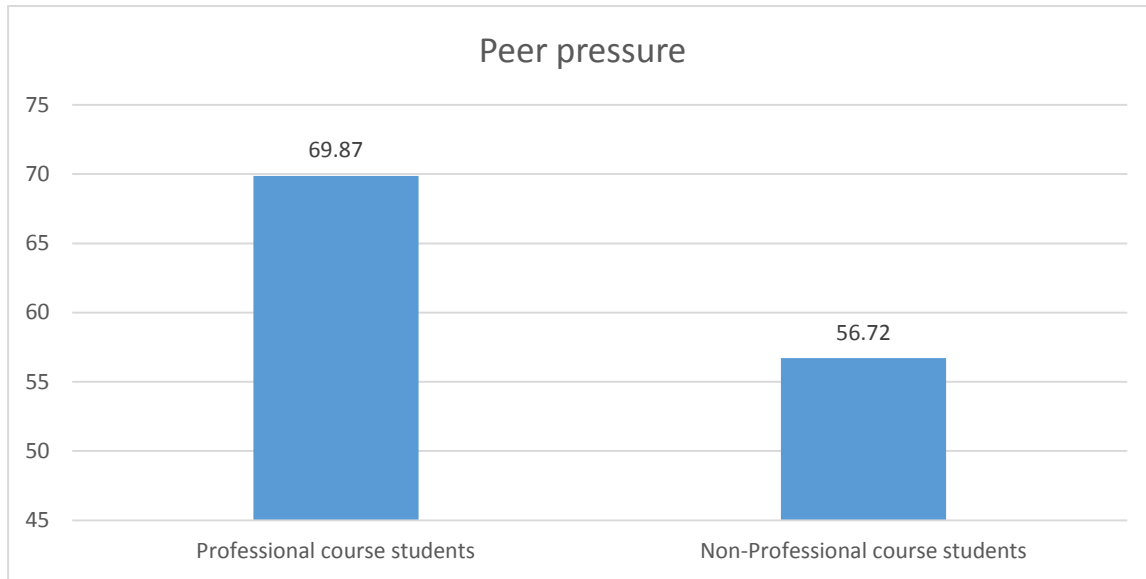
SAMPLE

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 Professional and 40 Non-professional course students.

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.

that it is Significant at 0.01 level. Hence, the hypothesis which states that "There will be a Significant difference in Peer pressure between Professional and Non-Professional course students" has been accepted. The Graph that follows depicts the mean difference in Peer pressure between Professional and Non-Professional course students.



Graph-1 depicting the mean scores of Peer pressure between Professional and Non-Professional course students

Table 2 Showing the mean, S.D and ‘t’ value between professional and non-professional course students in Suicidal ideation.

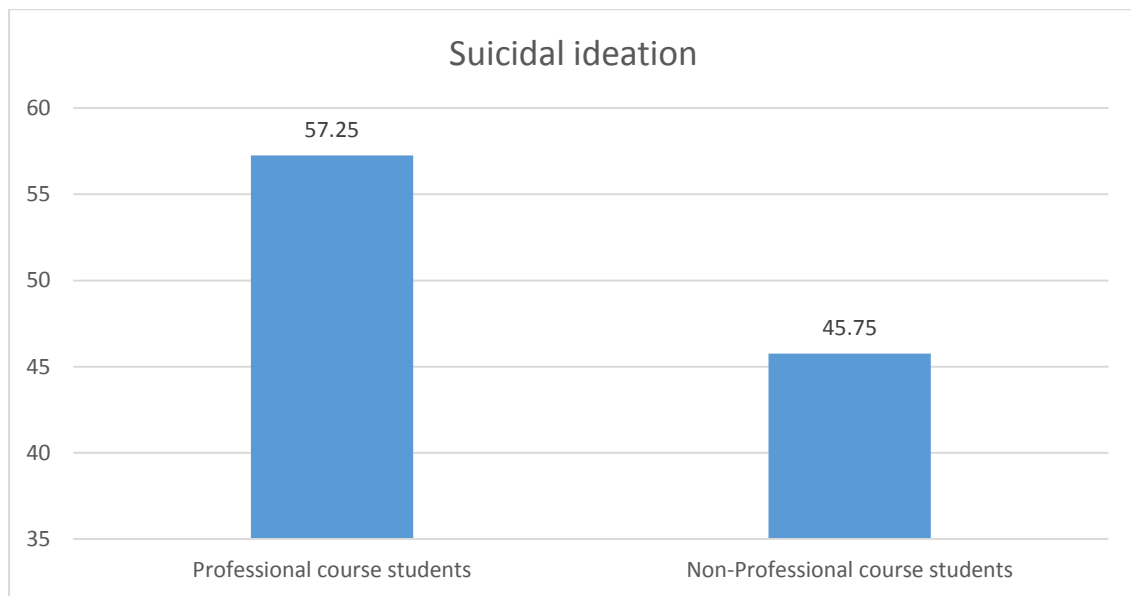
Variable	Group	N	Mean	SD	‘t’ value
Suicidal ideation	Professional students	40	57.25	9.82	6.26**
	Non-professional students	40	45.75	6.16	

**Significant at 0.01 level

Table-2 Shows the result of Suicidal ideation between Professional and Non-Professional course students. As per the above table, the obtained mean is 57.25 and 45.75 with the standard deviation being 9.82 and 6.16 respectively and obtained ‘t’ value is 6.26 which revealed that it is Significant at 0.01 level. Hence, the hypothesis which states that “There

will be a Significant difference in Suicidal ideation between Professional and Non-Professional course students” has been accepted.

The Graph that follows depicts the mean difference in Suicidal ideation between Professional and Non-Professional course students.



Graph-2 depicting the mean scores of Suicidal ideation between Professional and Non-Professional course students

CONCLUSION

The present research aimed at studying the Peer pressure and suicidal ideation between Students of Professional and non-professional course students. Based on the finding of the present study, the following conclusions were drawn. Significant differences were found between professional and non-professional course students in Peer pressure and Suicidal ideation. Professional courses students were have more Peer pressure and Suicidal Ideation Compared to Non-professional course students.

Implications of the Study

Peer pressure in students is something which is difficult to avoid even if the pone try their level best. However, one can save their students from taking the wrong track in their lives by making them understand the difference between good and bad and telling them what is good for them. This maturity can be attained over a period of time with proper guidance and training. College authorities should teach the ways of dealing with peer pressure and what to do in times of emergencies. Generating

confidence in student is very important as students low on confidence and emotional strength are more prone to give in to Peer pressure. Peer pressure can be observed by the increasing number of youngsters getting involved in bunking classes and poor academic achievement. By guiding students in a friendly way, college authorities can pave the path of their progress.

College authorities need to look out for the warning signs and differentiate them from the normal student angst over helplessness. Expression of feelings related to worthlessness and anxious definitely means something is going seriously wrong. These symptoms may be present together or in varied combinations and are most effectively addressed if noticed earlier. They must also take some responsibility and encourage their children to report any such incident immediately so that they can take up the issue with the management and prevent any tragic untoward outcome. Also they could counsel their victim students to refrain from suicidal ideation.

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 Professional and Non-Professional Courses of Bangalore City only.

SUGGESTIONS FOR FUTURE RESEARCH:

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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