

Lifestyle and Suicidal Ideation among Students of Professional and Non-Professional Courses

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ABSTRACT

The purpose of the Present research was to study the Lifestyle 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), Lifestyle Scale (S.K Bawa-2010). The sample chosen were in the age group between 19-21 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 Lifestyle and Suicidal ideation.

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

INTRODUCTION

Lifestyle is a living style which not only affects the individual who adopts it but also

affects the society. The term lifestyle was propounded by Austrian psychologist Alfred Adler in 1929. The term style of life (German: *Lebensstil*) was used as one of several constructs describing the dynamics of the personality.

It defines the attitudes, values and somewhat exhibits the social position. Moreover, it also includes pattern of social relations, consumptions, entertainments and dressing style. It reflects person's view, habits and etiquettes and the way of life which has the direct influence on the type of the services that person gives or requires.

A rural environment has different lifestyles compared to an urban metropolis. Location is important even within an urban scope. The nature of the neighbourhood in which a person resides affects the set of lifestyles available to that person due to differences between various neighbourhoods' degrees of affluence and

proximity to natural and cultural environments. For example, in areas within a close proximity to the sea, a surf culture or lifestyle is often present.

The term lifestyle can denote the interests, opinions, behaviours, and behavioural orientations of an individual, group, or culture. A lifestyle typically reflects an individual's attitudes, way of life, values, or world view. Therefore, a lifestyle is a means of forging a sense of self and to create cultural symbols that resonate with personal identity. Not all aspects of a lifestyle are voluntary. Surrounding social and technical systems can constrain the lifestyle choices available to the individual and the symbols she/he is able to project to others and the self.

Lifestyle may include views on politics, religion, health, intimacy, and more. All of these aspects play a role in shaping someone's lifestyle. In the magazine and television, industries, "lifestyle" is used to describe a category of publications or programs. It reflects the individual's unique, unconscious, and repetitive way of responding to (or avoiding) the main tasks of living: friendship, love, and work. This style, rooted in a childhood prototype, remains

consistent throughout life, unless it is changed through depth psychotherapy.

Lifestyle in youth of India is taking a rapid turn with the fast changing world. Influence of globalization, modernization, changing needs of the society and awareness is making the youth more ambitious, hence affecting their lifestyle. It can be studied through their orientation towards career, society, family, education and trend seeking attitude. The way one lives, have a great impact on the competencies of the individual to get success and satisfaction in life. Every individual has different way and style of living. Thus lifestyle can be defined as "a person's pattern of living expressed through his/her activities, interests and opinions". Owing to this fact he/she may have health oriented lifestyle, family oriented, academic oriented or career oriented lifestyle.

Suicide is one of those unsolved psychosocial issue which cause a lot of pain to those who are left behind due to their dealing of guilt and grief about their behaviour's with their loved ones. The effective prediction of suicidal death remains to be a problematic issue, and it has been a taboo topic all over the world especially in conservative countries like Jordan. After completing suicide, it may be impossible to know the internal thoughts or motives that drove any individual to commit suicide. Since suicidal ideation occur among variety of people (young and

old, rich and poor, educated or less educated), it can be very difficult to pin point a typical suicidal ideation profile among college students.

Mihaela-Cornelia (2010) studied recent trends in lifestyle research: a literature review perspective. The paper comprises a literature review on the occurrences of lifestyle in literature, on samples of academic publications. The importance of work-personal life balance increased in the last 20 years and this can be seen especially in the changing role of lifestyle. The first results show that only few articles refer to lifestyle in Europe, analysed from the point of view of social sciences. The remaining majority discusses lifestyle from life sciences perspectives, with a particular focus on health acceptations of the concept.

Livitckaia Kristina, Chouvarda Ioanna (2016) conducted Literature review: Compliance/lifestyle change factors. The procedure included identification of the literature review scope and research questions, establishment of the criteria for the relevance, study selection, charting the materials, and collating, summarizing, and reporting the results. When it was applicable, the systematic review approach methods were used in order to narrow and increase the quality of the final results. To complete the literature review, sources were accessed between March and August 2016. Addressed physical-activity-related behaviour is narrowed with regard to lifestyle physical activity and exercise

regimen, or physical fitness. The interpretations of the results considered in the review, along with measurement criteria, and context of each of the behaviour, together with provided variety of associated factors and their complex relations to physical-activity-related adherence, allow to optimize patient assessment approaches, and as a result intervention strategy, through recommendations and rehabilitation programs.

Methodology

PROBLEM:

To study the lifestyle and suicidal ideation among Students of Professional and non-professional course students.

Objectives

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

- 1) To study the difference in lifestyle between professional and non-professional course students.
- 2) To study the difference in Suicidal ideation between professional and non-professional course students.

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 lifestyle 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**
lifestyle
Suicidal ideation

INCLUSION CRITERIA

- Students belonging to the age group between 19-21 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 Academic Stress.

Variable	Group	N	Mean	SD	't' value
Lifestyle	Professional students	40	155.55	4.80	7.07**

- 2) Students who are mentally or physically challenged.

TOOLS

- 1) Semi structured interview schedule.
- 2) Lifestyle scale (S.K Bawa-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 which included male and female subjects.

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.

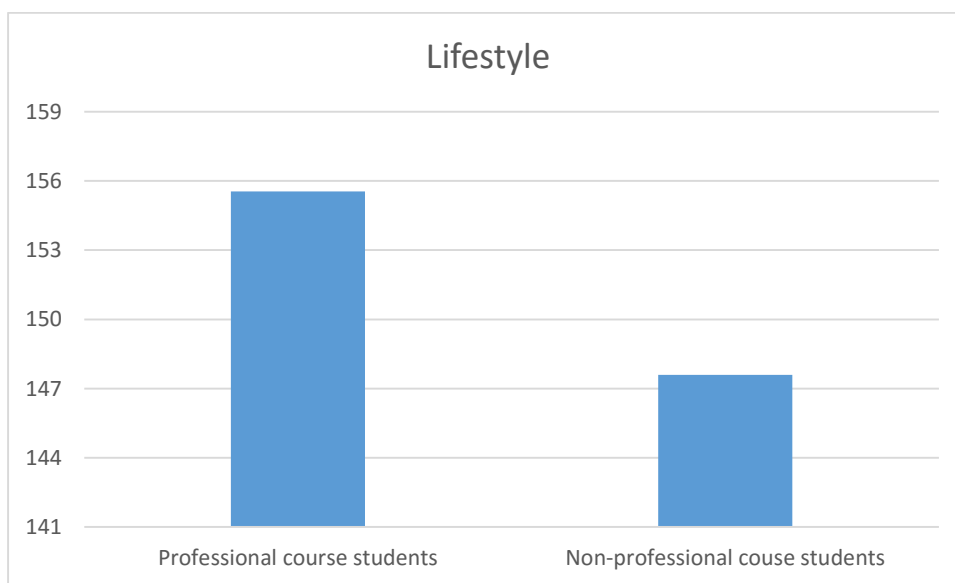
	Non-professional students	40	147.60	5.23	
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**Significant at 0.01 level

Table-1 Shows the result of Lifestyle between Professional and Non-Professional course students. As per the above table, the obtained mean is 155.55 and 147.60 with the standard deviation being 4.80 and 5.23 respectively and obtained 't' value is 7.07 which revealed that it is Significant at 0.01 level. Hence, the hypothesis which states that "There will be a Significant difference

in Lifestyle between Professional and Non-Professional course students" has been accepted.

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



Graph-1 depicting the mean scores of Lifestyle 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
	Professional students	40	59.97	9.13	7.25**

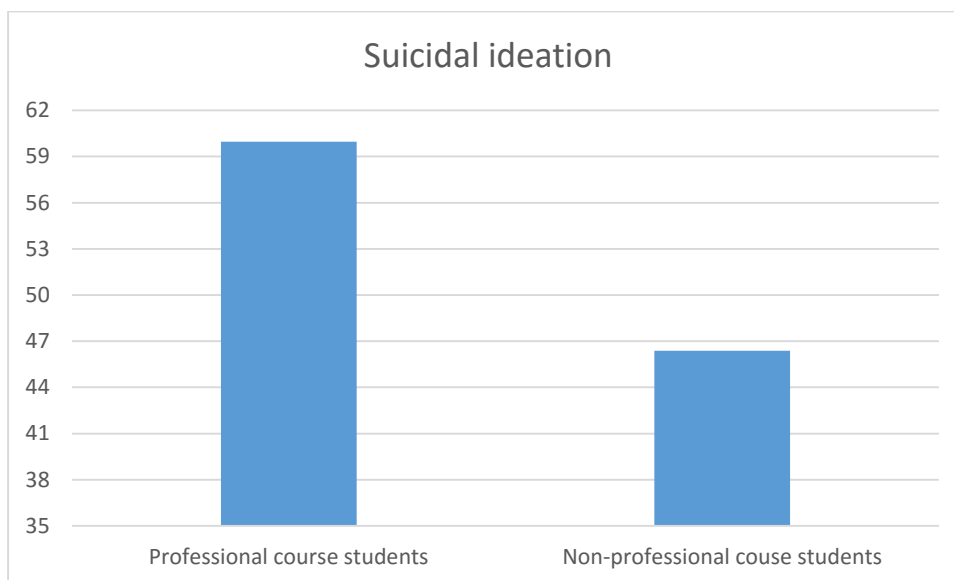
Suicidal ideation	Non-professional students	40	46.37	7.56	
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**Significant at 0.01 level

Table-2 Shows the result of Suicidal ideation between Professional and Non-Professional course students. As per the above table, the obtained mean is 59.97 and 46.37 with the standard deviation being 9.13 and 7.56 respectively and obtained ‘t’ value is 7.25 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 Lifestyle 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 Lifestyle and Suicidal ideation. Professional courses students were had more adapted lifestyle and had more Suicidal Ideation Compared to Non-professional course 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 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.
- The study can be conducted to see differences among rural and urban population.

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