

## Participants socio-demographic and house hold data for suicidal ideation among under graduate students of Maharishi Dayanand, Rohtak, Haryana (India)

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**Abstract:** The sample for the study consisted of 675 students (225 under graduate, 225 post graduate students and 225 research scholars) of Maharishi Dayanand University, Rohtak, Haryana (India). The age range of subjects varies from 19 to 30 years (mean =22.5). The selected sample consisted of participants from all walks of society from low to middle socioeconomic status. Only those participants were included in sample that had give consent to participant. In the present study, a total of 225 questionnaires were distributed of under graduate students of Maharishi Dayanand, Rohtak, and the response rate was 01.3%. Ultimately, we collected 225 valid questionnaires after excluding invalid questionnaires. There were more males (12.03%) than females (41.03%) in the sample, which reflects the gender distribution among the general population. The average age of the participants was 21.32 years (SD = 2.02) and ranged from 13 to 21 years. The study sample was composed of 123 men and 102 women. Of this sample, 122 participants reported suicidal ideation, and 103 participants reported not having suicidal ideation. Furthermore, 30.04% students were from regular students of university while 40.04% were distance education students of university; however, university type did not predict suicidal ideation among these Chinese university students. Three factors with eigenvalues >1.0 were identified and accounted for 30.12% of the overall variance. These factors explained 24.12%, 21.12% and 23.11% of the total variance.

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**Keywords:** Participants, Under Graduate Students, Maharishi Dayanand University, Suicidal Ideation.

### Introduction:

“Suicide” is defined as “a death from injury, poisoning, or suffocation that... was self-inflicted and that the decedent intended to kill himself or herself.” A “suicidal attempt” is defined as “a potentially self-injurious behavior with a nonfatal outcome that the person intended to kill himself/herself”. Suicidal ideation is a common medical term for thoughts about suicide; however the term suicidal ideation is often used more generally refer to having the intent to commit suicide, including planning conduct and outcome of suicidal behaviour, particularly as the last relates to the thoughts about the response of others.

Suicide has unique epidemiological characteristics that make it an important public concern.. Suicide thus accounts for 3.6% of all deaths in China and ranks as the fifth most common cause of death. Suicide among university students accounts for 19% of all deaths and is the leading cause of death among that population. Suicide among university students has become a serious public health problem, and the rise in the student suicide rate has led to an increasing number of studies on the factors that explain suicidal behavior. Suicidal ideation among students is defined as the wish, thought or desire to take one’s own life violently due to a variety of

internal and external causes, such as personality, undesirable emotions and school life. Information on suicidal ideation can be utilized to predict suicide and can act as a guide for suicide prevention. This paper will focus on suicidal ideation as a key element to determine the factors related to suicide.

Previous studies on university students’ suicidal ideation have been overly concerned with school environments, students’ undesirable behavior and psychological symptoms. Few studies have investigated how family environments act upon university students’ suicidal ideation, and the research approaches have been rather limited. A number of studies have shown that the family environment significantly affects suicidal behavior among university students. The family is a social-life community of relatives established by marital, blood, and adoptive relationships; it is the most intimate group and has a profound effect on its members. Family characteristics vary across cultures and nations. China has a unique marriage system, employment structure and parenting style, and these specific characteristics may affect family members.

When studying family risk factors for suicidal ideation among university students in China, parental structure and relationships may be important

predictors. Traditional Chinese values reject divorce and view it as a shameful event. Therefore, parents prefer to try to live together with difficulty rather than to divorce. This preference can give rise to poor parental relationships. Over the last three decades, China has experienced steadily increasing divorce rates, from 0.4 per 1,000 persons in 1985 to 1.85 per 1000 in 2009. Poorer parental relationships and higher divorce rates cause misfortune and psychological distress for students, which may cause students to experience suicidal ideation.

### Materials and methods:

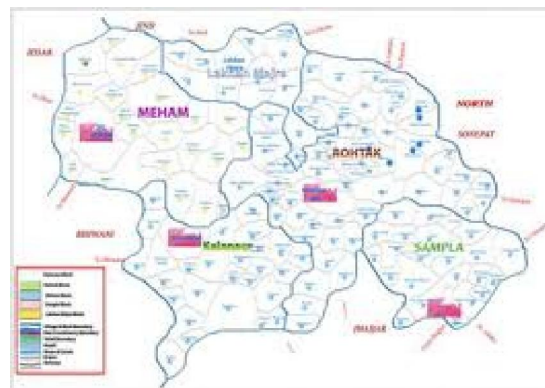
#### Sample:

The sample for the study consisted of 675 students (225 under graduate, 225 post graduate students and 225 research scholars) of Maharishi Dayanand University, Rohtak, Haryana (India). The age range of subjects varies from 19 to 30 years (mean =22.5). The selected sample consisted of participants from all walks of society from low to middle socioeconomic status. Only those participants were included in sample that had give consent to participant.

An exploratory design was employed to gather quantitative data from the universities. Participants who were identified as experiencing suicidal ideation were categorized into a suicidal ideator group (675 suicidal ideator students, out of them 225.



(a)



(b)

**Fig. 3.1. (a) Location of Maharishi Dayanand University, Kurukshetra in state of Haryana (India) and (b) outline map of Kurukshetra University, Kurukshetra, Haryana (India).**

under graduate, 225 post graduate students and 225 research scholars) These individuals were invited to complete the social demographic and family-associated factor questionnaires and the Adolescent Self-Rating Life Events Checklist (ASLEC). None of the participants suffered from any type of personality/psychiatric disorder or organic brain lesions.

### Results

In the present study, a total of 225 questionnaires were distributed of under graduate students of Maharishi Dayanand, Rohtak, and the response rate was 01.3%. Ultimately, we collected 225 valid questionnaires after excluding invalid questionnaires. There were more males (12.03%) than females (41.03%) in the sample, which reflects the gender distribution among the general population. The average age of the participants was 21.32 years (SD = 2.02) and ranged from 13 to 21 years. The study sample was composed of 123 men and 102 women. Of this sample, 122 participants reported suicidal ideation, and 103 participants reported not having suicidal ideation. Furthermore, 30.04% students were from regular students of university while 40.04% were distance education students of university; however, university type did not predict suicidal ideation among these Chinese university students. The characteristics of the subjects are shown in Table 1.

Based on self-reports, 23.13% students had insomnia, 10.30% students were smokers, 21.13% students were alcohol abusers, 12.24% were affected by disease, and 13.33% had psychological problems. Sex, age, insomnia, drinking, disease and psychological problems were all associated with suicidal ideation. No family factors except being an only child were correlated with suicidal ideation

among under graduate students of Maharishi Dayanand University, Rohtak (Haryana).

Three factors with eigenvalues  $>1.0$  were identified and accounted for 30.12% of the overall variance. These factors explained 24.12%, 21.12% and 23.11% of the total variance. The factor loadings are shown in Table 2. Factor 1 was “poor family structure and relationships”, including poor parental relationships and parental divorce. The second factor referred to “parents’ unstable work”, including that of both fathers and mothers. The third factor (improper parenting style) included being scolded and beaten by parents, receiving learning pressure from parents and having poor relationships with parents.

In order to meet out the objective of the study, the obtained data were processed with various statistical analyses. The data were analyzed by using Pearson's product moment correlation method, principal component method of factor analysis and

multiple regression. The results are described as under:

As shown in Table 3, in a comparison of suicidal ideators and non-suicidal ideators, family-related variables were found to be common among all suicidal ideators among under graduate student of Maharishi Dayanand, Rohtak.

Table 4 presents the logistic regression analysis results for suicidal ideation among under graduate student of Maharishi Dayanand, Rohtak. Group-specific odds ratios are shown in the second column of Table 4. In the third column, three factors were evaluated for their association with suicidal thoughts when demographic/family factors variables were controlled. In the fourth column, the three factors were not only adjusted for demographic/family factor variables but also adjusted for each other. After all confounders and three family factors were added to the model, suicidal ideation was still associated with these three factors.

**Table 1. Distribution and family controlled variables among under graduate students of Maharishi Dayanand University, Rohtak (Haryana) sample according to suicidal ideation.**

Control variables	Total (225) (%)	Suicidal Ideator (%)	Non-Suicidal Ideator (%)	$\chi^2/t$	<i>P</i>
Sex				34.01	<0.0001
Female	12.03%	10.00%	13.32%		
Male	41.03%	40.41%	43.12%		
Age	21.32 ± 2.20	21.03 ± 1.23	21.34 ± 2.23	2.00	0.0043
University Student				0.00	0.32
Regular Students	30.04%	22.11%	30.21%		
Distance Students	40.04%	31.21%	40.31		
Insomnia				413.03	0.0001
No	32.43%	10.44%	34.34%		
Yes	23.13%	40.34%	24.21%		
Smoke				0.002	1.02
No	20.30%	00.12%	20.00%		
Yes	10.30%	00.22%	10.10%		
Drink				0.32	0.004
No	34.23%	40.02%	43.12%		
Yes	21.13%	30.02%	32.42%		
Disease Affected				41.43	<0.0001
No	21.14%	31.14%	44.12%		
Yes	12.24%	22.24%	31.22%		
Psychologically Affected				141.02	<0.0001
No	22.43%	31.12%	44.32%		
Yes	13.33%	22.22%	34.22%		
Only Child				11.14	<0.0001
No	32.22%	24.24%	22.40%		
Yes	43.22%	31.14%	31.32%		
Economic Status				2.12	0.312
Good	2.12%	1.01%	4.01%		
Mediate	31.14%	44.32%	43.03%		
Poor	20.34%	22.13%	24.04%		

Control variables	Total (225) (%)	Suicidal Ideator (%)	Non-Suicidal Ideator (%)	$\chi^2/t$	P
Annual Economic Income				3.02	0.110
≤100000	32.10%	4.32%	4.21%		
≤200000	12.12%	41.12%	44.12%		
>200000	21.32%	32.10%	20.43%		
Father Education Level				2.12	0.330
Primary and Lower	34.03%	13.12%	12.22%		
Middle School	23.10%	24.14%	24.40%		
High School	34.30%	34.00%	32.11%		
College and Above	10.13%	24.41%	23.01%		
Father Education Level				1.32	0.301
Primary and Lower	44.03%	20.30%	10.10%		
Middle School	24.12%	23.10%	20.02%		
High School	21.12%	32.03%	34.20%		
College and Above	10.23%	20.13%	13.02%		

**Table 2. Loadings on first rotated principal components for of under graduate student of Maharishi Dayanand, Rohtak.**

Family factors	Factor1	Factor2	Factor3
Poor parental relationship	<b>0.24<sup>a</sup></b>	<b>-0.33</b>	<b>-0.00</b>
Parental divorce	<b>0.33<sup>a</sup></b>	<b>-0.41</b>	<b>-0.00</b>
Unstable paternal work	<b>0.31</b>	<b>0.21<sup>a</sup></b>	<b>-0.32</b>
Unstable Maternal work	<b>0.23</b>	<b>0.12<sup>a</sup></b>	<b>-0.30</b>
Scolded and beaten by parents	<b>0.23</b>	<b>0.20</b>	<b>0.44<sup>a</sup></b>
Learning pressure from parents	<b>0.20</b>	<b>0.23</b>	<b>0.31<sup>a</sup></b>
Poor relationship with parents	<b>0.10</b>	<b>-0.01</b>	<b>0.30<sup>a</sup></b>

<sup>a</sup>Indicate the largest loadings on each component.

**Table 3. Family associated factors of under graduate student of Maharishi Dayanand, Rohtak, with and without suicidal ideations.**

Family Factor	Total (225) (%)	Suicidal Ideator (%)	Non-Suicidal Ideator (%)	$\chi^2$	P
Scolded and beaten by parents				24.24	<0.0001
No	24.12%	32.12%	24.43%		
Yes	13.32%	11.22%	11.13%		
Learning pressure from parents				12.11	<0.0001
No	44.12%	12.24%	42.01%		
Yes	33.22%	43.14%	31.00%		
Poor parental relationship				20.12	<0.0001
No	01.12%	02.40%	01.02%		
Yes	2.02%	3.40%	4.02%		
Poor relationship with parents				40.12	<0.001
No	20.34%	20.40%	01.32%		
Yes	10.24%	10.40%	2.22%		
Parental divorce				3.12	0.01
No	02.14%	22.24%	02.43%		
Yes	3.44%	11.04%	3.33%		
Unstable paternal work				4.02	0.0114
No	04.14%	04.12%	04.40%		
Yes	3.24%	1.22%	3.40%		
Unstable maternal work				0.10	0.0024
No	01.20%	04.30%	04.40%		
Yes	2.20%	1.30%	1.40%		

**Table 4. Suicidal ideation and correlated family factors using univariate and multiple logistic regression analysis among under graduate student of Maharishi Dayanand, Rohtak.**

Family Factor	Unadjusted Odds Ratios with 01%CI	Adjusted Odds Ratios with 01% CI	
		Demographic Model a	Family Factors Model b
Factor 1	1.120 (1.022,1.214) <sup>c</sup>	1.131 (1.033, 1.312) <sup>d</sup>	1.131 (1.031, 1.210) <sup>d</sup>
Factor 2	1.111 (1.002, 1.232) <sup>c</sup>	1.002 (1.011, 1.133) <sup>c</sup>	1.021 (1.014, 1.002) <sup>c</sup>
Factor 3	1.314 (1.244, 1.412) <sup>c</sup>	1.341 (1.222, 1.124) <sup>c</sup>	1.101 (1.341, 1.131) <sup>c</sup>

Notes: a The odds ratios for risk factors were adjusted only for demographic/family factors variables; b The odds ratios for risk factors were all adjusted for each other in addition to demographic/family factors variables; c  $p < 0.001$ ; d  $p < 0.01$ ; e  $p < 0.01$ .

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