

Parameters related to Description of Factors for suicidal ideation among under graduate students of Maharishi Dayanand, Rohtak, Haryana (India)

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Abstract: On this factor the COH has highest factor correlation.33. On variable Cohesion, and Acceptance and Caring (COH) following by.31 of Conflict (ACC),.40 of Conflict (CON),.44 of Organization (ORG),.44 of Control (CO),.13 of Acceptance and Caring (ACT),.41 of Expressiveness,.34 of Independence (IND) and.34 of suicidal Ideation. The family environment which provide individuals to interact cultural activities and participate in social activities inculcate ethical and religious values and trained the individuals in planning family activities and responsibilities make the person self disciplined and dutiful. The family environment which provide individual in planning family activities and responsibilities make the person self disciplined and dutiful. The positive family environments lead to better adjustment in life so. The SI among students will be lesser when interactions among family members are positive. It is clear from the above sorted factor loading that the factor loading on this factor load on all variables of Aggression. It is clear for the above sorted factor are on the measures of Aggression. The highest loading on this factor is.33 of variable Anger (ANG), following by.34 of Hostility (HOS),.40 of Physical Aggression (PHY),.34 of verbal Aggression (VAG), The above factor loadings suggest that individuals who express aggressions are having more negative thoughts about life, which may lead to suicidal ideation. On the basis of above factor loadings this factor can be named as "Aggression" factor. This factor is clearly a bipolar factor. It has positive loading on verbal aggression (VAG), impulsiveness (IMP) and negative loading on expressiveness (EXP), suicidal ideation (SI) and acceptance and caring (ACT). The above factor loading suggests that people who are impulsive will show verbal expression when family is not allowing them is express their feelings and thoughts directly and family members are not encouraged them to act openly. They develop suicidal ideation and they start living alone without participation in social and recreational activities. Those individuals who express aggression openly are having loss suicidal ideation because they release their pent of feelings.

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

Introduction:

Stress is a psychological variable that has been attracting the attention of psychologists for a long time and has been vastly studied in relation to depression, hopelessness, suicidal behavior and suicidal ideation. Studies on stress focus on different sources of stress like negative life events, family discords, academic sources, parental expectations, and so on. According to WHO (2006) suicide is a result of a complex interaction of biological, genetic, psychological, sociological, cultural and environmental facts. In addition they described that suicidal persons often have greater environmental burdens than non- suicidal persons including histories of abuse, family problems, cultural thoughts, interpersonal relationship difficulties and chronic stress.

Jacobs (1971) noted that teenage attempters often have a long history of difficulties that culminates during adolescence. With regard to stress, De Man (1988), De Man, Balkou, and Iglesias (1987), Paykel

(1971), and Paykel, Myers, Lindenthal, and Tanner (1974) found that suicide attempters tend to have experienced a greater number of recent stressful life events. Studies that have been conducted on samples of different age groups—e.g. adults, adolescents and children have demonstrated the relationship between frequency and severity of stressful life events and increased depression and suicidality, e.g. in a sample of children, Cohen-Sandler, Berman, and King (1982) found that suicidal children in comparison to depressed or psychiatric patients experienced significantly greater life stress involving chaotic and disruptive family events or losses or separations from significant others.

The psychodynamic perspective emphasizes “the role of anxiety and inner conflict, meaning that thoughts and emotions are important causes of behavior and environment and personal experiences play roles in how the brain functions. Observable behavior is a function of intrapsychic processes. Many

psychodynamic theorists agree that personality is shaped by a combination of inner and outer events emphasizing on the inner ones. Sigmund Freud, the originator of the psychodynamic perspective, believed that in order to understand behavior it is necessary to analyze the thoughts preceding and associated with it, and that to understand these thoughts, a person's deepest emotions and feelings must be explored. Several studies conducted on adolescents have found that suicidal ideation among adolescents is associated with recent stressful life events (e.g., De Man, Leduc, & Labréche-Gauthier, 1993a, 1993b; Dubow, Kausch, Blum, Reed, & Bush, 1989; Garrison et al., 1988; Reynolds, 1988; Smith et al., 1989).

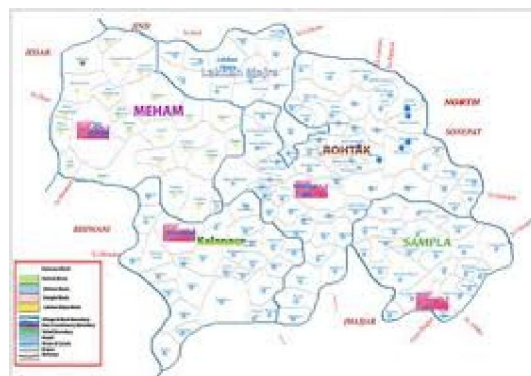
Cole et al. (1992) conducted a study on four hundred nine high school students. In their study, high-suicidal-risk subjects were found to have had experienced more life stress in the previous year, and significantly poorer quality friendships, and lower self-esteem. Sandin, Chorot, Santed, Valiente, and Joiner (1998) examined the relationship between negative life events and suicidal behaviour. Their study evidenced support for the hypothesis that life events might comprise a risk factor for adolescent suicidal behaviour but their contribution tended to be moderate or weak. Negative and potentially traumatic life events are associated with poor mental health outcomes, including thoughts of suicide (Flannery, Singer, & Wester, 2001; Yang & Clum, 1996).

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

Results:

Factor-1 (Healthy Family Environment)

The first factor contributed a variance of 22.33% of the total variance. It being the first factor of principal component analysis explains maximum variance among all the principal components. The factor has got significantly loadings on the following measures:

Table 1. Unrotated factor matrix component among under graduate students of Maharishi Dayanand, Rohtak.

Variables	1	2	3	4	h ²
COH	.32	.03	.01	.11	.11
EXP	.12	.11	-.43	-.04	.10
CON	.31	.11	-.03	.03	.13
ACC	.43	.13	.10	.21	.12
IND	.44	.22	-.14	-.22	.31
ACT	.13	.01	-.33	.02	.44
ORG	.43	-.01	.20	.04	.40
CO	.42	.02	.14	.00	.43
SI	.32	.24	-.42	.02	.44
HOP	.32	-.03	.20	.11	.40
IM	.30	.11	.22	-.34	.42
ANG	.04	.31	.01	.10	.40
PHY	-.11	.44	-.12	.03	.40
VAG	.21	.44	.13	-.03	.11
HOS	.00	.32	-.01	.12	.10

Table 2. Rotated factor matrix components among under graduate students of Maharishi Dayanand, Rohtak.

Variables	1	2	3	4	h ²
COH	.33	-.03	.04	-.04	.11
EXP	.41	.01	.31	-.41	.10
CON	.40	.01	.21	-.00	.13
ACC	.31	.04	-.02	.12	.12
IND	.34	.10	.41	-.03	.31
ACT	.13	-.04	.14	-.34	.44
ORG	.44	-.12	.02	.14	.40
CO	.44	-.03	.04	.12	.43
SI	-.34	.40	.04	-.40	.44
HOP	-.11	-.04	-.43	.11	.40
IM	-.11	-.02	.43	.43	.42
ANG	.02	.33	-.01	.12	.40
PHY	-.02	.40	.01	-.01	.40
VAG	.20	.33	.03	.43	.11
HOS	-.02	.34	-.01	.01	.10
% of Variance	22.33	12.03	3.03	3.30	

Table 3. Healthy family environment among under graduate students of Maharishi Dayanand, Rohtak.

COH (+)	a measure of family environment	.33
ACC (+)	a measure of family environment	.31
CON (+)	a measure of family environment	.40
ORG (+)	a measure of family environment	.44
CO (+)	a measure of family environment	.44
ACT (+)	a measure of family environment	.13
EXP (+)	a measure of family environment	.41
IND (+)	a measure of family environment	.34
SI (+)	a measure of family environment	.34

On this factor the COH has highest factor correlation.33. On variable Cohesion, and Acceptance and Caring (COH) following by.31 of Conflict (ACC),.40 of Conflict (CON),.44 of Organization (ORG),.44 of Control (CO),.13 of Acceptance and Caring (ACT),.41 of Expressiveness,.34 of Independence (IND) and.34 of suicidal Ideation. The family environment which provide individuals to interact cultural activities and participate in social activities inculcate ethical and religious values and trained the individuals in planning family activities and responsibilities make the person self disciplined and dutiful. The family environment which provide

individual in planning family activities and responsibilities make the person self disciplined and dutiful. The positive family environments lead to better adjustment in life so. The SI among students will be lesser when interactions among family members are positive. On the basis these factor loadings, this factor can be named as 'Healthy Family Environment' factor (Table 3).

Factor - 11 (Aggression)

The second factor contributed a variance of 12.03% of total variance. It has got significantly loading on the following measures:

Table 4. Aggression among under graduate students of Maharishi Dayanand, Rohtak.

ANG (+)	a measure of Aggression	.33
HOS (+)	a measure of Aggression	.34
PHY (+)	a measure of Aggression	.40
SI (+)	a measure of suicidal Ideation	.40
VAG (+)	a measure of Aggression	.34

It is clear from the above sorted factor loading that the factor loading on this factor load on all variables of Aggression. It is clear for the above sorted factor are on the measures of Aggression. The highest loading on this factor is.33 of variable Anger (ANG), following by.34 of Hostility (HOS),.40 of Physical Aggression (PHY),.34 of verbal Aggression (VAG), The above factor loadings suggest that individuals

who express aggressions are having more negative thoughts about life, which may lead to suicidal ideation. On the basis of above factor loadings this factor can be named as "Aggression" factor (Table 4).

Factor 3 (Impulsive Behavior)

This factor explains 3.03% of that total variance. It loads significantly on following measures:

Table 5. Impulsive behavior among under graduate students of Maharishi Dayanand, Rohtak.

IM (+)	a measure of impulsiveness	.43
HOP (+)	a measure of hopelessness	.43
IND (+)	a measure of family environment	.10
EXP (+)	a measure of family environment	.31

The present factor has positive loading on Impulsiveness (IM), and Hopelessness (HOP) and two variables of family environment. This factor has positive loading.43 of Impulsiveness (IM),.43 of Hopelessness (HOP),.10 of Independence and.31 of Expressiveness (EXP). The family which allows independent decision making along with expression of thoughts and actions are more impulsive. As

impulsivity lead to prompt action from individuals without thinking so wrong/inappropriate action later based toward hopelessness, because action cannot be severed. On the basis above factor loadings this factor can be termed as "Impulsive Behavior" (Table 5).

Factor 4 - (Affective Aggression)

This factor explains 3.30% of the total variance. It loads significantly on following measures:

Table 6. Affective aggression among under graduate students of Maharishi Dayanand, Rohtak.

VAG (+)	a measure of aggression	.43
IMP (+)	a measure of impulsiveness	.43
EXP (-)	a measure of impulsiveness	.41
SI (-)	a measure of suicidal ideation	.4
ACT (-)	a measure of family environment	.34

This factor is clearly a bipolar factor. It has positive loading on verbal aggression (VAG), impulsiveness (IMP) and negative loading on expressiveness (EXP), suicidal ideation (SI) and acceptance and caring (ACT). The above factor loading suggests that people who are impulsive will show verbal expression when family is not allowing them to express their feelings and thoughts directly and family members are not encouraged them to act openly. They develop suicidal ideation and they start living alone without participation in social and recreational activities. Those individuals who express aggression openly are having loss suicidal ideation because they release their pent of feelings. Hence this factor can be named as "Affective Aggression" (Table 6).

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