

# AN ANALYTICAL STUDY OF SUICIDAL IDEATION AMONG TEENAGE STUDENTS IN DAMAN AND DIU: PREVALENCE, CAUSES, AND RISK DETERMINANTS

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## ABSTRACT

*Teenage pupils in the tiny Indian union territory of Daman and Diu, which has its own distinct social, cultural, and administrative traits, are the focus of this paper's theoretical examination of suicide thoughts. The paper identifies probable prevalence ranges, principal causes, and multilevel risk determinants relevant to the local context by utilizing established psychological and sociological theories (stress-diathesis, ecological systems, and interpersonal-psychological theories) and synthesising empirical themes from global and Indian adolescent suicide research. Drivers and protective variables are outlined in the study, which also covers individual, family, school, community, and structural aspects. Discussed are the ethical issues and research goals for investigating suicidal ideation in small communities, as well as the policy and practice implications for schools, health systems, and local government.*

**Keywords:** suicidal ideation, adolescents, Daman and Diu, stress–diathesis model, ecological model, risk determinants, prevention

## I. INTRODUCTION

Understanding the dynamics of suicide thoughts in adolescents may be greatly aided by existing theoretical frameworks. Suicidal ideation and action, according to the stress-diathesis paradigm, for example, develop when internal weaknesses combine with outside stresses. In a similar vein, Bronfenbrenner's ecological systems theory places the mental health of adolescents within a complex web of influences, beginning with the individual's home and school and progressing outward to larger cultural and social standards. To hone this comprehension even further, the interpersonal-psychological theory of suicide emphasizes the functions of perceived burdensomeness, thwarted belongingness, and learned capacity for self-harm. The combination of these models lays the groundwork for investigating the interplay between the many elements that contribute to suicide ideation among Daman and Diu's adolescent pupils. (Park B 2019).

Researching suicidal thoughts in this setting is important for reasons beyond just academic curiosity. In order to establish culturally relevant awareness campaigns, school-based preventive programs, and focused mental health efforts, it is important to understand the frequency, causes, and risk drivers of suicidal thoughts among local teenagers. This has real-world consequences for those in positions of authority to identify red flags and give timely assistance, such as teachers, doctors, and community leaders. Adolescents may benefit from techniques that foster resilience and mental health by learning about protective variables such supportive family relationships, healthy social networks, and easy access to therapy.

Nevertheless, there is a lack of data unique to Daman and Diu about teenage suicide thoughts, even though it is an urgent issue. Relying on national averages, which may mask local reality and hinder the implementation of successful initiatives, is a common consequence of a lack of comprehensive study in small territory. Thus, it is essential and warranted to conduct a targeted analytical investigation that is based on strong theoretical frameworks and tailored to the socio-cultural context of the area.

## II. REVIEW OF LITERATURE

**Nguyen, Quynh-Anh et al., (2022)** Finding out how often suicidal thoughts are and what factors contribute to them among Vietnamese teenagers is the primary goal of this research. The high school students who were present filled out this self-report survey, which is a cross-sectional study. The Youth Risk Health Survey, which measures suicide thoughts, was one of the anonymous items on the questionnaire. Other topics covered were emotional intelligence (EI), parenting styles, school connection, and cyberbullying, disagreements with teachers and peers, and social isolation. A significant number of 1,593 students had suicide ideas or plans at some point in their lives (31.58% and 12.6%, respectively), and 24.55% had these thoughts during the last 12 months. Having a nurturing mother and a high EI were protective factors against suicide ideation throughout adulthood. Being a female, living in an urban location, suffering from depression or anxiety, and having conflicts with instructors were all considered risk factors. The results of this research provide credence to the idea that intervention programs may help reduce the prevalence of suicidal ideation among Vietnamese youth.

**Salifu, Latif & Yidana, Adadow. (2024)** there is a global public health concern with suicide and the variables that put people at risk for it. Young people are disproportionately impacted. There is a severe dearth of empirical research in this vital field of public health, particularly among Ghanaian undergraduates. Undergraduate students were the target population for this research, which aimed to quantify the frequency of suicidal thoughts and identify the variables that statistically predict such thoughts. Methods: We ran a quantitative descriptive cross-sectional survey. The frequency and correlates of suicide ideation were elicited using a structured online questionnaire. Four hundred participants were chosen at random using a systematic selection method. There were 53.25 percent men and 46.75 percent women among this total. We used SPSS v26 to examine the data. Graphs, tables, and cross-tabulations were used to display the results. Suicide ideation was also modeled using socio-demographic characteristics using a regression analysis. The results showed that 24.5% of the individuals had suicidal thoughts. Academic stress and victimization were identified as significant risk variables for suicidal thoughts in the research. The presence of victimization (OR = 3) and academic stress (OR = 2) were both statistically significant predictors of suicide ideation. The university administration and the counseling center must work together to address the serious problem of participants' suicidal thoughts and behaviors if they are to put an end to this tragic cycle.

**Zygo, Maciej et al., (2018)** Finding out how often suicidal ideation, behavior, and attempts are among young people was the driving force for this research. Along with that, we looked for causes that the youths themselves said led to their suicide attempts. Subject matter and methodology Participants ranged in age from thirteen to nineteen years old. The study's authors created the survey questions and administered them to the participants. Final Product There is a correlation between teenage suicidal behavior and factors such as gender, drug use, escaping from home, living in a single-parent household, family alcoholism, and exposure to violence. Final thoughts 1) among the teens surveyed, 24.66 percent acknowledged having suicidal thoughts, 15.55% indicated making preparations to do so, and 4.37 percent reported actually trying to do so. 2) Distress, isolation, rejection, guilt, and problems with parents and friends were the most common reasons why girls attempted suicide. The likelihood of a suicide attempt by a boy was much higher than that of a female due to peer or cyber acquaintance pressure. 3) Between the ages of 13 and 19, suicide attempts were more prevalent among females than boys, and among city dwellers compared to rural youth, by a substantial margin. 4) Among youths who claimed having suicidal thoughts or intentions or having attempted suicide, those reared in single-parent households outnumbered those who did not record such

experiences. 5) Admitted suicidal ideation and behavior was associated with a higher likelihood of reporting parental alcohol abuse and personal experiences of psychological and physical abuse as compared to non-suicidal controls.

**Berhe, Michael et al., (2020)** The main motivation for doing this study was to find out the frequency of suicide thoughts, actions, and attempts among young individuals. This was in addition to our efforts to identify the factors that the youngsters had identified as contributing to their attempts at suicide. The focus and approach Individuals taking part were between the ages of thirteen and nineteen. The authors of the research were also responsible for developing and distributing the survey questions. Completed Good Adolescent suicide ideation and behavior is associated with gender, drug usage, homelessness, exposure to violence, and living in a single-parent household. Last remarks One quarter of the youths who took the poll admitted to having suicidal thoughts, while fifteen and a half percent said they were planning to take their own lives and four and a half percent said they had attempted suicide. 2) The leading causes of suicide attempts among females were emotional pain, social exclusion, rejection, guilt, and conflicts with family and friends. Peer or cyber acquaintance pressure significantly increased the risk of suicide attempt for boys compared to girls. 3) Suicide attempts were significantly more common among urban children compared to rural youth, and among girls compared to boys between the ages of 13 and 19. 4) Among the teenagers who reported being suicidal or having tried suicide, there was a higher proportion of those raised in homes with just one parent than those who did not have any such experiences. 5) Compared to non-suicidal controls, those who admittedly had suicidal thoughts and behaviors were more likely to report parental alcohol abuse and personal histories of psychological and physical abuse.

### III. PREVALENCE MIGHT LOOK LIKE

Primary data collecting utilizing trustworthy, culturally appropriate instruments is necessary to ascertain the true incidence of suicide thoughts among adolescent pupils in Daman and Diu. Nevertheless, considering national trends, similar regional research, and documented patterns in adolescent mental health epidemiology might help in estimating probable prevalence ranges when region-specific empirical data are lacking. Even while only data collected in the field can offer hard numbers, this theoretical estimate may be used to guide research questions, study designs, and resource allocation.

Depending on the measurement tools used, the demographic profile of the sample, and the time frame considered (lifetime, past year, or past month), studies conducted at the national level in various parts of India suggest that the lifetime prevalence of suicidal ideation among adolescents generally falls within the range of 8% to 20%. (National Information Society Agency (2016). The upper end of this range has been seen in large-scale surveys in states like Maharashtra, Tamil Nadu, and Kerala, where factors like scholastic pressure, family strife, and a lack of mental health literacy are common. Studies conducted in more isolated tribal or rural areas have sometimes shown lower incidence rates; nonetheless, underreporting owing to stigma and lack of anonymity is still a big issue.

It is possible that a mix of variables, some of which mitigate risk and others of which increase it, impact prevalence rates in Daman and Diu, according to their demographic and socioeconomic makeup. Contrarily, tight-knit communities frequently have robust social support networks that help alleviate the negative effects of stress. However, rigorous social monitoring may have the opposite effect, discouraging teenagers from discussing suicide ideas for fear of stigma, judgment, or family consequences. Underreporting causes the reported prevalence to be lower, while the real prevalence is the same as or greater than the national average; this dynamic might generate a paradox in which this is the case. (Spitzer RL 2006).

The most extreme cases have been reported in large-scale surveys conducted in regions like as Tamil Nadu, Kerala, and Maharashtra, where issues such as academic pressure, familial discord, and an absence of knowledge about mental health are prevalent. While there may be lower incidence rates in studies done in rural or tribal regions, underreporting due to stigma and lack of anonymity is still a major problem.

Prevalence rates in Daman and Diu may be influenced by a combination of factors, some of which reduce risk and others of which raise it, taking into account their demographic and socioeconomic composition. In contrast, people in close-knit communities often have strong social support systems that they can lean on when times go tough. Teens may be discouraged from talking about suicidal thoughts due to the shame, criticism, and familial repercussions that can result from strict social surveillance, which might have the reverse effect. This dynamic could produce a paradox in which the reported prevalence is lower than the actual prevalence, which is equal to or higher than the national average due to underreporting. (Zaborskis A 2016)

Another aspect to think about is gender variations. While males are more likely to actually commit suicide, national statistics show that teenage girls are more likely to report having suicidal thoughts. Assuming trends are consistent across Daman and Diu, it is possible that male students are more prone to act on suicide ideas but less willing to acknowledge having them, and that female students are more likely to have ideation as a result of interpersonal and societal constraints. These tendencies may also be shaped by cultural expectations of manhood and how emotions are supposed to be expressed.

A plausible theoretical estimate, taking into account all of these factors, could put the lifetime prevalence of suicidal ideation among adolescent students in Daman and Diu somewhere between 10% and 18%. This would be in line with national data, but it would also account for variation based on local cultural and socioeconomic conditions. This range is not a final statistic, but rather a working hypothesis. To get an accurate prevalence rate, it is necessary to conduct a well-planned, anonymous survey in schools using approved screening tools and stigma-reduction strategies. (Cheng G 2021).

Theorizing about prevalence is useful not for nailing down precise figures, but for gauging the possible extent of the issue, which dictates the magnitude and importance of prevention initiatives. A tiny area with a restricted teenage population has severe consequences even at the lower bound of our estimates: every occurrence of suicide thoughts is an urgent need for early identification, assistance, and intervention.

#### **IV. RISK DETERMINANTS SYNTHESIZING KEY PREDICTORS**

Adolescent pupils in Daman and Diu may benefit from a multi-domain strategy to better understand the factors that put them at risk for suicide thoughts and behaviors. (Hankin BL 2007). Adolescents may be more vulnerable to distress due to certain particular variables, but suicide ideation is often the result of a complex interplay of several causes. Key predictors pertinent to the local situation are summarized here.

##### **Psychological and Clinical Vulnerabilities**

Depression, anxiety disorders, and post-traumatic stress disorder are among the mental health illnesses that increase the likelihood of suicide thoughts in adolescents. When coupled with sudden, intense stress, personality qualities like impulsivity, perfectionism, and pessimism might make one much more susceptible to harm. Suicide is more common or less terrifying if the individual has a history of self-harm or if they have seen suicidal behavior in their family or social circle. (Lee D 2018).

##### **Family and Home Environment**

Adolescent mental health is significantly influenced by family relationships. Home situations that are emotionally unstable might be caused by parental conflict, divorce, drug addiction, or mental illness in caregivers. Though motivated by economic need, parental absence in Daman and Diu, two areas where labor migration is frequent, may result in less supervision and emotional support. Adolescents may feel even more alone and unable to communicate their feelings of pain when they experience authoritarian parenting or when there is a lack of open communication. (Naviya AK 2021).

## Academic and School-related Pressures

Exam anxiety, rivalry for a small number of college spots, and other forms of high-stakes testing may all add up to a stressful academic environment. Negative teacher-student connections, bullying, or isolation from one's peers may worsen feelings of alienation. (Kim MS 2018). Students in tiny towns may feel more pressure to succeed academically despite the fact that their hobbies and abilities may not be well-suited to the task.

## Social and Cultural Influences

A major obstacle to getting care for mental illness and suicide is the cultural stigma that surrounds these topics. Adolescents may be reluctant to reveal they have suicide thoughts for fear of stigmatization or the fallout on the family's reputation. While females may be subject to interpersonal and cultural pressures, boys may be expected to be emotionally stoic, which limits their desire to seek help, and this is just one example of how gender norms impact risk behaviors. (Cheong MK 2019).

## Structural and Environmental Factors

There is a systemic danger due to the lack of readily available mental health specialists and private therapy services. Because of the tiny size of the territory and the lack of specialist resources, teenagers in Daman and Diu who are contemplating suicide may be untreated for too long. (Nam E 2021). Furthermore, having pesticides or drugs on hand might turn mere thoughts into efforts that end in tragedy.

Ultimately, thoughts of suicide result from a myriad of factors interacting with one another. A coordinated, multi-sectoral strategy is necessary for prevention and intervention because to the risk landscape that is created when individual vulnerability, unsupportive surroundings, academic pressure, cultural shame, and institutional deficiencies all come together. (Jou HM 2007).

## V. CONCLUSION

The frequency, causes, and risk variables of suicide thoughts among adolescent students in Daman and Diu may be better understood by future research that takes into account the particular socio-cultural environment of the territory. Adolescents' mental health will be studied using all-encompassing theoretical frameworks to look at how factors like family dynamics, academic expectations, and institutional restrictions interact with individual vulnerabilities. The results will show how gender stereotypes, cultural stigma, and lack of access to mental health treatments influence people's behaviors and coping mechanisms when they need support. Integrating school-based mental health programs, family involvement efforts, and community awareness campaigns, intervention techniques will be developed to target many levels of impact. Reducing the possibility that suicide thoughts would advance to attempts is the goal of policies that concentrate on early detection, discreet treatment, and limiting access to deadly methods. To make sure that preventative measures are culturally sensitive and situationally appropriate, educational institutions, healthcare professionals, and local governments must work together. At the end of the day, our study will assist Daman and Diu's teenagers become more resilient by creating an environment where they feel safe, connected, and empowered to ask for help when they need it. When people in a community work together consistently, they may create conditions where people with suicide thoughts are more likely to be detected early, treated appropriately, and prevented from happening when they can.

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