

Suicidal Ideation among Unemployed Adults

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Abstract

Suicide is one of the biggest issues in all over the world. This is the consequence of deep psychological pressures. Unemployment is one of the causes of suicide among adults. Unemployed adults have to face various difficulties in their lives because of poor economic condition. They feel helpless towards their future. The aim of this research is to identify the suicidal tendency among unemployed male and female adults and to know the impact of family income and level of their education on suicidal tendency. 100 adults, having age group range of 25 to 35 were selected by purposive sampling method. They were requested to fill Personal Data Questionnaire and Suicidal Behaviour Questionnaire. After analysis of data it has been found that unemployed male adults have higher level of suicidal tendency in comparison to unemployed female adults. Family income and educational status significantly influences the suicidal tendency. Adults belonging to low income family and less educated are more prone to suicidal tendency.

Keywords: Suicidal tendency, unemployed adults

Introduction-

Suicide is a very serious problem. This is the result of deep psychological frustration. Suicidal tendency refers the thinking and planning to commit suicide. Lots of studies show that most of the person commits suicide in the stage of adulthood. Adulthood is the crucial period of life. Every person wants to be settling in this period of life. When adults do not get job in time, they feel helpless and being suffered with various psychological problems; such as depression, anxiety, stress, loneliness etc; which induce suicidal tendency. The term unemployment refers the person who does not have any government or private job. Adult wants to become

economically independent and spend their life with their own choice. Unemployed adults have to face different problems in their lives. They are unable to live independently because of economic issues.

People suffering from suicidal tendency may feel hopeless, unbearable emotion, worried with violence, bipolar symptoms, panic attacks, difficulty in sleeping, personality change. They may take drugs or alcohol and careless towards any work, often used to say “Good Bye”, lose of pleasure in any activity such as eating, social interaction etc.

Legleye, Beck et.al (2010) coded the risk patterns for a number of potential suicidal ideation risk factors, including educational level, occupation, personal background and adverse childhood experiences, sexual activity, sexual abuse, major depressive episode, and drug use among young men and women in the general population in France, where suicide rates are among the highest in Europe. It shows that 4.9% of young men and 5.7% of young women were affected by suicidal ideation.

Han, McKeon et. al (2014) found that the prevalence of past-year suicidal ideation among younger adults was higher than was that among adults aged 50 years or older. The prevalence of suicidal ideation was high among adults with major depression (26.3%), adults with both major depression and substance use disorder (37.7%), and adults who received mental health treatment but perceived unmet treatment need (33.5%).

Pirkis, Burgess et. al (2000) coded that suicidal ideation was associated with anxiety disorders, affective disorders, and substance abuse disorders. Age, marital status, and disability were also associated with suicidal ideation.

Fergusson, Horwood et. al (2001) found association between unemployment and personal adjustment. They coded that exposure to unemployment may be associated with increased risks of suicidal thoughts, crime and substance use.

Meltzer, Bebbington et. al (2010) found that debt is the reason of suicide among unemployed people. They are unable to repaying the amount of debt.

Flata, Galea (2000) studied the mental health and wellbeing of unemployed adults and found that unemployed people had poorer mental health and well-being than full time employed people.

Yamamura (2015) coded that most people who have considered suicide do not commit it. He said that for preventing suicide, it is valuable to investigate how and why individuals consider suicide even if they do.

Kazmi, Pervez et. al (2013) found positive relationship between unemployment and suicidal ideation. Both unemployed and employed individuals showed varied degree of social skills to respond environmental stressors. Unemployment has significant effect upon the minds of these persons who are able to work but they fail to get job. It grounds to develop suicidal ideation and subsequently high risk of suicide attempt. Provision of a justice based economic system may reduce the incidence of suicide ideation and suicide among the young people.

Hiswa, Ghilagaber et. al (2015) found significant association between being out of work and suicidal ideation. The association was explained partly by demographic, socio-economic and self-reported psychological variables.

Objectives

- To compare the suicidal tendency between male and female unemployed adults.
- To know the impact of family income and educational status on suicidal tendency.

Hypotheses

- Male unemployed adults would have higher level of suicidal tendency in comparison to female unemployed adults.
- Family income and educational status would significantly influence the suicidal tendency of unemployed adults.

Methodology

Sample

100 unemployed adults “Mean age 30” were selected through purposive sampling method. The number of male and female adults was equal. All the samples were selected from Bhojpur District, Bihar.

Sample design

Male	Female
50	50

Dependent variable- Suicidal tendency

Independent variable- Gender, Family income and level of Education

Criteria

Inclusion criteria	Exclusion criteria
Unemployed adults	Employed adults
Age range 25 to 35	Below 25 and above 35 years old person
Male and female	Transgender
Monthly Family income 10,000 to 30,000	Monthly family income less than 10,000 and above 30,000
Above Matriculation	Below Matriculation

Categorization-

- Monthly income 10,000 to 15,000 has been considered as low income family and 16,000 to 30,000 has been considered as high income family.
- Matriculation and Intermediate has been considered as low educated adults and Graduate & above graduate were considered as high educated adults.

Tools-

- **Personal Data Questionnaire-** This tool is used to get general information about the respondents. For example age, educational status, family income etc.
- **Suicidal Behaviour Scale-** This scale is used to know suicidal ideation of unemployed adults. This scale was developed by Dr. Sweta Shandilya and Dr. Alok Gardia in 2012. It consists of 4 items and it hardly takes five minutes to complete. It is a rating scale, each item having different scale. The first item has 6 options, item no. 2 has 5 options, item no. 3 has 5 options and item no. 4 has 7 options. Respondents have to tick only one option. High score indicates increasing intensity of suicidal tendency. The test-retest and split-half reliability of this scale is 0.784 and 0.808 respectively.

Procedure

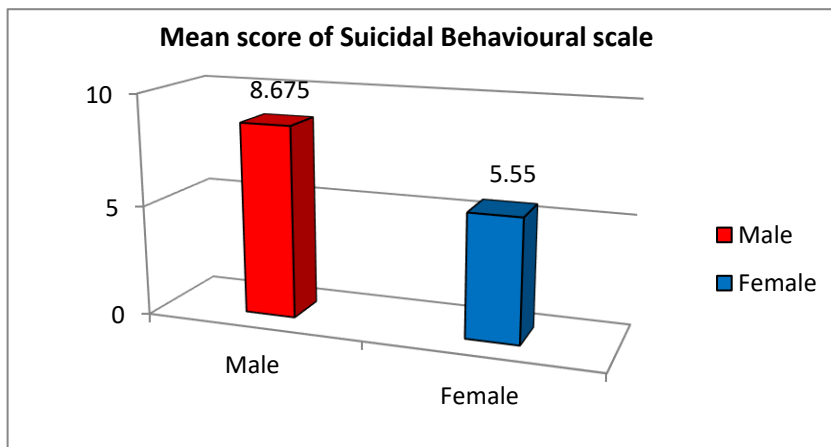
Initially, unemployed respondents were consulted separately and were chosen for data collections, who met the criteria of the study. Then both tools (Personal Data Questionnaire and Suicidal Behaviour Scale) were operated on them individually. Subsequently data were analyzed through SPSS and results were drawn accordingly.

Results-**Table- 1**

Gender difference in view of suicidal ideation

Group	N	Mean	SD	t-value	df	P
Male	50	8.6750	5.68573	2.9633	98	0.01
Female	50	5.5500	4.82488			

Graph-1 (bar- diagram) showing Mean score of male and female unemployed respondents



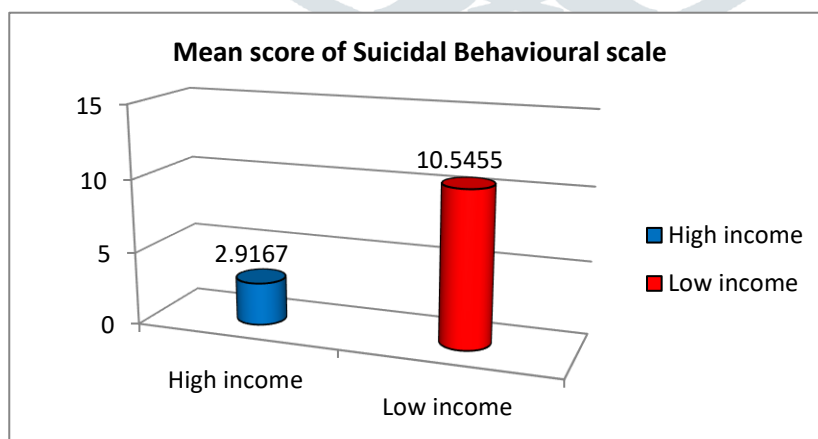
Above table and graph show that male unemployed adults have got higher score (8.6750) on Suicidal Behaviour Scale in comparison to female unemployed adults (4.82488). High score indicates greater level of suicidal risk. t-value 2.9633 is significant on 0.01 level. This is clear that unemployed males have higher suicidal tendency than female unemployed adults. Thus, the proposed hypothesis is accepted.

Table- 2

Comparison of high and low income family in terms suicidal ideation

Group	N	Mean	SD	t-value	df	P
High income	46	2.9167	1.90301	9.7179	98	0.01
Low income	54	10.5455	5.02299			

Graph-2 (bar- diagram) showing Mean score of unemployed adults belonging to high and low income family



Above table and graph show that unemployed adults belonging to low income family have got higher score (10.5455) on Suicidal Behaviour Scale in comparison to unemployed adults of high income family (2.9167). t-value 9.7179 is significant on 0.01 level. This is clear that unemployed adults belonging to low income family

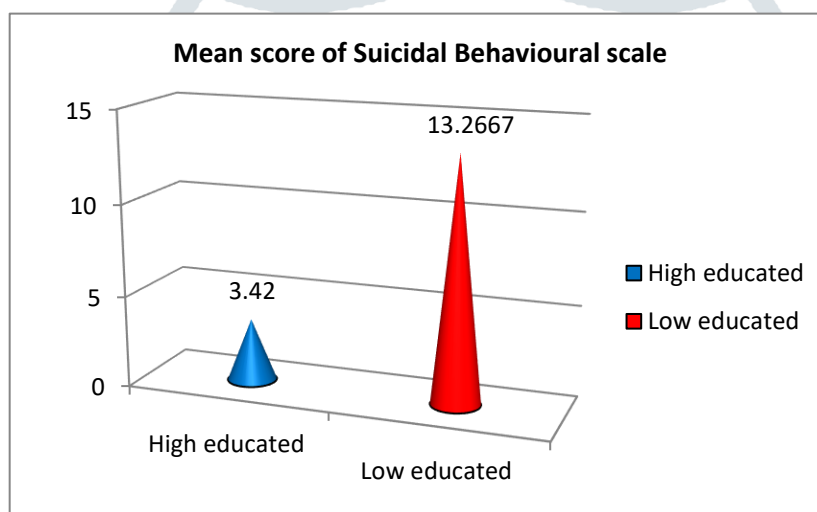
have higher suicidal tendency than unemployed adults of high income family. Thus, the anticipated hypothesis is accepted.

Table- 3

Comparison of high and low educated adults in terms suicidal ideation

Group	N	Mean	SD	t-value	df	P
High educated	70	3.4200	2.72621	16.9480	98	0.01
Low educated	30	13.2667	2.50425			

Graph-3 (bar- diagram) showing Mean score of unemployed adults belonging to high and low income family



The above table and graph represent that low educated unemployed respondents have got higher scores (13.2667) on Suicidal Behaviour Scale in comparison to high educated unemployed respondents (3.4200). t-value 16.9480 is significant on 0.01 level. This is clear that low educated unemployed adults have higher suicidal tendency than high educated unemployed adults. Thus, the proposed hypothesis is accepted.

Discussion-

Unemployment is one of the reasonable factors of suicide among adults. Unemployed adults feel deep frustration towards their own future. They are unable to fulfill their all desires. It creates various types of psychological illness among them, for example depression, anxiety and stress. This situation induce suicidal tendency. The aim of this present study is to identify the risk of suicidal tendency in unemployed adults.

According to the result table- 1, male unemployed adults have greater tendency of suicide than female unemployed adults. In Indian culture male adults have financial responsibility of their family. Their future depends upon job. On the other hand, females have to do house-hold works; they don't have family presser to work out side. Female opt job with their inner motivation or choice. Therefore, unemployed male adults have higher risk of suicide than female adults.

Result table-2 shows that unemployed adults belonging to low income family (monthly income 10,000 to 15,000) have greater level of suicidal tendency than unemployed adults belonging to high income family (monthly income 16,000 to 30,000). Low income family has to face various types of problems. So, they have higher risk of suicide. Result table- 3 shows that low educated unemployed adults have higher risk of suicide than high educated unemployed adults. Low educated adults are in deep frustration because of their fewer degrees. They are also not able to control their frustrated emotions. On the other hand, high educated adults have higher self-confidence about their future goals. They are able to handle difficult situations, because of their higher knowledge.

Conclusion-

The present study reveals that unemployed male adults have higher suicidal tendency than female adults. Adults belonging to the low income family and having lower education have higher suicidal tendency in comparison to their respective groups.

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