



RESEARCH PAPER IN EDUCATION

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ABSTRACT

Unfavorable life events can increase a person's vulnerability to depression or trigger a depressive episode. Negative thoughts about oneself and the world are also important in producing and maintaining depressive symptoms. This may end up in a distressed situation leading to suicidal tendency. Suicide is a relatively rare event, but impact on families, friends and society in general is enormous. This was the need of the hour to analyze the relationship between Depression and Suicidal Tendency among High School Students. The analysis reveals that gender, Locality and Type of Family had no significant difference on the Depression and Suicidal Tendency of High School Students.

Introduction

Depression, in psychology is a mood or emotional state that is marked by feelings of low self-worth or guilt and a reduced ability to enjoy life. A person who is depressed usually experiences several of the following symptoms: feelings of sadness, hopelessness, or pessimism; lowered self-esteem and heightened self-depreciation; a decrease or loss of ability to take pleasure in ordinary activities; reduced energy and vitality; slowness of thought or action; loss of appetite; and disturbed sleep or insomnia. Depression differs from simple grief or mourning, which are appropriate emotional responses to the loss of loved persons or objects. Where there are clear grounds for a person's unhappiness, depression is considered to be present if the depressed mood is disproportionately long or severe vis-à-vis the precipitating event. The distinctions between the duration of depression. The circumstances under which it's arises and certain other characteristics underlie the classification of depression into different types. The three main types are Bipolar Disorder, Major Depressive Disorder (clinical depression), and Persistent Depressive Disorder.

Suicide and suicidal behavior can be defined as a preoccupation or act that aims to inflict death to one self. However, many suicides or suicide attempts in adolescence are not motivated by a wish to die, but rather to express feelings of despair, hopelessness are not motivated by a wish to die, but rather to express feeling of despair, hopelessness or anger. Suicidal ideation referring to cognitions ranging from the thought that life is not worth living thought that life is not worth living through concrete plans for killing oneself to an intense delusional preoccupation with self- destruction. Suicidal behavior is complex and may exhibit different forms and levels of severity ranging from suicidal ideation, suicide gestures suicide threats suicide plans and suicide attempts, to death by suicide. While there is a large numbers of people who think about suicide very few make actual attempts and of those who make attempts. Only a small subset completes the act moreover, not everyone who dies by suicide has a history of attempting it.

Need and Significance of the Study

Variable	Sub Sample	N	Mean	S.D	't' Value	L.S
Gender	Male	150	71.28	8.63	0.11	N.S
	Female	150	69.89	8.89		
Locality	Rural	100	68.44	9.82	0.25	N.S
	Urban	200	71.71	7.97		
Type of Family	Joint	57	67.94	8.92	0.27	N.S
	Nuclear	243	71.31	8.57		

Adolescence is a period of increased vulnerability to stressful life event such as depression. The contributory factors to depression are many and varied. The number of depression and suicide cases is continuously increasing. It has grown as a severe health problem and needs urgent attention. Suicide due to depression has emerged as a global

problem. In India the number of suicides can be prevented at individual level, family level, community level and religious level by teacher, Counselors and mass media. It is high time to make action plans for preventing suicide due to depression on the part on social government and NGOs. Teachers and psychologists must come up immediately for intervention in sensitive cases. There is a vital need for education; training and specialized techniques to deal with depression and suicidal clients. Undoubtedly depression and suicide are very severe public and mental health problem which demands urgent intervention or action. The 'cry of pain' Model sees suicidal behavior as an attempt to escape from a feeling of entrapment. These individuals believe that they cannot escape from an external situation or from their own inner turmoil and that there is no prospect of rescue. Finally they end their life. So the researcher has taken up this problem as it is felt that it is very significant in the lives of today's adolescent students.

Objectives of the Study

- To find out whether there is a significant difference in the level of Depression among High School Students based on Gender, Locality and Type of family.
- To find out whether there is a significant difference in the level of Suicidal Tendency among High School Students based on Gender, Locality and Type of family.
- To find out the relationship between the depression and Suicidal Tendency among High School Students.

Hypotheses of the Study

- There is no significant difference in the level of Depression among High School Students based on Gender, Locality and Type of family.
- There is no significant difference in the level of Suicidal Tendency among High School Students based on Gender, Locality and Type of family.
- There is no relationship between the depression and Suicidal Tendency among High School Students.

**Methodology:** The investigator has selected survey method for the study entitled 'Depression and Suicidal Tendency among High School Students in Thiruvallur district'. For the study 300 students of high school were selected at random, the sampling technique used are stratified random techniques in which the sample is drawn from different categories of the schools.

**Tools:** Depression Scale and Suicidal Tendency Scales are developed and standardized by the investigator. The reliability and validity of depression scale is 0.95 and 0.97. The reliability and validity of suicidal tendency scale is 0.61 and 0.78.

Analysis of the Data

**Hypothesis 1:** There is no significant difference in the level of Depression among High School Students based on Gender, Locality and Type of family.

From the above table, it is observed that the Mean score for male Students (71.28) is greater than the Female Students (69.89). It is concluded that there is no significant difference between Male and Female students. It is observed that the Mean score (68.44) for rural

High School Students is less than the mean score (71.71) of urban High School Students. Hence it is concluded that there is no significant difference between the mean Depressions scores of High School Students based on their type of Locality. It is observed that the Mean score for Students from Joint families is (67.94) less than the Students from Nuclear families (71.31). It is concluded that there is no significant difference on Depression of mean score of High School Students based on their Locality.

**Hypothesis 2:** There is no significant difference in the level of Suicidal Tendency among High School Students based on Gender, Locality and Type of family. \

Variable	Sub Sample	N	Mean	S.D	't' Value	L.S
Gender	Male	150	69.19	10.24	0.02	NS
	Female	150	69.56	8.99		
Locality	Rural	100	66.86	9.58	0.28	NS
	Urban	200	70.69	9.40		
Type of Family	Joint	57	66.88	10.38	0.22	NS
	Nuclear	243	69.99	9.35		

From the above table, it is observed that the Mean Suicidal Tendency score (69.19) for male Students is less than the Female Students (69.56). It is concluded that there is no significant difference between mean scores of High school Students based on Gender. It is observed that the Mean score for rural High School Students is (66.86) is less than the urban High School Students is (70.69). It is concluded that there is no significant difference between the mean score among High School Students based on their Locality. It is observed that the Mean score for Students from Joint families is (66.88) is less than the Students from Nuclear families (69.99). It is concluded that there is no significant difference between mean Suicidal Tendency score of High School Students based on their Type of Family.

**Hypothesis 3:** There is no significant relationship between Depression and Suicidal Tendency among High School Students.

Variable	N	Correlation Coefficient	L.S
Depression	300	0.62	0.01
Suicidal Tendency			

The Coefficient of Correlation between Depression and Suicidal Tendency among High School Students of Thiruvallur District is observed to be 0.62 which is significant at 0.01 level. Hence the null hypothesis is rejected and it is confirmed that there is a significant relationship between Depression and Suicidal Tendency.

**Suggestions for Further Research**

There are some preventive measures, which can be helpful for reducing the rate of suicides:

1. Promoting mental resilience through optimism and connectedness.
2. Education about depression and suicide, including risk factors, warning signs, and the availability of help.
3. Increasing the proficiency of health and welfare services in responding to people in need. This includes better training for health professionals and employing crisis counseling organizations.
4. Reducing domestic violence, substance abuse, and divorce are long-term strategies to reduce many mental health problems.
5. Reducing access to convenient means of suicide (e.g., toxic substances, handguns).
6. Limit the availability of potentially lethal amounts and dosages of prescribed medications.
7. Reducing the quantity of dosages supplied in packages of non-prescription medicines e.g., aspirin.
8. Interventions targeted at high-risk groups.
9. Family is basic unit where emotional bonding, social support and training for resilience building are important for the management of depression and suicidal prevention.
10. Proper arrangement for general public health measures.

**Conclusion**

From the findings it is obvious that irrespective of several background, depression among school children is prevalent and in several cases leading to suicidal tendencies. Hence it is high time for the Parents, Teachers, Management and Government to take a serious note of this trend and take timely remedial measures.

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**Web Resources**

- <http://www.informationword.com/>
- <http://www.wikipedia.com/>
- <http://www.educationindia.com/>