

# Self Concept and Suicidal Ideation in Students: A Correlation Study

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## ABSTRACT

The present research study focuses on the relationship between self-concept and suicidal ideation among the students of first year graduation in Nagpur city. It was hypothesized that there will be a negative relationship between self-concept and suicidal ideation. The sample for the study consisted of 145 students of under graduate from different colleges. The age of students ranged between 18-21 years. Suicide Probability Scale developed by John Cull & Wayne Gill (1984) and Self-Concept Scale developed by R.K. Saraswat (2005) were used to measure the level of Suicidal Ideation and Self-Concept respectively.

Results supported the hypothesis that there is negative correlation between Self-Concept and Suicidal Ideation ( $N=145$ , Mean=143.36, & 74.77,  $SD=36.07$  &  $15.67$ ,  $r = 0.71$ , significant at 0.01 level) among students.

**Keywords:** self-concept, suicidal ideation, nagpur

## I. INTRODUCTION

Self-concept is a dominant element in personality pattern of an individual. Our self-concept is determinant of our behaviour. It is the part of one's attitude towards self; in fact it is the expression of self through behaviour. It is essentially a social product which guides the individual in his adjustment to social reality. There are several terms that are virtually synonymous with 'Self-concept', among them is "Self-Image", the "Ego", and "Self-Perception". Rogers (1951) defined self-concept as, "An organized configuration of perception of the self which are admissible to awareness".

Our present educational setup is based on tough competition. One who wins the competition moves to the next step of the ladder, but one who fails becomes looser in his own eyes. Parents and teachers are responsible to create competition; they believe that one gets better results because of competition and produces excellence.

Competition means, if one person succeeds the others fail. It's not appropriate at home, at play and even in the schools. If we wish to our children to develop healthy self-concept, to accept that they as basically good people, then we need to reduce this unhealthy competition. Competition isn't necessary for reaching one's goal, it actually undermines them. In fact the competitive exams conducted today, like JEE are methods of rejection not selection (Out of 15 lakhs 14.5 lakhs get rejected). Most people lose in this competition, and it's obvious that causes self-doubt. Success comes to be defined as victory. Although it is so subjective and individual. Even after winning the competition, the vicious cycle begins. The more he competes, the more he wants to compete; he wants to feel good about himself. This competition is not helpful to developed one's self-concept. Some people are not able to cope with failures, especially those developed because of lowered self-concept. They punish themselves for what they are feeling inside. They just want their pain to be gone forever. Depression and eventually suicide are the most serious outcomes of having dangerously low self-concept.

Some of them are lucky to get help when they start to have suicidal thoughts, but for the rest, it is too much for them to handle. When a person gets into the state of depression, and their self-concept is so low, they feel they are not worthy of living anymore and they plan to end their life, this is the sigh of suicidal ideation. Suicidal Ideation is a thought about how to kill oneself. The majority of people who experience suicidal ideation are not able to carry it through. Some may, however, many make suicide attempts. WHO reports "for every one committed suicide, 20 attempts are made".

## II. NEED AND SIGNIFICANCE OF THE STUDY

Present research focuses on the relationship between self-concept and suicidal ideation. In this modern era, the adolescents are always finding themselves under the pressure of performing to the best of their abilities. Sometimes parents and sometimes adolescents themselves set such goals which seem beyond their own capabilities and such conditions cause frequent failure to them. Frequent failures direct adolescents towards depression and in severe conditions towards suicidal ideation too. Although there are several researches that examine the relationship between suicidal ideation and self-concept, the present

research focuses on the most crucial age of the individual. It is the age of transition in which an adolescent is at the threshold of adulthood. Present research implies that for preventing the threat of suicide, it is necessary to maintain a high level of self-concept among individual.

### III. OBJECTIVE OF STUDY

The broad objective of this research is to study the relationship between self-concept and suicidal ideation among the college going students.

### IV. HYPOTHESIS

There will be negative relation between self- concept and suicidal ideation.

### V. SAMPLE

The sample for the study consisted of 145 students of different colleges, of Nagpur city. The age of the students ranged from 18-21 years. Age, sex and educational qualifications of the subjects were controlled. Sampling was done using ‘Simple Random Sampling Method’.

### VI. TOOLS USED

Following tools were used in the study:

**1. Suicide Probability Scale (SPS)**

The SPS was used to measure the level of Suicidal ideation. It was developed by John G. Cull and Wayne S. Gill (1988). The SPS consist of 36 items on which the respondent rates on a 5-point scale.

**2. Self-Concept Questionnaire (SCQ-s)**

The Self-Concept Questionnaire developed by Rajkumar Saraswat (1984). The inventory contains 48 items. Each item is provided with five alternatives. The respondent is provided with five alternatives to give his responses ranging from most acceptable to least acceptable description of his self-concept. The obtained score of all the 48 items provides the total self- concept score of an individual. A high score on this inventory indicates a higher self-concept, while a low score shows low self- concept.

### VII. RESULTS AND DISCUSSION

In order to analyze the Self-Concept among college students, mean and standard deviation of Self-Concept Score were calculated that are given in Table1.

**Table 1:**  
Mean, Standard Deviation and co-efficient of correlation of Self-Concept Scores of Suicidal Ideation

Sample	N	Mean	S.D
Self Concept	145	143.36	36.07
Suicidal Ideation	145	74.77	15.67

The mean value of self-Concept scores was found as 143.36, indicating that the samples have low level Self-Concept. The value for standard deviation was found 36.07. In fact, the mean score for suicidal ideation was 74.77 which is quite high than the average given in the test manual. The standard deviation for Suicidal ideation was 15.67 which are significantly higher.

The coefficient of correlation between Self-Concept(SE) and Suicidal Ideation (SI)was found to be 0.71, which show high negative Coefficient of Correlation.

The result of the present research leads to the acceptance of the hypothesis that there is negative relation between suicidal ideation and Self-Concept. In fact present research reveals that there is significantly strong negative relationship between suicidal ideation and self-concept. Higher self-concept would reduce the occurrence of suicidal ideation and vice versa.

Low self-concept serves as one of the risk factors for depression. People become vulnerable to depression and suicidal ideation when they set unrealistic goals and blame themselves for failure in achieving these goals. Failure develops negative self-concept among people and if failure remains consistent it causes suicidal ideation among people specially the students. People with high self-concept although set more difficult goals; are less troubled by anxiety, experience less stress and fewer psychosomatic symptoms. They are intrinsically motivated people who tend not to be competent but also have a positive attitude towards them.

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