

# A CORRELATIONAL ANALYSIS OF HOPELESSNESS, DEPRESSION AND SUICIDAL IDEATION AMONG ADOLESCENT

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## **ABSTRACT**

*The study investigated the correlation between Hopelessness, Depression and Suicidal Ideations among Adolescents. A sample of 200 adolescents (100 males and 100 females) was selected randomly studying in two educational institutes located in district Bathinda. For data collected three inventories developed by Beck were used. Pearson Product Moment Correlation was used to find out the correction between Hopelessness, Depression and Suicidal Ideation.. The results clearly revealed a Positive Correlation between Hopelessness and Depression, Depression and Suicidal Ideation and also Positive Correlation between Hopelessness and Suicidal Ideations. The study concluded that an increase in the levels of Hopelessness can lead to Depression and Suicidal Ideations and vice versa.*

**Keywords:** *Hopelessness, Depression, Suicidal Ideations and Adolescents.*

## **I. INTRODUCTION**

Adolescence is a developmental stage which extends from 13 to 19 years of age. It is normally referred as a stormy period. It is transitional period of puberty and adulthood. The word 'adolescence' is derived from a Latin word 'adolescere' which means 'to grow up'. The stage is a bridge starting from childhood and ending in adulthood. Erickson in his psycho-social stages referred adolescence as fifth stage which is Ego Identity versus Role Confusion. There are many types of pressures and stresses that an adolescent bears which may be from the side of peers, friends, society, own emotional states and even sometimes from the family. Which may lead to may emotional disturbances like depression and sometimes the results are so drastic which may lead to suicide.

### **1.1 Hopelessness**

Hope is an optimistic attitude of mind which is based on an assumption that some positive outcome/outcomes may take place. It is an expectance with a confidence of something good or constructive in the near future. On the other hand, hopelessness is a condition, when there is no hope or chances of something positive to take place. In the other words it is a situation which is beyond optimism. When there is no possibility or hope of a problem of being solved, reach a solution or been sorted out.

### **1.2 Depression**

Depression is a very common disturbed stage of mind especially among adolescents. It is a disturbed state of mind in which an adolescent may feel sad, worthless, self guilt and is not able to handle his/her life in a normal

way. As per DSM-IV a depressed person normally loses his/her interest in the previously liked activities, insomnia (decreased sleep) or hypersomnia (increased sleep) may take place, appetite change, lack of energy and concentration, self-hatred, self-loathing, self-guilt and even sometimes depression leads to suicidality.

### **1.3 Suicidal Ideation**

Suicidal ideation is also referred as suicidal thoughts, which is generally which a feeling of ending up of one's life. Most of the times these suicidal thoughts do not lead to suicidal attempts or suicide. These thoughts are generally linked with depression, hopelessness, and many other psychological or physical disorders. According to Beck Suicidal Ideation can be divided into three categories Low, Medium and High Suicidal Ideations.

## **II. PREVIOUS WORKS**

An investigation revealed that hopelessness increases the risk of suicidality (P.C. Britton, 2008). According to a study suicide is likely to be undertaken by an individual who is suffering with a mental disorder/ disorders rather than for one who is mentally capable to commit suicide. Among these mental disorders, depression is particularly an important term associated with suicide. (Y. Takahashi, 2011).

Also the hopelessness in an individual with psychotic disorder talk over information about suicide and beyond having any history of suicidal attempt (E.D. Klonsky, 2012). People with depression will carry out the absolute majority of suicides. (Mood Disorders Society of Canada, 2013).

Findings of another study revealed that the higher the number of depressive symptoms, higher is the suicide ideation (S.V. Andrade, 2015). Depression reducing strategies can help to deal with hopelessness (B.J. Kim, et al., 2016).

## **III. PURPOSE OF STUDY**

Adolescence is a very crucial stage of life and is referred as a stormy period in which an adolescent faces many sorts of emotional, physical, social, psychological disturbances. Puberty also takes place during this developmental stage which leads to sexual maturity. There are many sorts of mood swings, pressures and stresses are there which an adolescent faces which may be from the side of friends, peers, society and even family. These pressures may lead to depression, hopelessness and even sometimes leads to suicidal. This is the main duty of the teachers, counsellors and the parents to look after their adolescents and help them to get out of the adverse conditions which may lead to hopelessness, depression and suicidal ideations. The purpose of the investigation is to find out the relationship between Hopelessness, Depression and Suicidal Ideations among Adolescents, so that they be taken proper care of and may be taken out of the adverse conditions and circumstances which may lead to many drastic results. Which is not only the cause of concern for the adolescents even for the Society. These are rarely being studied parameters among the students in the prescribed sample.

## **IV. METHODOLOGY**

### **4.1 Statement Of Problem**

“A Correlational Analysis of Hopelessness, Depression and Suicidal Ideation among Adolescents”.

#### 4.2 Hypotheses

- i) Significant correlation exists between Hopelessness and Depression among Adolescents.
- ii) Significant correlation exists between Hopelessness and Suicidal Ideation among Adolescents.
- iii) Significant correlation exists between Suicidal Ideation and Depression among Adolescents.

#### 4.3 Sample

A sample of 200 Adolescents (100 males and 100 females) were selected randomly studying in which Educational Institutes located in district Bathinda.

Table: 1 Distribution of Sample

Sr. No.	Name of the School	No. of Girls	No. of Boys	Total
1.	Guru Nanak Dev Public School, Bathinda	50	50	100
2.	Govt. Adarsh Sr. Sec. School, Bathinda	50	50	100
<b>Total</b>		<b>100</b>	<b>100</b>	<b>200</b>

#### 4.4 Tools

- i) Beck Depression Inventory by Aaron T. Beck in 1961.
- ii) Beck Hopelessness Inventory by Aaron T. Beck in 1988.
- iii) Beck Scale of Suicidal Ideation by Aaron T. Beck in 1991.

#### 4.5 Statistical Techniques

The obtained data was analyzed and interpreted by using Pearson Product Moment Correlation.

### V, RESULTS AND DISCUSSION

#### 5.1 To Test Hypothesis Number 1

Table 2: Correlation between Hopelessness and Depression.

Variable	Correlation Coefficient	Level of Significance
Hopelessness and depression	0.629**	0.01

\*\*p<0.01

According to table 2, Hopelessness and Depression are found to be positively correlated at 0.01 level of Significance. Therefore, the first hypothesis, "Significant correlation exist between Hopelessness and Depression among Adolescents" is accepted.

#### 5.2 To Test Hypothesis Number 2

Table 3: Correlation between Hopelessness and Suicidal Ideation among Adolescents.

Variable	Correlation Coefficient	Level of Significance
Hopelessness and Suicidal Ideation	0.721**	0.01

\*\*p<0.01

According to table 3, Hopelessness and Suicidal Ideation are found to be positively correlated at 0.01 level of Significance. Therefore, the second hypothesis , “ Significant correlation exist between Hopelessness and Suicidal Ideation among Adolescents” is accepted.

### 5.3 To Test Hypothesis Number 3

Table 4: Correlation between Depression and Suicidal Ideation among Adolescents.

Variable	Correlation Coefficient	Level of Significance
Suicidal Ideation and Depression	0.638**	0.01

\*\*p<0.01

According to table 4, Suicidal Ideation and Depression are found to be positively correlated at 0.01 level of Significance. Therefore, the third hypothesis , “ Significant correlation exist between Suicidal Ideation and Depression among Adolescents” is accepted.

## VI. CONCLUSION

- 1) Hopelessness and Depression are positively corelated to each other, i.e. with the increase of Hopelessness , Depression also increases and vice versa.
- 2) Hopelessness and Suicidal Ideations are positively correlated to each other, i.e. with the increase of Hopelessness , Suicidal Ideations also increases and vice versa.
- 3) Suicidal Ideations and Depression are positively correlated to each other, i.e. with the increase of Suicidal Ideations , Depression also increases and vice versa.

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