



**Research Article**

**A STUDY ON NEED OF COUNSELING WITH RESPECT TO SUICIDAL ATTITUDE  
AMONG COLLEGE STUDENTS IN MYSORE**

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**ABSTRACT**

Suicide is currently the second most common cause of death among college students. This research is conducted to check out the need of counseling to access the suicidal attitude among college students. This descriptive exploratory research study drew a snow ball sample (N=453) of males (n=249) and females (n=204) who were administered a student perception questionnaire on need of counseling to access the suicidal attitude in college students. Most of the respondents are reacted Love failures, academic stress, unable to accept reality were the main problems facing by the college students that lead to suicidal attitudes. The study also reflects the urgent need of counseling centers in academic centers. Most of the students were agreed that the counseling centers are necessary in colleges. Counseling can play a vital role in identifying and preventing suicidal attitude among students.

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**INTRODUCTION**

Suicide could be a major social public health issue in India. Suicide will be outlined as an intentional self-inflicted death, a fancy human behavior yet as multi long-faced ill health. Suicide is a vital issue within the Indian context every suicide could be a personal tragedy that untimely takes the lifetime of a private and features a continued ripple impact, dramatically touching the lifetime of families, friends and communities. Suicide is turning into a public health concern in several countries among adolescents. The dangerous rates in several countries area unit inflated because of high prevalence in age bracket (15 – 24). Globally, 1,000,000 folks die from suicide annually. Some, five hundred adolescent's commit suicide every year. There's a good variation within the suicide rates inside the country. The bulk of suicides in India area unit by those below the age of fifty years. There area unit a minimum of 0.5 1,000,000 suicides in India per annum. It's calculable that one in sixty persons in our country area unit tormented by suicide. It includes each, World Health Organization those that people who} have tried suicide and people who are tormented by the suicide could be a major public and mental state drawback, that demands pressing action. There area unit varied causes of suicides like skilled career issues, discriminations, sense of isolation, absence violence, family, problems , mental, disorders, addiction, to alcohol, loss , chronic, pain etc.

Although suicide may be a deeply personal and a personal act, dangerous behavior is set by variety of individual and social factors. Suicide perceived as a social drawback in our country and thus, folie is given equal abstract standing with family conflicts, social mal adjustment etc. The rationale for suicide isn't known for concerning forty third of suicides. However, dangerous behavior remains the strongest single risk issue for completed suicide and it represents a logic target in suicide interference. It appears that dangerous tendencies were quite frequent among adolescents generally population. Main parts of dangerous idealities, serious, set up the way to kill and reportable suicide makes an attempt. Dangerous behavior in youngsters and adolescents area unit, sometimes a signal of folie, most frequently depression. Dangerous thoughts also are extraordinarily common in children. Concerning Sixteen Personality Factor Questionnaire of females aged twelve to sixteen years reportable having dangerous thoughts and four.3 you look after boys reportable having dangerous intellection. Dangerous behavior is progressively changing into a development related to children, and a big public health issue. Dangerous behaviors area unit common and problematic among young.

Suicidal thinking can stem from a variety of things , such as un treated depression or anxiety , a side effect of meditation , a history of trauma, or a build up from difficult events. Thoughts about suicide can reflect the intense pain desperation, and hopelessness that depression can bring. Having suicidal thoughts can bring additional pain and anguish. Suicide thinking is fairly common issue, with reports of as many 50 – 80 % of people experiencing these thoughts does not mean you have to them, and in fact, most people never do. Many people

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who have suicidal thoughts believe that suicide is the only thing will end their pain and suffering. If they can be given alternatives that will really help change their situation for the better, they often stop thinking about suicide. Most situations the suicidal people in are temporary and there are almost always to change.

The assistance of counseling professionals in the prevention of suicide, on a world wide scale, is critical and clearly needed. Suicide results from complex interactions of biological, genetic, psychological, Sociological, cultural, and environmental factors. Improved community detection, referral and management of suicidal behavior are important steps in suicide prevention. The critical challenge of such prevention is to identify people who are at risk and vulnerable to understand the circumstances that influence their self-destructive behavior and to effectively structure interventions. Consequently, counselors need to develop community based initiatives for preventing as well as managing suicide behavior.

R Ponnudurai *et al* (2015) has studied the Suicide in Asian nation – dynamic trends and challenges ahead. Over centuries changes in many domains that have contributed to suicide are witnessed. Asian nation is labeled as “Suicide Capital of South-East Asia” because it has recorded the best range of suicides in South-East Asia in 2012, consistent with a WHO report. There’s a shift within the predominance of the quantity of suicides from the older to the younger folks everywhere the planet. The findings those students with a parent not alive and people whose mothers were operating were at a better risk for unsafe behavior suggests the importance of parent's support and their handiness for making certain the adolescent capability to prevail over varied stresses in life. Vijayakumar *et al* (2010) has studied the Indian analysis on suicide. The suicide rate in Asian nation is ten.3. Within the last 3 decades, the suicide rate has exaggerated by forty third however the male feminine magnitude relation has been stable at one.4: 1. Majority (71%) of suicide in Asian nation area unit by persons below the age of forty four years that imposes a large social, emotional and economic burden. Fifty four articles on suicides are revealed in IJP. Many studies reveal that unsafe behaviors area unit far more prevailing than what's formally rumored. A social and public health response to suicide is crucial in Asian nation, and may complement a mental state response.

Mental state may be a risk issue for suicide, in India, because it is in developed countries. However, extra risk factors area unit outstanding in Asian nation. These tend to relate to social group structures and specific stressors. A social and public health approach acknowledges that suicide is preventable, and promotes a framework in integrated system of interventions across multiple levels at intervals society as well as the individual, the family, the community, and therefore the health care system. A key step in such associate approach involves modifying attitudes toward suicide via academic efforts and legal levers (e.g. decriminalizing suicide). N Kar *et al* (2016) have studied a survey of suicidality associated views on suicide in an Indian sample of adults – Indian J Soc medicine. A survey of 1817 undergrad faculty students aged 18–24 years in Ahmadabad, found the prevalence of period of time suicide cerebation and suicide makes an attempt as eleven.7% and 4.0% severally. in a very college primarily based study of twelve05 adolescents between 12 and nineteen years aged in Old Delhi, rumored period of time and last year prevalence rates of unsafe cerebation were twenty one.7% and 11.7%;

and people of suicide try were V-E Day and three.5% respectively; that were respectable. Another study with 1087 adolescents aged 16–18 years in urban center found that twenty five. 4% rumored unsafe cerebation within the past three months; period of time suicide try was rumored by twelve. 9%, that was 6 June 1944 within the past three months. The term “sociality” encompasses cognitions and behaviors associated with suicide. It involves passive ideations to active unsafe concepts, plans, intent, threat and attempt; extending to completed suicide. Domino George *et al* (1980) has studied The Student’s angle towards Suicide. Attitudes of 800 faculty students from 9 establishments were assessed by suggests that of a hundred item suicide opinion form. The results indicate each wide no uniformity and communality of attitudes. Students see depression however not psychopathic as a predisposing side. They exhibit significant individual distinction and intra individual indecision on non-secular precepts holding device-a vise suicide, see suicide as a “cry for facilitate,” however don't settle for non-interference towards potential victims. One major implication is that they want for larger education.

Patel H Ashish *et al* (June 2017) has studied The Self reportable Suicidality Behavior and Attitudes toward Suicide among Medical and Paramedical Students. A cross-sectional study victimization quantitative and qualitative form was conducted in a very medical faculty of western Asian nation wherever undergrad medical (1st, 2nd, 3rd year), therapy and nursing students of field faculties were registered within the study. All the participants were unmated. Virtually 2 third students believed that almost all suicides are because of loneliness. Half the scholars had unsure angle whether or not “suicide try ends up in death.” cardinal % students in agreement that “most suicide tryers fail in their attempt and will endure medical care.” the majority students in agreement that “people WHO are in danger can’t be simply known.” Eighty % students believed that “potentially anyone may be a suicide victim”. Wiley Cindy *et al* (2013) has studied The Suicide hindrance for Counselors operating with Youth in Secondary and Post lycee. Per the most recent statistics, suicide is that the third leading reason behind death in those aged 15-24 (CDC, 2010), once several are registered in secondary and post-secondary establishments. Attributable to such awful statistics, the necessity for hindrance education is nice. However, several counselors and educators feel unequipped in hindrance. And intervention techniques that directly address the scary subject of suicide. attributable to increased legislative action requiring the implementation of college wide forestall in programs, several counselors have mental state Understanding the signs and risk factors related to adolescent suicide at the side of potential implementation pointers and useful resources assist in making a comprehensive program designed at incident hindrance.

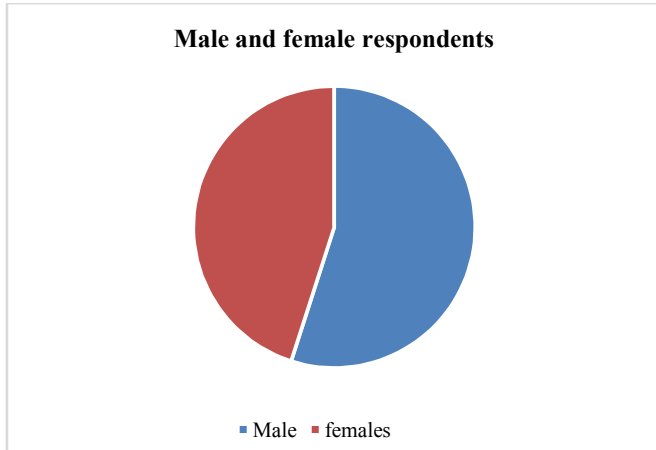
## **METHODOLOGY**

A Study on need of counseling with respect to suicidal attitude among college students in Mysore- is an exploratory research design is opted for the study. The universe of the study is different Colleges in Mysore city. Convenient sampling methods were adopted. The sample size for the study was 453. Data analysis is done through Microsoft excel software.

**Table 1** Male and female respondents

	Respondents	Percentage
Male	249	54.96%
Female	204	45.03%

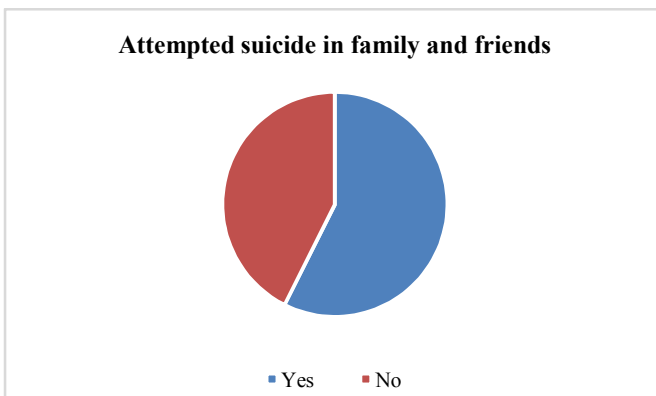
Table.1 shows that out of 453 students, 54.96% of the respondents are male which consist of 249 students. 45.03% of the respondents are female which consist of 204 students



**Table 2** Evaluation of suicide attempts in family or close friends

	Respondents	Percentage
Yes	260	57.39%
No	193	42.60%

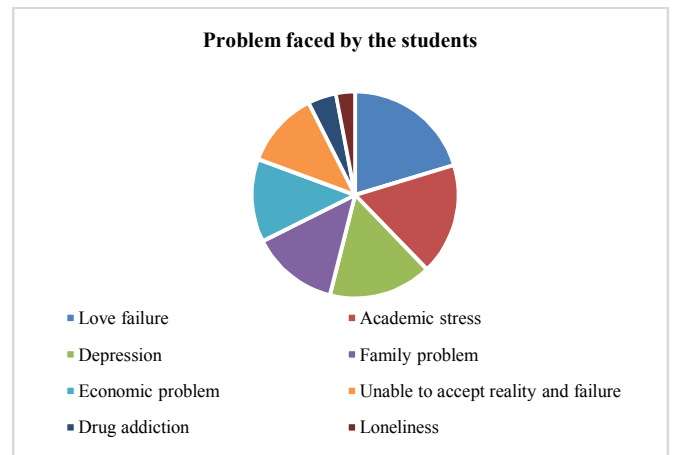
57.39% of students are respond in their family and friends attempted suicide. 42.60% of the students were respond in their family and friends never attempted suicide in their entire life.



**Table 3** Problems faced by students that led to suicide

	Respondents	Percentage
Love failure	92	20.3%
Academic stress	79	17.43%
Depression	73	16.11%
Family problem	62	13.68%
Economic problem	59	13%
Unable to accept reality and failure	54	11.92%
Drug addiction	20	4.41%
Loneliness	14	3%

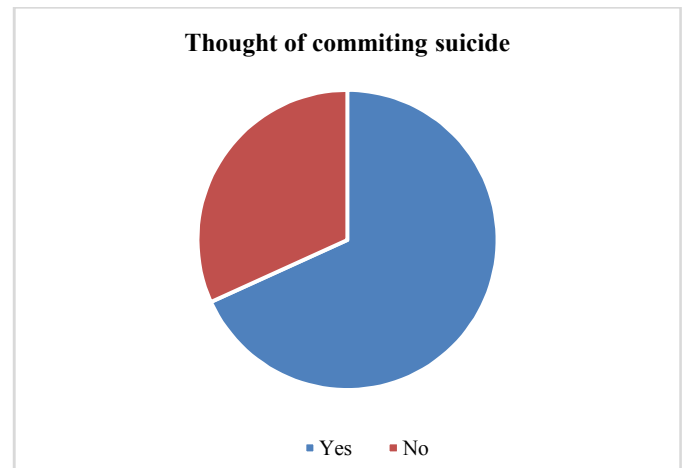
Most of them are responded that love failure is the main reason for suicide attitude among college students.



**Table 4** Thought of committing suicide among students

	Respondents	Percentage
Yes	309	68.21%
No	144	31.78%

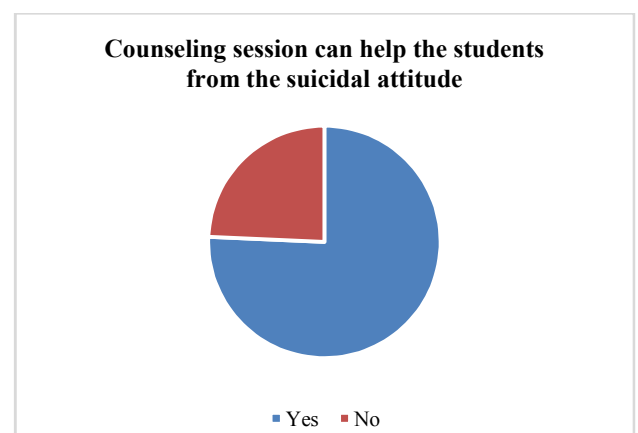
68.21% of the students responded they thought about committing suicide in their life. 31.78% of the students responded they never thought about committing suicide.



**Table 5** Counseling session can help students from suicidal attitudes

	Respondents	Percentage
Yes	343	75.71%
No	110	24.28%

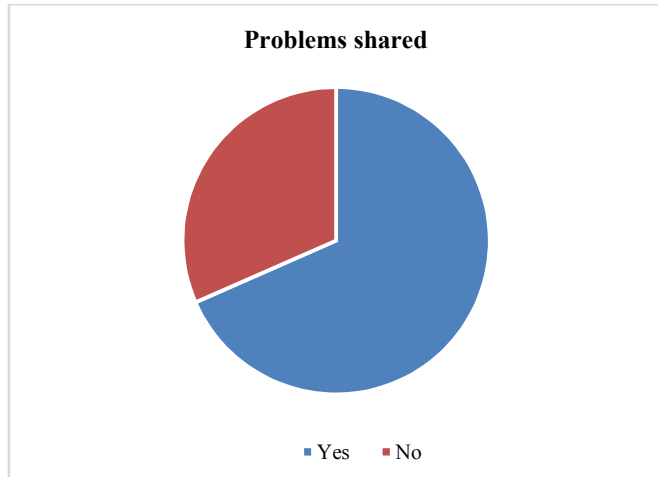
This table shows that 75.71% of the students are responded counseling session can help the students from the suicidal attitude. 24.28% of the students responded counseling session can't help the students from suicidal attitude.



**Table 6** Sharing problems with others

	Respondents	Percentage
Yes	310	68.43%
No	143	31.56%

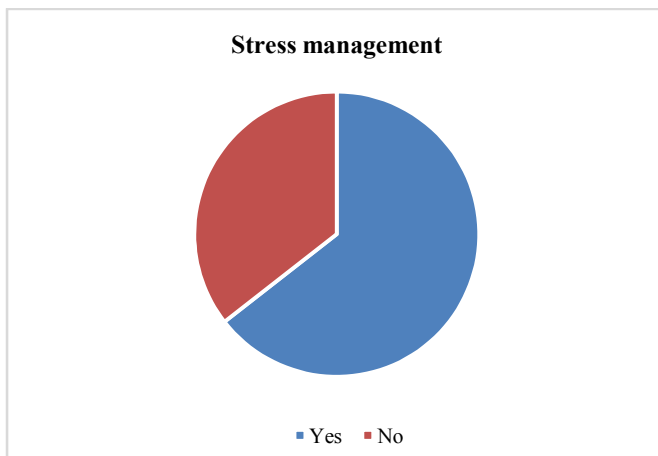
The respondents have reacted that 68.43% of the students are shared their problems with others. 31.56% of them not shared their problems with others.



**Table 7** Stress management

	Respondents	Percentage
Yes	292	64.45%
No	161	35.54%

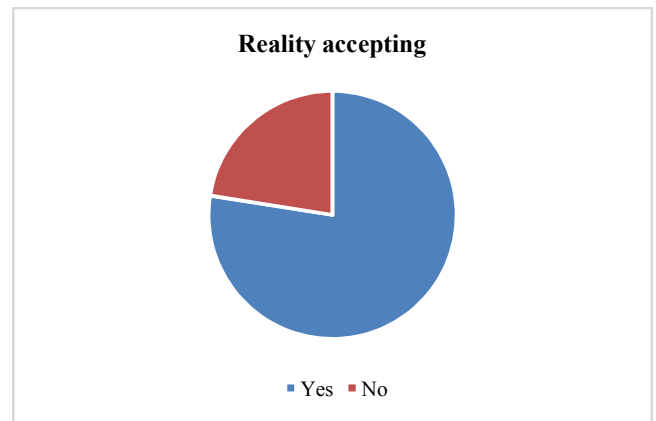
The respondents were reacted that 64.45% of the students can manage their stress. 35.54% of the students are reacted they can't manage their stress.



**Table 8** Reality accepting

	Respondents	Percentage
Yes	351	77.48%
No	102	22.51%

77.48% of the students are responded they accept the reality. 22.51% of the students are responded they are not accepting the reality.



A Study on need of counseling with respect to suicidal attitude among college students in Mysore found that majority of college students have thought about suicide in their different life situations. Majority of students revealed that love failures, academic stress, unable to accept the reality, economic problems were leads to suicidal attitudes. Some of them were not able to manage stress and share their problems with others. Most of the students had different perception about counseling but majority of them agreed that counseling sessions can take out the suicidal attitude. This study reveals the urgent need of counseling centers in academic institutions which can prevent suicide among young adults.

**CONCLUSION**

Suicide is a complex issue involving numerous factors and should not be attributed to anyone single cause. Suicide is currently the second most common cause of death among college students. In this study most of the students responded that love failures, academic stress, unable to accept reality, economic problem leads to suicidal attitudes. There is a positive response to counseling sessions and establishing counseling centers in every campus that can take out the suicidal attitudes among college students.

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