

SUICIDALITY ACROSS ADOLESCENCE: LONELINESS AS A PREDICTOR



BS THESIS (PSY)

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SESSION (2011-2015)

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Abstract

The study explores the tendency of suicidal ideation and behavior in adolescents. It also explains the factors that impacts suicidality. This research has been done to explore the contribution of the psychosocial factors specially loneliness in suicidal ideation, its differential effects among adolescents and also aim to discover the correlation between loneliness and social isolation and suicidal ideation. Furthermore, we aim to evaluate the intensity in suicidal behavior with respect to gender differences. This is a cross-sectional study. The research has been conducted by distributing questionnaires to a sample of 250 students aged 14 to 25. Suicidality was measured by the Suicidal Behavior Questionnaire Revised (Osman, et al. 2001) while to measure feeling of loneliness; we used revised UCLA loneliness scale (Russell, Peplau, & Ferguson, 1980). An independent sample t-test was conducted to explore gender differences. To investigate correlation between age and loneliness with suicidality, we conducted regression analyses. Age is not significantly associated with suicidality, $r(229) = -.033, p = .623$. Results of the correlation analysis showed that loneliness is significantly and positively correlated with suicidal ideation and behavior, $r(229) = .240, p < .001$. Loneliness significantly predicted suicidality $\beta = .240, t(230) = 3.73, p < .001$, and explained 5.8% of the variance. The results of this study show that suicidal ideation is significantly correlated with loneliness. Furthermore, there is insignificant gender difference. Age is not significantly associated with suicidality. As an intervention strategy, teaching social skills and optimism are most effective.

Key words: Suicidal ideation, suicidal behavior, loneliness, psychosocial factors, adolescence.

