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Suicide Ideation and Hardiness: A Study Amongst Adolescents

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Abstract

Suicide Ideation refers to self-destructive thoughts about suicide and suicidal behavior. These negative cognitions are likely to be developed during periods of stress and turmoil. Adolescence is considered to be a sensitive phase for development of such cognitions and there has been a manifold increase in suicides in the age group of 18-24 in recent past. Thus the current study was an attempt to examine the relationship between suicide ideation and hardiness which is identified as a protective factor against suicide ideation. Data were collected on 200 adolescents in age group 16-19 years ($M_{age} = 18.8$ years). Beck Scale for suicide ideation (Beck & Steer, 1991) and Personal View Survey (Kobasa, 1986) were used to measure suicide ideation and Hardiness respectively. Correlation analysis and t-test were used to analyze the data. Results indicate that there is significant negative relationship between suicide ideation and hardiness. No gender differences were found on these two variables. The results so obtained have been elucidated.

Keywords: Suicide Ideation, Suicide, Hardiness, Hardy personality, Adolescence

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