CHAPTER-5

SUMMARY
AND
CONCLUSION
This chapter deals with the summary of the work done by the present researcher as well as the conclusion and limitations of the present study. As already stated in previous chapters, this study was conducted to ascertain the effects of some of the factors assumed to be associated with suicidal ideation. The factors tapped as the independent variables included self esteem, depression, sex, age, education, and unemployment status of the subjects. Besides these, environment, culture and family types were also included in the group of independent variable in order to make the present study as on exhaustive as well as intensive. The suicidal ideation was measured as the dependent variable.

The sample of the study consisted of 375 respondents ranging from high school to graduation level. Besides adult persons and unemployed youths were also sampled for the purpose of the present study. The respondents were administered the following psychological tools to get their responses.

I. Self-esteem Inventory:

The self esteem inventory originally developed by Eagly and adopted in Hindi by Singh and Srivastava (2004).

II. Depression scale:

It has been developed by Thakur and Singh to ascertain the level of depression.
III. Suicidal Ideation Scale:

The suicidal ideation in the subjects was measured with suicidal ideation scale developed by Singh and Srivastava.

IV. Personal Information Blanks:

Such a blank was used to seek relevant information about the subjects, such as sex, education, employment status and so on.

The responses of the subjects on the administered tools were converted into scores and subjected to suitable statistical techniques to obtain the results. The mean, S.D., ANOVA and t-ratios were calculated to compare the concerned groups from the point of view of suicidal ideation. Thus the results obtained were thoroughly discussed and interpreted. Graphic methods were also used to compare the groups from the point of view of suicidal ideation. The findings in brief are stated as under:

I. Self-esteem appears to be an important determinant of suicidal ideation. The low self-esteem group was found to be more in the grip of suicidal ideation while the high self-esteem group exhibited lowest tendency of suicidal ideation. The F-ratio between the three self-esteem groups was found to be significant at .01 level. This suggests that self-esteem exerts differential effects on suicidal ideation, i.e. higher the self esteem lower the tendency of suicidal ideation and vice-versa. It is felt that suicidal ideation may be reduced by enhancing the level of self-esteem.
II. Depression was also found to be associated with suicidal ideation. The high depressive group scored the highest mean on the suicidal ideation scale followed by moderate depressive group while the low depressive group scored lowest mean value on the above scale. Here too the trend is the same, i.e. higher the feeling of depression, greater the chances of suicidal ideation and vice-versa. The obtained F-ratio is significant with suggests that feeling of depression exerts differential effects on suicidal ideation. It is felt that by reducing depression, suicidal ideation may be controlled.

III. The sex as a factor also appeared to be related to suicidal ideation. The female subjects scored lower than the male subjects on the suicidal ideation scale. The t-ratio was found to be significant which suggests that males are more prone to suicide or suicidal ideation.

IV. Age of the subjects was found to be associated with suicidal ideation. Subjects aging between 31-40 years scored highest on suicidal ideation scale followed by the subjects aging between 14-20 years while the subjects belonging to 21-30 years age group scored between the two above groups. F-ratio was found to be significant, suggesting that the differences in the scores of the three groups are real not the function of chance variable. Thus the differential effects of age on suicidal ideation is empirically approved.

V. Employment status of the respondents has emerged as an important determinant of suicidal ideation. The unemployed
respondents scored higher in comparison to employed respondents and the difference between the two means was found to be significant.

VI. The subjects belonging to rural and urban contexts obtained differing means. The rural subjects scored slightly higher than the urban subjects but the difference was not found to be statistically significant. Hence the proposed hypothesis was rejected.

VII. A comparison of Hindu and Muslim subjects on suicidal ideation scale suggests that there is a greater tendency of suicidal ideation in Hindu respondents compared to their Muslim counterparts. The difference between the two means was found to be statistically significant. The proposed hypotheses is therefore accepted.

VIII. The results obtained from the point of view of type of family and suicidal ideation indicate that the subjects belonging to nuclear families scored higher on suicidal ideation scale than the subjects belonging to joint families. The difference between the two means was found to be significant. The proposed hypotheses was, therefore, accepted.

IX. As regards the differential effects of educational level on suicidal ideation, a stronger tendency of this problem was clearly noticed in Intermediate students followed by High School students while the students of Degree level exhibited lowest tendency of it. The F-ratio was found to be significant. Hence the proposed hypotheses was accepted.
Briefly stated, differential effects of all but one independent variables (such as, self esteem, depression, sex, age, employment status, culture, type of family and level of education) were obtained on suicidal ideation in the present study. The only variable which did not exert differential effects on suicidal ideation is social context – i.e. significant difference in suicidal ideation was not obtained between rural and urban subjects.

Limitations of the Present Study:

Inspite of all possible efforts no researcher can claim that there is no flaw in her or his study. It means that weaknesses in the studies are often found of one or the other type which limits the scope of generalization. Hence the weaknesses of the study concerned should be made clear so that the other researcher could be aware of it and take appropriate steps for conducting further studies in the said area. So far as this study is concerned, it may also have some limitations no doubt. The major points from this point of view are as under:

I. The findings of this study are based on a sample of 375 subjects belonging to rural and urban areas of a particular district. Thus the geographic area of the sample is quite limited. This factor limits the generalizability of the findings of the present study.

II. There were 209 female and 166 male subjects. The size of the sample based on the sex of the subjects should have been relatively larger or matching.
III. One age based group consisted of 35 cases only. This sample is relatively small. A relatively larger sample may be expected to yield more fruitful results.

IV. The sample consisting of employed and unemployed subject was not sufficient. Yet it is felt that strength of the sample, keeping in view the context of the study, is not as sufficient as it should have been.

V. It was in the planning of the present study to identify some parasuicidal cases but it could not be converted into reality. Hence the objective of comparing normal and parasuicidal cases could not be realized.

Suggestions for Future Research

A researcher is expected to indicate such points which might be instrumental in planning further studies in the concerned area. Keeping this view in mind, following suggestions may be offered for future researches.

I. It would be better if larger samples are employed because use of larger samples may yield more consistent results, i.e. inconsistencies in findings may be removed if larger samples are administered the suicidal ideation scale.

II. Due attention should be paid to division of groups based on age. If one or two age based group do not have desirable strength of subjects, reliability of the results may be doubtful because fewer the strength of participants in a group, greater the chances of inconsistencies in results and vice-versa.
III. If unemployed persons are tested in large number, more convincing results may be obtained.

IV. It would be much better if some parasuicidal cases are identified and compared with normal subjects on suicidal ideation scale and also from the point of view of other factors assumed to be associated with suicidal ideation.

V. Suicidal ideation in adolescents may also be studied in relation to personality factors, life satisfaction, family environment and socioeconomic status etc.