LIMITATIONS AND FUTURE DIRECTIONS

One prominent limitation of the present study is that, it is based on co-relational rather than experimental evidences. This kind of limitation is inherent in any study on suicidal ideation. This is so stated because it would be unethical to induce these states in people. Still other designs can be used to complement the findings in the present study. For example, a quasi experimental longitudinal design might measure skill before the onset of stress (e.g. examination failure) and adaptation after the stress, and then observe the impact of stress on adaptation.

As it was a time bound Ph. D. work it was difficult to employ longitudinal design.

Another limitation of the present study was the size of the sample. So in future research, by increasing the size of the sample more generalizability of the findings might be obtained.

As indicated from the very title of the present study the sample was limited to students from a single University (i.e. study in U.G colleges affiliated to University of Calcutta only) and residing in Kolkata city. So the results may not be generalizable to students located at Institutions in other areas than Kolkata city or to students attending smaller, private Universities. So by increasing the size of sample including different University campus, generalizibility of the finding may be improved.

In the present study inclusion of such individuals who have never experienced any kind of suicidal thoughts which can be served as an appropriate base line for comparison was not done. Here the distinction was made only between the two groups on the basis of the level of pathological significant thought of suicide. So from this stand point future research can be conducted by employing such baseline group for much better understanding of different predictors of suicidability.

In the present study it did not include a number of other variables that might help to better explain suicide ideation. For example I did not take into account stressful life events such as trouble relationships, family problems, financial problems and other personal, professional and academic events that have previously been linked to
suicidal ideation and depression (Westefeld, 2005). In a single research all such variables could not be employed for practical reasons, so future research in this area by including those variables can be conducted for a more comprehensive understanding of suicidal ideation among college students.