Introduction

The creation and destruction of mankind has been a matter of intense intrigue for many years. In recent years, the emerging self-directed violence or suicides and destructions by others or homicides for a wide variety of reasons has been a matter of debate across the world. Voices are emerging from every corner of the globe to understand or reduce the same in country. What drives a person to the ultimate state of destruction or deliberate self harm has baffled scientists, researches, priests, philosophers, lawyers, doctors, social workers and communities. Educators in India are worried over an increasing figure - that of the rising suicide rate among Youth. Shorewala, S. (2013, July 13) highlighted At least 125 people aged 29 years or below are committing suicide every day and 51 per cent of the total suicide victims are graduates, college students or younger. Youth has always been a period of confusion with varying temperaments where teens have to deal with academic, social and individual pressures.

Students from school transition into college, times can be rough. They have to get used to their new environment and adapt to any changes that come their way. Youth seeks the fruits of friendship whether they are sweet or sour. The peer group consisting of best buddies plays a great role in one’s life. Looking at what friends do, may lead to the imitation of the same and most of the times it results into the addiction towards alcohol, drugs, smoking i.e. peer pressure. Someone who was not into the party scene in school might wind up living on a floor that is wild and crazy, and they will have to adapt to their environment in order to fit in with everyone else. Next thing they know their whole persona changes. “A Peer is a person who belongs to the same societal group based on age, grade, or status. Peer Pressure is a feeling pressure from age-mates to do something harmful for self and others” (Singh & Saini, 2010).
Students under these conditions continue to do so many things totally wrong that now they have no way to justify anything. To overcome these big mistakes sometimes suicide passes by their mind as for them this is again the bypass way to withdraw.

There is another condition apart from peer pressure that the students have to face i.e. Ragging. “Ragging is any disorderly conduct, whether by words spoken or written, or by an act which has the effect of teasing, treating or handling with rudeness any student, indulging in rowdy or undisciplined activities which cause or are likely to cause annoyance, hardship or psychological harm or to raise fear or apprehension thereof in a fresher or a junior student and which has the effect of causing or generating a sense of shame or embarrassment so as to adversely affect the psyche of a fresher or a junior student” The Honorable Supreme Court of India (2001).

The newcomers facing problems in adjusting in the new surroundings have to face the cruel face of ragging and peer pressure that shatters them internally as well as psychologically, ultimately the death is chosen in place of life. The torture on innocent students often run for months, and involve the same batch of students being physically and mentally abused by same and/or different group of seniors. The agony of the ragging cannot be beard by many students and they think that suicide is the only way to escape from such situations. Students before committing suicide think for ending their lives which may include detailed as a formulated plan, sometimes without the suicidal act itself. This phase is called Suicidal ideation (SI) –specifically, thoughts and cognitions about taking one’s life –is both a primary marker for suicidal risk and basic component in the classification of suicidal behaviors. Within a hierarchical continuum, suicidal ideation can be characterized as ranging from general thoughts about death to much more serious ideation about specific means of committing suicide. “Suicidal ideation is defined as thoughts serving the agent of one’s own death. It may vary in seriousness depending on the specificity of suicide plans and the degree of suicidal intent” American Psychiatric Association (2003).
Objectives

1) To study the Peer Pressure among undergraduate students.
   i. To identify the levels of Peer Pressure among the students of Professional and Non-
      Professional Courses.
   ii. To compare the Peer Pressure between the students of Professional and Non-
       Professional Courses.
   iii. To compare the Peer Pressure between the Male and Female students.

2) To study the Severity of Ragging among undergraduate students.
   i. To identify the levels of Severity of Ragging among the students of Professional and
      Non- Professional Courses.
   ii. To identify the Popular Styles of Ragging.
   iii. To compare the Severity of Ragging between the students of Professional and Non-
        Professional Courses.
   iv. To compare the Severity of Ragging between the Male and Female students.

3) To study the Suicidal Ideation among undergraduate students.
   i. To identify the levels of suicidal Ideation among the students of Professional and Non-
      Professional Courses.
   ii. To compare the Suicidal Ideation between the students of Professional and Non-
       Professional Courses.
   iii. To compare the Suicidal Ideation between the Male and Female students.

4) To compare the Suicidal Ideation between the students of High, Average and Low Peer
    Pressure Group.
5) To compare the Suicidal Ideation between the students of High, Average and Low Ragged Group.

6) To study the Contributory Role of Peer Pressure and Ragging in determining the suicidal Ideation of students

Method

It was an’ descriptive survey study. In the present study Peer Pressure and Ragging were considered as Independent Variables and Suicidal Ideation as the Dependent Variable. Peer Pressure, an independent variable in the present study was studied by dividing its effect into three categories such as high effect, moderate effect and low effect and Ragging; the other independent variable was also investigated by dividing its effect into three categories such as high effect, moderate effect and low effect.

Sample

The sample of the study was consisted of the students of first year undergraduate level. From the undergraduate course two courses were selected. Professional courses- Medical, Engineering, Management were taken into consideration. Non–Professional courses were included the graduates of Arts, Commerce and Science. One college for each stream was selected by random method. Equal number of students belonging each stream and to both genders was considered. The age range of the students was varying from 18-20 years. Total 360 sampling units were taken. Selection of the sample was done by using ‘Stratified Random Sampling Method so that every unit of the population segment had the equal chances to be selected for the sample.

Tools

i. For measuring the effects of Peer Pressure a tool ‘Peer Pressure Scale’ (2010) by Singh and Saini was used. Peer Pressure Scale is a five point scale consisted of 25 items for measuring the peer pressure in adolescents aged 16 to 19 years.
ii. For measuring the Ragging a self constructed tool “Ragging Severity Scale” was constructed by the researcher herself. The scale is a three point scale consisted of 20 items specially constructed to measure severity of ragging among first year undergraduate students.

iii. For identifying most popular styles of ragging: scales on Style of Ragging- for Boys and Style of Ragging- for Girls were constructed. The scales are dichotomous in nature and consisted of 38 and 27 items respectively.

iv. For measuring the level of suicidal ideation, The Beck Scale for Suicidal Ideation (1991) by Beck and Steer was used. This test has 19 items based on Suicidal Ideation. Each item consists of three options graded according to suicidal intensity on a 3- point scale ranging from 0 to 2.

Findings

1. The whole sample had average level of peer pressure.
   i. There was more number of students of Professional Courses falling under the category high Peer Pressure level in comparison to the students of Non- Professional Courses. More than half of the students of Non-Professional Course were inclined towards low Peer Pressure.
   ii. There was found significant difference in the students of professional and Non-professional courses on peer pressure Scores. Students of Professional courses are more prone to the Peer Pressure.
   iii. There was found significant difference in the male and female students on peer pressure Scores. Male students were found to be under more peer pressure than female students.

2. The whole sample had faced average level of severity of ragging.
   i. There were many students of Professional Courses who had faced high severity of ragging whereas there was no student of Non- Professional Courses who had faced
high severity of ragging. There was no case of low severity of ragging among students of Professional Courses.

ii. Verbal ragging was found to be the most popular style of ragging among male and female students of Professional Courses and Non-Professional Courses. Sexual Ragging was least popular but still being faced by the students in the colleges.

iii. There was found significant difference in the students of professional and Non-professional courses on Severity of Ragging Scores. Students of Professional courses are more victimized to ragging.

iv. There was found no significant difference in the male and female students on Severity of Ragging Scores.

3. The whole group had average level of Suicidal Ideation.
   i. There was no student of Non-Professional course who have been sufferer of high Suicidal Ideation. There were many students of Professional Courses who had average Suicidal Ideation whereas there were many students of Non-Professional Courses who had faced low Suicidal Ideation.
   
   ii. There was found significant difference in the students of professional and Non-professional courses on Suicidal Ideation Scores. Students of Professional courses are more under the effect of Suicidal Ideation.
   
   iii. There was found no significant difference in the male and female students on Suicidal Ideation Scores.

4. Students of High and Average Peer Pressure have average Suicidal Ideation whereas the students of Low Peer Pressure Group have low Suicidal Ideation but there was significant difference in students of High, Average and Low Peer Pressure Group with reference to their Suicidal Ideation scores.

5. Students of High Ragged have high Suicidal Ideation, students of Average Ragged Group have Average level of Suicidal Ideation and the students of Low Ragged Group
have low Suicidal Ideation and thus there was significant difference in students of High, Average and Low Ragged Group with reference to their Suicidal Ideation scores.

6. Peer Pressure and Suicidal Ideation scores were positively correlated. There was high positive correlation between Ragging and Suicidal Ideation scores. Results by using Multiple regression suggested that Peer Pressure and Ragging were playing contributory role in determining the suicidal Ideation of students.

Conclusion

After the rigorous efforts the present study reached to its destination that highlights the fact that the students of management, engineering and medical in other words the students of professional courses have faced high ragging and high peer pressure in comparison to the students of non professional courses. The reason behind this can be torturous atmosphere in the colleges, the senseless mental idea about following the ragging tradition of the seniors that they have inherited the right to rag their juniors and also that the seniors burst out their grudge on their juniors as they were too ragged by their seniors once. The juniors after so much of suffering and agony tend to search for the defense mechanism for their safety and in this process they try to form a bond. As the bond so formed has no basic foundation or has no purpose the members of the group just try to follow the group and thus tend to adopt the peer appearance and actions. This pressure for adopting the norms of the group involves restricting individual capacity to make decisions and engage in behavior of their own volition by making them feel uncomfortable about asserting own opinions. Both the evils lead to unbearable pain and regressions. Students during this phase see themselves as inactive agent to solve such problems and suicide may seem to be just the ticket to solve their problems.