ABSTRACT

1. Introduction

Most of us cannot help but wonder how our personality works, how our personality came to be and what it might mean for our future. We also wonder about the personalities of others how they are the same or different from us. Personality psychology concerns what our personalities are, how they work, and what they can mean to our own and others' futures. The discipline of personality psychology helps answer some of these questions. If such questions interest you, you may want to learn more.

In a phrase, personality is not just who we are, Gordon Allport (1937) described two major ways to study personality: the homothetic and the idiographic. Homothetic psychology seeks general laws that can apply to many different people, such as the principle of self-actualization, or the trait of extraversion. Idiographic psychology is an attempt to understand the unique aspects of particular individual. Personality psychologists are interested in the unique characteristics of individuals, as well as similarities among groups of people.

In quality of life research, one often distinguishes between the subjective and objective quality of life. Subjective quality of life is about feeling good and being satisfied with things in general. Objective quality of life is about fulfilling the societal and cultural demands for material wealth, social status and physical well-being.

The approach to the measurement of the quality of life derives from the position that there are a number of domains of living. Each domain contributes to one's overall assessment of the quality of life. The domains include family and friends, work, neighborhood (shelter), community, health, education, and spiritual.

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These problems had acknowledged in a workshop on Suicidal Behaviors in Adolescents and Young. This concern about the state of the colleagues was commissioned to critically review the literature on the assessment of suicidal behaviors among adolescents. Based on their review, several conclusions regarding the assessment of juvenile suicidal behavior were offer, including the following. First, clear and operational definitions of the suicidal behaviors assessed with various instruments were need. Second, more attention needed to be paid to the validity of instruments, particularly discriminative and predictive validity, and the validity of claims that instruments can identify a group of “high-risk” youths. Third, for case-finding instruments, greater concern regarding the sensitivity and specificity of the instruments was warrant. Fourth, many of the assessment instruments focused on suicidal ideation despite the fact that the relationship between suicidal ideation and other suicidal behaviors was far from clear. Fifth, the intended purposes of many of the instruments were unclear. Sixth, normative data were need for many of the instruments, as well as data pertaining to gender and ethnic differences.

The condition of students is full of disappointment and anxiety. Many factors are responsible for this. I we lanai these factors we can control them so the project writer wants to know the Personality, Quality of Life and the level of the Suicidal Tendency among the Students. For this purpose the project writer has decided to undertake a study to find out why Students show dies intercedes and disorientation and what way be the causes and uses of that.

2. **Statement of Problem**

As per present conditions, the students having completed than studies, have to maintain their family – economic and social responsibilities and so they are in a constant tension full condition because of the increasing problems of the present times the quality of life in students has been less.

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The condition of students is full of disappointment and anxiety. Many factors are responsible for this. I we lanai these factors we can control them so the project writer wants to know the Personality, Quality of Life and Suicide Tendency in the Students. For this purpose the project writer has decided to undertake a study to find out why Students show dies intercedes and disorientation and what way be the causes and uses of that.

The problem of the said study has been starts in words in this way.

“A Psychological Study of Personality, Quality of Life and Suicide Tendency in College Students”

3. Aims of the Study

The aims of the said research are as follows:

1. To measure the Personality of the College Students.
2. To examine the effect of Personality in the context of Sex, Degree, Type of College, Residential area and Type of Family of the College Students.
3. To measure the Quality of Life the College Students.
4. To examine the effect of Quality of Life in the context of Sex, Degree, Type of College, Residential area and Type of Family of the College Students.
5. To measure Suicide Tendency in the College Students.
6. To examine the effect of Suicide Tendency in the context of Sex, Degree, Type of College, Residential area and Type of Family of the College Students.
7. To examine effect of the Quality of Life and Suicide Tendency in the context of the Personality of the College Students.
8. To examine the Co - relation of the Personality, Quality of Life and Suicide Tendency of the College Students.

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4. Population of the study

Population, which have called universal finding or complete calculation. This method studies each unit of the entire Population.

If we give definition for the Census method, we can say that when data has collected to know some unit of entire Population of some team, community or society then that is called Census Method.

In research to decide, the size of the Population is very important. Sample is a part of Population so for the researcher to know what is Population is highly necessary. It is difficult to take representative and meaningful sample. Here one has to use the statistical meaning in use. For this for the Population that has used in social research, they use word like statistical Population. In statistical terminology, Population means “the study done of some event of some field.”

Giving definition of Population P.V. Young (1966) tells that entire community out of which sample is selected that is called population or supply.

Main two type of Population as follows:

- Limited or restricted Population
- Unlimited or non-restricted Population

Limited Population Means such a Population whose members can count where as limitless Population has called such Population whose members cannot calculate. For example the number of the Talukas of Gujarat state is as example of limited Population but the number of fish in a river is an example of non-limited Population In Psychological and Academic researcher only limited Population is used.

Moreover, there are four kinds of Population

- Homogeneous Population
5. Selection of the Sample

The Researcher selected the sample for the Research the basic class of the persons out of which class the project writer selects the sample in his research. The basic class of that persons means universal. The projector starts his study work on the sample instead of the universal. The Projector has selected such a sample, which reflects the characteristics of the universal.

For the full ferment of the aims of the research which accommodates the characteristics of the universal and represents it and selected from such representative small part from which the information has collected. That has called sample.

To bring out aims of the study work and judge the entire universal whichever small part of the universal had selected. This procedure of selection has called sample selection. Contained in this universal the graduation, post graduation and training taker 600 students of the Saurashtra University selected, 300 Boys & 300 Girls. Out of 300 Boys had taken 150 Professional Degree Students and 150 Non-Professional Degree Students. Out of 150 Professional Degree Students 50 from Government, 50 from Semi Government and 50 from Private Institution were selected on the randomly. In addition, the 300 Girls had selected in the same manner. Thus, as sample total 600 College Students were taken in.
6. Research Variables

6.1 Independent Variable

In this research following are Independent Variable:

1. Sexuality
2. Degree
3. Type of College
4. Area of the Residence
5. Type of Family

6.2 Dependent Variable

Here as Dependent Variable are:

1. Personality
2. Quality of Life
3. Suicide Tendency

6.3 Controlled Variable

- Controlled Variable = Neutral Variable = That Variable which makes its ineffective.
Controlled Variable is such one whose effect during the research is not only on the Independent Variable but also on the Dependent Variable but Researchers regulates them and because of that, it becomes ineffective or its effect becomes neutral.

In this research for the demonstration of the research, the Students of graduation, post graduation and training taking Students of the Saurashtra University have selected.

Impulsive intellect, mental tension and such other Variables have regulated.

For demonstration, only those Students who knew to understand Gujarati language have selected.

Only College Students have selected for the demonstration.

6.4 Variable Variant

Variable Variant is such of special type of subsidiary Independent Variable that has selected to examine whether it makes any effect in the relation between main Independent Variable and Dependent Variable.

In other worlds, it can examine whether the relation between Independent Variable and Dependent Variable changes because of the effect of the Variable Variant.

Here Personality has taken as Variable Variant.

7. Hypothesis of the research

The following hypothesis has done keeping in mind the aims of the said research.

1. According to ‘Factorial Design’ 21
2. According to ‘t’ test 12
3. According to ‘r’ 08
   Total 41

8. Research Design

Research Design has called research guide. Research Design is a basic and distinct planning, mechanism and strategy of any research work.

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The aim of the research work is to measure Personality, Quality of Life and Suicide Tendency in College Students. So first 600 Students will selected as sample as per 2 x 2 x 3 factorial design. Here to measure the Personality Modaslay Personality Inventory this has transformed by Dr.D.J.Bhatt will used. To measure the Quality of Life essay by Dr.A.C.Maudgil, Dr.S.K.Varma, Kuldeep Kaur will use. To measure the Suicide Tendency the scale formulated by Dr.D.J.Bhatt & R.G.Meghanathi will used.

To find out the effect of Personality over the Quality of Life and Suicidal Tendency and to know higher, medium and lower categories of the Personality. Q₁, Q₂ and Q₃ will found. On the basic of Q₁, Q₂ and Q₃ how much is the level of the Quality of Life and Suicide Tendency of the Students.

Proper planning will have decided to find out the effect of the personal variables such as Gender, Degree, and Type of the College, Residential area and Type of Family over the Personality, Quality of Life and the Suicide Tendency. Keeping in mind the statistical demise of this the study will have done mainly in five parts.

Part – 1

First 2 x 2 x 3 factorial design will have used to find out the information of Sexuality, Degree and Type of the College over the Personality. Hypothesis no.1 to 7 will be checked by that ‘F’- value, as per factorial design.

Moreover, ‘t’- test will be used to check out effects of Residential area and Type of Family ever the Personality and hypothesis no. 8, 9 will be checked by that.

Part – 2

‘F’ – test will be used, in the part – 2, to find out the effect of Sexuality, Degree and Type of College over the Quality of Life. Moreover, Hypothesis no. 10 to 16 will have checked by that.

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Moreover ‘t’- test will be used to find out influence of Residential area and Type of Family over the Quality of Life. Moreover, hypothesis no. 17, 18 will be checked by that.

**Part – 3**

In part – 3, ‘F’ – test will have used to find out the influence of Sexuality, Degree and Type of College over the Suicide Tendency. Moreover, Hypothesis no. 19 to 25 will have checked by that.

Moreover ‘t’- test will be used to find out influence of Residential area and Type of Family over the Suicide Tendency. Moreover, hypothesis no. 26, 27 will be checked by that.

**Part – 4**

In part – 4, first of all the categories of personality will be decided. ‘t’ – test will be used to find out the influence over the Quality of Life of the Students holding higher, medium and lower Personality. Moreover, Hypothesis no. 28, 29, 30 will be checked by that.

Moreover, ‘t’ – test will be used to find out the influence over the Suicide Tendency of the Students having higher, medium and lower Personality. In addition, Hypothesis no. 31, 32, 33 will have checked by that.

**Part – 5**

In a part Karl Pearson ‘r’ will have used to find out what type and how much Co-, relation is there between Personality, Quality of Life and Suicide Tendency. Hypothesis no. 34 to 41 will have checked out by that.

**9. Tools for collecting the data**

In the present research, following tools has used.

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9.1 Personal data Sheet:

Some personal data of the experimental person, taken in as research sample has proved highly usefully for the research work. The personal data sheet was prepared to culled personal data from the College Students by the data sheet the data had collected regarding Sex, Degree, Type of College, Residential area and Type of Family of the Students.

9.2 Modaslay Personality Inventory:

To measure the Personality of the College Students translated Personality Inventory by Dr.D.J.Bhatt and Paghdal Chetana was use. There are 48 statements.

Reliability and Validity:

Judged by Reliability logical quality method of MPI reliability figure is 0.99, judged by half division method (Spearman Brown formula) reliability figure 0.92 and judged by test – retest method the reliability figure seen to be 0.94.

9.3 PGI Quality of Life Scale

(by Dr.A.C.Maudgil, Dr.S.K.Varma and Kuldeep Kaur)

In this Questionnaire, there are total 26 statements. Answer each statement there are five options: (not at all, little bit, somewhat, many times and too much). In which if there is (✓) in the first option 1 marks is given, if (✓) in the second option 2 marks are given, if (✓) in the third option 3 marks are given, if (✓) in the fourth option 4 marks are given and if (✓) in the fifth option 5 marks are given. In this questionnaire, the minimum score can be 26 and maximum score can be 130.
Reliability:

Inter-rater reliability figure of this questionnaire is seen 0.89, inter-scorer reliability figure is seen 0.99, test-retest reliability figure is seen as 0.79. In which the researcher had kept one wean time. Half division reliability figure sees as 0.72.

Validity:

To certify the Quality of Life scale the researcher has studied 100 adults’ persons. In that person of 20 to 60 year age, Education, Income (Rs 150 to 10500) etcetera Variables were used. Each Variable sees real at 0.01 levels. Therefore, reliability of this scale seems to be high.

9.4 Suicide Tendency Scale

(Made by Dr.D.J.Bhatt and Dr.R.G.Meghnathi)

S.T.S. Scoring method

In this scale, scoring is as per the four divisions. In each division, minimum 10 score and maximum 40 score is available. In this scoring the more the score the more is the Suicidal Tendency. In addition, the less the score the less is the Suicidal Tendency. It interpreted this way. In this way in all the divisions minimum score 40 and maximum score 160 is available.

S.T.S. Reliability

To decide the reliability rate of this scale, 160 rural and urban men and women of Surendranagar in the age group of 16 to 30 years were taken in. By the method of odd–even half division reliability found out. Moreover, its Co-relation has seen as 0.92, which indicates high reliability rate.

I this scale to achieve reliability through test–retest method next time 80 sample were selected and the Co–relation of this reliability has been seen as 0.83.
S.T.S. Validity

The Validity of this scale had obtained by the distinct characteristic. For the Validity of this scale, normal (N=40) and abnormal (N = 40), two groups were made. In the abnormal group, such patients who have tried to commit Suicide and other such patients who are identified as abnormal person by the Psychiatrists. In all these persons, the level of the Suicidal Tendency has found more the person of normal group.

10. The technique of the data analysis

1. ‘F’ test (ANOVA)

In the present research to find out the influence of Sex, Degree and Type of College over the Personality, Quality of Life and Suicide Tendency the factorial design had used. In addition, by that hypothesis no. 1 to 7, 10 to 16 and 19 to 25 had examined.

2. ‘t’ ratio method

In the present research work to check the influence over the Personality, Quality of Life and Suicide Tendency of Residential area, Type of Family and the category of the Personality like higher and medium, medium and lower, higher and lower the ‘t’ test had been used. Moreover, the hypothesis no. 8, 9, 17, 18, 26, 27 had examined 28 to 33.

Formula:

\[ \text{Mean} = \frac{\Sigma fx}{N} \]
\[ \text{SEM}_1 = \sqrt{\frac{SD_1}{N_1}} \]
\[ \text{SEM}_2 = \sqrt{\frac{SD_1}{N_1}} \]
\[ \text{S.D.} = \sqrt{\frac{\Sigma fx^2}{N} - \frac{(\Sigma x)^2}{N}} \]
\[ \text{SED} = \sqrt{\text{SEM}_1 + \text{SEM}_2} \]
\[ T = \frac{M_1 - M_2}{\text{SED}} \]

3. Quadrant

In the present research work to deice the level of the Personality of the College Students, Statistical method had adopted. Accordingly, that by...
counting Quadrant as per Q₁, Q₂ and Q₃ the groups having higher, medium and lower Personality had formulated.

Formula:

\[ Q₁ = \frac{N}{4}, \quad Q₂ = \frac{2N}{4}, \quad Q₃ = \frac{3N}{4} \]

4. Co – relation Technique

In the present research work to check the influence over the Personality, Quality of Life and Suicide Tendency the ‘r’ test had been used. Moreover, the hypothesis no. 34 to 41 had examined.

Formula:

\[ Cₓ = \frac{Σfₓ}{N}, \quad Cᵧ = \frac{Σfᵧ}{N}, \quad \deltaₓ = \sqrt{\frac{Σx²}{N}} - (Cₓ)², \quad \deltaᵧ = \sqrt{\frac{Σy²}{N}} - (Cᵧ)² \]

\[ r = \frac{Σxy}{N} - Cₓ. Cᵧ \]

\[ \deltaₓ \cdot \deltaᵧ \]

5. L.S.D. (Least of Significant Difference)

L.S.D. used to examine significant between the mean of variables of the same numerical data.

In the research work, L.S.D. had used to check significant of the difference between the mean of interaction and mean of Gender, Degree and Type of Colleges variables Personality, Quality of Life and Suicide Tendency.

Formula:

\[ 0.05 = 1.96 \times \sqrt{\frac{2WMss}{N}}, \quad 0.01 = 2.58 \times \sqrt{\frac{2WMss}{N}} \]

11. Outline of Chapter

Chapter-1: Introduction

- Personality
  - Meaning of Personality
  - Definition of Personality

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Theory of Personality
Caricaturist of Personality

Quality of Life
Meaning of Quality of Life
Definition of Quality of Life
Types of Quality of Life
Caricaturist of Quality of Life

Suicide Tendency
Meaning of Suicide Tendency
Definition of Suicide Tendency
Types of Suicide Tendency
Caricaturist of Suicide Tendency

Chapter-2: Review of Literature
- Review of Personality
- Review of Quality of Life
- Review of Suicide Tendency

Chapter-3: Method and Process
- Objective
- Hypothesis
- Sample
- Design
- Tools
- Statistical Technique

Chapter-4: Analysis and Result Discussion

Chapter-5: Conclusion, Limitation and Recommendations for the future
- Reference
- Biography

...14...
12. The Conclusion of the Research work

The Conclusions of the research work by keeping in minds the aims of this research the data had collected. The analysis and the statistical explanation of which has been made in the previous chapter and the discussions of the results had been done in that chapter based on the discussion of the result and analysis the following conclusions have been derived.

The Conclusion According to ‘Factorial Design’

1. The Personality of boys has found better than that of the girls. (Ho.1)
2. The Personality of the Professional Course Degree has found better than that of the Non-Professional Course Degree. (Ho.2)
3. There has found significant effect of the Type of College over their Personality of the College Students. (Ho.3)
4. There has found significant interactional effect of the Gender and Degree over their Personality of the College Students. (Ho.4)
5. There has found significant interactional effect of the Degree and Type of the College over their Personality of the College Students. (Ho.5)
6. There has found significant interactional effect of the Gender and Type of College over their Personality of the College Students. (Ho.6)
7. There has found significant interactional effect of the Gender, Degree and Type of College over their Personality of the College Students. (Ho.7)
8. The Quality of Life of the Girls has found better than that of the Boys. (Ho.10)
9. The Students of the Professional Courses like better Quality of Life than that of the Non Professional Courses Students. (Ho.11)
10. There has found significant effect of the Type of College of the College Students over the Quality of their Life. (Ho.12)
11. There has found significant interactional effect of the Gender and Degree of the College Students over the Quality of their Life. (Ho.13)
12. There has found significant interactional effect of the Degree and Type of the College of the College Students over the Quality of their Life. (Ho.14)
13. There has found significant interactional effect of the Gender and Type of College of the College Students over the Quality of their Life. (Ho.15)
14. There is no found significant interactional effect of the Gender, Degree and Type of College of the College Students over the Quality of their Life. (Ho.16)
15. The rate of Suicide has found more in the Girls than that in the Boys. (Ho.19)
16. There has not found any significant effect of the Degree of the College Students over their Suicide Tendency. (Ho.20)
17. There has found any significant effect of the Type of the College of the College Students over their Suicide Tendency. (Ho.21)
18. There has found significant interactional effect of the Gender and Degree of the College Students over their Suicide Tendency. (Ho.22)
19. There is no found significant interactional effect of the Degree and Type of College of the College Students over their Suicide Tendency. (Ho.23)
20. There has found significant interactional effect of the Gender and Type of College of the College Students over their Suicide Tendency. (Ho.24)
21. There has found significant interactional effect of the Gender, Degree and Type of College of the College Students over their Suicide Tendency. (Ho.25)

The Conclusion According to ‘t - test’

22. The Personality of the rural area Students has found as poorer than that of the urban area Students. (Ho.8)
23. The Personality of the Students living in nuclear family has found better than that of the Students living in joint family. (Ho.9)
24. The Students living in the rural area live less Quality full Life than that of the Students living in the urban area. (Ho.17)

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25. The Quality of Life living in nuclear family has found better than that of the Students living in the joint family. (Ho.18)
26. The rate of Suicide Tendency in the Students of the rural area has found more than that of the Students of the urban area. (Ho.26)
27. The rate of Suicide Tendency in the Students of the joint family has found less than that of the Students of the nuclear family. (Ho.27)
28. There is no found significant effect of the higher and medium level Personality of the College Students over the Quality of their Life. (Ho.28)
29. The Quality of Life of the Students with lower level of Personality has been sound better than that of the Students of medium level Personality. (Ho.29)
30. There is no found significant effect of the higher level and lower level Personality of the College Students over their Quality of Life. (Ho.30)
31. There is no found significant effect of the higher level and medium level of Personality of the College Students over their Suicide Tendency. (Ho.31)
32. There is no found significant effect of the medium level and lower level of Personality of the College Students over their Suicide Tendency. (Ho.32)
33. There is no found significant effect of the higher level and lower level of Personality of the College Students over their Suicide Tendency. (Ho.33)

The Conclusion According to ‘Co- relation (r)’

34. There has found very little positive type of Co- relation between Introversion and Extroversion of the College Students. (Ho.34)
35. Remarkable negative type of Co- relation has observed between the Introversion and Quality of Life of the College Students. (Ho.35)
36. Remarkable positive type of Co- relation has observed between the Introversion and Suicide Tendency in the College Students. (Ho.36)
37. Remarkable positive type of Co- relation has found between the Extroversion and Quality of Life of the College Students. (Ho.37)

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38. Remarkable negative type of Co- relation has observed between the Extroversion and Suicide Tendency of the College Students. (Ho.38)

39. There has found a little positive type of Co- relation between Personality and Quality of Life of the College Students. (Ho.39)

40. Normal negative type of Co- relation has observed between the Personality and Suicide Tendency of the College Students. (Ho.40)

41. Normal negative type of Co- relation has observed between the Quality of Life and Suicidal Tendency of the College Students. (Ho.41)

13. The reason for poor Personality

The students as per their qualifications study by getting admission in a very high degree even then they have to do adjustment of their Personality with the study. These students have to adjust accordingly the qualities and characteristics as above with their needs, impulses, emotions, beliefs. Social relations and the surroundings and then because of their inability to interact effectively there is impact on their Personality. And the students suffer from mental problems. It is a mistake to believe that intellectual people have no mental problem. According to the opinion of the science the I.Q. of the people, suffering from neuroticism is not different from the I.Q. of the common people.

There is a defect for a while, in the thinking, action, emotions, impulses and behavioural activity of the student. The reasons for that are the perversions coming out of the thinking behavior and the situation of non – acceptable impulses also is responsible. By this we can show the characteristics of the weakness in the students as follows. Instructions to correct the weak behavior the students of the colleges some times, temporarily experience one or the more of the above said weaknesses and then as per the psychological view that can be corrected by the instructions or suggestions as bellow.

1. The professors should provide them inspiration, warmth and security so that the atmosphere of the class is suitable to them.

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2. It becomes difficult for the student to adjust because of the change of living place and so they should be kept in continuous can take and be given warmth by the rector on senior students.

3. The senior students should arrange welcome parties for the new students and they should make to feel safe and secure.

4. The students himself should adjust his weakness continuously and as per his high intellectual level get settled.

5. If the student has to study for the first time through the medium of English them he should strive constantly and also arrangement should be made by the professors of the college.

6. The student should get focused and well settled in project work, research work and class work.

7. The student should understand about himself that he is going to be a professor and so which qualities should be developed to say that.

8. The students should take advantage of H.R. and consulting arrangement made by the college management to understand the reason of his weak Personality.

Thus, physical, psychological, social and cultural factors are responsible for weak Personality.

14. The suggestions for improving Personality

They arrange workshops for the personality improvement and personality development, for example the workshop of “Vipasyana” by art of living. Yogasan by Ramdevbaba generally the person should act in a good manner with the other people of the society, he charges his dollies towards his family, he remains in a joyful mood and keeps his family also in a joyful mood and acts excellently in his profession, and he passes his extra time in some good activities. As per the modern psychology there are certain suggestions for the improvement of the personality they are as follows.

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1. To develop ability to mix with others in a light and joyful mood.
2. To cultivate attitudes and mentality towards others with honesty.
3. One should have good impression about his own person.
4. To gain ability to face struggles and disappointments in a prove manner.
5. To have interest and firm liking towards ones profession.
6. To develop the strength of maintaining the responsibilities of the life.
7. One should cultivate self confidence for doing the worldly activities.
8. One should have respect towards scientific meters, social and cultural things, and develop a liking for understanding the good elements in all these things.
9. One should cultivate free life style.
10. One should cultivate healthy approve towards sexuality.

15. The reason for weak Quality of Life

According to Coleman 21st century is the age of worry. In the age of physiology man lives constantly in worry and struggle. And he always continuously wondering for salsify his desires various problems of life confuse the man. Financial problem social problem, economical problems make unhealthy to human heart.

Quality of Life mainly born from modern world became more and more complex because of that.

Some common reasons for weak Quality of life

1. Clash between a person’s ego and ego of society is responsible for mental stress.
2. Dis-adjustment of reality of person and society results for loses mental happiness.
3. Dissatisfaction of basic requirements like physical, mental and social requirements is responsible to make mental happiness weak.
4. Circumstances of life like sad your life, bed atmosphere, disappointment, unemployment etc. are also responsible for quality of life weak.

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5. Accidents, harmful incident are playing major role in creating quality of life.
6. Difference in sex is also played major role in creating quality of life.
7. There is a relation between intelligence and quality of life some less intelligent students suffering from quality of life.
8. Educated people and youth jump with more expectation in the life. And dissatisfaction makes their mental situation fast.
9. Long gap between desire, requirement and their achievement are responsible for quality of life.
10. Generation gap also creates less of quality of life.
11. Attraction and madness of western culture and to live life birth his own culture; both classes with each other create quality of life.
12. Serious illness is also responsible for quality of life.
13. Family problems are also responsible for weak quality of life.
14. Fear of success and unsuccessful are also make life weak.

16. The suggestions for improving Quality of Life

In today’s fast age man is continuously under tension and anxiety. And if his mental health is disturbed he cannot adjust with the society and so his life becomes interest less and aimless. In reality he desires a happy and fulfilled life. To improve the quality of life some suggestions are as fallows.

1. Accept your limitations and abilities with a polite mind.
2. To cultivate are of viewing things as per others view point and get friendly with others.
3. Firm frost in the almighty God also inspires as for good and positive thinking.
4. Humanity, politeness etcetera qualities helps in ramming the Quality of Life.
5. By abetting one’s failure and weaknesses and trying to divert one’s thoughts to the positive way.
6. Do understand yourself and they try to talk and think with you.

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7. By making self confidence stronger and facing all the activities with courage and puissance.
8. To fallow the accessions of the lives of the great men and holy saint.
9. For Quality of Life happiness and hopefulness is necessary.
10. Develop the attitude of reality towards the world and accept the reality of the world.
11. Keep always high aims and noble ideas.
12. Try to develop creativity.
13. Should learn to live with others and taking interest in others.
14. Remain away from personal worries, leave the fear of the future and learn to live in present.
15. Accept all things of the life in an easygoing way and live your life comfortably.
16. Do reading and pondering of good religious books.
17. Try to find solution of the difficult situations intellectually and not in a quick random manner.

17. The reasons for the poor Suicide Tendency

The man has to adjust continuously with his atmosphere and surroundings. If we say in the words of Cullman only dead person is fully adjusted person. Otherwise full adjustment is not possible. Man has number less requirements “Man means a packed of needs”. This statement is true, it is not possible to satisfy all the needs also there is despair when some necessity is not satins field and by that the man realizes the limitations of his strength and capacity. This knowledge of self limitations given him the understanding of his own person. The person who can understand his inspirations and feelings properly has his Suicide Tendency good. The reasons for the poor Suicide Tendency are as follows.

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1. When the person does not think with understanding about himself.
2. If he does not select his activity according to his qualification and normal strength.
3. If the person does not make adjustment in the context of the real role.

18. **The suggestions for improve poor Suicide Tendency**

The Suicide Tendency is establishes of with internal reality and the student which is either positive or negative relations there should be efforts to improve bed Suicide Tendency.

1. If the student is given freedom to work independently and take decisions he feels secure.
2. The persons who can understand their own personality have less impact of the negativities in the atmosphere. And so one must understand oneself and change oneself as per requirement.
3. If one accepts the facts about other persons and happenings and tryst to follow that then the Suicide Tendency gets improved.
4. It is necessary that person accepts the life with the reality only then the Suicide Tendency gets improved.
5. The person must learn to know his abilities.
6. When the person accepts his all activity and behavior as per the reality they Suicide Tendency get improved.
7. Always in life in all type of situations one should think oneself equal to all the others this way also Suicide Tendency gets improved.
8. The attitude of the poor Suicide Tendency students has negative attitudes towards physical activities so these attitudes should be made positive.
9. When one is always satisfied has one’s personality and existence the Suicide Tendency gets improved.
10. For improving Suicide Tendency the students should take guidance of the rules of the psychology and also the psychologist.

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19. The Limitation of the Research

1. The study was only for the Colleges of the Saurashtra University Students.
2. This study was only for the College Students.
3. Only Questionnaire method had been used the depth of its data, truthfulness etcetera Questions become limitation of the study.
4. In this research work, the data taken from 600 Students, its results normalization or simplification has done and that is its one limitation.
5. Here data had obtained from the Students, it has based on their auto or self-assessment and so it is natural that the rate of socially desirable responses will be more in that the examination of the data obtained in this way has not demonstrated with any other mediums.
6. Any attitude is total and co-related result of these mutual processes of many variables.
7. The effort has been possible to find out if there is any influence of those variables. Nevertheless, it has not been possible to give calculation or equation for how much influence those variables have and that is not a thing of any less sorrow for the researcher.

20. Recommendations for the future Research

There should be researcher in all the fields with the change of time and situations. No researches can count as complete of final for every time and every situation. This study draws attention towards characteristics of Personality, Quality of Life and Suicidal Tendency of the College Students. In the direction of this study, the recommendations for the future researcher can give as follows:
1. This research, the research can do by selecting the samples with cultural difference.
2. The comparative study can do of the Students of the different study streams on branches.
3. The research can made broad based by taking still more extra variables.
4. A comparative study can do about the effect of residential area and type of family, on the different aspects of the Students.
5. In this research, conclusions have derived by taking data from 600 students. Accurate conclusions can be derived by collecting data from more Students that this 600.
6. In this research, the questionnaire method has used. Moreover, in other questionnaire by using visit method and collecting detailed data accurate results can arrive at.
7. As the attitude is collective result of many variables, by using unit knitting, the researcher connected to this are more necessary.
8. The researcher has expressed some future suggestions as above, which came in his mind during his study and from his study. Otherwise, even this field shows a big scope for a research that may bring in mind many problems. Therefore, it gives both a call and on invitation to the researcher.

21. The Important of the Research

   Today age is progressive but it has left no stone unformed in doing progress towards the negative direction. The class of youngsters needs awakening coming out of the industrialization and modernization. Side by the Students should get full co – operation from the family and society also. However, there should be total co- operation and the roads of their career should keep open. By solving their problems and liberating them from the mental tension, the level of their Personality and Quality of Life can increased, and reduction in the rate of Suicide Tendency can do.

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Thus for increasing the rate of Personality and Quality of Life, and reducing the Suicide Tendency, if efforts has made by creating changes in the positive direction, improvement can done in the rate of all these there forces. If Students get co – operation from the Family, Society, Friends, College and Teachers they can live their lives in a good way. The help should give for all the problems of the Students. He should not give a feeling that he is alone in the Society. By which he can lead a Quality of Life. By giving the Students work accordingly to their capacity, the problem of their livelihood also should solve because of which there be reduction in the rate of Suicide Tendency.

Every research has its own importance. But it is our polite belief that this research will be extremely useful to the students of the colleges, Professor, Psychologists, the state Government, the central Government, seekers, libraries and other students.