**PREFACE**

During the adolescent period many changes occurs like, cognitive, physical, biological and emotional. Due to these changes there are changes in role and responsibility as well. In order to manage these changes students have to face with problems and conflicts. When the student is joining the college for first time then he has to leave his family and friends. He has to face a new and unknown challenging environment which is not easy for him. In this new environment there are many significant development issues for him. As compared to school, college life has more social and academic pressure. The authors identified that there are many other stressors for the students like too many assignments, lack of pocket money and competition with other students. These all above stressors leads a student’s towards the suicide ideation.

The word ‘Suicide’ firstly reckoned by “Sir Thomas Brown” in 1642 in his “Religiomedici”. The document has provoked a mixture of reactions in public minds. These reactions differ from anger, grief, scorn, nervousness, stress, dread, depression and disgrace. Suicide means, “a planned determination to end one’s existence, an unpredicted way of death, where the willingness to die originates within the person and there is the presence of well-known or unknown causes to end one’s life”. Suicide, if it is attempted, completed or considered, is also a situation where obtainable options and future potential are never considered before the act. All the way, through history, the statement of ‘Suicide’ has had different meanings to different people. A variety of meanings accredited to the term include “The murder of oneself”, “nothing less than a (soft of) exit”, “an end to psychic conflicts”, “a conscious act of self-inflicted cessation”; “an act of despair of which the result is not known, occurring after a battle between an unconscious death wish and a desire to live better”, “to love and be loved”, “to live or not to live” and others. In whatsoever means the word is distinct and understood, indisputably, it is an act of self-destruction and a most important loss to the society.

Suicidal ideation is a first threatening sign of serious suicidal behavior. It is particularly defined as the domain of ideas and thoughts about suicide or death and serious self-injurious behavior. It consists of thoughts which are closely related to the conduct, planning, and outcome of suicidal ideation, particularly as the last relates to thoughts about the response of others. Suicidal ideation often occur as a response to a situation that the person views as overwhelming, such as social isolation, death of loved one, hopelessness, academic and parental pressure, serious physical illness, financial problem, guilt feeling, loving affair, alcohol consumption and negative life events. Researcher has focused on suicidal behavior as a distinct form of psychological disturbance and a domain of suicidal behavior. Even though, not all persons who have suicidal ideation will finally attempt suicide, for many individuals such thoughts may be a predecessor to more serious suicidal behaviors. There are lots of factors may contribute to suicidal ideation of an adolescent, including daily hassle, personal and societal factor as well as the interaction amongst these variables. Furthermore, suicide or purposeful self-harm, an event considered as more of a cultural or social fact is recently recognized as a community health problem in most of the nations.
Investigator feels that the research in this area will be helpful in suppressing the causes of suicidal ideation and thus help the students in overcoming most of their suicide related problems. The study was accordingly planned and the same is completed as well. Research is a team work and I wish to place on record my heartfelt gratitude to all those who directly or indirectly contributed to it.

“Those having torches pass them to others” – I fully realized this during my interaction with my supervisor. I wish to express my heartfelt gratitude and sincere thanks to Dr. Nov Rattan Sharma, Professor, Department of Psychology, Maharshi Dayanand University, Rohtak under whose able guidance, supervision and constant encouragement this masterpiece has been completed. His understanding nature, full devotion, critical judgment and insight into research helped me out of any difficulty I faced in the execution of this work. I owe a special debt of gratitude to his for sparing precious time from busy schedules to get my work completed.

I am extremely thankful to Dr. Amrita Yadava Professor and Head, Department of Psychology, M.D. University for encourage me to complete my research work. I express my deep gratitude to all the teachers of the Department of Psychology, M.D. University, Rohtak for their support and co-operation. I extend my heartiest feeling of gratitude to the laboratory and administrative staff of the department for their co-operation.

I feel indebted to Dr. Mandeep Sharma, Assistant Professor of Psychology, KLP College, Rewari for helping me in data analysis as well as compile of my research work in shape of thesis.

I express my special thanks to my mama ji Mr. Bhagwan Dass Chouhan and my friends especially Dr. Prem Chand Porria, Assistant Professor, National Law University, Delhi, Dr. Arun Kumar, Assistant Employment officer, Yamunanagar, Dr. Monika, Dr. Mamta, Mr. Dalel Singh Chouhan, Mr. Parveen Singhal, Mr. Deepak Nayyar, Mr. Ajay Nayak, Mr. Amit, Mr. Manoj Bannia, Mr. Arjun singh, Mr. Yuvraj Tanwar, Mr. Abhiraj Tanwar, Mr. Vikas Saroha, Mr. Makhan Singh and Mr. Vikas Saini who helped me in directly or indirectly for complete my research work. I also express my thanks to the respondents who participated in this research work.

My special thanks go to my Grandfather Mr. Chandu lal Tanwar, my Father, Mr. Balbir Singh Tanwar and my Mother, Mrs. Nathiya Devi who are the pillars of my life, always supports and encouraged me. My Elder brothers Mr. Ramdhan Singh and Mr. Ajit Singh without their co-operation I would not have been to do my thesis work myself. I am also grateful to my sisters (Mrs.Geeta, Mrs. kanita, Mrs. Mukesh and Mrs. Kailash) for their encouragement.

Above all, I thank God for everything.

Place............

Date............  (MUNI RAM)