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Suicidal Ideation Among Adolescents: Role of Mindfulness and Resilience in Predicting Suicidal Ideation

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ABSTRACT:

Background: This study was conducted to investigate the thoughts of suicide among adolescents and to explore the role how mindfulness and resilience helps in predicting suicidal ideation among them so that adequate steps can be taken to prevent the teenagers to act upon these types of self-harming ideas. **Method:** A sample size of 124 adolescents studying in different Senior Secondary Schools of Punjab was taken into consideration to carry out the study. The age of the students varies between 14-17 years. To assess the levels of suicidal ideation of adolescents, suicidal ideation rating scale by P.N. Sharma et al., 2020 was used and to assess the mindfulness, mindful attention awareness scale for adolescents by Brown et al., 2011 was used. To find out the resilience levels, resilience scale by Wagnild and Young (1993) was implemented. **Results:** The results of the study have demonstrated that mindfulness and resilience can be important indicators in predicting suicidal ideation



among adolescents. In addition to this, it can be said that enhancing mindfulness and resilience among individuals make them more psychologically fit.

INTRODUCTION:

Adolescents suffering from suicidal ideation require urgent intervention due to the gravity of the matter. Suicide transcends borders and is an issue of global concern (World Health Organization, 2014). As the third leading cause of death among individuals aged between 15-19 in 2020; it is pertinent to identify critical elements that can act as protective measures against suicide ideation while nurturing mental health. WHO estimates indicate approximately 1.5 million deaths occurred globally within this age bracket.

Adolescence represents a period marked by a series of physical changes and psychosocial dynamics frequently causing upheavals leading to predisposition towards developing various mental health disorders with higher reporting during adolescence years (Patto et al., 2016). Suicidal thoughts are prevalent among teenagers with research indicating up to 17% having experienced them at some point (Kann et al., 2016). Various risk factors play into these thoughts including drug dependency; peer pressure leading to demoralization; histories involving abuse or family conflict; aggressive behavior alongside anxiety or depression history (Shain 2016).

Recent research has suggested that mindfulness and resilience contribute to mental health of teenagers and can be crucial factors in lowering the levels of suicidal thoughts among them. Higher levels of resilience and mindfulness contributes to lower the suicidal thoughts of adolescents. Mindfulness is the ability of an individual to focus on present thoughts, emotions and feelings. According to Brown and Ryan, 2003, mindfulness is "The state of being attentive to and aware of what is taking place in the present." The practise of mindfulness, which entails accepting one's thoughts and feelings without passing judgement, has been associated with better mental health results (Burke, 2010). Being present and involved in the moment, while also noting and accepting one's thoughts, feelings, and physical sensations without passing judgement, is known as mindfulness (Kabat-Zinn, 1994). A mindfulness-based stress reduction programme enhanced teenagers' trait mindfulness, according to a 2009 study by Biegel et al. According to the study, teens who took part in the programme



expressed higher trait levels of mindfulness and lower levels of stress and anxiety. Resilience is the capacity to handle stress and adversity and adjust to novel circumstances successfully (Masten & Narayan, 2012). If a person is mindful, he/she will be able to focus on thoughts keenly and can prevent from indulging into any negative behavior. According to the American Psychological Association, talking about suicide, retreating from friends and family, displaying sentiments of hopelessness or worthlessness, and participating in risky behaviours are just a few warning signs that an adolescent may be contemplating suicide.

There are several techniques like mindfulness based interventions and resilience building strategies which have been developed to enhance the protective factors among adolescents that can prevent them indulging into any kind of negative behaviours like suicide, drug abuse, over indulgence in sex, theft, aggression, etc. Children when enter into teenage surrounds with lots of unwanted thoughts due to which sometimes they start questioning their own existence which is common among them. Parental role, personality traits, peer group, societal role, and their attitude to perceive the circumstances, social media, academic stress contribute to the development of different ideation of adolescents. A study by Min et al., 2015 explained that in people with depression and/or anxiety disorders, resilience may potentially minimise the danger of depressive and anxiety symptoms on suicide ideation. Suicide prevention strategies include resilience assessment and interventions aimed at improving resilience.

Keywords: Suicidal Ideation, Mindfulness, Resilience, Adolescents

Context and Review of Literature:

Several studies reported that mindfulness and resilience is negatively related to suicidal ideation. Both these factors help individuals to effectively deal with the stress. A study conducted by Runhao et al., 2019 on the benefits of mindfulness instruction on suicidal ideation in Chinese left-behind children examined how an 8-week mindfulness training programme affected Chinese left-behind children's suicidal ideation. A pretest and posttest on mindfulness level, social anxiety, self-esteem, and suicidal ideation were performed by 49 left-behind kids, of whom 21 were in the mindfulness training group and 28 were in the control waitlist group. The results of this study provide evidence that using mindfulness-



based interventions can significantly lower social anxiety and suicidal ideation among Chinese left-behind children. A different investigation by Rogers et al. (2017), however, showed no connection between trait mindfulness and suicidal thoughts among American adolescent participants. According to the study, trait mindfulness may not be as strongly associated with suicidal ideation as other elements like despair and hopelessness. Regarding the association between trait mindfulness and suicidal ideation in adolescents and young adults, Shadick et. al.,(2019) . A systematic review found conflicting results. According to the review, the association might be altered by things like the particular mindfulness qualities being tested and the presence of coexisting mental health disorders. A study by Xinglin et al., 2023, reported that mindfulness may be helpful for therapies and preventions of suicidal ideation. Serpa et al., revealed that the evidence for the effectiveness of mindfulness-based therapies (MBIs) in boosting good feelings and lowering depression and suicidal thoughts is mounting. The study conducted by Matthew et al.,2014 was to investigate the relationship between internal resilience and suicidal ideation as well as the relationship between peer victimization and Suicidal ideation. Reduced SI was linked to internal fortitude. Our findings suggested that initiatives to reduce Suicidal ideation among teenagers should focus on internal resilience development and PV prevention. In the present study conducted by Ancel George & Reinier Moolman (2017), secondary students in the Free State Province of South Africa were asked to look into how coping affects the connection between resilience and adolescent suicide thoughts. The students completed the Resiliency Scale for Children and Adolescents, the Revised Coping Schema Inventory, and the Suicide Ideation Questionnaire (SIQ) (RSCA). Findings indicated that decreased likelihood of suicidal thoughts among teenagers was predicted by greater resilience scores on sense of mastery (SoM) and sense of relatedness (SoR). Young-yoo Park et al., studied a sample of 11,393 pupils from 36 middle schools and 23 high schools in Korea is used to compile the data. They revealed that suicidal ideation is directly influenced by trait anger, entrapment, psychosomatic symptoms, sadness, and resilience, whereas anger suppression has a substantial indirect impact on adolescent suicide ideation. The study's conclusions point to the need for interventions that support teenagers' resilience and lessen their anger, despair, psychosomatic symptoms, and feelings of entrapment in future programmes aimed at



preventing or treating adolescents' suicide ideation. Alexander et al., conducted a study on suicidal ideation among adolescents and its psychological correlates which revealed that females reported higher suicidal ideation than males and there are multiple factors that contribute to this ideation. Chinese adolescent girls reported higher level of suicidal ideation. High academic pressure, leaving home, feeling lonely or depressed or hopeless, being bullied, fighting, and binge drinking were all strongly linked to suicide thoughts in both boys and girls, according to the multivariate regression analysis used in the study conducted by Yi-Yang, 2019. Umed Singh and Kamlesh Rani (2014) reported females scored higher on suicidal ideation.

Objectives:

Objective 1: To study the relationship between mindfulness and suicidal ideation among adolescents.

Objective 2: To analyse the relationship between resilience and suicidal ideation among adolescents.

Objective 3: To study the effect of mindfulness and resilience on suicidal ideation among adolescents.

Objective: To investigate if there are gender variations in the incidence and severity of suicide thoughts among adolescents.

Hypotheses:

H1: There is a significant negative relationship between mindfulness and suicidal ideation among adolescents.

H2: There is a significant negative relationship between resilience and suicidal ideation among adolescents.

H3: There is a significant combined effect of mindfulness and resilience on suicidal ideation among adolescents.

H4: There is a significant gender variation in the incidence and severity of suicidal ideation among adolescents.



Methods and Participation:

In this study, a descriptive survey method was used and stratified random sampling technique was employed. 124 students studying in Senior Secondary Schools of Punjab were included in the study.

Tools used:

1. Suicidal Ideation Rating Scale:

Suicidal Ideation Rating Scale developed by P.N. Sharma et.al., used in the study. It reflects the suicidal thoughts of individuals. This scale consists of 32 questions and grading is done into four types i.e., Attraction to life, Repulsion to death, repulsion to life, and attraction to death.

2. Mindful Attention Awareness Scale for Adolescents:

Mindful Attention Awareness Scale for Adolescents (Brown et al. 2011) consists of 14 items that assess the level of mindfulness. It is a receptive state of mind in which attention simply observes what is going on. The MAAS-A was derived from the Mindful Attention Awareness Scale (MAAS) for adults. The MAAS-A uses an indirect evaluation technique, which means it analyses the lack of mindful attention rather than its presence in a range of circumstances (Brown et al. 2011).

3. Resilience Scale:

The Resilience Scale by (Wagnild & Young, 1993) will be used. It is a 25-item inventory that gives a total resilience score of 25-175. It describes an ability to handle life's pressures on a seven-point scale, 1 (strongly disagree) to 7 (strongly agree).

Data Analysis:

Table 1:

DEPENDENT VARIABLES	INDEPENDENT VARIABLES			
	N	Mindfulness	Resilience	Sig. Level
Suicidal Ideation	122	-.351**	-.421**	0.01



Results in Table 1 shows there is a negative correlation ($r=-.0351$; $p<.01$) between mindfulness and suicidal ideation which is significant at 0.01 level. On the other hand, the above table also shows the existence of negative correlation between resilience and suicidal ideation ($r= -.421$; $p <0.01$). The p-value of 0.01 suggests that this association is statistically significant, which means it is unlikely to be coincidental. In conclusion, Higher degrees of mindfulness and resilience may be safeguards against suicidal ideation. Suicidal ideation reduces as mindfulness and resilience improve, according to the negative correlation coefficients. The hypothesis's negative correlation coefficients imply that people with higher degrees of mindfulness and resilience are less likely to have suicidal thoughts. Hence, hypotheses 1 and 2 are accepted because there exists negative correlation between independent and dependent variables.

Table 2:

Summary of multiple regression analysis between mindfulness, resilience (Independent variables) and suicidal ideation (Dependent variable) among senior secondary students

Predictors	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	Sig.
Mindfulness, Resilience	.535 ^a	.286	.274	3.51	.286	23.82	.000

Above table 2 shows coefficient of multiple correlation ($R= .535$), and its square .286, which is significant at 0.000 level of significance. Regression analysis suggests that mindfulness and resilience can explain 28.6% of the variation in the suicidal ideation among adolescents studying in Senior Secondary Schools.



Table 3:

Summary of ANOVA for regression analysis

Model	Sum of Squares	Df	Mean Square	F	Sig
Regression	590.043	2	295.021	23.827	.000 ^a
Residual	1473.433	119	12.382		
Total	2063.475	121			

Predictors: (Constant), mindfulness, resilience

Dependent Variable: Suicidal ideation

Table 3 shows that F-value is statistically significant at 0.000 level, which suggests that predictive variables (mindfulness and resilience) can predict the criterion variable (suicidal ideation). Therefore, regression analysis is allowed and feasible. Hence, hypothesis no. 3 is accepted.

Table 4

Summary of coefficients for regression analysis

Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	25.568	2.234		11.444	.000
1 MF	-.069	.016	-.330	-4.253	.000
resilience	-.078	.015	-.404	-5.208	.000

Independent variable: mindfulness, resilience



Dependent Variable: suicidal ideation

According to the above table 4(C), it is found that $B = -.069$, $t = -4.253$ (mindfulness) and $B = -0.78$, $t = -5.208$ (resilience), which is significant at 0.000 level of significance. It suggests mindfulness, resilience plays a pivotal role in predicting the suicidal ideation among senior secondary students. The results show that mindfulness and resilience are significant predictors of suicidal ideation with a greater amount of contribution. Hence, the formulated hypothesis 3 i.e., mindfulness and resilience are significant determinants of suicidal ideation among adolescents studying in senior secondary schools is accepted.

The regression equation of these variables is: Suicidal ideation = 25.568 + (-.069) x mindfulness + (-0.78) x Resilience.

Table 5:

Summary of t-test for differences in suicidal ideation between male and female adolescent students

Construct	Boys		Girls		t-value	Level of significance
	Mean	S. D	Mean	S. D		
Suicidal ideation	11.10	4.32	11.03	3.97	.090	insignificant

The above results show that there is no effect of gender on suicidal ideation among male and female adolescent students. Hence, the fourth hypothesis is rejected. Results have shown no significant difference, which means male and female students possess similar suicidal ideation levels.



Conclusions:

Adolescence is a key stage of development marked by several obstacles and pressures, making it important to provide young people with the skills needed to handle these issues. The present study found that mindfulness and resilience are negatively correlated with suicidal ideation among adolescents. The findings are consistent with the previous research. Nieto-Casado et. al., 2022 found that mindfulness can help to moderate the links between parental competence and both anxious-depressive symptoms and suicide thoughts in teenagers. Further, this study reported that mindfulness and resilience can also act as barriers to suicidal ideation. The findings of the study can help educators, counsellors, and psychologists plan and implement the required interventions to decrease suicidal ideation among adolescents. Mindfulness may help people cope better with challenging emotions and experiences, lowering the chance of suicide ideation. Resilience, on the other hand, refers to the ability to recover from hardship, which can also lessen the incidence of suicide ideation. Individuals with resilience are better able to cope with stressful and challenging situations, reducing the impact these experiences have on their mental health. Adolescents may be more vulnerable to suicide ideation if mindfulness and resilience are missing or undeveloped. This highlights the need of comprehensive mental health programmes that prioritise the development of mindfulness and resilience skills in young people. Mindfulness-based programmes, resilience-building activities, counselling, and peer support networks are examples of treatments that might help teenagers improve their general well-being and mental health. Early identification of at-risk persons and provision of required support networks and resources can promote resilience and mindfulness, resulting in improved mental health outcomes and a lower likelihood of suicide thoughts.



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