

Developing Coping Skills through Psychological Intervention on Suicidal Ideation among Adolescent Girls

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Abstract: *Suicidal ideation is found to be prevalent among adolescents, and psychological support is advisable for coping up their thoughts. The aim of the current study is to develop coping skills through psychological intervention in suicidal ideation for adolescents by examining with suicidal ideation questionnaire SIQ (William M Reynold). 30 samples were taken out of which only the highly affected samples will be given psycho-education and the rest of them are less and no affected samples. This data were collected based on purposive sampling. This data has been analysed by using various statistical analysis.*

Keywords: Adolescents, Suicidal ideation, Intervention, Psycho-education, coping skills

1. Introduction

Suicide in adolescence is a worldwide issue, and it continues to present a serious problem in terms of its prevention. Most people who commit suicide are ambivalent about taking their own lives. This irreversible choice is often made when they are alone and in a state of severe psychological distress and anguish, unable to see their problems objectively or evaluate alternate courses of action. According to World health organization (2015) more than 800,000 people die from suicide every year, it shows that the global mortality rate is 16 per 100,000 or one death due suicide every 40 seconds. Approximately 75% of suicides occur in low and middle - income countries where rates of poverty are high. Between 2014 and 2018, India lost a total of 45,743 people to these three causes - Joblessness, Poverty and addiction, of whom 12,373 and 6957 committed suicide because of joblessness and poverty, respectively. Among these influencing factors which we should consider for suicidal ideation, given that gender difference in the suicide and suicide attempts have been confirmed. Contrary to common belief, depression and suicidal thoughts are not limited to adults, but symptoms and warning signs are often different in teens. During the pandemic, suicidal thoughts and attempts among teen girls have increased over 50% compared to 2019.

Coping and stress are inseparably related. Coping skill are not innate skill, but rather it is acquired. Maternal coping is defined as the mother's effort to remove or minimize stress and increase her tolerance. If the mother employs efficient coping style, she can regulate her emotion; reduce their negative effect of stress and depression due to preterm birth. Coping requires preparation of mobilization of an individual energy and effort achieved by training to help the mother to recognize the abilities, tolerate severe stress and perhaps consider the situation as a positive one. (Azam, 2018).

Basically coping is a psychological term which Folkman & Lazarus (1991) defined, "Constantly changing cognitive and behavioral efforts to manage specific external and/or internal demands that are appraised as taxing." Psychological coping mechanisms are commonly termed as coping skills that deal with a conscious effort to manage the stress and strain aroused due to life's challenges, such, as interpersonal adjustment, attitude, motivation, locus of control, emotions, etc.

Some of the coping strategies are:

- Remember things that have helped in the past
- Talk to a trusted friend, family member, or professional
- Get treatment for mental health problems
- Think of reasons for living
- Do the opposite of how you feel
- Get professional support
- Identify high-risk triggers or situations
- Self care
- Follow through with prescribed medications
- Think of personal goals
- Do things you enjoy

Coping skill training group therapy tends to employ many concrete intervention strategies to enhance various aspects of process, drawing on ongoing data to evaluate group interaction and individual responses. The approach draws more heavily on cognitive, modeling, reinforcement, and problem-solving procedures to achieve specifically determined goal

Summary

Therefore, our study aimed at Developing coping skill through psychological on suicidal ideation among adolescent girls.

2. Review of Literature

Review literature is a significant investigate chapter. A literature review consists of an overview, a summary and an evaluation of the current state of knowledge about a specific area of research. It may also include a discussion of methodological issues and suggestions for future research. Conducting a literature review should enable researcher to find out what research has already been done and identify what is unknown within researcher topic. Sources covered in the review may include scholarly journal articles, books, government reports, websites, etc. So the study of related literature place a vital role in the field of research in psychology.

- 1) **Sue-Ann Meehan, Almarie Pierson, Peter Fridjhon (2007)** conducted a study on suicidal ideation in adolescent south Africans ; The role of gender and coping strategies. Data were collected with 161 adolescents in grade eleven. Data was accomplished and administering the Positive and Negative suicidal ideation scale (PANSI) and the coping across situations questionnaire(CASQ). Data was concluded with there was a significant difference between males and females on each coping strategies, with female scoring higher than male in each case. Results for each gender differed, when the female sub sample revealing correlations between functional coping strategies and positive suicidal ideation scores, while the only significant correlation found within the male sub-sample was between the dysfunctional coping strategy and negative suicidal ideation scores.
- 2) **Gulseren keskin and Esra Engin (2011)** examined a study which aimed at evaluation depression and suicidal ideation and coping strategies with stress in patients receiving Haemodialysis replacement therapy. Data were collected with 92 adults with an age range of 19 - 65 who had chronic renal failure and consecutively admitted to the dialysis center of Kadikoy and dialysis center of Kahraman in Turkey. Data was accomplished and administering with four instruments, socio demographic data form, Beck depression Inventory, Suicide behaviors questionnaire (SBQ) and coping orientation to problems experienced inventory (COPE). This study concluded with demonstrated that suicidal ideation increased as the severity of depression increased. Depression and suicidal ideation were increasing with age in patients with chronic Renal failure.
- 3) **Dr. Otaniyenuwa E. Obarisiagbon (2021)** conducted a study on assessment of knowledge and attitude towards suicidal ideation, and suicidal risk of adults in Benin city, Edo state, Nigeria. Data were collected with 450 adults in Benin city using multistage sampling techniques. Data was accomplished by administering the adult suicidal ideation questionnaire. Data analysis was by IBM statistical package for the social sciences (SPSS). The results concluded that one-tenth of the respondents were at risk of committing suicide. The government and medical personal need to put in concerted efforts to ensure that suicidal ideation among adults in prompted addressed.
- 4) **Paige schlagbaum, Jaclyn L. Tissue, Arielle. H. Sheftall, Donna A. Ruch, John P. Ackerman, A Jeffrey A. Bridge (2021)** examined a study which aimed at the impact of peer influencing on adolescent suicidal ideation and suicide attempts. Data were collected with 118 adolescents, ages 13-18 were recruited from the emergency Department and outpatients mental health clinics at a large, metro Politian children's hospital. Data was accomplished and administering with semi structured interviews and self report questionnaire from both parents and adolescents. This study concluded with both Ideators, and attempters were more likely to affiliate with peers with suicidal behaviour compared to their matched controls. However, affiliation with suicidal peers was only associated with attempters group status after controlling for individual risk factors.
- 5) **Mandy W. M. Gijzen, Sanne P. A Rasing, Daan H. M Creemers, Filip smit, Rutger C. M. E. Engels, Derek De Beurs (2021)** examined a study which aimed at suicide ideation as a symptom of adolescent depression, A network analysis. Data were collected with 5,888 of adolescents aged 11-16 years (A large community sample). Data was accomplished and administering with two questionnaire, Children Depression inventory 2 and suicidal behavior questionnaire. This study concluded with the results pertaining the depression network were highly similar to the study we aimed to replicate. The most central symptoms in thr depression network were loneliness, sadness, self-hatred, fatigue, self deprecation and crying. Loneliness explained most variance of suicide ideation. Adolescents who experienced suicidal ideation had a similar network structure as those who do not. Adolescents with suicidal ideation scored higher on all depression symptoms
- 6) **Heather A Jones, Sumru bilge - Johnson, Annie E Rabinovitch and Hazal Fishel (2014)** determined the self reported peer Victimization and suicidal ideation in adolescent psychiatric inpatients: The mediating role of negative self esteem. Data were collected with 67 adolescent psychiatric inpatients at a Midwestern Children's hospital. Data collection was accomplished and administering with three questionnaires, Children's depression inventory (CDI), Inventory of suicide orientation - 30 and bully Victimization scale. Concluding that to date, this study is the first to directly examine the mechanisms underlying the relationship between peer Victimization and suicidal in adolescent psychiatric Inpatients.
- 7) **Filipa Nunes, Catarina Pinhero Mota (2016)** examined a study which aimed at parenting style and suicidal ideation in adolescents. Mediating effects of attachment. Data were collected with 604 adolescents in various secondary schools and at general population in the northern region of Portugal using random sampling method. Data was accomplished and administering with the style and dimensions questionnaire, Short version of father/mother attachment questionnaire and the suicidal ideation questionnaire. This study concluded with the confirmation by mediating the role of parental attachment in the association between authoritative and permissive parenting styles from father and mother to suicidal ideation. It was also verified as a partial mediation, through the attachment to parents, in the

- association between the parent's authoritarian style and the mother's permissive style and suicidal ideation
- 8) **M. Moalla, I. Feki, R. Sellami, A. Ktata, S. Feki, J. Masmoudi (2017)** conducted a study on Screening for depressive symptoms among adolescent consulting in emergency. Data were collected with 106 adolescents consulting in somatic complains. Data was accomplished and administering with the self report instrument of suicidal ideation questionnaire (SIQ). This study was a transversal, descriptive and analytic type. Data was concluded with the risk factor for suicidal ideation among Tunistan adolescents were the female gender, Middle school level, low family income, parents, divorce, parental neglect, family conflicts and previous psychiatric disorder.
 - 9) **C. Potard, V. Kubis zewski, R. Fontaine, R. Pochon, E. Rusch and R. Courtois (2014)** Conducted a study on peer, violence, mental health and suicidal ideation in a sample of French adolescent. Data were collected with 361 school students. This study examined direct and indirect violence seperately. Data was accomplished and administering through self-administered survey consisting of the suicidal ideation questionnaire , Rosenberg, self-esteem scale and the general health questionnaire. This study concluded with the findings show that adolescent peer violence must be given particular attention in education institutions due to its link not only with suicidal ideations but also more broadly with students psychological distress
 - 10) **Yuhue wan, Ruoling chen, Shanshan wang, Sophie orton, Danie wang, Shichen zhang, Ying sun and Fangbio tao (2019)** Examined a study which aimed at effects of self-esteem on the association between negative life events and suicidal ideation in adolescents. Data were collected with 9704 participants aged 11-19 years. Data was accomplished and administered with Rosenberg self-esteem scale. Data were concluded with the NLEs are independently associated with an increase risk of SI in both female and male adolescent. The association was stronger in adolescents with high self-esteem than those who had moderate or low-esteem and it is particularly seen in females.
 - 11) **Christianne Esposito - smythers, Antony spirito, Christopher W. Kahler, Jaffery Hunt, Peter monti (2011)** Examined the study which aimed at the treatment of co-occurring substance abuse and suicidality among adolescents. A randomized Trial date were collected with forty adolescent and their families recruited from an impatient psychiatric hospital were randomly assigned to an integrated outpatient cognitive behavioural intervention. Data were accomplished and administered with schedule for affective disorder, Schizophrenia for school aged children and suicidal ideation questionnaire and Columbia impairment scale, Rutgers alcohol problem index , Rutgers marijuana problem index. This study was concluded with CBT for adolescent with co-occurring AOD and suicidality is associated with significant improvement in both substance use and suicidal behaviour as well as markedy decrease use of addiction health serious including impatient psychiatric hospitalization and emergency department visits.
 - 12) **Jacob young, Calon Savoy, Louis A. Schmidt, Saroj Saigal, Michael H. Boyle, Ryan J. Van Lieshout (2018)** conducted a study on adult mental health outcomes of preterm survivors experiencing suicidal ideation in adolescents. Data were collected 129 ELBW (Extremely low birth weight) and 116 NBW (Normal birth weight) individuals born in Ontario, Canada. Data was accomplished and administered through the Depression, Anxiety, Inattention and antisocial behavior subscales of the young adult self-report (YASR). Data was concluded with the adolescents born at NBW who endorse suicidal ideation are at elevated risk for developing symptoms of Anxiety, Depression, Inattention and Antisociality in adulthood, suicidal ideation among ELBW adolescents predicted inattentive and depressive symptoms and anti-social behavior only adjustment.
 - 13) **Heather A. Turner, David Finkelhor, Anne Shattuck, Sherry Hamby (2012)** examined a study which aimed at recent Victimization exposure and suicidal ideation in adolescents. This study design is 2 waves of longitudinal data from the national survey of children's exposure to violence. Data were collected with 1186 national sample of youth aged 10 to 17 years. Data was accomplished and administered with trauma symptoms checklist for children. This study concluded with the findings point to the importance of recent Victimization in increasing risk of suicidal ideation in adolescents among all youth who are believed to be at risk for suicidal ideation
 - 14) **Jung-hyun choi, Mi Yu, Kyoung - eun Kim (2014)** conducted a study on suicidal ideation in adolescents. A Structural equation modeling approach. Data were collected with 1000 adolescents. Data was accomplished and administered with the Conflict Tactics scale, School Violence scale, Oxford Happiness Inventory and Suicidal ideation questionnaire. This study was tested using a path analysis technique within Structural equation modeling. Data was concluded with the fundamental importance of reducing exposure of violence to adolescents, and that increasing peer support and their happiness may be the key to adolescent suicidal ideation prevention.
 - 15) **Carl I Moller, Sue M Cotton, Paul B Badcock, Sarah E Hetrick, Michael Berk, Olivia M Dean, Andrew M Chanen, Christopher G Davey (2021)** conducted a study on Relationship between different dimensions of social support and suicidal ideation in young people with Major Depressive Disorder. Data were collected with 283 Australians aged 15-25 diagnosed with MDD, were recruited from two clinical trials conducted in Youth Specific Outpatient model health service. Data was accomplished and administered with the Multidimensional Scale of Perceived Social Support (MSPSS) and used to evaluate perceived support from family, friends and a significant others. Suicidal ideation was assessed using suicidal ideation questionnaire (SIQ). This research was concluded by Perceived Family Support was negatively associated with SI in young people with MDD. This suggests that family members might play important roles in suicide prevention efforts.

3. Conclusion

The above reviews brings together the researches that are done in the topic of Suicidal Ideation. From the reviews, it is concluded that Coping skills plays an important role in reducing suicidal Ideation which is found to be effective. With the implementation of coping skills techniques in the Sample group, it is inferred that the Suicidal Ideation is reduced ,the degree of the Ideation is vary from the person to Person.

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