

Knowledge and Attitude of the Teachers Regarding Indicators of Suicidal Ideation Among Adolescent Students in Selected Senior Selected Schools, Rajpura, Punjab, India

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DOI: <https://doi.org/10.52403/gijash.20250213>

ABSTRACT

Suicidal behavior is not a simple phenomenon, it is a complex phenomenon which drives from suicidal thoughts, planning, attempting suicide and final death by suicide. Out of 100 people, with suicidal ideation do not actual carry out suicidal attempt, but some do 25 attempts, and one is final suicide death. Te study was conducted in Patel public school, Kanya kumari senior secondary school, NTC Public school Rajpura, Punjab. Total 40 sample were selected with non-probability sampling technique. The result includes out of 40 teachers, 19(48%) belongs to age group 41-50 years, they were mostly females. In their Qualification 3(8%) were graduated followed by 37(93) were post graduation. In specialty of teachers, majority belong to science and Punjabi. Source of information regarding suicidal ideation mostly from newspaper radio/T.V. Majority have not attended any awareness program regarding prevention of suicide. Maximum 23(57.5%) had good knowledge, 16(40%) had average knowledge, 1(2.5%) have poor knowledge regarding suicidal ideation and no one having excellent knowledge. Teachers 39(97.5%) had positive attitude and 1(2.5%)

had negative attitude regarding suicidal ideation. The correlation between knowledge and attitude was found significant i.e. $r=0.032$ at $p>0.05$. The positive correlation was present with knowledge and attitude. Therefore, teachers had the knowledge regarding indicators of suicidal prevention, so they would have positive attitude also.

Key words: indicators, suicidal ideation, adolescents

INTRODUCTION

Suicide is at huge mental health problem in the world and the United States and becomes a leading cause of injury, disability, and death. Over 30,000 people in the unites states each year die by suicide. Globally prevalence rates are approximately 9.2% for suicidal ideation and 2.7% for suicidal attempts (noct.et.al 2008).

According to Smith Anderson (2008) - It is usually a third leading cause of death among adolescents and second leading cause among college students.

According to WHO report - Worldwide, around one million dies from suicide and in each 10-20 minutes people attempted suicide. There were 1740 suicides among

people 15-19 yrs of age group. Suicidal rates increased too much among youth so that they are now at third might risk of death. In primary care settings, (2.6%) of patients receive general medical care. Various researchers shows that northern states of India have more suicidal no. of suicide and the rate of suicide attempts higher among in girls ten boys.

Suicide is the intentionally act of taking one's own life, with conscious awareness of both the effect and finality of the act". Suicidal ideation is defined as the thoughts, feeling desire, ideas to taking his / her own life with some degree of intent. Some plants for days, weeks or even years before acting, while others take their live seemingly or impulse without pre-medication, as being a repetitive behavior among adolescents. Collins

Suicidal ideation among adolescent students has a unique etiology with the inter relationships of eating disorders, depression, adolescent drug use, delinquency usually in the high schools.

There is a great relationship among girls which are drug users and a stronger relationship with suicidal attempts among girls and boys due to lack of support system from parents, families and friends, conflicts in parent child relationship and number of family related conflicts play a role in suicidal risk among adolescent students. Feeling of loss, academic stress, hopelessness or they believe that they can no longer cope with their life situation. Then Faced with these feelings and lacking effective coping mechanisms adolescents can become beloved and uses escaping steps such as drugs, withdrawal and ultimately suicide.

NEED OF THE STUDY

Adolescents are a critical period of human development manifested at the biological psychological and social level of integration, variable onset and duration that ends childhood and start a period of maturity. Adolescent experience various changes like changes in interest, changes in

height, emotional state, sexual maturity and, behavior pattern, values and expected social rules. Most of the adolescent are ambivalent about changes while they went and demand independence, they often dread the responsibilities. A school is a place where adolescents spread almost had of the day. A school and the professionals in school influence in adolescent all around development.

The group of individuals who have regular and significant with adolescents are school teachers (Hamricl et.al. 1999). Given the rates of suicide and suicidal behavior among Youth, it is likely that teachers of youth will be confronted with suicidal students at some points during their teaching carrier (Davidson & Range, 1997; Pagliaro, 1995). Some teachers may have either daily or nearly correct with the students in the classroom and can observe any changes in the behavior of their students, teachers are in good position to potentially identify a risk for suicide. Identifying an adolescent at risk for suicide requires having knowledge a risk for suicide particularly regards to those factors that place certain adolescents at greater risk for suicide than other adolescents, being aware of the risk factors for adolescents suicide can enhance the ability of school teachers to identify risk students. (King et.al.)

There is greater need to conduct a public awareness regarding symptoms of suicidal behavior. If the psychiatric disorders are detected in the early stage, then suicidal ideas can be managed to a great extent. Stress becomes a major risk factor for suicide and the people under stressful living condition may use suicide attempts as the coping mechanisms or to escaping from living for dealing with the problems of life. There is a basic need to aware people about stress management and cope effectively with frustrating events in life.

The school awareness program me goal is to resolving family problems need to be given high priority as the interpersonal problems within the family are the potential

determinant of both, the suicide and attempted suicide.

A teacher in the school has great role in an adolescent life in becoming successful in his or her life so, the Researcher felt need to assess the knowledge and attitude of teachers regarding suicidal ideation among adolescents

REVIEW OF LITERATURE

ERUM NADEEM. SHERYE H KATAOKAE (2016) conducted a study to see the role of teachers in school-based suicide prevention program in Asiani. Almost 900 schools were taken. Sample are taken on the based of level of youth suicide prevention programme (YSPP). 28 to 32 students were taken from each class, semi structured interview and focus group interview are used, also interview conducted individually by telephones. Results shows that school staff such as teachers are frontline in detecting students who are at risk for suicide and hopelessness.

JULIA M. HOLLINGER (2016) A study was conducted to assess attitude and perception of suicide and seeking behavior among Adolescents. Survey was conducted, total 208 students were taken from York suburban middle school, Pennsylvania. Structured questionnaire method and 5 print Likert scale were used to measure attitude towards suicide. Descriptive statistics and ANOVA test were used to assess gender differences. Results indicate that (54%) participants respond they would feel ashamed if any family member commit suicide. (39%) also strongly disagree if they are suffering from incurable disease and commit suicide. (49.5%) are disagree that suicide prevention are not things that should be discuss at school.

HILDA N SHILUBANEETALL (2015) conducted a study to assess the teachers knowledge and view and training needs for prevention of school suicide. 50 high schools teachers were taken (27 were females and 23 were males). Five focus group discussion and in-depth interview method used, which results revealed that

teachers having both of knowledge about warning signs of suicidal behavior.

ERBACHER, SINGER AND POLAND (2015) A study was conducted for assessing the effectiveness of school based suicide program, from suburban middle school. Pennsylvania, which may be improve through better understanding of adolescents. The present study explored the attitude and perceptions about suicide. Variables that were examined included attitude towards help seeking for suicidal thoughts and behavior. Results showed that, majority of participate believe that suicide can be prevented with proper intervention. The results confirm that, school needs to focus no identification of warning signs and focus on suicide prevention education programme. Moreover, results emphasize the need to implement school-based suicide prevention education programs much earlier than which is considered typical.

K.G. GRACCHERO VEDANA, M.A. SANTOS, (2015) conducted a quantitative study to assess the attitude towards suicidal behavior and associative risk factor among nursing experts and their assistants. Total 173 nursing staff gathers under the age of 18 years and they are worked in emergency. Brazil Data were collected in 2015, using a self-administered socio-demographic questionnaire. They used non-parametric test for data analysis. Results indicate that nursing professionals were (72.5%) changes of suicidal ideation and nursing professional assistant have (80.8%) risk of suicidal attempts.

ROBERTO JERONEMODOS SANTOS (2014) conducted a cross - sectional study, to identify the prevalent factors associated with suicidal thoughts among adolescents from 18 to 19 ages at Public High School in the rate of Sergipe, Brazil. The instrument used for conducted the research project considering three models with (a) adolescents had considering suicide (b) adolescents had plan suicide. (c) adolescent have attempted suicide. Total 19 schools across the region observed through survey, and collect the sample total no. of 13573

students. The sample survey was performed through the cluster sampling in 2-stage procedure. Overall 2457 questionnaire were applied, which results that there is prevalence (14%) for suicidal ideation, (9.5%) for suicide planning and (5.9%) for suicide attempts and factors that are associated with these behavior, identifying females, highlighting the adolescents, which involved in fight, and drug abuser are more prone to suicidal ideation and attempts.

SINGH R.N. PATHAK (2013) conducted a study to assertion the effective of Big five factors on suicidal ideation among adolescents. Study was constituted from 315 colleges adolescents enrolled in Jaunpur, district in U.P, aging between 14 to 19 years. There were 150 males and 165 females members who were participated from urban and rural area. Big five personality scale was administered on the participants to assess their personality in term of extraversion, neuroticism, agreeableness, upon to experience and conscientiousness. T-S suicidal ideation scale (SIS) was administered on the respondents to ascertain the suicidal tendency among them. Results revealed that (9.14%) of participants seriously organize suicide in last year. (6.2%) planned for suicide (0.82%) attempted suicide factors, extraversion (6.0%), neuroticism (9.32%) agreeableness (5.64%), conscientiousness (7.5%) are appeared to indulge in suicidal ideation. This suggest that the adolescent group is at high risk for suicidal behavior.

CATHERINE R. GLERN, EVAN M. KLEIMAN (2012) a study was conducted among adolescents towards suicidal ideation to predict changes during mental treatment. Total 27% adolescents, aged (13-19) years were collected who are admitted for short term treatment program. Study protocols were administered by research participants during the time of hospital admission and discharge. All study measures included Mini Institutional Neuropsychiatric Interview, SITBI, and SBI. Suicidal Behavior was examined with t-test. Results showed that (a) (0.20%) days of suicidal ideation, in last

month, (b) (0.22%) days of suicidal ideation, in last week (c) (0.14%) severity of suicide in past week. (33%) Adolescents who are attempt suicide (0.33%) and who are thought about suicide (0.40%).

ARYA SANDEEP (2009) conducted a descriptive study to assess the knowledge and attitude among secondary adolescents in Alwar, Rajasthan. Data collected by researchers from Hindi medium school and one English medium school. A total 100 schools were selected and with lottery method, simple random sampling technique was used. Questionnaire method and five-point likert scale used to assess the knowledge and attitude towards suicide. Through descriptive and inferential statistics data were analyzed. Results revealed that knowledge score among adolescents towards suicide was (10.2%) and attitude score among adolescents towards suicide was (25.9%).

KARL PELZER AND SUPA PENGPID (2008) A study was conducted to see the prevalent factors and identify association between indicators of suicidal ideation and psychiatric distress. Health survey was conducted to assess the suicidal ideation prevalence rate and their associative risk factors among adolescents. The study involved the secondary of age 13 to 15 years of Thailand Global School of sampling, schools were selected by probability sampling technique. In second stage, randomly classes were selected from selected schools to participate in research project. A total 27, 67 students participate in Thailand school. The GSHS 10 question were made about causes of morbidity and mortality in younger and adults and other drugs abusers, lack of attachment, mental health. Students' response record on a computer scan table answer sheet when they completed the question. STATA software version was used for data analysis. Result show that in last 12 months, (8.8%) prevalence of suicidal ideation, (37.3%) reported about lack of guardian and lack of attachment with parents. (9.5%) in tobacco

used, (14.8%) in alcohol used, (58.3%) in lack of social support.

ANDRENA C. DUNLAVY (2006) conducted a study in assess about suicidal ideation among school-attending adolescents in Dar es Salaam, Tanzania. Data were collected in (2006) and collect through two stage cluster sampling, in which students were free to accept or declines participate. First, school were selected with probability sampling technique.

Several school randomly selected classes students are eligible to participate. Total 2.17% students collected of age group from 11-16 years. The school response at was (100%) in data analysis groups were compared using x² for categorical variables and “ANOVA” for continuous variables s.7% are thought about suicide. (6.3%) were planned to carry out an attempt. (50%) of those are reported suicidal ideation more common in females.

ANGEL GEORGE (2005) A study was conducted to check the influence of psychosocial behavior and suicidal ideation among adolescents. A correlation study design and a stratified random sampling was used to represent each group or gender. Total 50 learners gather from twelve schools in the Northern Cape. Biographical questionnaire, self-esteem scale. Hope scale suicidal ideation questionnaire for adolescents are used in this study. In additions, the results shows that negative life experience score was usually higher. The findings could be influenced by factors such as socio-economic, high crime rates. The relationship between suicidal ideation and hope was not found to be statistically significant in this study. The prevalence of sai ideation appears to increasing with age. 15-24 years of age identified as second highest rate of suicide.

NANDAGANVEERESH S (2012) conducted a study to assess the effectiveness of structural teaching programme about the prevention of suicidal thoughts among adolescents of pre-university college of Tumkur, Karnataka. Study was evaluated

with pre experimental one group pre-test, post-design. Non-probability convenient sampling technique is used for the study, and 60 students collected who are studying at University College at Karnataka. Semi structured knowledge questionnaire was used to assess the knowledge which consisted of 8 items on information and 40 structure knowledge score was (19.3%) and post-test score was (30.1%). The investigator results that the structure teaching programme in present study was effective in providing knowledge regarding prevention of suicidal behavior among adolescents, and prevention programme should be applied to the “at risk” population prior to a suicide attempt.

METHODOLOGY

RESEARCH APPROACH: A Quantitative research approach was used to accomplish the objective of the study to assess the knowledge and attitude of the teachers regarding indicators of suicidal ideation among adolescent students in selected senior secondary schools, Rajpura, Punjab.

RESEARCH DESIGN: A Non-experimental descriptive research design was used to assess the knowledge and attitude of the teachers regarding indicators of suicidal ideation among adolescent students in selected senior schools, Rajpura, Punjab.

RESEARCH SETTING: The Study was conducted in Patel public school, NTC public school, kavya kumara senior secondary school, Rajpura, Punjab.

TARGET POPULATION: The target population of the study consists of the teachers of selected senior secondary school, Rajpura, Punjab.

ACCESSIBLE SAMPLE: The size sample consist of 40 teachers of selected senior secondary schools, Rajpura, Punjab.

SAMPLING TECHNIQUE: Non-Probability purposive sampling technique was used to draw the sample from the population.

TOOLS OF DATA COLLECTION:

A Self structured knowledge Questionnaire and 5 point Likert scale were used to assess the knowledge and attitude of the teachers regarding indicators of suicidal ideation among adolescent students in selected senior schools, Rajpura, Punjab.

CRITERIA FOR SAMPLE SELECTION INCLUSION CRITERIA:

1. Teachers who were willing to participate in research.
2. Teachers who were present on the day of data collection.
3. Teachers who were teaching to +1 and +2 classes of all the streams.

EXCLUSION CRITERIA:

1. Teachers who were not available at the time of data collection.

DESCRIPTION OF TOOL: Tool for data collection is divided into 3 sections –

- PART-A: Socio demographical data
- PART-B: Self structured knowledge questionnaire regarding suicidal ideation.
- PART-C: Five point likert scale to assess the attitude regarding suicidal ideation.

(a) Socio-demographical: The part consist of 7 items to collect socio-demographic information such as Age, gender, qualification, marital status, speciality of teachers, source of information, and have you ever attended awareness program related to prevention of suicide.

(b) Self Structured knowledge questionnaire: To assess the knowledge of the teachers regarding indicators of suicidal ideation among adolescents.

This part consists of 20 questions for obtaining information about definition, epidemiology, risk factor, warning sign, and prevention regarding suicide.

(c) Five point Likert scale: This Part consists of total 21 items, in which 15 were positive items and 6 were negative item. The attitude scoring for positive items were 5,4,3,2,1. The attitude scoring for negative items were 1,2,3,4,5.

Knowledge criteria measure:

LEVEL OF KNOWLEDGE	PERCENTAGE	SCORES
EXCELLENT	80%	15-20
GOOD	75%	10-15
AVERAGE	50%	5-10
BELOW AVERAGE	25%	<5

Attitude criteria measure:

LEVEL OF ATTITUDE	PERCENTAGE
POSITIVE	≥63
NEGATIVE	<63

CONTENT VALIDITY OF TOOL:

The tool was given to 11 experts from department of nursing, Children school of health sciences in the field of mortal health nursing, child health nursing, medical surgical nursing, midwifery and obstetrical among, community health nursing. Necessary alternation was done by keeping in mind the suggestions received from the experts.

ETHICAL CONSIDERATION:

The permission to conduct research project was take from the principal of department of nursing, Chitkara school of health sciences, Rajpura, Punjab. After that permission was obtained from the principal of Patel public school, NTC senior secondary school, Kanya senior secondary school, Rajpura, Punjab. Confidentiality and anonymity of information given were maintained.

DATA COLLECTION PROCEDURE:

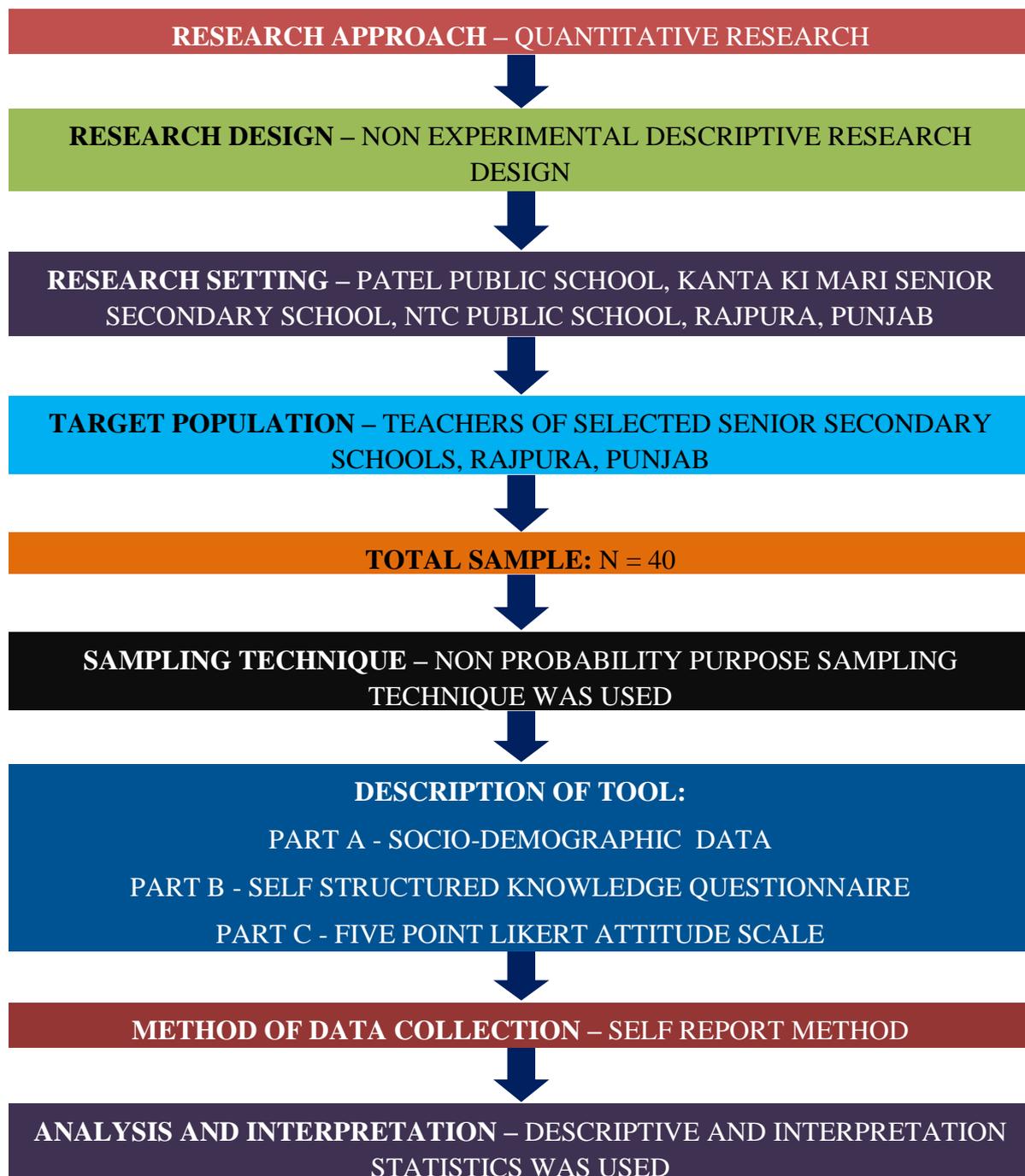
Permission: A Formal written permission was obtained from higher authority of the schools of Rajpura, Punjab i.e Patel public school, NTC, senior secondary school, Kanya senior secondary school, Rajpura, Punjab. They were situated in different areas of Rajpura, prior to data collection the purposes and objective of study was explained to the principals of all schools.

Procedure: Procedure of data collection was carried out during the month of April, from 23rd April to 28th April 2018. The sample

consisted of 40 teachers who are teaching to +1 and +2 students of all streams. The investigator first introduce herself to respondents and explained the purpose of gathering information. And tell them that it is only used for research purpose and confidentiality will be maintained. Dam was collected in 3 days from three schools to prevent contamination of tool.

PLAN FOR DATA ANALYSIS: Data was analyzed according to the objectives in this study. The researchers were used descriptive and inferential statistical such as calculating percentage, standard deviation, chi-square, to identify the association of knowledge and attitude with socio-demographical variables. Bar graphs used to depict the findings.

METHODOLOGY FLOW CHART



SECTION: AN ANALYSIS AND INTERPRETATION OF DATA

Table 1. Frequency and distribution of demographical variables. N=40

SECTION-1 SOCIO DEMOGRAPHIC PROFORMA		Percentage (%)	Frequency(f)
Age (in years)	21-30 Years	13%	5
	31-40 Years	20%	8
	41-50 Years	48%	19
	51-60 Years	20%	8
Gender	Male	20%	8
	Female	80%	32
Qualification	Graduation	8%	3
	Post graduation	93%	37
Marital Status	Married	93%	37
	Unmarried	5%	2
	Widow/widower	3%	1
	Divorced	0%	0
Specialty of Teacher	COMMERCE	18%	7
	COMPUTER	10%	4
	HUMANITIES	13%	5
	PUNJABI	28%	11
	MATHS	5%	2
Source of information regarding suicidal ideation?	SCIENCE	28%	11
	Mass Media	38%	15
	Newspaper/Radio/T.V.	43%	17
	Family Friends	13%	5
	Health Professionals	0%	0
Have you ever attended awareness program related prevention of suicide?	Any other	3%	1
	Don't know	5%	2
Have you ever attended awareness program related prevention of suicide?	Yes	15%	6
	No	85%	34

Table 1: Reveals the majority out of 40 teachers, 19(48%) belongs to age group 40-50 years followed by 8(20%) in age group 51-60 years, 8(20%) in 31-40 years and 5(13%) in 21-30 years. As regard to gender 32(80%) were females as compared to makes 8(20%). In Qualification 3(8%) were graduated followed by 37(93%) were post graduation. In marital status 37(93%) are married followed by 2(5%) are unmarried followed by 1(3%) are widow/widower. Followed by 0% are divorced.

Is specialty of teachers 11(28%) belong to science followed by 11(28%) belong to Punjabi, 7(18%) belong to commerce, 5(13%) belong to humanities, 4(10%) belong to computers. 2(5%) belongs to

mathematics Source of information regarding suicidal ideation from newspaper/radio/TV 17(45%) followed by mass media 15(38%), family friends 5(13%), and 2(5%) don't know, 1(3%) from any other. Out of 40 teachers 34(85%) not attended any awareness program regarding prevention of suicide, and 6(15%) were attended awareness program regarding prevention of suicide.

SECTION: B

OBJECTIVE: 1 To assess the knowledge and attitude of the teachers regarding indicators of suicidal ideation among adolescents students.

Table no.2: Temperature and percentage distribution of the teachers regarding indicators of suicidal ideation according to the level of knowledge. N=40

Level of knowledge	Score	Percentage	Frequency
EXCELLENT	(15-20)	0.0	0
GOOD	(10-15)	57.5	23
AVERAGES	(5-9)	40.0	16
BELOW AVERAGE	(0-4)	2.5	1

MAXIMUM KNOWLEDGE SCORE: 20

MINIMUM KNOWLEDGE SCORE: 0

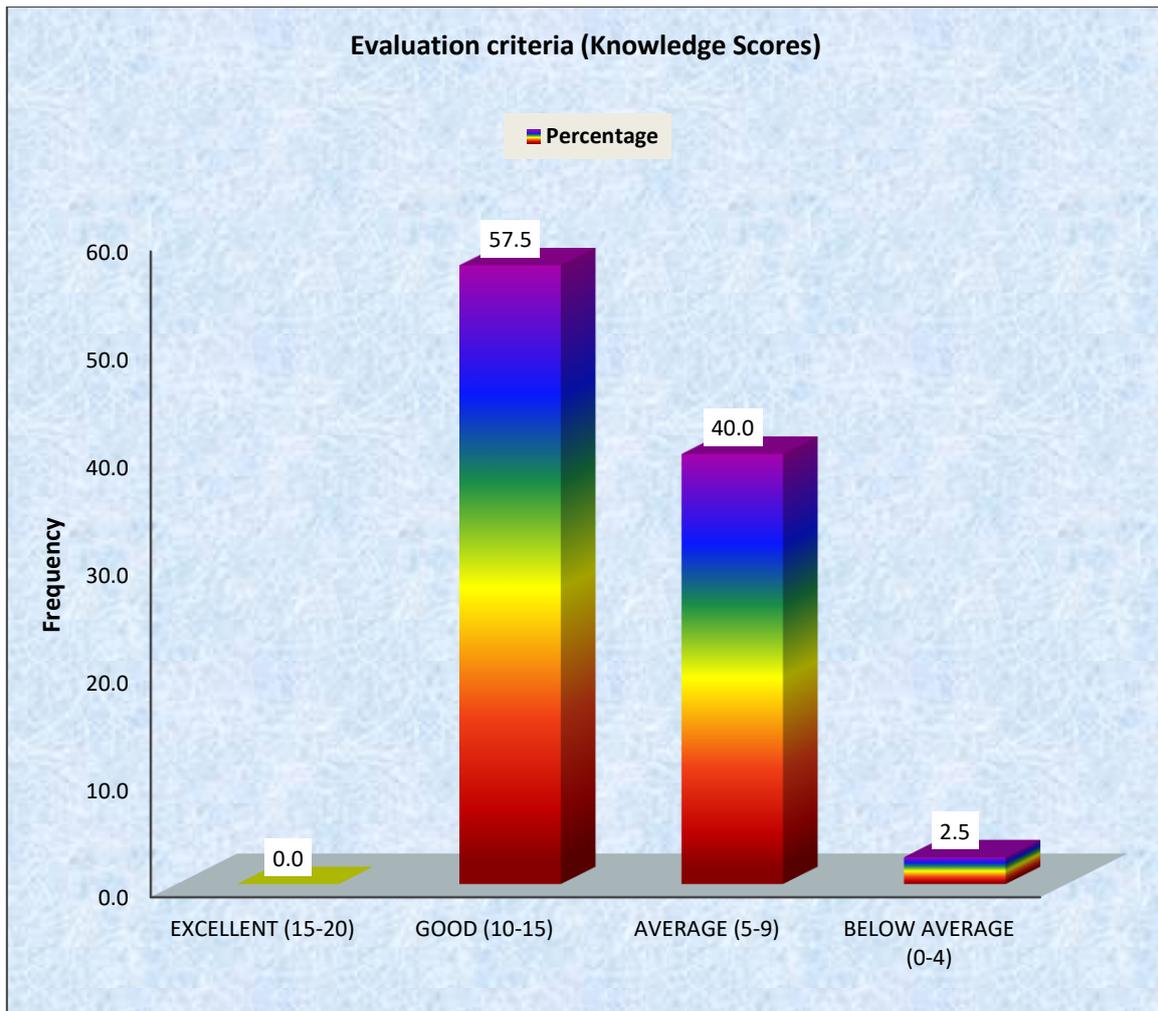


Figure-1 Bar graph showing frequency and percentage distribution of level of knowledge scores of teachers regarding suicidal ideation among adolescent students.

Table 2 (figure 1) reveals that majority 23(57.5%) have good knowledge, 16(40%) have average knowledge, 1(2.5%) have poor knowledge regarding suicidal ideation no one have excellent knowledge.

SECTION: C

OBJECTIVE: 2 To assess the attitude of the teachers regarding indicators of suicidal ideation among adolescents students.

Table No.2: Frequency and percentage distribution of the teachers regarding indicators of suicidal ideation according to the level of attitude. N=40

Level of attitude	Score	Percentage	Frequency
POSITIVE	63-105	97.5	39
NEGATIVE	0-62	2.5	1

Maximum attitude score=105
Minimum attitude score=21

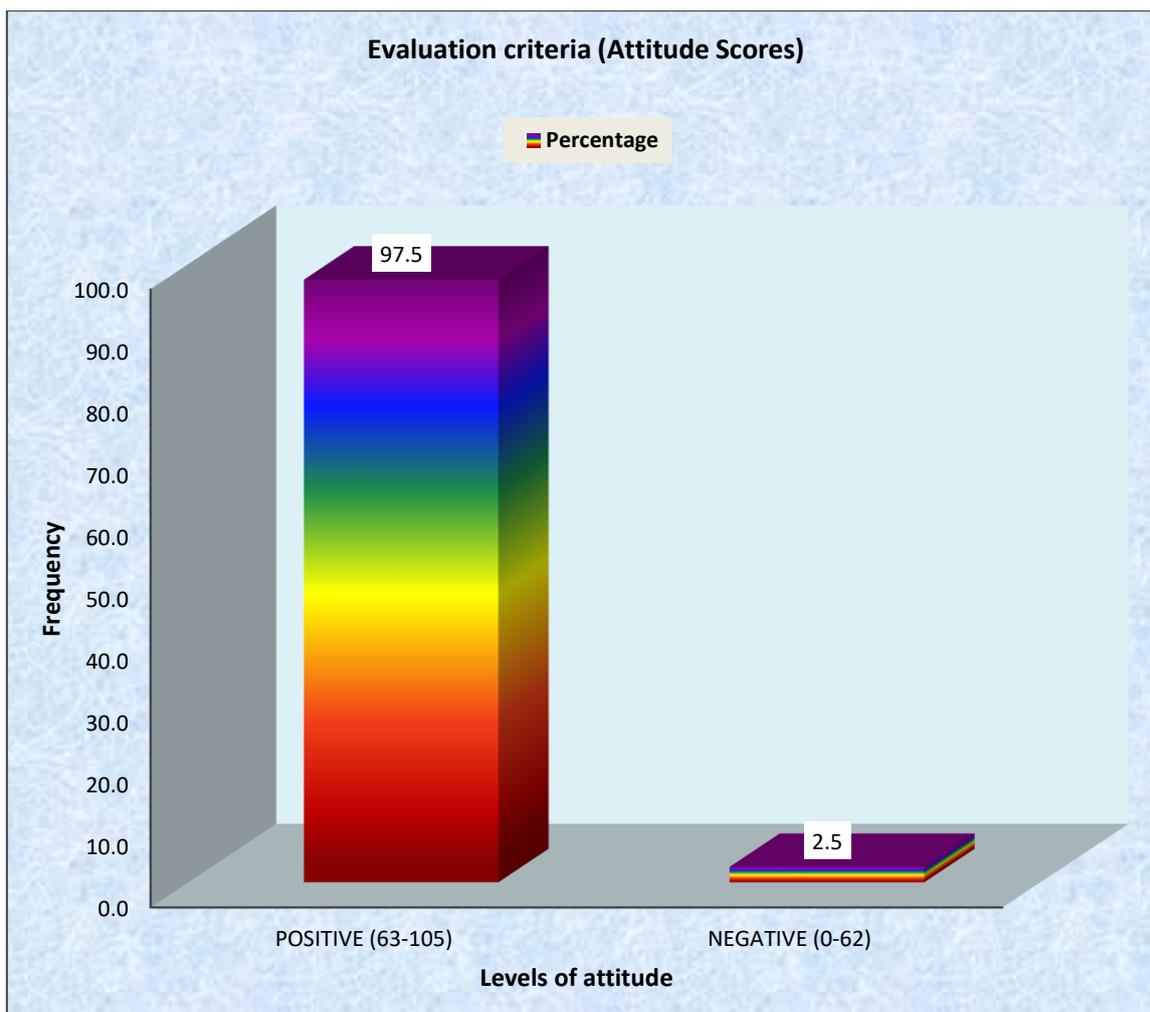


Figure 2 Bar graph showing frequency and percentage distribution of level of attitude of teachers regarding suicidal ideation among adolescent students.

Table no.3 and figure (2) shows that highest percentage of the teachers 39(97.5%) had positive attitude and 1(2.5%) had negative attitude regarding indicators of suicidal ideation. Hence it approves that most of the teachers had positive attitude.

SECTION: D

OBJECTIVE: 3 To find out the relationship between knowledge and attitude of the teachers regarding indicators of suicidal ideation among adolescents students.

Table no.4: To find out the relationship between knowledge and attitude of the teachers regarding indicators of suicidal ideation among adolescents students. N=40

Relationship between Knowledge and Attitude			Score	
	Mean	SD	R	
KNOWLEDGE	9.65	2.119	0.338*	Significant
ATTITUDE	75.05	5.857		

MAXIMUM KNOWLEDGE SCORE: 20	MAXIMUM ATTITUDE SCORE: 105
MINIMUM KNOWLEDGE SCORE: 0	MINIMUM ATTITUDE SCORE: 21

Table no.4 shows that knowledge mean score was 9.65 with student deviation 2.119, and attitude, mean score was 75.65 with standard deviation 5.857. There were

significant correlation was found between knowledge and attitude at $p < 0.05$ levels. Therefore it was concluded that teachers but the knowledge regarding indicators of

suicidal prevention, so they would have positive attitude also.

SECTION: E

OBJECTIVE 4: To determine the association between the knowledge and attitude with selected socio demographical variables.

Table No.5(a) Association of knowledge score of teachers regarding indicators of suicidal prevention with socio demographical variables. N=40

Demographic Variables		Levels(N=40)			Association with KNOWLEDGE Score				
Variable	Opts	Good	Average	Below Average	Chi Test	P Value	df	Table Value	Result
Age (in years)	21-30 Years	3	2	0	4.874	0.560	6	12.592	Not Significant
	31-40 Years	5	3	0					
	41-50 Years	10	9	0					
	51-60 Years	5	2	1					
Gender	Male	4	3	1	4.113	0.128	2	5.991	Not Significant
	Female	19	13	0					
Qualifications	Graduation	2	1	0	0.165	0.921	2	5.991	Not Significant
	Post graduation	21	15	1					
Marital Status	Married	21	15	1	0.871	0.929	4	9.484	Not Significant
	Unmarried	1	1	0					
	Widow/widower	1	0	0					
	Divorced	0	0	0					
Specialty of Teacher	COMMERCIAL	3	4	0	7.431	0.684	10	18.307	Not Significant
	COMPUTER	3	1	0					
	HUMANITIES	3	2	0					
	PUNJABI	7	3	1					
	MATHS	0	2	0					
	SCIENCE	7	4	0					
Source of information regarding suicidal ideation?	Mass Media	11	6	0	4.758	0.783	8	15.507	Not Significant
	Newspaper Radio/T.V.	8	8	1					
	Family Friends	2	3	0					
	Health Professionals	0	0	0					
	Any other	1	0	0					
	Don't know	1	1	0					
Have you even attended awareness program related prevention of suicide?	Yes	3	3	0	0.422	0.810	2	5.991	Not Significant
	No	20	13	1					

Table 5(a) shows that association between demographic variables. For determine the level of knowledge score with socio- association between knowledge and

demographic variables chi-square test was used. There is no significant association between the level of knowledge scores and with demographic variables. Age, gender, qualification, marital status, speciality of teacher, source of information regarding

suicidal ideation, have you ever attended awareness program related to prevention of suicide. The calculated chi-square values were less than the table value at the 0.05 level of significance.

Table 5(b) Association of attitude score of teachers regarding indicators of suicidal ideation with demographical variables. N=40

Demographic Variables		Levels(N=50)		Association with ATTITUDE Score				
Variable	Opts	Positive	Negative	Chi Test	P Value	df	Table Value	Result
Age (in years)	21-30 Years	5	0	1.154	0.769	3	7.815	Not Significant
	31-40 Years	8	0					
	41-50 Years	18	1					
	51-60 Years	8	0					
Gender	Male	8	0	0.256	0.613	1	3.841	Not Significant
	Female	31	1					
Qualification	Graduation	3	0	0.083	0.773	1	3.841	Not Significant
	Post graduation	36	1					
Marital Status	Married	36	1	0.083	0.959	2	5.991	Not Significant
	Unmarried	2	0					
	Widow/widower	1	0					
	Divorced	0	0					
Speciality of Teacher	COMMERCE	6	1	4.835	0.436	5	11.070	Not Significant
	COMPUTER	4	0					
	HUMANITIES	5	0					
	LANGUAGE	11	0					
	MATHS	2	0					
Source of information regarding suicidal ideation?	SCIENCE	11	0	7.179	0.127	4	9.488	Not Significant
	Mass Media	15	0					
	Newspaper	17	0					
	Radio T.V.							
	Family Friends	4	1					
	Health Professionals	0	0					
	Any other	1	0					
	Don't know	2	0					
Have you ever attended awareness program related prevention related prevention of suicide?	Yes	6	0	0.181	0.671	1	3.841	Not Significant
	No	33	1					

Table NO. 5(b) shows that the association shows that the association between the level of knowledge and attitude shows that the association between the level of attitude score and socio demographic variable. The Chi-square value shows that there is significance association between the attitude

score level and demographic variables age, gender, qualification, marital status, speciality of teacher, source of information regarding suicidal ideation, have you ever attended awareness program related to prevention of suicide. There is no significance association between the level of

score and other demographic variables. The calculated chi-square values were less than the table value at the 0.05 level of significance.

DISCUSSION

It was a study to assess the knowledge and attitude of the teachers regarding indicators of suicidal ideation among adolescents of selected senior secondary school, Rajpura, Punjab.

The discussion is done under the following headings depend upon the objectives of the study.

- **Objective 1:** To assess the knowledge of the teachers regarding indicators of suicidal ideation among adolescent students-Knowledge of the teacher regarding suicidal prevention score is 2.5 which is below average. Study conducted by Sandeep Arya in 2009 in Alwar, Rajasthan which results shows that knowledge scores of adolescents towards suicide was 10.4 which is inadequate knowledge.
- **Objective 2:** To assess the attitude of the teachers regarding indicators of suicidal ideation among adolescents students – the attitude score was 97.5. Study conducted by Sandeep Arya in 2009 in Alwar, Rajasthan which results shows that the attitude score was 25.9.
- **Objective 3:** To find out the relationship between knowledge and attitude of the teachers regarding indicators of suicidal ideation among adolescents students – The relationship was 0.338 and $p = 0.032$. Study conducted by Sandeep Arya in Alwar, Rajasthan in 2009 which results shows that the relationship was ($r=0.699$, $p=<0.001$)
- **Objective 4:** To determine the association between the knowledge and attitude with selected socio demographic - there is no significant association between the level of scores and other demographical variables. Study conducted by Sandeep Arya in Alwar, Rajasthan in 2009 which results shows that there was no significant association

found between knowledge and attitude with socio demographical variables.

MAJOR FINDINGS

1. Majority out of 40 teachers, 19(48%) belongs to age group 41-50 years, they were mostly females. In their Qualification 3(8%) were graduated followed by 37(93) were post graduation. In specialty of teachers, majority belong to science and Punjabi. Source of information regarding suicidal ideation mostly from newspaper radio/T.V. Majority have not attended any awareness program regarding prevention of suicide.
2. Maximum 23(57.5%) had good knowledge, 16(40%) had average knowledge, 1(2.5%) have poor knowledge regarding suicidal ideation and no one having excellent knowledge.
3. Majority of teachers 39(97.5%) had positive attitude and 1(2.5%) had negative attitude regarding suicidal ideation.
4. The correlation between knowledge and attitude was found significant i.e. $r=0.032$ at $p>0.05$. The positive correlation was present with knowledge and attitude.
5. Therefore it was concluded that teachers had the knowledge regarding indicators of suicidal prevention, so they would have positive attitude also.
6. Majority of teachers 1(18%) of age group 41-50 years had positive attitude and 2 had negative attitude of same age.
7. Majority of teachers, females 32(80%) had positive attitude and one had negative attitude.
8. Majority of teachers, 37(93%) had positive attitude who are post graduation and one has negative attitude of same group.
9. Majority of teachers, 37(93%) had positive attitude who are married and least one has negative attitude of same group.

10. Majority of teachers, 11(28%) had positive attitude who teachers Punjabi and science.
11. Majority of teachers, 17(43%) had positive attitude who get information from newspaper/radio/t.v and least 1 has negative attitude who got information from family friends.
12. Majority of 34(85%) had positive attitude who not attended the awareness programme related to prevention of suicide.

SUMMARY

A Descriptive study research study was used to assess the level of knowledge and attitude of the teachers regarding indicators of suicidal ideation among adolescents.

The aim of the study to assess the knowledge and attitude of teachers regarding indicator of suicidal ideation among adolescents.

The objective of the study was to assess the knowledge of the teachers regarding indicators of suicidal ideation among adolescents students in selected senior secondary school, Rajpura, Punjab. To assess the attitude of the teachers regarding indicators of suicidal ideation. To find out the relationship between knowledge and attitude of the teachers. To determine the association between knowledge and attitude with selected socio demographical variables.

Assumptions of the study was knowledge regarding suicidal ideation which help them in early identification of suicidal behavior and positive attitude towards appropriate information they have regarding adolescent suicidal behavior.

This study was conducted in selected senior schools of Rajpura i.e. Patel public school, N.T.C senior secondary school, kavya senior secondary school, Rajpura, Punjab. Forty teachers were selected by non-probability purposive sampling technique which are studied to +1 and +2 students of all streams. A structured knowledge questionnaire was used to assess the knowledge regarding indicators of suicidal

ideation and five point likert scale are used to assess the attitude of teachers regarding indicator of suicidal ideation.

Data collection of the study was carried out during the month of april from 23 to 28 april, 2018. Analysis was done by using descriptive and inferential statistics.

Study shows that majority 23(57%) have good knowledge, 16(40%) have average knowledge, 1(2.5%) have poor knowledge and no one having excellent knowledge regarding suicidal ideation. On assessing the attitude majority of teachers have 39(97.5%) have positive attitude and 1(2.5%) have negative attitude regarding indicators of suicidal ideation.

In this study there was significant correlation was found between knowledge and attitude at $p < 0.05$ level.

In this study there was no significant association between the level of knowledge scores and attitude scores with other socio-demographic variables.

CONCLUSION

The present study was done to assess the knowledge and attitude of teachers regarding indicators of suicidal ideation among adolescents of selected senior secondary schools, Rajpura, Punjab. The findings above that majority 23(57.5) have good knowledge and no one have excellent knowledge.

NURSING IMPLICATIONS

The finding of the present study has several implications, which are discussed in following areas:

1. Nursing Education
2. Nursing Service
3. Nursing Administration
4. Nursing Research

NURSING EDUCATION: Nurse education should provide primary, secondary, tertiary prevention for those who are committing suicide. Nurse must play important role to educate and provide training to schoolteacher, gatekeeper and community gate keeper, to identify the

students who are at risk for suicide. Community members such as place merchants, recreation staff who are adolescents, to identify the age group who are at risk for suicide. Nurse most educates to teachers, counselors and teachers to identify the warning signs of suicide and educate about its prevention immediately who indulge the activity. Nurse must educate to community, or school – teachers adolescents group, parents about screening suicide education programme also learn the students who to seek programme or peer support programme who help to identify the high risk adolescents and provide further assessment and treatment. General suicide education programme also given to students to seek help for themselves or others and referral to mental health services.

NURSING SERVICEC: A regular health education programme should be carried out by hospital nurse, primary health nurse, school health nurses in school, college, hospitals and communities. Some services designed to teacher. The parents provide save environment to home to avoid suicide and also provides a well family support and loved to child, organize the camps to identify high risk adolescents from the community.

NURSING ADMINISTRATION: Nurse administrator should take initiatives in organizing continuing education programme for nurse for prevention of suicide. Nurse must develop a written plan of care with professional health care team, family members to focus on maintaining safely. Administrator should support in-service education programmes, help in early identification of suicidal client from other setting by providing proper education or use of tools or aids.

NURSING RESEARCH: Nursing research is used to find out the causes and pre disposing factors of suicide among adolescents. It can help in finding out better information for individuals who are at risk and at the time when they indulge in suicidal activities.

NURSING RECOMMENDATIONS

Based on the result of the study following recommendations are made such as:

- This study can be conducted on large sample to generalize the findings.
- This study can be conducted on different colleges and schools students of all streams.
- A comparative study can be conducted to assess the knowledge and attitude of the teachers regarding indication of suicide among adolescents of selected senior secondary schools of urban and rural area.
- An experimental study can be conducted to assess the knowledge and attitude of the teachers regarding indicator of suicide among adolescents of selected senior secondary schools and its prevention.

Declaration by Authors

Ethical Approval: Approved

Acknowledgement: None

Source of Funding: None

Conflict of Interest: The authors declare no conflict of interest.

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- How to cite this article: Manpreet Kaur, Manpreet Kaur, Simrandeep Kaur, Meenakshi Sharma. Knowledge and attitude of the teachers regarding indicators of suicidal ideation among adolescent students in selected senior selected schools, Rajpura, Punjab, India. *Galore International Journal of Applied Sciences & Humanities*. 2025; 9(2): 92-107. DOI: <https://doi.org/10.52403/gijash.20250213>
