

## DEPRESSION, EMOTIONAL MATURITY AND SUICIDAL IDEATION AMONG YOUTHS

Vatan P. Bhosale

Lecturer,  
Deptt. of Psychology,  
Smt. G. K. G. Kanya Mahavidyalaya,  
Jaysingpur, Dist. Kolhapur (MS)

Vikas S. Minchekar

Associate Prof.,  
Dept. of Clinical Psychology,  
Smt. Kasturbai Walchand College,  
Sangli (MS)

Received : 22/03/2017

1st BPR : 26/03/2017

2nd BPR : 01/04/2017

Accepted : 07/04/2017

### ABSTRACT

The main purpose of this to find out the relationship between Depression, Emotional Maturity and Suicidal Ideation among Youths. It is hypothesized that, (i) There will be no significant difference between urban and rural youth and male and female among depression, emotional maturity and suicidal ideation, (ii) Depression, emotional maturity and suicidal ideation will be significantly correlated with each other (iii) Suicidal Ideation will significantly predict on the basis of Depression and Emotional Maturity. The Sample (n = 100) for this study consisted urban and rural youth from Sangli and Kolhapur districts by using accidental sampling method. Data was collected through Depression Scale, Emotional Maturity Scale and Suicidal Ideation Scale. Presented data analyzed by students 't' test, Pearson Product Moment Correlation (r) and Multiple regression analysis. Results found that, there is no significant difference between urban and rural youth and male and female among depression, emotional maturity and suicidal ideation. Depression, Emotional Maturity and Suicidal Ideation significantly correlated to each other and suicidal ideation significantly predicted on the basis of depression and emotional maturity.

**Key Words** : Depression, Emotional Maturity, Suicidal Ideation and Urban and Rural Youth

### INTRODUCTION

The word of depression is coming from Latin language. Meaning of depression is "pressed down". Many of common words are used for describe the feelings if depression like unhappy, disconnected, despondent, disappointment, dejected, joyless and to underline the opposing of good feelings of happiness. According to William James depression is "positive and active suffering whole unknown the healthy life.

Depression is defended as a "whole body illness, involving body, mood, and thoughts. If affects on the way you eat and sleep, the way you feel about yourself, and the way you think about things".

According to World Health Organization (WHO) "Depression is a common mental disorder associated with depressed mood, loss of interest or pleasure, feelings of guilt or low self-esteem, disturbed sleep or appetite, low energy and poor concentration."

Emotions are sound of own soul and maturity means a completed natural growth. In person's emotions basically involves "physiological arousal, expressive behavior and conscious experience". When a person called emotional mature then he is able to express his own emotions in a proper situation with control such that he express his emotions in a social desirable way.

Emotional Maturity means a level of understanding of every person. The most makeable of

emotional maturity according to Coleman (1944) "Emotional Maturity is the ability to bear tension." Allport (1961) defined emotional maturity is the ability to integrate multiple emotional perspectives to from flexible and differentiated representations of oneself, others and situations.

Suicidal ideation plays an important role in human health. Last few years suicide consists one of the leading causes of death in around the world. In recent days, suicidal behavior is represents one of the most problems among adolescents as well as youth. National Crime Records Bureau (2003) stated that, around 34.4% suicide victims were youths in the age group of 15-29 years.

Suicide rates in India have shown a step by step mounting trend. The rate in 2005 was 10.3 per lakh. The remarkable stand point of Indian data is the large variation in different parts of India in relation to endeavored or committed tried for suicide. The states and cities with rapid social change are associated and with higher suicide rates, such as the states of Kerala and Tripura, and cities like Pondicherry and Bangalore. The number of suicides in country during the last ten years (1995-2005) has recorded an increase of 27.7 percent. The population has increased by 20.4 percent during the last ten years. National Crime Records Bureau (2006) stated that, the 35.3% of suicide victims were the youths.

According to O'Carroll et al. (1996) "Suicidal ideation is defined as self reported wishes, thoughts, or wishes to kill one's own life." Cole, Protinsky & Cross (1992) stated that, "suicide is the completed proves of continuum that begins with suicidal ideation, followed by an attempt of suicide, and finally completed suicide." Cole et al. (1992) Harter Marold & Whitesell (1992) defined as "suicidal ideation is a preoccupation with instructive thoughts of ending one's own life.

## REVIEW OF LITURATURE :

Samina Bano et al. (2013) studied that attachment styles, depression and emotional stability in relation to marital satisfaction among couples. The aim of present study was to find out whether the contribution of attachment styles, depression and emotional stability and also the differences on these constructs exist among husbands and wives in marital satisfaction. Results shown that, all the participants except depression were not playing a significant role in the marital satisfaction among husbands and wives. There are no significant difference among all the factors between husbands and wives. Depression is the only significant contribution in marital satisfaction among couples. Other two factors, attachment styles and emotional stability were not found to be contributing significantly in marital satisfaction.

Jinhui Joo et al. (2016) assessed the study of Death Ideation and Suicidal Ideation in a community sample who do not meet criteria of Major Depression. The aim of the present research was characterize persons who did not meet criteria for depression illness but endorsed death ideation or suicidal ideation over the course of a 10 year follow-up. Total 753 subjects included in this research. Major finding of this research was thoughts of death are associated with distress even in persons who do not have depressive illness. This group of persons may have subclinical depressive symptoms that will not be detected by depression screening.

Ciarrochi J. et al. (2002) examined emotional intelligence moderates the relationship between stress and mental health. Researcher hypothesized that, emotional intelligence would make a unique contribution to understanding the relationship between stress and three important mental health variables depression, hopelessness and suicidal ideation. Result show that, greater reported depression, hopelessness and suicidal ideation among people high in emotional perception compared to others; grater suicidal ideation among those low in managing others' emotions. Both emotional perception and managing others' emotions were show to be statistically different from other relevant measures, suggesting that emotional intelligence is a distinctive construct as well as being important in

understanding the link between stress and mental health.

#### JUSTIFICATION OF THE STUDY :

Suicide is the burning issue of 21<sup>st</sup> century and it exists in all age groups. In the recent days suicidal behavior in adolescent is growing speedily. Prominent suicide is the ranking in first ten causes of death among school students. In recent days every youth face the many problems related to psychological needs and emotional development etc. It is seen that comparing to previous era today's students are emotionally weak and they became suddenly upset; they don't have control their emotions. Emotional maturity is not only one reason of attempting suicide but depression also the strong reason of attempting suicide by the today's youth. In recent era everyone face the many problems on their own life and them suffering from depressed mood. So, research think about how the depression and emotional maturity are contributing in suicidal ideation. In Indian context very few researches has been conducted to find out the relation between depression, emotional maturity and suicide among youths. Keeping this fact in mind researcher thinking about all of this and decided the research about the finding the relationship between suicidal ideation, depression, emotional maturity in youths.

#### DESIGN OF THE STUDY :

The correlation approach is employed for the present investigation. The Suicidal Ideation is criterion variable while Depression and Emotional Maturity are predictor variables. The present study is carried out to find out the possibility of prediction of Suicidal Ideation on the basis of Depression and Emotional Maturity.

#### AIM OF THE STUDY :

The aim of the present study is to find out the correlation between depression, emotional maturity and suicidal ideation among youths.

#### OBJECTIVES OF THE STUDY :

The objectives of the present research study as under :

1. To find out the difference between urban and rural youths about depression, emotional maturity and suicidal ideation.
2. To assess the difference between male and female youths about depression, emotional maturity and suicidal ideation.
3. To investigate the relationship between depression, emotional maturity and suicidal ideation.
4. To predict suicidal ideation on the basis of depression and emotional maturity.

#### HYPOTHESES OF THE STUDY :

According to about objectives researcher framed the following hypothesis -

1. There will be no significant difference between urban and rural youths about depression, emotional maturity and suicidal ideation.
2. There will be no significant difference between male and female youths about depression, emotional maturity and suicidal ideation.
3. Depression, emotional maturity and suicidal ideation will be significantly correlated to each other.
4. Suicidal ideation will be significantly predicted on the basis of depression and emotional maturity.

#### METHODOLOGY :

##### Sample:

The total 100 youths (50 male and 50 female) selected from Sangli and Kolhapur districts by using accidental sampling method.

## TOOLS :

### 1. T-S DEPRESSION SCALE (2010) :

This scale is constructed by G. P. Thakur and R. N. Singh. This scale consisted of 60 items. These items are divided into 7 dimensions viz., Apathy, Sleep disturbance, Pessimism, Physical exhaustion, Indecisiveness, Dejection and Social withdrawal. This is a five point scale i.e. always, often, generally, sometimes and never. The scale consisted of positive items (43) and negative items (17). The positive items are to be from on 4,3,2,1 and 0 and negative items to be scored in reversed order (0 to 4). The test-retest reliability coefficient value was 0.87 and split half coefficient value found 0.84. The validity of this scale was quite high.

### 2. EMOTIONAL MATURITY SCALE (1998) :

The scale constructed by Yashvir Singh and Mahesh Bhargava. The scale consists of 48 multiple choice items, like five point scale with response options ranging from very much to never. These 48 items divided under 5 areas i.e. (a) emotional stability, (b) emotional progression, (c) social adjustment, (d) personality integration and (e) independence. High score on scale denote higher emotional maturity while low score shows lower emotional maturity. Maximum score obtains by this scale is 240 and minimum 48. The reliability coefficient value of this test is by test-retest method 0.75 and validity coefficient value of this test is 0.64.

### 3. SUICIDAL IDEATION SCALE (SIS-SDBV (2011)) :

This scale developed by Devendra Singh Sisodia and Vibhuti Bhatnagar. In this scale there are 25 items in Hindi language. There are two different types of items i.e. positive items and negative items (positive items = 21 and negative items = 04). This scale internal consistency reliability coefficient value was 0.81 and Test-retest reliability coefficient value was 0.78. The scale was validated against the external criteria and coefficient value was 0.74. This scale useful of experimental, clinical and counseling proposes. The scale of suicidal ideation is useful for group as well as individual testing. This scale is useful to all the age groups.

## PROCEDURE OF DATA COLLECTION :

Before applying the psychological tools on participants the researcher has been conducted a various steps of procedure.

Researcher collected the list of various colleges located at Sangli and Kolhapur district. Selected the colleges from urban and rural area. For administering the psychological scale first permission of the principals of the colleges was sought. After completion of these formalities the selected subjects were collected in a class room where 25 to 30 subjects could sit comfortably.

Then through in formal talk with them and established the rapport. After that, first copies of depression scale were distributed among participated. The subjects were given standard instructions laid by scale and then they were asked to fill up the information of their name, age, class, gender, religion, family income, area of residence etc. on the first page of Depression Scale. After completing the 'Depression Scale' short rest of five minutes break was given the subjects.

After it, subjects were asked to start respond to Emotional maturity scale. After completion of this scale subjects were given five minutes rest. Same procedure adopted for suicidal ideation scale for collecting data from different groups of subjects.

## VARIABLES OF THE STUDY :

<i>Criterion Variable</i>	-	Suicidal Ideation
<i>Predictor Variables</i>	-	Depression and Emotional Maturity

RESULTS AND INTERPRETATION :

**Table 01**

shows the difference between urban and rural youth about  
Depression, Emotional Maturity and Suicidal Ideation

Variable	Group	Mean	SD	df	't' value	Signi.
Depression	Urban	67.04	21.03	98	1.16	N.S.
	Rural	62.00	22.48			
Emotional Maturity	Urban	108.88	27.31	98	0.66	N.S.
	Rural	105.50	23.75			
Suicidal Ideation	Urban	52.70	11.53	98	0.81	N.S.
	Rural	54.66	12.62			

Table 1 shows that the difference between urban and rural youth about depression, emotional maturity and suicidal ideation. About depression mean value of urban youth 67.04 with SD 21.03 and mean value of rural youth 62.00 with SD 22.48. The obtained value of 't' is 1.16 which is not significant even 0.05 significant level. About emotional maturity the mean value of urban youth 108.88 with SD 27.31 and mean value of rural youth 105.50 with SD 23.75. The obtained 't' value is 0.66 which is not significant on both significant level. Suicidal Ideation's mean value of urban youth is 52.70 with SD 11.53 and mean value of rural youth 54.66 with SD 12.62. The obtained 't' value is 0.81 which is also not significant on both significant level. That means hypothesis no. 1 was accepted. The previous research conducted by Surpreet Kaur and Meenu (2013) conduct a study and they stated that, there exists no significant difference between rural and urban secondary students on the variable of depression. They also stated that, depression causes the loss of interest and poor concentration in studies which further may affect their achievement motivation in urban and rural adolescents.

**Table 02**

shows the difference between male and female youth about Depression,  
Emotional Maturity and Suicidal Ideation

Variable	Group	Mean	SD	df	't' value	Signi.
Depression	Male	62.70	22.90	98	1.70	N.S.
	Female	70.08	20.42			
Emotional Maturity	Male	106.94	22.97	98	0.52	N.S.
	Female	103.96	22.52			
Suicidal Ideation	Male	50.18	10.56	98	3.12	0.01
	Female	56.36	9.18			

Table 2 shows that the difference between male and female youth about depression, emotional maturity and suicidal ideation. About depression mean value of male youth 62.70 with SD 22.90 and mean value of female youth 70.08 with SD 20.42. The obtained value of 't' is 1.70 which is not significant even 0.05 significant level. About emotional maturity the mean value of male youth 106.94 with SD 22.97 and mean value of female youth 103.96 with SD 22.52. The obtained 't' value is 0.52 which is not significant on both significant level. Suicidal Ideation's mean value of male youth is 50.18 with SD 10.56 and mean value of female youth 56.36 with SD 9.18. The obtained 't' value is 3.12 which is significant on 0.01 significant level. That means hypothesis no. 2 was partially accepted. The previous research conducted by . Surpreet Kaur and Meenu (2013) conduct a study and they stated that, there exists no significant gender difference on the variable of depression among secondary students. Another research

conducted by Dharamvir, D. B. Tali and Anubha Goel (2011) also stated that, there is no significant difference in anxiety & emotional maturity among adolescent's girls and boys studying from co-educational and uni-educational schools.

**Table 03**

Shows the relationship between Depression, Emotional Maturity and Suicidal Ideation among youth

Variable	Depression	Emotional Maturity	Suicidal Ideation
Depression	1	-0.581**	0.512**
Emotional Maturity		1	-0.187*
Suicidal Ideation			1

\*\* = 0.01, \* = 0.05

Table 3 shows the relationship between depression, emotional maturity and suicidal ideation among youth. This is significant and negative correlation between depression and emotional maturity ( $r = -0.581, p < 0.01$ ). It is also significant and positive correlation between depression and suicidal ideation ( $r = 0.512, p < 0.01$ ) and It is also indicate that significant and negative correlation between emotional maturity and suicidal ideation ( $r = -0.187, p < 0.05$ ). The hypothesis no. 3 was accepted. The previous research conducted by Rohtash Sing and Hardeep Lal Joshi (2008) found that the suicidal ideation was positively associated with depression, stressful life event and two dimensions of personality i.e. extraversion and psychoticism. Moreover, these findings appear too consistent with Robert F Valois et al., (2015) and Neelam (2015). Another research conducted by Nasir Mohammad Bhat (2014) found that emotional stability and depression in Orphan Secondary School Students. It indicates that lower side of emotional stability and higher levels of depression are associated with each other.

**Table 04**

Shows the stepwise multiple regression analysis results suicidal ideation is criterion variable and depression and emotional maturity are predictor variables

Sr. No.	Predictors	Adjusted R Square	df	F	Standardized Coefficients Beta	Sign.
1.	Depression	0.254	1, 99	34.753	0.512	0.000
2.	Emotional Maturity	0.25	2,98	3.549	0.187	0.063

Table 4 shows the depression and emotional maturity are predictors of suicidal ideation. When the first variable 'Depression' was entered the obtained adjusted  $R^2 = 0.254$ , 'Emotional Maturity' was entered the obtained adjusted  $R^2 = 0.25$ . For first predictors  $F = 34.753; p < 0.000$  and second predictor  $F = 3.549; p < 0.063$ . The standardized coefficient Beta for 'Depression'  $B = 0.512; p < 0.000$  and for 'Emotional Maturity' standardized coefficient Beta is  $B = 0.187; p < 0.063$ . Therefore, it is stated that these predictors have significant impact on criterion variable. The hypothesis no. 4 was accepted. Previous research conducted by Samina Bano et al. (2013) found that emotional stability is the predictor of depression. Abbas Abdollahi et al. (2013) showed that emotional intelligence was a valuable predictor of depression in adolescents.

## CONCLUSION :

1. According to table no. 1 there are no significant difference between urban and rural youth about depression, emotional maturity and suicidal ideation. That means hypothesis no. 1 was accepted.

2. According to table no. 2 there are no significant difference between male and female youth about depression and emotional maturity but about suicidal ideation there is strongly difference between male and female youth. That means hypothesis no. 2 was partially accepted.
3. According to table no. 3 there are negatively and significantly correlation between depression and emotional maturity, emotional maturity and suicidal ideation and positively and significantly correlation between depression and suicidal ideation. That means hypothesis no. 3 was accepted.
4. According to table no. 4 there are suicidal ideation strongly predicted on the basis of depression and emotional maturity. That means hypothesis no. 4 was accepted.

## REFERENCES

- Abdollahi Abbas, Mansor Abu Talib & Seyedeh Ameneh Motalebi (2013). Perceived Parenting Styles and Emotional Intelligence Among Iranian Boy Students. *Asian Journal of Social Sciences & Humanities, Vol. 2, No. 3.* Pp 460-467.
- Allport G.W. (1961). *Pattern and growth in personality*. New York: The McMillan Company.
- Bhat N. M. (2014). A study of Emotional Stability and Depression in Orphan Secondary School students. *International Journal of Education and Psychological Research, Val. 3, Issue 2.* Pp. 95-100.
- Ciarrochi Joseph, Frank P. Deane & Stephen Anderson (2002). Emotional Intelligence Moderates the relationship between Stress and Mental Health. *Personality and Individual Differences, 32.* Pp 197-209.
- Cole D.E., Protinsky H. O. & Cross L. H. (1992). An empirical investigation of adolescent suicidal ideation. *Winter, 27(108).* Pp. 813-8.
- Coleman (1944). *Definition of emotional maturity*. Retrieved on 12/10/2009 from [ssmrae.com/admim/.../37802308c3531dffabddd71e963e04.pdf](http://ssmrae.com/admim/.../37802308c3531dffabddd71e963e04.pdf)
- Dharamvir, D.B.Tali & Anubha Goel (2011). A Comparative Study on Anxiety and Emotional Maturity among Adolescents of Co-Educational and Uni- Educational Schools. *ACADEMICIA: An International Multidisciplinary Research Journal Volume 1, Issue 3.* Pp. 01-07. ISSN 2249-7137.
- Harter S., Marold D. B. & Whitesell N. R. ((1992). Model of psychosocial risk factors leading to suicidal ideation in young adolescents. *Development and Psychopathology, 4 (1).* Pp. 167-188.
- Jinhui Joo, Hwang S., & Gallo J. J. (2016). Death Ideation and Suicidal Ideation in a community sample who do not meet criteria of Major Depression. *The Journal of Crisis Intervention and Suicide Prevention. Vol. 37.* pp 161-165. DOI: 10.1027/0227-5910/a000365.
- National Crime Record Bureau (2003). *Accidental Deaths & Suicides in India*. New Delhi Ministry of Home Affairs, Govt. of India.
- Robert F Valois, Keith J. Zullig & Amy A. Hunter (2015). Association Between Adolescent Suicide Ideation, Suicide Attempts and Emotional Self-Efficacy. *Journal of Child and Family Studies, Volume 24, Issue 2,* pp 237-248.
- Samina Bano, Bilal Ahmad, Fatima Khan, Naved Iqbal & Sheema Aleem (2013). Attachment Styles, Depression and Emotional stability in relation to marital satisfaction among couples. *Delhi Psychiatry Journal, Val. 16 No. 2.* Pp. 355-361.
- Singh Rohtash & Hardeep Lal Joshi (2008). Suicidal Ideation in Relation to Depression, Life Stress and Personality among College Students. *Journal of the Indian Academy of Applied Psychology, Vol. 34, No.2,* 259-265.
- Surpreet Kaur & Meenu (2013). A comparative study of Depression among Rural and Urban secondary school students in relation to their achievement motivation. *Journal of Current Trends in Education and Research, Vol. 5, Issu 2.* Pp. 20-31.
- World Health Organization (2006). *Preventing Suicide – A Resource for Counselors*. Department of Mental Health and Substance Abuse, Geneva.