

SELF-ESTEEM, PERSONALITY TRAITS AND SUICIDAL IDEATIONS IN YOUNG ADULTS

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ABSTRACT

OBJECTIVES

The research examines the relationship between self-esteem, personality traits and suicidal ideations among young adults. Additionally the study examined suicidal ideations with reference to gender.

DESIGN

Cross sectional study

PLACE & DURATION OF STUDY

The study was completed in different colleges of Abbottabad, Islamabad and Gujranwala from January 2013 to February 2014.

SUBJECTS AND METHODS

Sample of 110 young adults was taken from different government colleges of Abbottabad, Islamabad and Gujranwala with equal number of males and females. Correlation and independent sample t-test were applied to analyze the data.

RESULTS

Self-esteem was negatively correlated with Suicidal ideation. Extraversion, agreeableness, conscientiousness and openness were positively correlated with Suicidal ideation whereas Neuroticism was negatively correlated with suicidal ideation. Suicidal ideation was higher among males as compared with females.

CONCLUSION

The present research provides significant association of self-esteem and personality traits with reference to suicidal ideations among young adults.

KEYWORDS

Self-esteem; personality traits, suicidal ideations

INTRODUCTION

Suicide ideation involves a broad variety of language, from the desire to die to thoughts about full strategy to entrust suicide.¹ Suicide and suicidal performance has extended been regarded as a severe community difficulty. Internationally there is one finished suicide in 40 seconds. Suicide is uncommon previous to the age of 12, while teenage and young adulthood symbols the first important go up in the speed of suicide.² In Pakistan suicidal rate increased with the passage of time due to social prejudice, unemployment, terrorism, poverty and many other reasons. It is one of the less researched areas in the indigenous context.³ School experiences are fun and pose significant position in determining their developmental trajectories.⁴

Previous research found a positive meaningful relationship between neuroticism with guilt feeling and self-destruction and a negative meaningful relationship between conscientiousness with guilt feeling, self-destruction, isolation and depression. Extraversion had a negative relationship with isolation, inertia, hopelessness and inferiority openness had a negative relationship with hopelessness and inferiority, too. Furthermore, there was a negative significance relationship between extraversion and conscientiousness with total score of suicidal ideations.⁵ Decreased self-esteem is not considerably associated to suicidal ideation, may be since it is a danger issue more connected with suicidal performance. This consequence could start with depressive symptoms associated to Suicidal ideation, which in turn could have an effect on self-esteem, and later activate suicidal performance.⁶ Gender differences in self-esteem suggests that male young adults have higher self-esteem than female young adults.⁷ Over half of the women with low self-esteems have senior suicidal ideation and depressive symptomatology than men, with major differences only in the middle of young adults.⁶ On the basis of literature the hypotheses of the study were

1. There is negative relationship between self-esteem and suicidal ideation among young adults.
2. There is negative relationship between extraversion, openness to experience, conscientiousness, agreeableness and suicidal ideation, and positive relationship between neuroticism and suicidal ideation among young adults.
3. Self-esteem and suicidal ideation will be higher among males as compared with females.

METHOD

PARTICIPANTS

The sample of present study was consisted of 110 young adults. Both male (n = 55)

and female (n = 55) were included in the sample. Age range of young adults was 19- 23 years.

INSTRUMENTS

[1] Rosenberg Self-Esteem Scale was used to measure self-esteem.⁸ It contains 10 items answered on a 4-point Likert-type scale (strongly disagree, disagree, agree, strongly agree). [2] Big five personality inventory was used to measure self-esteem.⁹ It contains 44 items answered on a 5-point Likert-type scale (strongly disagree, disagree, neutral, agree strongly agree). [3] The Modified Scale for Suicide Ideation is a revised version of the Scale for Suicide Ideation.¹⁰ It contains 18 items answered on a 4-point Likert-type scale (very unsure, unsure of courage, quite sure, very sure). The scale assesses suicide symptoms over the past year.

PROCEDURE

The participants were approached in their respective institutions to collect the information. Before collecting data the informed consent were taken from the young adults. They ensured to be confident, as the information obtained will be kept highly confidential on behalf of the researcher that their personal identities will not be revealed. Booklets containing tools were handed over them to fill in. Statistical Package for Social Sciences (SPSS) was used to analyze the data. Alpha reliability, correlation and t-statistics, were applied to evaluate the hypotheses of the study.

RESULTS

The reliability of all scales and subscales range from .66 (i.e., agreeableness) to .86 (i.e., self-esteem) indicating satisfactory internal consistency and therefore all the scales and subscales were reliable for use (see table 1).

Self-esteem was positively correlated with extraversion $r(108) = -.90$, $p < .01$, agreeableness $r(108) = .18$, $p < .05$, conscientiousness $r(108) = .82$, $p < .01$, and openness to experience $r(108) = .82$, $p < .01$ and was negatively correlated with neuroticism $r(108) = -.19$, $p < .05$ and suicidal ideation $r(108) = -.23$, $p < .01$. Extraversion was positively correlated with agreeableness $r(108) = .26$, $p < .01$, conscientiousness $r(108) = .20$, $p < .05$, and openness to experience $r(108) = .82$, $p < .05$ and was negatively correlated with neuroticism $r(108) = -.26$, $p < .05$ and suicidal ideation $r(108) = -.19$, $p < .05$. Agreeableness positively correlated with conscientiousness $r(108) = .21$, $p < .05$, and openness to experience $r(108) = .42$, $p < .01$ and was negatively correlated with neuroticism $r(108) = -.36$, $p < .01$ and suicidal ideation $r(108) = -.28$, $p < .01$. Conscientiousness was positively correlated with openness to experience $r(108) = .18$, $p < .05$ and was negatively correlated with neuroticism $r(108) = -.24$, $p < .01$ and suicidal ideation $r(108) = -.42$, $p < .01$. Neuroticism was negatively correlated with openness to experience $r(108) = -.22$, $p < .01$ and was positively correlated with suicidal ideation $r(108) = -.52$, $p < .01$ (see table 2)

Female were significantly higher on neuroticism $t(108) = 2.24$, $p < .05$ whereas male were higher on self-esteem $t(108) = 2.49$, $p < .01$, extroversion $t(108) = 2.93$, $p < .01$, and suicidal ideation $t(108) = 2.92$, $p < .01$ (see table 3)

TABLE: 1

Alpha reliability for all study variables (N =110)

Scale/subscales	Items	A
Self-esteem	10	.86
Extraversion	8	.76
Agreeableness	7	.66
Conscientiousness	9	.75
Openness to experience	10	.85
Neuroticism	8	.67
Suicidal ideation	18	.75

Variables	1	2	3	4	5	6	7
1. Self-esteem	-	.90**	.18*	.82**	-.19*	.28**	-.23*
2. Extraversion		-	.26**	.20*	.26**	.18*	-.19*
3. Agreeableness			-	.21*	.36**	.42**	.28**
4. Conscientiousness				-	-.24*	.18*	.42**
5. Neuroticism					-	-.22*	.21*
6. Openness to experience						-	.52**
7. Suicidal ideation							-

Note:

* $p < .05$, ** $p < .01$

TABLE: 3

Gender Differences for all study variables (N =110)

	Male (n = 55)	Female (n = 55)		
Variables	M(SD)	M(SD)	t(108)	Cohen's d
Self-esteem	17.43(3.81)	15.85(5.03)	2.49**	.88
Extraversion	25.38(2.76)	26.58(9.11)	2.93**	.49
Agreeable	26.58(9.11)	22.58(2.83)	1.58	--
Conscientiousness	29.00(5.36)	28.70(2.67)	.36	--
Openness to experience	31.34(4.15)	32.94(4.19)	1.01	.39
Neuroticism	32.18(7.92)	27.21(3.12)	2.24*	.73
Suicidal ideation	15.29(2.99)	18.43(7.38)	2.92**	1.12

Note:

* $p < .05$, ** $p < .01$

DISCUSSION

The 1st hypothesis "There will be negative relationship between self-esteem and suicidal ideation among young adults was supported. Research evidences showed that important quantity of covariance between self-esteem and unconstructive existence experiences in the forecast of suicidal ideation was established; but self-esteem explained a better quantity of inconsistency of suicidal ideation than did pressure.¹¹ Unconstructive life actions also referred to as unpleasant or demanding life proceedings are key predictors of suicidal ideation and performance.¹²

Findings of study proved 2nd and 3rd hypotheses of the study. Research optional that suicidal ideation was completely predicted by the neuroticism facets, annoyed friendliness and sadness, and unconstructively predicted by the carefulness facet of self-control

results in suicidal ideation whereas other personality factors like extroversion, openness to experience, conscientiousness and agreeableness have negative association with suicidal ideation.¹³ It is proved by research suggested that neuroticism significant positive predictor of a history attempted suicide were optimistic lifetime the past of psychiatric disorder (particularly depression diagnoses), a lifetime the past of injection drug use, and a relations the past of suicide attempts.¹⁴

It is proved by many researches that suicidal behaviors occurred more frequently in females than males.¹⁵ It was found that as an adult grows he or she faces different sorts of changes that can be bodily or touching that have a great payment in teenage years self-esteem. The boys who have grown late they contrast themselves with the other boys of their similar age who feel more fit, male, and sure. On the other hand, the girls feel ill at ease and become very much conscious about them; when they get mature earlier. In this age, the boys and the girls quite often spend much of their time and power in the lavatory to attain a sure type of seem. They attempt to fit in with their associates and it becomes very much significant for them to attain a sense of self-esteem.¹⁶

CONCLUSION

Findings showed that self-esteem and personality traits extraversion, agreeableness, conscientiousness, and openness to experience have negative correlation with suicidal ideation whereas neuroticism has positive correlation with suicidal ideation. Gender differences revealed that self-esteem and suicidal ideation were higher in female young adults than their male counterparts.

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