



Depression and Emotional Maturity as Predictors of Suicide Ideation Among Young Adults

*¹Nivruti Advani ²Vaishali Rawat

¹Student, Amity Institute of Psychology and Allied Sciences, Amity University, Uttar Pradesh, Noida, India.

²Assistant Professor, Amity Institute of Psychology and Allied Sciences, Amity University, Uttar Pradesh, Noida, India.

Note: * Indicates corresponding author

ARTICLE DETAILS

Article History:

Received Date: 15/01/2019

Revised Date: 25/01/2019

Accepted Date: 26/01/2019

Published Online: 10/02/2019

Keywords

Depression,
Emotional Maturity
Suicide Ideation

*Corresponding Author

Email: nivrutiadvani@gmail.com

(Advani Nivruti Gautam)

ABSTRACT

With a drastic change in the lifestyle of people and with an immense workload and stress, it has become a major concern to balance the emotional state and handle our negative ideas and thoughts emerging due to high levels of stress. Healthy people experience a wide range of moods and have an equally large repertoire of affective expressions; they feel in control of their mood and affects. It is tempting to consider disorders of mood on a continuum with normal variations in mood. Patients with mood disorders, however, often report an ineffable, but distinct, quality to their pathological state. Depression is an illness that involves the body, mood, and thoughts. It interferes with daily life, normal functioning, and causes pain for both the person with the disorder and those who care about him or her. It is a persistent feeling of sadness and worthlessness and a lack of desire to engage in formerly pleasurable activities. A complex mind/body illness, depression can be treated with drugs and/or therapy.

The current study aims to understand the effect of Emotional Maturity and Depression on Suicide Ideation. The study is conducted on 150 girls and 150 boys within the age range of 18-22 years. It is expected that there would be a significant relationship between Emotional Maturity and Depression; between Depression and Suicide Ideation; and between Emotional Maturity and Suicide Ideation.

1. Introduction

Mood is a sustained and pervasive feeling that is experienced internally. It influences an individual's behavior and their perception of the world. Affect is the external expression of one's mood. Mood of an individual can be normal, elevated or depressed. Healthy individuals experience a vast range of moods and have an equally large repertoire of affective expressions; they also feel in control of their mood and affects. Mood disorders are said to be a group of clinical conditions characterized by a loss of that sense of control and subjective experience of great distress.

1.1 Depression

According to DSM-IV-TR, a major depressive disorder occurs without a history of a manic, mixed or hypomanic episode. A major depressive episode is supposed to last at least 2 weeks and a person with a diagnosis of a major depressive episode also experiences at least four symptoms that include changes in appetite and weight, changes in sleep and activity, lack of energy, feelings of guilt, problem thinking and making decisions and recurring thoughts of death and suicide.

The ICD-10 divides the major depression into mild, moderate or severe (with or without psychotic symptoms). In any of these cases at least two of the three symptoms considered typical depression must always be present: depressive mood, loss of interest and ability to enjoy an increase in fatigability and the episode must last at least two weeks.

1.2 Emotional Maturity

Maturity is the capacity of the mind to endure the ability of an individual to respond to circumstances, uncertainty or environment in an appropriate manner, as defined by Finley (1996). Havighurst (1950) had emphasized

on the importance of attaining social and emotional maturity by the time one became an adolescent. He had proposed developmental tasks for adolescents so as to achieve new and mature relationships with age mates of both genders, achieving emotional independence from parents and adults, achieving a masculine or feminine social role, desiring and achieving socially responsible behavior and preparing for an economic career. As stated by Menninger (1999), emotional maturity includes the ability to deal constructively with reality. Emotional maturity is a process wherein an individual is continuously striving for a greater sense of emotional health, both intra-physically, and intra-personally.

1.3 Suicide

The risk of suicide taking one's own life is a significant factor in all types of depression. Although it is obvious that people also commit suicide for reasons other than depression, estimates are that about 50 to 90 percent of those who complete the act do so during a depressive episode or in the recovery phase (Holma et.al. 2010; van Praag, 2005). Paradoxically, the act often occurs at a point when the person appears to be emerging from the deepest phase of the depressive attack. The risk of suicide is about 1 percent during the year in which a depressive episode occurs, but the lifetime risk for someone who has recurrent depressive episodes is about 15 percent (D.C. Clark, 1995; Stolberg et.al., 2002). Moreover, even when suicide is not associated with depression, it is still generally associated with some other mental disorder; estimates are that approximately 90 percent of people who either attempted or successfully committed suicide had some psychiatric disorder at the time, although only about half of those had been diagnosed prior to the suicide (Goodwin & Jamison, 2007; Kessler, Berglund, Borges et.al., 2005; Nock et.al., 2010). Moreover, individuals with two or more mental disorders are at even greater risk than those with only one (Nock et al., 2008, 2010)

1.4 Depression and suicide

Depression is a major risk factor for suicide. The hopelessness and deep despair that goes along with depression can make suicide feel like the only method to escape the pain. Thoughts of death or suicide are the severe symptoms of depression, therefore, any suicidal behavior should be taken seriously as it is not just a warning sign that the person is thinking about suicide, instead it is a cry for help.

Suicidal ideation and gestures are frequent outcomes of mental disorders. A number of factors that are involved in mental disorders increase the risk of suicidal ideation (thoughts) and gestures (acts). Hallucinations, delusions, recent stressors, increased feelings of hopelessness, and severe depression increases the likelihood that a person will have suicidal thoughts and often act on those thoughts. The use of illegal drugs or alcohol is found in the majority of completed suicides.

2. Review of Literature

Aradilla-Herrero et.al. Conducted research in 2014 on the association between depression, emotional intelligence and suicide risk in nursing students. An analysis of linear regression was conducted, it confirmed that emotional attention and depression were significant predictors of suicidal ideation. Suicide risk depicted a significant negative association with emotional clarity and repair and self-esteem. A gender difference was observed in relation to depression, on which women scored significantly higher.

Fang et.al (2014) had conducted a correlational study of suicidal ideation with psychological distress, depression, and demoralization in patients with cancer. The regression analysis that was done showed that demoralization did influence suicidal ideation more than depression. Demoralization was seen to have a higher influence on suicidal ideation than depression did. Attention needs to be paid those patients having demoralization comorbid with depression for the purposes of suicide prevention and evaluation.

Prigerson et.al. (2014) did a research on the Influence of traumatic grief on suicidal ideation among young adults. The traumatic grief was seen to be associated with a 5.08 times greater chance of suicidal ideation, after control for depression.

O'Donovan et.al (2013) in their research said that Suicidal ideation is associated with elevated inflammation in patients with major depressive disorder. Those patients with major depressive disorder (MDD) who attempt or complete suicides have an elevated inflammation compared to no suicidal patients with MDD. Nevertheless, a greater severity of depression and the medical lethality of suicide attempts can account for elevated inflammation in suicide attempters and suicide completers. The analysis used was of covariance models to assess group differences with adjustments for age and gender. Patients with high suicidal ideation & MDD had significantly higher inflammatory

index scores than both controls, and patients with lower suicidal ideation & MDD. Suicidal ideation can be said to uniquely associate with inflammation in depressed patients.

A research on was conducted on the method of assessment determines the prevalence of suicidal ideation among patients with depression by Vuorilehto et.al (2013). Suicide Ideation (SI) was significantly seen to associate with a number of sociodemographic characteristics (i.e., male, unemployed, and treated in psychiatric care, Caucasian or African American, lower level of education) and clinical features (i.e., younger age of MDD onset, presence of agoraphobia or presence of generalized anxiety disorder, previous suicide attempt, greater number of depressive symptoms, greater baseline depressive symptom severity). The high levels of SI at baseline were associated with the decreased remission rates. Consistent with past findings, elevated rates of SI were associated with higher depressive symptom severity as well as other features that were suggestive of the severity of illness.

Desseilles et.al (2012) conducted their research on if 'Is it valid to measure suicidal ideation by depression rating scales?' The three components that were derived from the Principal Component Analysis (PCA). Factor 2 was seen to show a major loading for the Hamilton Scale for Depression (HAM-D) suicide item. Both the HAM-D suicide item and Factor 2 had positively correlated with the total score of SSI. The BDI suicide item also highly correlated with Factor 2 and the SSI total score. Lastly, the HAM-D suicide item had correlated significantly with the number of suicide attempts and the age at the initial attempt. These findings suggested that the use of a single suicide item or a dimensional factor derived from a depression scale might be a valid approach to assess the suicidal ideations.

Dasgupta et.al. (2011) had conducted their research on Does Student's Emotional Intelligence Play Role in their Suicidal Ideation. The results of research indicated that students with low emotional intelligence had higher suicidal ideation. Future research is needed to aim to enhance emotional intelligence in pupils and that would result in better stress coping skills.

3. Objectives

- To study the effect of depression on suicide ideation among adolescents
- To study the relation between depression and suicide ideation

4. Methodology

The study aims to understand Emotional Maturity and Depression as predictors of Suicide Ideation.

4.1 Hypothesis

The hypothesis of the study states that –

- There would be a significant relationship between Emotional Maturity and Depression
- There would be a significant relationship between Depression and Suicide Ideation
- There would be a significant relationship between Emotional Maturity and Suicide Ideation
- There would be a significant difference in the scores of girls and boys in all three variables.

4.2 Variables

4.2.1 Independent Variable: Emotional Maturity and Depression

4.2.2 Dependent Variable: Suicide Ideation

4.3 Sample

Sample Size: 300	Sex: 150 girls and 150 boys	Age: 18 -22 years	Sampling Method: Purposive Sampling
-------------------------	------------------------------------	--------------------------	--

4.4 Tool Description

Emotional Maturity Scale by Yashvir Sinha, Dr Mahesh Bhargava (1990)

Beck Depression Inventory by Beck, Ward, Mendelson, Mock & Erbaugh (1961)

Scale of Suicide Ideation by Beck and Kovacs (1979)

4.5 Reliability

Emotional Maturity Scale:	Beck Depression Inventory	Scale of Suicide Ideation
Test-retest Reliability was .75	Internal consistency ranges from 0.73 to 0.92.	Internal consistency was 0.85
	The scale has a split-half reliability of 0.93.	The scale has a split half reliability of 0.83

For the entire sample (n = 292), the results indicated that the SSI had high internal reliability (Cronbach's alpha = .85; .85; Guttman split-half reliability = .83). In addition, moderate to moderately high item-total correlations were found. The correlation between each item score and the total score is an indication of the fit of the item. Usually, the higher the correlation between the two, the better fit the item is to the scale. The lowest item-total correlations were for Items 5 and 7 (passive suicidal desire and frequency of ideation) and the highest item-total correlation was for Item 12 (specificity of the method).

4.6 Validity

Emotional Maturity Scale	Beck Depression Inventory
The scale validated against Product moment correlation was .64	The Concurrent Validity ranges from 0.62 to 0.66.

4.7 Scale of Suicide Ideation

Evidence of the validity of the SSI was supported by positive and moderate correlations between the SSI and the Beck Hopelessness Scale ($r = .38, p < .001$) and the Trait Anxiety subscale of the STAI ($r = .40, p < .001$). The SSI was also moderately correlated with suicide attitude measured by the World Values Survey ($r = .33, p < .001$).

To obtain a further estimate of the ability of the trait anxiety and hopelessness to predict suicidal ideation, the entire sample was divided into approximately two groups of equal size based on the median scores for both trait anxiety and hopelessness. The results indicated that, irrespective of whether the trait anxiety scores were higher or lower, the groups with high hopelessness scores had significantly higher mean suicide ideation scores.

5. Procedure

A total sample of 300 was collected; 150 girls and 150 boys. With the help of the investigator's social circle she was able to get respondents to be a part of her study. The respondents were from the age group of 18-22 years. They were asked to fill the 3 questionnaires, namely:

Emotional Maturity Scale, Beck Depression Inventory and Scale of Suicide Ideation

Once all the responses had been collected, they were scored with the help of appropriate scoring keys and directions suggested in their respective manuals. The score of few of the respondents are given in the appendices.

5.1 Statistical Analysis

Mean, Standard Deviation, Correlation, Regression

5.2 Research Design

Ex Post Facto Research Design

6. Results

Variable	MEAN (BOYS)	MEAN (GIRLS)
Emotional Maturity Questionnaire	119.99	112.83
Beck Depression Inventory	14.07	11.83
Scale of Suicide Ideation	5.92	4.37

A sample of 150 boys and 150 girls was collected. The mean was calculated for both the variables. The results have been shown in the table above.

Variable	SD (Boys)	SD (Girls)
Emotional Maturity Questionnaire	26.08	24.82
Beck Depression Inventory	11.23	8.11
Scale of Suicide Ideation	6.43	5.3

A sample of 150 boys was collected. The mean and standard deviation was calculated separately for each test. The results have been shown in the table above.

Result Table 1.3: Correlation (Boys)	
Variable	Correlation
Emotional Maturity Scale, Beck Depression Inventory	0.63
Beck Depression Inventory, Scale of Suicide Ideation	0.66
Emotional Maturity Scale, Scale of Suicide Ideation	0.44

*Correlation is significant at the 0.05 and 0.01 level

Result Table 1.4: Correlation (Girls)	
Variable	Correlation
Emotional Maturity Scale, Beck Depression Inventory	0.55
Beck Depression Inventory, Scale of Suicide Ideation	0.52
Emotional Maturity Scale, Scale of Suicide Ideation	0.28

* Correlation was found to be significant at 0.05 and 0.01 level

Result Table 1.5: Regression Statistics (EMS and SSI)	
Regression Statistics (EMS and SSI)	
Multiple R	0.399802801
R Square	0.157013466
Adjusted R Square	0.157013466
Standard Error	23.54350639
Observations	299

The above tables state that Emotional Maturity is a significant predictor of Suicide Ideation. The above representation is for boys and girls.

Result Table 1.6: Regression Statistics (BDI and SSI)	
Regression Statistics (BDI and SSI)	
Multiple R	0.61411713
R Square	0.37713986
Adjusted R Square	0.37504268
Standard Error	7.77151564
Observations	299

The above tables state that Depression is a significant predictor of Suicide Ideation. The above representation is for boys and girls.

7. Conclusion

The research study was conducted to see the effect of depression on suicide ideation among adolescents and to study the relation between depression and suicide ideation.

An attempt was made to understand how emotional maturity and depression affects suicide ideation. The study was based in Delhi NCR Region with a sample of 150 males and 150 females.

The results indicated a significant correlation between Emotional Maturity and Depression, among Depression and Suicide Ideation and among Emotional Maturity and Suicide Ideation.

It was hypothesized that there would be significant relationship between Emotional Maturity and Depression and the findings show the correlation to be 0.55 in girls.

The correlation between the scores of boys in Emotional Maturity and Depression was found to be 0.63. Both the correlations proved to be significant indicating that the hypothesis proposed by the investigator was right.

The second hypothesis states that there would be a significant relationship between Depression and Suicide Ideation. The correlation in Depression and Suicide Ideation was found to be 0.52.

The correlation between the scores of boys in Depression and Suicide Ideation was found to be 0.66. Both the correlations proved to be significant indicating that the hypothesis proposed by the investigator was right.

On the basis of the data obtained it may be concluded that Depression is a significant predictor of Suicide Ideation. Which means that respondent who score higher on Depression are more likely to have high Suicide Ideation as compared to students who are low on Depression.

For the third hypothesis it was hypothesized that there would be a significant relationship between Emotional Maturity and Suicide Ideation. The correlation between the scores of girls in Suicide Ideation and Emotional Maturity was found to be 0.28. The correlation between the scores of boys in Suicide Ideation and Emotional Maturity was found to be 0.44. Both the correlations proved to be significant indicating that the hypothesis proposed by the investigator was right.

On the basis of the data obtained it may be concluded that Emotional Maturity is a significant predictor of Suicide Ideation. Which means that respondent who score low on Emotional Maturity are more likely to have high Suicide Ideation as compared to students who are high on Emotional Maturity.

The last hypothesis states that there would be a significant difference in emotional maturity, depression and suicide ideation of both males and females. It states that boys are higher than girls. The current study suggests that higher the score on Emotional Maturity scale higher will be the emotional maturity

A significant relationship has been seen between Emotional Maturity and Depression, between Depression and Suicide Ideation and between Emotional Maturity and Suicide Ideation and on the basis of data obtained from the research it can be said that Emotional Maturity and Depression are significant predictors of Suicide Ideation. It has been seen in the current study that males are high on all three aspects i.e. Emotional Maturity, Depression and Suicide Ideation

The current research can contribute to further researches as it includes individuals from the age of 18- 22 years of age. It may be extended to other sections and to a less restricted set of individuals. Cross cultural comparisons could be made for further studies, interventions can be carried out to help those with suicide ideation, individuals can be provided with preventive measures. Education in masses and schools can be provided

Limitations have a tendency to occur while conducting a research. Time frame is a limitation in this research. The research is also conducted on limited area and on a selected age group of individuals

References

1. Aradilla-Herrero, A., Tomás-Sábado, J., & Gómez-Benito, J. (2014). Associations between emotional intelligence, depression and suicide risk in nursing students. *Nurse education today*, 34(4), 520-525.
2. Dasgupta, S., & Hazra, S. (2011). Does Student's Emotional Intelligence Play Role in their Suicidal Ideation? *Indian Journal of Community Psychology*, 7(1), 190-197.
3. Davis, S. K., & Humphrey, N. (2012). Emotional intelligence as a moderator of stressor–mental health relations in adolescence: Evidence for specificity. *Personality and Individual Differences*, 52(1), 100-105.
4. Deseilles, M., Perroud, N., Guillaume, S., Jaussent, I., Genty, C., Malafosse, A., & Courtet, P. (2012). Is it valid to measure suicidal ideation by depression rating scales? *Journal of affective disorders*, 136(3), 398-404.
5. Fang, C. K., Chang, M. C., Chen, P. J., Lin, C. C., Chen, G. S., Lin, J., ... & Li, Y. C. (2014). A correlational study of suicidal ideation with psychological distress, depression, and demoralization in patients with cancer. *Supportive Care in Cancer*, 1-10.
6. O'Donovan, A., Rush, G., Hoatam, G., Hughes, B. M., McCrohan, A., Kelleher, C., ... & Malone, K. M. (2013). Suicidal ideation is associated with elevated inflammation in patients with major depressive disorder. *Depression and anxiety*, 30(4), 307-314.
7. Prigerson, H. G., Bridge, J., Maciejewski, P. K., Beery, L. C., Rosenheck, R. A., Jacobs, S. C., ... & Brent, D. A. (2014). Influence of traumatic grief on suicidal ideation among young adults.
8. Schwenk, T. L., Davis, L., & Wimsatt, L. A. (2010). Depression, stigma, and suicidal ideation in medical students. *JAMA*, 304(11), 1181-1190.
9. Vuorilehto, M., Valtonen, H. M., Melartin, T., Sokero, P., Suominen, K., & Isometsä, E. T. (2014). Method of assessment determines prevalence of suicidal ideation among patients with depression. *European psychiatry*, 29(6), 338-344.