

Survey the Relationship between Self-concept and Mental Health with Suicide Ideation in Students of University of Guilan

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ABSTRACT

The main aim of this study is the Survey of the relationship between self-concept and mental health with suicide ideation in students of University of Guilan. The research method was a kind of correlation and multi-variances regression analysis. The samples were 361 BA students of university of Guilan who were selected through the method of multi-phases cluster sampling. For gathering data, Beck's self concept test and General Health Questionnaire (GHQ12) and criterion of Beck's suicide ideation which each of them had admissibility and acceptable permanence. The findings of the study showed, there is significant relationship between self-concept and sub scales of general health with suicide ideation. Also, the results of multi-variances regression analysis showed that self-concept and sub scales of general health can predict the suicide ideation. Then, Having a positive self-concept and high mental health can be effective in reducing suicide ideation in the university students.

KEYWORDS: Self- concept, mental health, suicide ideation

1. INTRODUCTION

Suicide is a mental- social phenomenon and a complicate multi- lateral subject. The prediction of suicide even for specialists is not an easy and exact task. So, the exact survey of signs and symbols of suicide danger for on-time and appropriate recognition is much helpful (Fooladi, 2005). This study was done for the sake of being informed from the status of suicide ideation in the university students and its relationship with self-concept and mental health. Hopefully, the results of the study could open a way for preventive programs in the future. According to Seiden (1978), self- annihilation is a new problem among students of universities. The suicide rate among the population of university, 50 percent is higher than usual population. These students in comparison with their classmates that they were in a bad mood , they had difficulties in their life, most of them had a high depression that frequently form a kind of high excitement and to most of them were alarmed about attempt suicide. Although the general rate of suicide is constant (Sadock and Sadock, 2007), But it has got 2 to 3 much high in persons of 15- 24 years. (Quoting from Talebi et.al, 2012). according to results of American College Health Association (2008), more than 1/3 of students have announced that they feel depression in doing academic work and 1 person out of 10 in the last year attempt suicide seriously. A certain study appeared that 6 percent of BA students and 4 percent of MA students have mentioned, in the last year they attempt suicide seriously. (Drum et.al, 2009). In Moosaviet.al research (2008), it became clear that about 10 percent of students had suicide ideation. Dyrby and et.al (2008) indicated that about 11 percent of students have reported suicide ideation in the last academic year. Also, Brener et.al (1990) found, in the last 12 months, 10 percent of students have attempt suicide seriously. More researches showed that these students had used narcotic drugs, alcohol and tobacco. The results of research by Amelia and et.al (2009) about the reasons of existence of suicide ideation in students indicated that 6 percent of students in that moment had suicide ideation. The most important predictive variances of suicide ideation were symptoms of depression, low social support and emotional problems. The study of Steven and et. al(2008) appeared that 11/1 percent of students had suicide ideation and symptoms of depression was more higher than those who didn't have suicide ideation. There were many researches about the reason of existence of suicide ideation and has mentioned reason or reasons. As an example ,in Kaplan and Sadock's research (2003) , mental disease , personality disorders , being single , unemployment, abuse of narcotic drugs and family problems result in increasing of the suicide ideation (quoting from Anisi, 2006) . Also, Groholt and et.al(2000) found that various psychiatry disorders such as depression, behavior disorder, abuse of narcotic drugs, eating disorders. Bipolar and schizophrenia personality disorder are some of the cases which we cannot ignore their effectiveness on the suicide rate of adolescents and young persons and also their sort of behavior (quoting from Mohammadi and et al, 2011)

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According to Roy (2009), dangerous factors of suicide include psychiatry disorders, social and psychology factors, biological genetic factors and medical disorders. Suicide ideations include minds and ideation that belong to mind and may not be expressed but they exist potentially. These ideations include a comprehensive spectrum of thoughts and mental ideation (Fooladi, 2005). In another definition, suicide ideation is a medical term for ideation which is about suicide. Although, most of the persons who suffer from suicide ideation, do not commit suicide, some of them attempt suicide (Gliatto and et al 1999). We can classify suicidal behaviors into ideation (mental processes) or on the basis of fatal outcomes (cause to death) like suicide and non-suicidal outcomes (non-fatal) such as to attempt suicide (similar to suicide) or self-damage actions (Fooladi, 2005). Attempting suicide always starts with thinking about self-annihilation, the word suicide ideation points to mental challenges which range from temporary ideation as compared with valueless of life and wish of death to practical plans for self-annihilation (Hintikka, 2001). In the recognition process, "the self" passes through stages which are mainly consist of: self-image: that is, an image that each person has from itself. Later, for the sake of repeating of concept and image of itself, self-image changes to a conception which is called self-concept. If this self-concept to be support by some others, it will change to self-confidence (Karimi, 2008). The concept-centered in Rogers theory about personality is, self or self-concept. Self (or real self) consist of all ideations, understandings and values which are indicator of self and consist of being inform about what am I, and what can I do? (Edvard.A and et.al, 2003).

According to Rogers, a person compares all of his experiences with self-concept. Individuals tend to be have in such a way that is compatible with their self-image (Edvard A and et. al, 2003, quoting from Rafei and et. al). Burns believes that self-concept has a psychological basis which consist of emotions, assessment and our attitudes in addition to descriptive explanations from ourselves (quoting from Kobal and Musek, 2001).

The research results of Sheikh al Eslami and Latifiyan (2002) showed that among different self-concepts just valuation self-concept has a negative and meaningful relationship with depression. Also, students who had higher valuation of self-concept had more general health. Noorbakhsh and Hansanpoor (2004) believe that self-respect and self-concept has high affections on mental health. Gerardi (2005) points out that self-concept has a central and major position and status in guidance and direction of human beings, self-concept is on the track of consistency stability, its based on the roles which people play, it's the production of every society base and from through feedback from others. There was a correlation between positive self-concept with academic achievement and success in life.

The results of Landa and et.al study (2009) indicate that some certain characteristics, personality and also dimensions of emotional intelligence has a key role on formation and making of self-concept. Najarpoor (2008) found that individuals who have favorable family emotional environment, they have positive self-concept, high self-respect and high economical and social base and from identity formation point of view are better than others. The World Health Organization (2005), defines the health as a status of welfare and comfort that individual can recognize his abilities and capabilities, can work profitably and fruitfully and has ability to cooperate with its society.

Having emotional, mental social supports have a considerable effect on increasing the mental health of individuals, as though Strine and et. al (2010) have mentioned that getting emotional supports cause improvement of mental health in individuals and prevent from mental health disorders.

Ahmadi (2008) believes that being student is accompanied by pressures and irritations that impact on compatibility and mental health of university students especially non-native university students. The researches which had done by Farahbakhsh and et al (2007) and Ghanaee and et al (2011) have shown that there is a significant positive relationship in order between academic improvement with mental health and also between a feeling of self-efficient and mental health. In fact, increase of mental health in university students results in academic improvement and a more improvement in their feeling of self-efficient. According to Hunt and Eisenberg (2010) mental disorders among university students who are studying at university and also other people is a common case and day by day its number and degree will increase. Some of mental disorders are so common such as depression, anxiety and also some of them like schizophrenia and bipolar disorders are less common. In Bahriniyan and Ghasemi Broomand (2001) appeared that the most common existing disorder among girl and boy university students of that university has been aggression disorder and then psychosis and in the third grade has been depression. In relation to daily pressures, Tadjali and et al (2010) that daily pressure and challenges of students have a relationship with their mental health. In fact, increase and decrease of mental health has been impressed by daily mental factors. Also, Hemmati and et al (2007) concluded that academic conditions, educational environment, graduation and dormitory environment as mental pressuring factors, predict the mental health meaning fully. Anxiety is an alarm that makes the individual to be ready. That is, it warns the individual that there is a coming danger and causes the individual takes action against danger (Sadock and Sadock, 2007). Sometimes for repressing excitement and avoiding them to express themselves it causes that individual shows inappropriate and inconsistent behaviors which is contrary to low. These sorts of inappropriate behaviors are a direct reflection of their mental health. Self-annihilation could take place for the sake of cessation and repress of excitement. Among self-annihilation actions we

can have some of them such as use of narcotic drugs and alcohol, physical violence and sabotage (Richard and et al, 2010). Unfortunately sometimes these kinds of self-annihilation actions are seen in university students. The main purpose of this research is survey the relationship between self-concept and little criteria of general health with suicide ideation .The next purpose is survey the role of self-concept and little criteria of general health in prediction of suicide ideation; and these variances to what extent predict the variance of suicide ideation.

METHODOLOGY

This research has been a kind of correlation and within it, they have considered self-concept variances, disorder in social performance, anxiety and depression and self-confidence as independent variances and suicide ideation as depend variances. The gathered data were analyzed through the method of Pearson Correlation Coefficient and multi-variance Regression.

Statistical Population and samples

Statistical populations were all BA students of university of Guilanwho were studying in 1390-91 academic year. Samples havebeen selected through a multi stages clustering method and content of sample include 361 persons.The samples were 361 BA students of university of Guilan who were selected through the method of multi-phases cluster sampling.

Research instrument

-Becks' self concepttest

This test is a negative self-report criterion towards self. This test which has25 items and its materials are scored from 1to5, it wants the responders to comparethemselves with others. Developing on the amount of value of self-concept, materials are scored from down to up or up to down. The whole materials of self-concept is positive and range of scores are also 25-125 which Heydariand et, al (2005) obtained through Corenbach Alfa 0/73 the calculated permanency for this testing in this research is 90 through Corenbach Alfa Coefficient method.

-General Health Questionnaire

This questionnaire is prepared with the purpose of riddle of well-being and patient persons and some questions are existed in the form of 12, 28, 30.and 68. Form of 12items, has the feature which we can riddle the well –being persons from persons in the shortest time. Meanwhile, this questionnaire is done as self-assessment. It is necessary that responder reports his status towards the questionnaire during one month. The questions are scored interms of two-dimensions scoring (1-1-0-0). So, there will be zero score in each term for two responses on the right and for two other responses there will be one score. The range of score will be varying from 0 to 12, which high scores indicate low mental health. According to Montazeriand et al (2003) reliability of questionnaire was obtained through alpha coefficient:0/87.The admissibility of questionnaire was also obtained through convergent admissibility with life quality questionnaire. The calculated permanency for this testing in the study has obtained through alpha coefficient:0/ 76.

-The criterion of Becks' suicide ideation

This criterion is self-assessment questionnairewhich consisted of 19 items and prepared to appear and measure the intensity of attitude and planning to attempt suicide. This criterion evaluates the cases such as wish to die, tendency towards active and inactive suicide, period and frequency of suicide ideation, range of self-control, preventive factors and readiness of person for attempting suicide (Anisi and et. al 2005). This questionnaire includes5 items of riddle. If the responder gives a positive responds,(that is 1 or2), especially to question number5, it is not necessary to continue. Score zero means nothing; score 1 means to some extent and score2 means many. Anisiet al showed that simultaneous admissibility of suicide ideation criterion of Beck with GHQ is equal to 0/95. The calculated permanency for this test is 0/79 , Alfa coefficient.

Findings

The results show that 9 percent of university students had had a high suicidal ideation and also 22 percent of student of Universityof Guilanwere suspected to mental diseases.

Table 1: Number, Mean and Stand Deviation

Variance	Number	Mean	Standard deviation
Self-concept	361	84/78	10/56
Disorder in social performance	361	1/98	1/87
Anxiety and depression	361	2/54	1/42
Self-confidence	361	1/03	0/80
Suicide ideation	361	2/7	5/8

Table 2: Pearson correlation coefficient between self-concept and subscale of general health with suicide ideation.

Variance	1	2	3	4	5
Self-concept	-	-	-	-	-
Disorder in social performance	**0/317	-	-	-	-
Anxiety and depression	**0/239	**0/672	-	-	-
Self-confidence	*0/116	**0/483	**0/528	-	-
Suicide ideation	**0/371	**0/379	**0/338	**0/184	-

*p<0/05 **p<0/01

Table 3: Step by step Regression for prediction of suicide ideation on the basis of self-concept and subscale of general health.

Predicted model	R	R ²	F	B	T	P
Disorder in social performance	0/379	0/144	2/60	0/379	7/76	0/002
Self-concept	0/462	0/214	6/48	0/279	5/63	0/001
Anxiety and depression	0/474	0/224	3/34	0/138	2/19	0/029

As it is seen in table 2, correlation coefficient between suicide ideation variance with little criteria of general health consist of disorder in social performance, anxiety and depression and permanent self-confidence was in order of 0/379, 0/338,0/ 184 , which all of these coefficients were significant at p<0/01 level. The mention of this point is necessary that scores of high general health in general health criterion indicates low general health. It's demonstrated contrary as a standard . In addition, correlation coefficient between suicide ideation variance with self-concept was 0/371 which was significant at p<0/01 level. For the sake of survey to what extent scores of self-concept and little criteria of general health could predict scores of suicide ideation; they used step by step Regression method. As it was seen in table 3, among research variances, three variances of disorder in social performance, self-concept and anxiety and depression are meaningful predictors for suicide ideation and explicate about 23 percent of its variance.

DISCUSSION AND CONCLUSIONS

One of the most important purposes of universities is educating the skillful and specialized person for proving social, economical goals and meets the needs of that society. This research also has done for surveying the status of suicide ideation in students and its relationship with self-concept and mental health. The results show that 22 percent are suspected to mental disease and 9 percent of them have dangerous suicide ideation. The results of variant studies have mentioned the existence of suicide ideation among different university students, which in this case in Moosavi's study (2008) Who has mentioned ,10 percent of university students , Dirby and et al (2008), 11 percent, Amliya and et al (2009), 6 percent and steven et al (2008), 11/1 percent is agreement with this study .some of the reason of suicide ideation in students consist of being away from family and life in dormitory, low recreational facilities, being low and being away from supportive sources, difficulty of courses, difficulty in relationship with opposites, personality and psychology problems and weakness of religious and spiritual attitudes.

The findings of the study indicate that there is a significant relationship between anxiety and depression as sub scale of general health with suicide ideation which is agreement with other findings(SadatSharifian et al, 2011; Isadiniaand et al, 2011; Shoaakazemi and MomeniJavid, 2010; Mohammadiet al ,1390; Azadshahriet al,1391 ; Cheung, Chun and Yout,2005).

Sadat Sharifian et al (2011) in a research showed that there is a significant and positive relationship between anxiety and depression with suicide ideation. In addition, the results of Regression analysis showed that depression and anxiety are the most important factors of suicide ideation prediction. The research of Shooakazemi and Javid (2010) also showed that there is a positive and meaningful correlation between anxiety and a tendency to suicide. Many events cause mental pressure. The most common reaction to a tensional factor is anxiety (Edward .A et al, 2003). Mohammadiet al (2012) found that psychiatry disorders like depression is one of the cases that we can not ignore its effect on suicide range in adolescents and young persons and also the type of their behaviors. For the sake of different distortion there is a little hope for depressed persons and probability to attempt suicide in them is more than others.

Wilcox et al (2010) showed that 12% of individuals have had suicide ideation during academic period at university. Also the most important predictors of suicide are low social supports, being exposed to violence during childhood and adolescence, depression of mother and symptoms of depression. Azadshahri et al (1391) also concluded that ideation or attempt suicides are the signs of depression disorder. Cheung et al (2005) have pointed out that depression is a potential danger to attempt suicide. Szanto et al (2007) argued that about 50 percent of suicide attempters have personality disorder and about other 40 percent suffer from other disorders, the most common diagnose after personality disorder is depression disorder (quoting from Talebi et al, 1390). Hunt and Eiesenberg (2009) showed that 17% of students are depressed and 10% of them (panic and generalized) suffer from anxiety. According to some studies, MA students boys have been more exposed to suicide (Silverman and colleagues, 1997), but girl university students are more exposed to fundamental depression and anxiety disorder (Eiesenberg et al, 2007). Other findings of this research showed there is significant relationship between disorder in social performance with suicide ideation which is agreement with research findings of Shoaakazemi and MomeniJavad (2010) concluded that there is a significant and negative correlation between social performance and tendency to suicide.

Also, the findings showed that there is a significant relationship between self-confidence and self-concept with suicide ideation. Victor and Delorez (2005) showed that mental pressure and low self-respect have a significant relationship with suicide ideation in students. As though, low self-respect and stressful events significantly predict suicide ideation in university students—low self-respect can result in insensitivity, isolation and lack of willpower (Topia et al, 2007). Bahar et al (2008) in their research concluded that there is a negative and meaningful relationship between self-respect and suicide ideation. The results of Kazemi and Javid (2010) are indicator of significant and negative relationship between mental health and suicide. That is, low mental health in individuals result in increase of tendency to suicide. In addition, there is a meaningful relationship between neuroses with suicide ideation in university students, as though neurosis predict suicide ideation in students (Andrea and Tore, 2004). Mac Donald and et al (2009) indicated that suicidal ideation and to attempt suicide are significant predictors, also suicidal ideation is a powerful predictors for depression and dependency on narcotic drugs. Generally, we can conclude that there is a powerful and significant relationship between self-concept and mental health and suicide ideation and these two variances predict suicide ideation. This research is done among students of the University of Guilan on the ground of self-concept and mental health with suicide ideation, because we should be careful in generalization to other population of students of other provinces of country. It's recommended that with regard to powerful relationship between self-concept and mind health with suicide ideation, we should attention to these variances in mental status assessment of new comers' students and these variances should be researched in university students with high scores in mental health questionnaire and self-concept showed be referred to university counselor. Also, for decreasing suicide ideation and increasing self-respect and mind health, we can put them in remedial group meetings. In addition, for supporting self-concept, we can use life skills training and efficient contrast skills training, also this study is done in other universities of whole provinces and other universities of other provinces of country.

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