

## Study of Suicidal Ideation among Adolescents in Relation To Anxiety

Seema Bajaj and Pavika Makkar

### Abstract

**Aim:** The aim of the study was to assess suicidal ideation among adolescents in relation to anxiety. **Materials and Method:** The present study was conducted on two hundred (N=200) subjects, out of which one hundred (N=100) were male and one hundred (N=100) were female adolescents. For data collection, Beck's Suicide Intent Scale by Aaron T. Beck and Beck Anxiety Inventory by Aaron T. Beck were used and the tools were taken online from websites. **Results:** The coefficient of correlation between suicidal ideation and anxiety of adolescents was found to be positive. A positive correlation was also found between suicidal ideation and anxiety of male adolescents and female adolescents. **Conclusion:** A significant positive relationship was found between suicidal ideation and anxiety of adolescents.

#### Seema Bajaj

Assistant Professor  
Master Tara Singh Memorial College for Women  
Ludhiana (Punjab) India  
E-mail: seemabajaj74in@yahoo.co.in

#### Pavika Makkar

M.A. Student  
Indira Gandhi National Open University, New Delhi  
(GNG Study Center Ludhiana)  
E-mail: pavikamakkar2@gmail.com

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### Introduction

Suicidal ideation, also known as suicidal thoughts, is thinking about, considering, or planning suicide. The range of suicidal ideation varies from fleeting thoughts, to extensive thoughts, to detailed planning. Suicidal ideation is generally associated with depression and other mood disorders; however, it seems to have associations with many other mental disorders, life events, and family events, all of which may increase the risk of suicidal ideation. Suicidal thoughts and attempted suicide take an emotional toll. For instance, one may be so consumed by suicidal thoughts that he can't function in his/her daily life while many attempted suicides are impulsive acts during a moment of crisis, they can leave an individual with permanent serious or severe injuries, such as organ failure or brain damage. Anxiety is our body's natural response to stress. It's a feeling of fear or apprehension about what is to come. The first day of school, going to a job interview, or giving a speech may cause most people to feel fearful and nervous. But if our feelings of anxiety are extreme, last for longer than six months, and are interfering with one's life, the person may have an anxiety disorder. Increased heart rate, rapid breathing, restlessness, trouble concentrating, difficulty falling asleep are some signs of anxiety. A person's anxiety symptoms might be totally different from someone else's. That's why it's important to know all the ways anxiety can present itself. Norton et al., (2008) concluded that suicidal ideation and anxiety disorders as elevated risk or artifact of comorbid depression that research into the possible relationship between anxiety disorders and suicidal ideation has yielded mixed results, leading some to suggest that the positive findings between anxiety and suicidal ideation might simply be a by-product of comorbid