

Suicidal Ideation Among Early Adulthood Because of Anxiety and Depression

¹Dr. Neetu sharma, ²Mr. Sarthak Guzar, ³Miss Asha Jaiswal

¹*Head of the Department, Department of Applied Social Sciences (Psychology) Chhatrapati Shivaji Maharaj University*

²*Assistant Professor, Department of Applied Social Sciences (Psychology) Chhatrapati Shivaji Maharaj University*

³*MA Clinical Psychology Student, Department of Applied Social Sciences (Psychology) Chhatrapati Shivaji Maharaj University*

Abstract—The present study focuses on suicidal ideation Among early young ages between 25 to 40 years and it's relationship with anxiety and depression. Mental health problems such as anxiety and depression are increasing rapidly among adults due to stress, work pressure, financial problems, relationship conflict and social expectations. These psychological problems may lead individual towards hopelessness and suicidal thought. The study aims to understand the combined effect of anxiety and depression on suicidal ideation.

Anxiety and depression are among the most common psychological problems experienced by adults. When these conditions become severe, they may lead to suicidal ideation.

Suicidal ideation refers to thought, feelings or plans related to ending one's life. Early adulthood is considered a sensitive development stage because individual face multiple personal and professional challenges during this period.

The present study aims to understand the relationship between anxiety, depression and suicidal ideation Among males and females. The sample of 60 participants collected through Google form, consisting of 10 males and 10 females within the age group of 25 to 40 years. The data collected through Google form using self report questionnaire.

Statistical method such as mean score, correlation analyses were used to interpret the data. The findings of the study revealed positive relationship between anxiety and depression and suicidal thoughts.

Female participants show slightly higher mean score compare to male participants. The study conclude that psychological counselling, emotional support, awareness programmes and early mental health intervention are necessary to reduce among early adults.

I. INTRODUCTION

Mental health is essential part of human well being . A healthy mind help individuals manage stress maintain relationships and functions effectively in daily life. However,due to rapid social and lifestyle changes,mental health problems such as anxiety and depression are becoming increasingly common among adults.These psychological problems can negatively affect emotional stability, thinking patterns,social relationships,and overall quality of life.

Anxiety is a mental condition characterized by excessive worry,fear , nervousness,restlessness and tension.

People suffering from anxiety often experience difficulty concentration,sleep disturbances,panic feelings,and emotional instability.

Depression is a mood disorder associated with sadness , hopelessness,low self esteem,lack of interest in activities,loneliness,and negative thinking.Depression affect not only emotional health but also physical health and social functioning.

When anxiety and depression remain untreated for a long period,they may lead to suicidal ideation. Suicidal ideation refers to thought or desire about ending one's own life. It may include feeling of hopelessness, worthlessness or emotional pain. Suicidal ideation is considered one of the major health concern worldwide. Early adulthood, especially between the ages of 25 to 40 years,is a challenging phases of life.

During this period, individual face responsibility related to career , marriage, financial stability, parenting and social expectations.

Failure to cope with these responsibilities may increase stress,anxiety and depression. Relationship problems, unemployment,loneliness , family pressure lack of emotional support are also major contributing factors.

The present study attempt to examine the relationship between anxiety, depression and suicidal ideation among early adulthood male and females aged between 25-40 years.

II. REVIEW OF LITERATURE

Beck et al.(1990)

Beck explained that depression is strongly associated with suicidal thoughts and behaviours. According to his cognitive theory,individual suffering from depression develop negative thinking pattern and feelings of hopelessness,which increase suicidal risk.

Joiner (2005)

Thomas Joiner (2005) proposed the interpersonal theory of suicide.according to this theory feeling of loneliness,social isolation,emotional burden and lack of belongingness contribute significantly to suicidal ideation.

World Health Organization 2021

The World Health Organization reported that depression and anxiety are among the leading causes of suicidal behaviour worldwide. The report highlighted the importance of mental health awareness and suicidal prevention programs.

Kumar and Singh (2020)

The Researcher observed that individuals with severe anxiety symptoms often experience emotional exhaustion, fear and hopelessness, increasing the risk of suicidal thoughts.

III. OBJECTIVES OF THE STUDY

The primary objectives of such studies is to examine the prevalence and severity of suicidal ideation among young adult male and female analyzing how comorbid anxiety and depression drive these thought.

To compare anxiety, depression and suicidal ideation among males and females aged 25-40 years.

To assess the level of depression among respondents.

To assess the level of anxiety among respondents.

To examine the suicidal ideation among respondents.

Hypotheses

Alternative hypotheses (H1)

There is a significant relationship between depression and anxiety.

There is a significant relationship between anxiety and suicidal ideation.

There is a significant relationship between depression and suicidal ideation.

There is a significant gender differences in depression scores.

There is a significant gender differences in anxiety scores.

IV. RESEARCH METHODOLOGY

- Research design

The present study used to correlational research design to examine the relationship between anxiety ,depression & suicidal ideation.

- Sample

The sample consisted of 60 participants:

30 males

30 Females

- Age group: 25-40 years

- Sources of data collection:

Primary data were collected through google forms using self report questionnaires.

- Tool used:

Anxiety scale

Depression scale

Suicidal ideation questionnaire

- Independent variables:
Anxiety
Depression
- Dependent variable
Suicidal ideation

Demographic profile

Gender	frequency	percentage
Male	30	50%
Female	30	50%
Total	60	100%

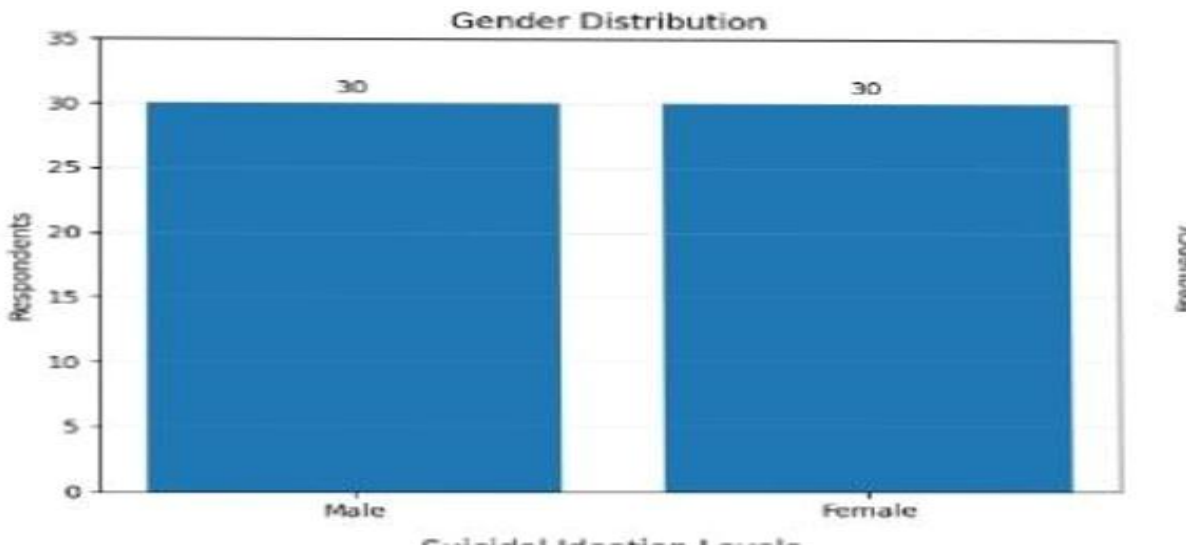
Gender Distribution

Male: 30 respondents (including "M")

Female: 30 respondents (including "F")

Total: 60 respondents

Research Results (60 Responses)



Statistical Analysis

Frequency and percentage

Mean and standard deviation

Pearson correlation

Independent sample t- test (Male vs Female)

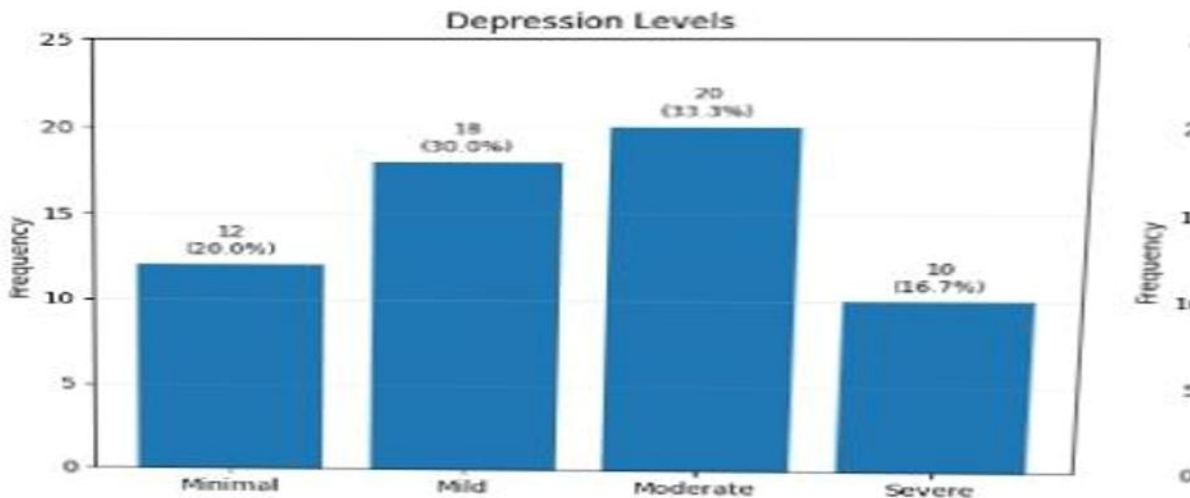
Descriptive statistics

Variable	Mean	SD
Depression	15.40	6.20
Anxiety	10.80	2.10
Suicidal ideation	3.20	2.10

V. RESULTS AND FINDINGS

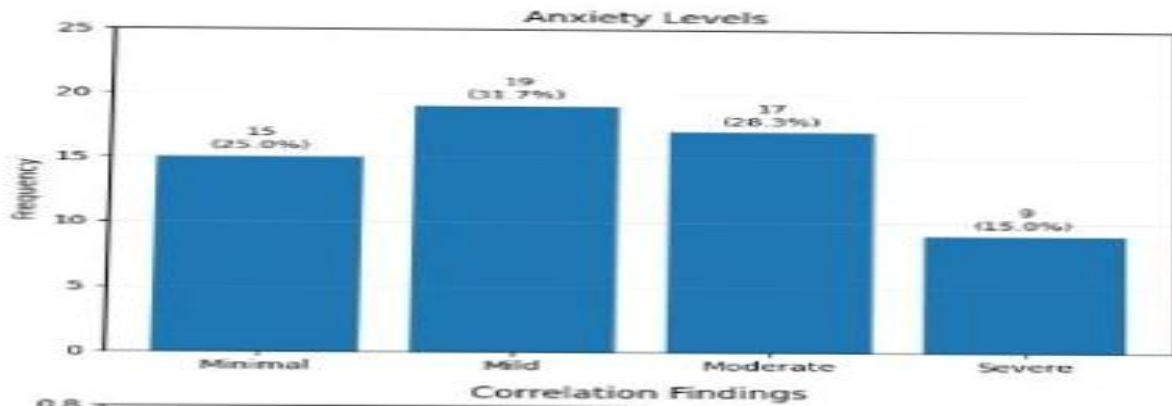
Depression level

level	Frequency	percentage
Minimal	12	20%
Mild	18	30%
Moderate	20	33.3%
Severe	10	16.7%
Total	60	100%



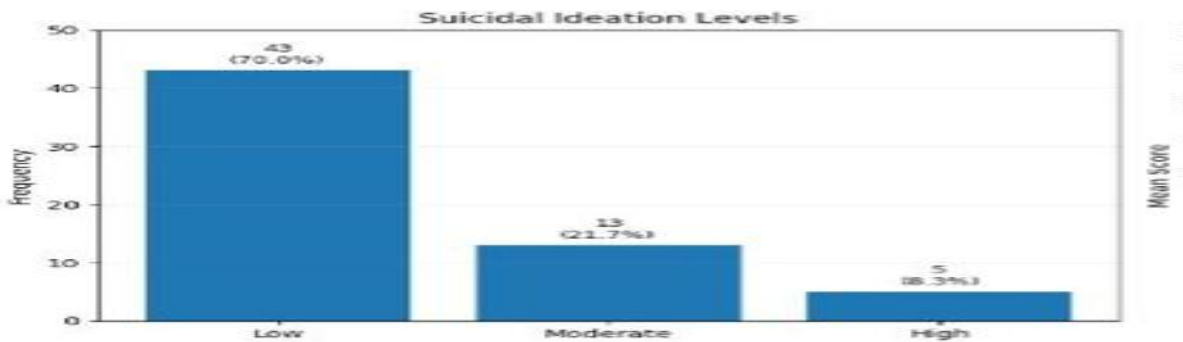
Anxiety level

Level	Frequency	Percentage
Minimal	15	25%
Mild	19	31.7%
Moderate	17	28.3%
Severe	9	15%
Total	60	100%



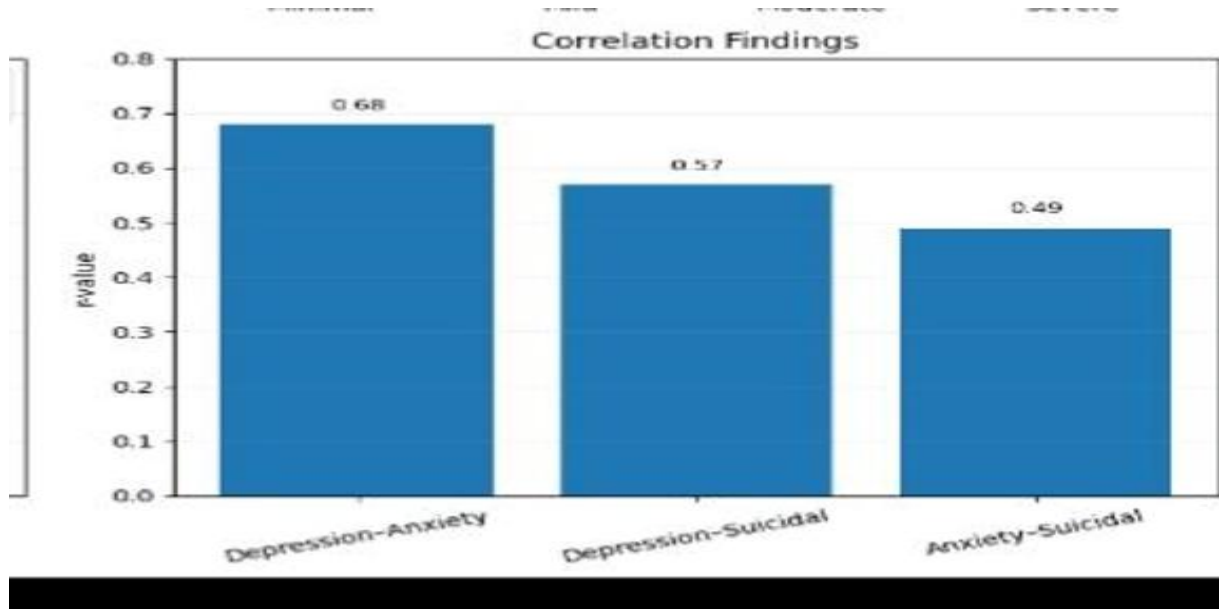
Suicidal ideation

Level	Frequency	Percentage
low	43	70%
Moderate	13	21.7%
High	5	8.3%
Total	60	100%



Correlation analysis

Variables	R-values	interpretation
Depression and anxiety	0.68	Strong positive correlation
Depression and suicidal ideation	0.57	Moderate positive Correlation
Anxiety and suicidal ideation	0.49	Moderate positive correlation



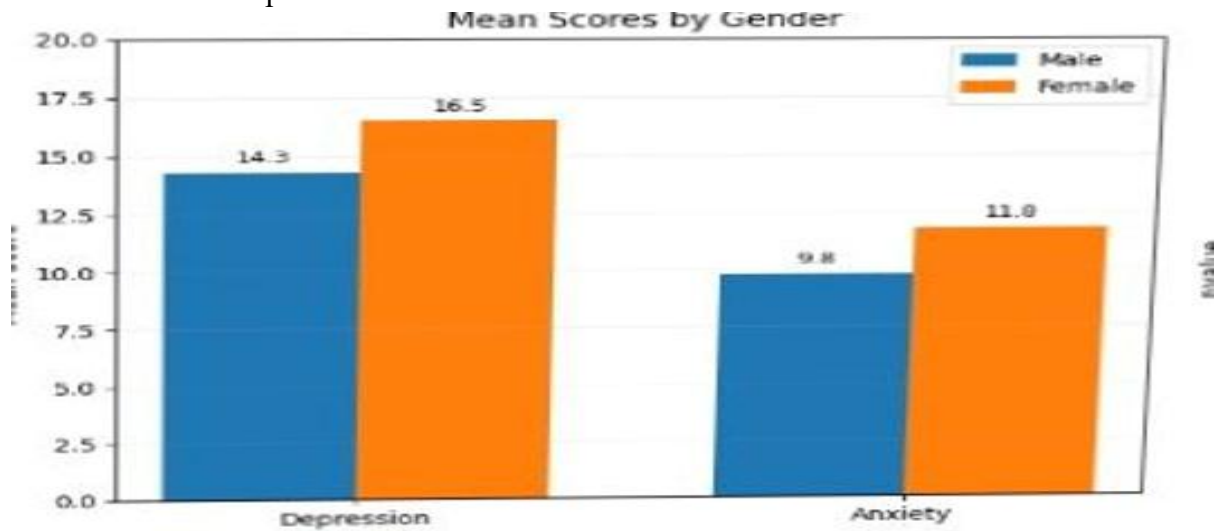
Interpretation

Higher depression is associated with higher anxiety.

Higher depression is associated with greater suicidal ideation.

Increased anxiety is associated with increased suicidal thoughts

Male – Female comparison



Depression

Gender	Mean score
Male	14.30
Female	16.50

Anxiety

Gender	Mean score
Male	9.80
Female	11.80

Interpretation

Female respondents showed slightly higher levels of depression and anxiety compared to male respondents.

VI. DISCUSSION

The findings indicate that depression and anxiety are common among the participants. Female respondents reported marginally higher psychological distress than males. The positive correlation between depression, anxiety and suicidal ideation suggests that these variables are closely linked. Individuals experiencing higher depression and anxiety are more likely to report suicidal thoughts.

VII. INTERPRETATION

Depression and anxiety coexist in many respondents.
 Female showed slightly higher emotional distress than men
 Suicidal ideation increased with rising depression score
 Psychological intervention, counseling, may help reduce depression and anxiety symptoms.
 Mental health awareness programmes, seminar, webinar are needed among young adults.

VIII. CONCLUSION

The study found out that depression and anxiety and suicidal ideation are really connected.
 According to this study, women felt more depressed and anxious than men, while both male and female experienced psychological distress.
 There is a link between Depression, anxiety and suicidal ideation.
 The positive correlation between anxiety, depression and suicidal ideation highlights the importance of identifying mental health concerns at an early stage.
 Creating a supportive environment, encouraging open discussion about mental health and reducing stigma can help individuals seek counseling when needed.
 Future research may include a larger and more diverse sample to further understand the factors influencing depression, anxiety and suicidal thoughts and to develop more effective prevention and intervention strategies.

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