



Faculty of Cognitive Sciences and Human Development

**CONTRIBUTING FACTORS OF SUICIDAL IDEATION AMONG
MALAYSIAN PUBLIC UNIVERSITY**

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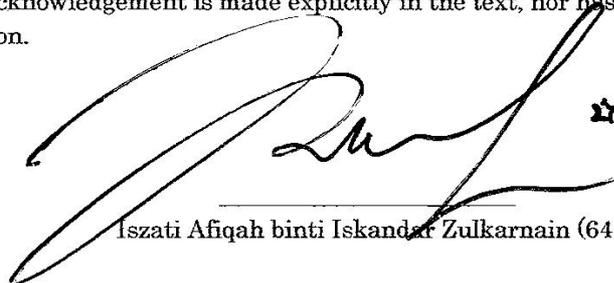
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**CONTRIBUTING FACTORS OF SUICIDAL IDEATION AMONG MALAYSIAN
PUBLIC UNIVERSITY**

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This project is submitted in partial fulfilment of the requirements for a
Bachelor of Psychology with Honours

Faculty of Cognitive Sciences and Human Development
UNIVERSITI MALAYSIA SARAWAK
(2020)

The project entitled 'Contributing Factors of Suicidal Ideation among Malaysian Public University' was prepared by Iszati Afiqah binti Iskandar Zulkarnain and submitted to the Faculty of Cognitive Sciences and Human Development in partial fulfillment of the requirements for a Bachelor of Psychology with Honours.

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ABSTRACT

Background: Suicidal ideation is viewed as a significant forerunner to later attempted and committed suicide and is of significant general mental health importance. In Malaysia, nationwide representative information on suicidal ideation is as yet deficient. Even though many studies have been directed about suicidal behavior, there is as yet limited and deficient information about suicidal ideation as far as contributing components like perfectionism, stress, and loneliness and barely so on the explicit group of people like university students. **Objectives:** To investigate the contributing factors associated with suicidal ideation among university students of University Malaysia Sarawak. **Method:** Random sampling method was used to select UNIMAS students to yield a total number of 245 participants. Questionnaires were distributed by google form through WhatsApp and Instagram to collect data. Independent Sample t-Test was used to answer research question number 1. One-Way ANOVA was used to answer research question number 2, while Multiple Linear Regression was conducted to answer research question number 3. Ethics were followed by the researcher along the journey. **Results:** Based on these findings, there is no significant difference in suicidal ideation based on gender. In addition, the findings found that the male participants had a greater mean score than female participants in perfectionism and loneliness, while female participants had a greater mean score than male participants in terms of stress. The findings also revealed that perfectionism and stress were statistically significantly lower after taking FCSHD compared to The FENG. In terms of loneliness, there was no statistically significant difference between groups. Loneliness was accounted for the most prevalent contributing factor associated with suicidal ideation among university students of UNIMAS, stress yielded the second prevalent contributing factor and the third prevalent contributing factor was perfectionism.

Keywords: Suicidal ideation, loneliness, stress, perfectionism, university students.

CHAPTER 1

INTRODUCTION

1.0 Introduction

This chapter will discuss the background of the study, problem statement, the objectives of the study, research question, research hypothesis, a conceptual framework, the importance of the research, the study limitations, and the operational definitions.

1.1 Background of Study

There has been an increase in suicidal cases in the past five years which included students who consisted of individuals from various social and cultural backgrounds regardless of their age, race, sex, religion, and work status. For each individual in 40 seconds, The World Health Organization (WHO) assessed that right around 800,000 individuals die every year in 2018 because of suicide. There have been claims that there may have been more than 20 individuals considering suicide with every grown-up passed on from it. Including 15-29-year-olds universally, suicide occurs over a long period and is the subsequent significant reason for death (World Health Organization, 2018). As reported by Abdollahi and Talib (2015), suicide is a major problem in society and keeps on being an enormous cause for death around the world. The inclination to commit suicide among youths in Malaysians disturbingly high.

For the period 2008 to 2012, a standard of one to two suicide cases was accounted for in Malaysia every day according to Malaysia National Suicide Registration. While the Institute for Public Health (2018), uncovered 11.2 percent of young people in the gathering had the possibility of suicide, just as 9%, were pondering suicide and 10.1 percent ended it all. Given the review, Kuala Lumpur recorded the most elevated level of teens contemplating to commit suicide (13.2%), Selangor also has an elevated level of young people wanting to attempt suicide (9.5%), while Perak reported the third-most elevated level of committing suicide by youths (9.3%). There were numerous cases discovered in regards to suicide attempters among university students. Such as, the case that was accounted a female student who was discovered dead on the fifth floor at one of the private colleges in Subang Jaya, Selangor (Justin Zack, 2017). An additional case by Farik Zolkepli (2018) was accounted of a body of a 19-year-old

male student by a janitor. The student was portrayed to have shot himself utilizing a gun that was taken from a shooting club.

Suicidal ideation is viewed as a significant forerunner to later endeavored and concluded suicide and is of significant general wellbeing importance. In Malaysia, nationwide emblematic information on suicidal ideation is as yet deficient.

1.2 Problem Statement

College is a period of critical progress. Numerous undergraduates are living away from home for the first time and have less admittance to encourage from loved ones. Alongside expanded independence and freedom, undergraduates face more prominent pressure from an assortment of sources, like raised scholastic requests, adapting to current whereabouts, and developing a new foundation approach.

Lerner and Steinberg (2004) stated that modification from dependent infant to self-supporting individualists made youngster need to acclimate to numerous things. These changes are identified with innermost development, independence, developing an interest in the opposite gender, social development, psychological maturity, the start of monetary freedom, make use of spare time adequately, perspectives on, life, growth, and recognition. This made young people experience private matters of mental self-view inside themselves along with the society and surroundings which further enormously to suicidal ideation.

As this pattern is increasing, the suicide condition is gradually alarming among adolescents in Malaysia. This sequence was likewise recognizable concerning undergraduates. Discoveries by Malkan and Amat (2018) found an important extent of suicide ideation with this category. At the tertiary education level, undergraduates with suicide ideation are at a phase where they are about to enter the young grown-up stage and the afflictions sophisticated in institute life (Dos et al., 2017). Ang and Huan (2006) stated that suicide is a significant cause of death among teens and young grown-ups. Although it is important to execute suicide prevention and intercession programs on college campuses, it is first important to recognize the interaction whereby undergrads become suicidal. Past research has recognized an extensive number of factors that might be related to suicidal ideation among university students. Among the components that have been distinguished through the discoveries of previous researches were depression, peer factors, mistreat, illness, low confidence, environment, internet

addiction, and gender differences (Malkan and Amat, 2018). Investigations carried out by Ang and Huan (2006) proposed that distressing university students will in general experience mental health issues, for example, depression and anxiety prompting suicide ideation. Also, the idea of suicide concerning university students was essentially connected with daily stress, general despondency, and social hopelessness (Heisel, Flett, and Hewitt, 2003); and factors like family, education, marriage, and lack of preventive attributes (Gururaj, Isaac, Subbakrishna and Ranjani, 2004). There were concentrates on suicide ideation concerning university students accomplished by local and foreign investigators (Wallack, 2007). The discoveries found that academic factors, family, and financial impact suicide ideation among university students.

Given that there are various factors related to suicide ideation, it is critical to use a conceptual framework that is equipped for clarifying the process by which different factors collaborate to create suicidal ideation and sentiments. The Escape Theory of Suicide (Baumeister, 1990) is one such conceptual framework. The Escape Theory of Suicide gives a theoretical framework for interpreting the process by which perfectionism, stress, negative self-attribution, elevated self-awareness, depression, anxiety, hopelessness, and limited reasons for living to combine to be the cause of suicidal ideation (Baumeister, 1990).

Besides, one of only some fundamental theories in suicide ideation is the Interpersonal-Psychological Theory of Suicide (IPTs), which clarified that suicide ideation is a consequence of perceived burdensomeness and thwarted belongingness (Joiner, LaRicka Wingate, and Ainhoa Otamendi, 2005). Depression with university students in Malaysia drove them to feel that they are troublesome to other people, and lack of social support frustrated their feeling of belongingness, along these lines they heighten suicide ideation. Notwithstanding, one probably won't see themselves to be difficult when they see and accept that their existence is worthwhile (Joiner et al., 2005), and their feeling of belongingness can likewise be ensured if they accept they have a place with their social surroundings to a specific degree. Sense of social attachment and sense of social value are two elements of another development called mattering (Drabenstott, 2019). To put it another way, IPTs interpreted that when one feels adequately matter to have no perceived burdensomeness and thwarted belongingness, they may perhaps not liable to construct suicide ideation.

The present circumstance is intimidating and influences the advancement of human psychological well-being particularly among young people in Malaysia if no counteraction measures are being taken as needs be. Even though many studies have been directed about

suicidal behavior, there is as yet limited and deficient information about suicidal ideation as far as contributing components like perfectionism, stress, and loneliness and barely so on the explicit group of people like university students. Hence, there are urgent necessities such as investigation on contributing components of suicide ideation ought to be done among university students in Malaysia. Thus, this research is to improve our comprehension of suicide ideation by observing factors such as perfectionism, stress, and loneliness among university students.

1.3 Objective of the Study

Research objectives

General objective

To investigate the contributing factors associated with suicidal ideation among university students of University Malaysia Sarawak.

Specific objective

1. To determine the contributing factors of suicidal ideation between male and female university students.
2. To study the contributing factors of suicidal ideation among university students in three different faculties (FCSHD, FMHS, FENG).
3. To investigate the most prevalent contributing factors associated with suicidal ideation among university students of University Malaysia Sarawak.

1.4 Research Question

Following are the primary research questions for the present study:

1. Is there any significant difference between male and female university students in terms of contributing factors for suicidal ideation?
2. Is there any significant difference between university students in terms of contributing factors for suicidal ideation between three different faculties?

3. Which are the most prevalent contributing factors associated with suicidal ideation among university students of University Malaysia Sarawak?

1.5 Research Hypothesis

Based on Research question no. 1;

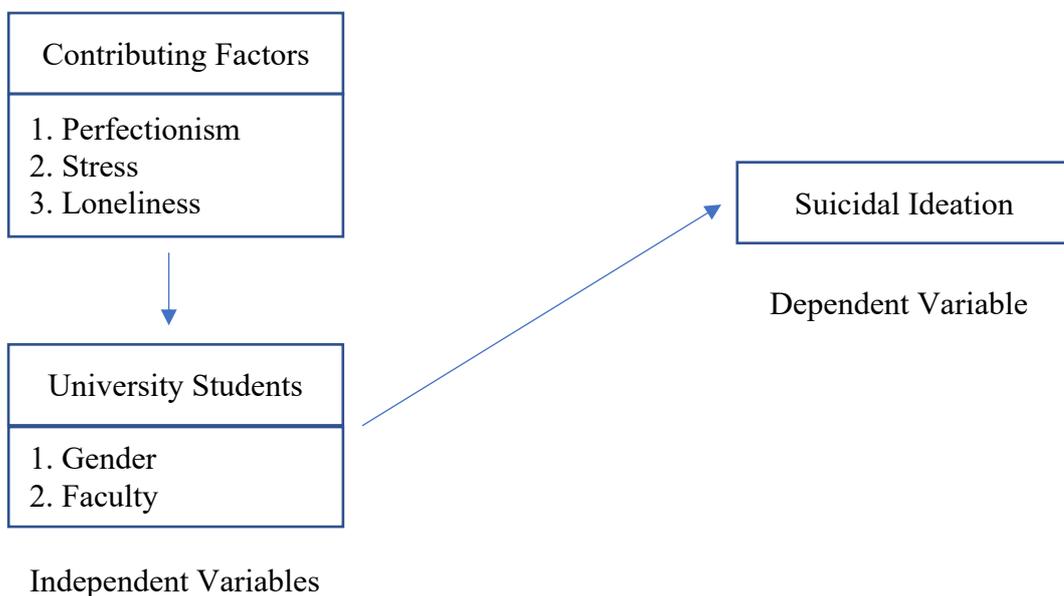
H₀1: There is no significant difference between male and female university students in terms of contributing factors for suicidal ideation.

Based on Research question no. 2;

H₀2: There is no significant difference between university students in terms of contributing factors for suicidal ideation between three different faculties.

1.6 Conceptual Framework

Figure 1.1
Conceptual Framework



1.7 Importance of Research

The researcher was desirous to unwind the most prevalent contributing factors associated with suicidal ideation among Malaysian university students as little was known

about it. This study brought on the collection of information as it gave mindfulness about suicidal ideation and the major risk factors for suicidal ideation.

With the comprehension of suicidal ideation and its contributing factors, it very well may be made to assist the lecturers and students to increase their readiness about suicide, suicide prevention, and awareness. For example, on the off chance that someone you know appears suicidal, be respectful and acknowledge the individual's feelings and take it seriously. Try not to be judgmental and deprecate the individual. All things considered, offer to help the person discover approaches to get assistance and support. If you've talked to the person and it still bothered you, you could impart your concerns with a lecturer or a guidance counselor.

Besides, this study additionally added to a huge body of knowledge on the relationship between gender, student major, and suicidal ideation in terms of perfectionism, stress, and loneliness.

1.8 Definition of Terms

In this study, the researchers will give a short clarification of the terms that are discussed in the conceptual framework through online-word reference and operational definitions. This will additionally increase the reader's understanding of the terms which have been used.

1.8.1 Contributing Factor

Contributing factor is mostly liable for improvement or phenomenon (Merriam-Webster Dictionary, 2021).

1.8.1.1 Perfectionism

Conceptual Definition

Perfectionism is a wide personality style described by a person's concern with striving for flawlessness and is accompanied by critical self-assessments and concerns concerning others' evaluations. (Szymanski, 2011). Perfectionism is regularly seen as a positive quality that expands your odds of accomplishments, but it can prompt self-defeating thoughts or

behaviors that make it harder to attain goals. It might likewise cause pressure, tension, discouragement, and other mental health issues (Taylor, 2016).

Operational Definition

The study examines the evaluation of perfectionism by using the Almost Perfect Scale-Revised (APS-R; Slaney, R. B., Mobley, Trippi, Ashby & Johnson, 1996), which contains three variables: high standards, order, and discrepancy.

1.8.1.2 Stress

Conceptual Definition

Stress can be characterized as a change that causes physical, emotional, or mental strain. Stress is your body's reaction to anything that requires attention or action. Stress is an ordinary response to regular pressures, however, it can become unhealthy when it disturbs your day-to-day functioning (Fink, 2010).

Operational Definition

The study examines the perception of stress by using the Perceived Stress Scale (PSS; Cohen, Kamarck, & Mermelstein, 1983). It is a measure of the degree to which situations in one's life are appraised as stressful. Items were designed to tap how unpredictable, uncontrollable, and overloaded respondents find their lives.

1.8.1.3 Loneliness

Conceptual Definition

Loneliness is depicted as social torment. A psychological mechanism that propels people to seek social connections. It is often related to an undesirable absence of connection and intimacy (Kendra, 2020).

Operational Definition

The study examines the evaluation of loneliness by using the UCLA Loneliness Scale Version 3 (Russell, 1996). The UCLA measure assesses loneliness indirectly by using items

that focus on its hypothesized causes (e.g., lacking companionship) or on correlated constructs (e.g., feeling shy).

1.8.2 University Student

A university student is defined as a student enrolled in a college or university (Definition of university student, 2021).

1.8.2.1 Gender

Conceptual Definition

Gender is the scope of qualities relating to and differentiating between, masculinity and femininity. Contingent upon the situation, these characteristics may incorporate biological sex, sex-based social structures, or gender identity (Udry, 1994).

Operational Definition

The gender alludes to the university students that consist of male and female that was identified from the response in the demographic section.

1.8.2.2 Student Major

Conceptual Definition

A major is a particular subject that students can specialize in while aspiring to a college degree (David, 2021).

Operational Definition

In this study, only social science, medical, and engineering students will be evaluated.

1.8.3 Suicidal Ideation

Conceptual Definition

Suicidal ideation is characterized as wanting to take your own life or pondering about suicide. There are two sorts of suicidal ideation: passive and active. Passive suicidal ideation

happens when you want to be dear or that you could die, however you don't have any plans to commit suicide. Active suicidal ideation, on the other hand, isn't just considering the big picture but having an aim to end it all, including arranging how to do it (Marcia, 2020).

Operational Definition

By utilizing The Suicidal Ideation Scale, this study examines the assessment of suicidal ideation (SIS; Rudd, 1989). It is a self-report instrument that focuses on suicidal ideas depending on how respondents felt or behave during the past year.

1.9 Summary

This chapter reviewed the scope of research by defining the background of the study, statement of problems, research objectives, research questions, research hypothesis, and terminology in terms of conceptual and operational definitions. The relationship between independent variables and dependent variables also had been included and clarified in the conceptual framework.

CHAPTER 2

LITERATURE REVIEW

2.0 Introduction

The study literature review outlines are related to the definition of suicidal ideation, suicidal ideation and college student, and the risk factors associated with suicidal ideation. Also, the correlation between perfectionism, stress, and loneliness with suicidal ideation, including theories of suicide.

2.1 Definition of Suicidal Ideation

To comprehend the issue, the significance of suicidal ideation was clearly explained. There were few definitions of suicidal ideation. Generally, suicidal ideation was known as the thoughts in which individuals consider or in the condition delighted amused by suicide (Gliatto & Rai, 1999). Another wide term of suicidal ideation was proposed by the National Strategy for Suicide Prevention 2012, which portrayed suicidal thoughts as self-destructive thoughts including suicide action. Brazier (2020) stressed suicide ideation as the purpose and thought to commit suicide with no presence of a suicide attempt. Though it was just an intention, complete consideration should be given to those who have suicide thought since suicide behavior conduct for the most part happens after the ideation. Suicide was viewed as one of the ethical issues. In nations such as China and India, suicide had been practiced for the sake of culture. Suttee was notable as a custom suicide in China and India just as hara-kiri in Japan's culture. In the Buddhist faith, some elected to suicide to show the images of hopelessness and give up (Clay, 2018).

2.2 Suicidal Ideation and College Student

Suicide ideation is viewed as a significant antecedent to later endeavored and completed suicide (Arria et al., 2009) and is of crucial public health significance. The worldwide lifetime pervasiveness of suicidal ideation and suicide attempts are assessed at 9.2% and 2.7%, correspondingly (Nock et al., 2008). National surveys calculate that 11.4% of college students seriously considered attempting suicide in the previous year, 7.9% made a suicide arrangement, and 1.7% attempted suicide (Barrios, Everett, Simon, et al., 2000).

Recent scientific evidence shows that youngster's suicidal behaviors are intricate incidents that arise, composing a significant feature out of consideration for social policies (Gonçalves, Sequeira, Duarte, & Freitas, 2014). Managing tertiary education usually leads to some psychological problems, prompted by being neglected by surroundings. Students who are far away from home may feel less socially and mentally supported by those they contemplate close to them, which can have serious adversary ramifications on their prosperity and adjustment process. To adjust to the problems that appear in this phase of life, compensating contact with family, companions, and colleagues fortify is required. (Laurence et al., 2009). Tertiary education students are confronted with stressing quantities of homesickness, missing their loved ones, and burdensome perception leading to suicidal ideation. These suicidal ideation-related circumstances on most occasions are only distinguished in vastly intense cases, resorting to psychiatric treatment.

Several authors have examined the impact of social welfare on emotional wellness and its parts as a mediator or suicidal behavior forecaster (Bouteyre et al., 2006). Social support discernment and bonds set up among an individual and the society could potentially guide in the adaptation to push circumstances. Students with legitimate social support discover it easier to attain coping strategies regarding an antagonistic state. Absence and inadequate family or social support are ordinarily expected as greater suicide ideation (Walsh & Eggert, 2007).

2.3 Risk Factors of Suicidal Ideation

Suicidal ideation is a solid indicator of future suicide attempt deaths. This can lead to unfavorable health and economic impacts like injury and hospitalization (O'Connor, Smyth, Ferguson, Ryan, & Williams, 2013). Recognizing factors impacting suicidal considerations and attempts can be, consequently, pivotal in advising suicide prevention interventions and policies.

Various studies have analyzed the factors affecting suicidal behaviors that compromise suicidal ideation, plan, and attempts. Being a woman, early age, unwedded, jobless, low education and salary (Hawton, Saunders, & O'Connor, 2012) were accounted to be corresponding with suicidal behaviors. Mental infirmity, feeling sad and miserable, depression, loneliness, impulsivity, conduct difficulty, and distress during youth (Klonsky, May, & Saffer, 2016) were additionally recognized as salient risk factors for suicidal ideation and attempts. Moreover, family history of suicide (Qin, Agerbo, & Mortensen, 2002), alcoholism, obesity,