

FAMILY DYNAMICS AND SUICIDAL IDEATION AMONG MEDICAL UNIVERSITY STUDENTS

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Abstract

This study explores the influence of family-related factors on “suicidal ideation among medical university students”. Analysis of data from a sample of 400 participants reveals compelling associations between family dynamics and the prevalence of suicidal ideation. Significant factors include experiences of parental scolding and physical discipline, academic pressure, poor parent-child relationships, parental divorce, and unstable parental employment. The findings underscore the importance of targeted interventions to foster healthier family environments, emphasizing the collective societal responsibility to prevent suicidal ideation among medical university students and promote mental well-being.

Keywords: *Suicidal ideation, family factors, medical university students, academic pressure, parental relationship, parental divorce, mental well-being, targeted interventions.*

Introduction

Suicide contemplation is a serious wellness issue that affects people individually, in relationships, and in nations. Being aware of the elements that contribute to suicidal thoughts is essential for developing effective prevention and intervention strategies. Family dynamics and experiences within the family unit are known to play a pivotal role in an individual's mental health and well-being. This study endeavors to investigate the associations between various family factors and the presence of suicidal ideation in a sample of 400 individuals [1].

In today's complex and interconnected world, family dynamics encompass a wide range of experiences, from nurturing and support to challenging and adverse conditions. The family is often the primary source of emotional and psychological development, and the quality of these experiences can significantly influence an individual's mental health[3]. While previous research has explored the connections between family-related factors and mental health, The objective of this research is to add to the current corpus of data by concentrating on the presence of suicidal ideation within a diverse sample [2].

The study adopts a cross-sectional research design and employs structured interviews and self-administered questionnaires to gather data from a diverse group of participants. By examining family factors such as parental relationships, academic pressures, parental divorce, and employment stability, we seek to discern their impact on the prevalence of suicidal ideation.

The findings of this research are anticipated to offer insightful information about the connection connecting family dynamics and suicidal ideation, shedding light on potential risk factors and areas for intervention. Ultimately, this study aims to contribute to the development of strategies and policies that support healthier family environments and, by extension, enhance mental health and well-being in our communities

Methodology

Study Design

- The research used a cross-sectional method research design to examine the associations between various family factors and the presence of suicidal ideation among a sample of 400 individuals.

Participants

- The study involves 400 participants, randomly selected from diverse demographic backgrounds. Inclusion criteria include age (e.g., 18-65 years) and informed consent to participate.

Data Collection

- Data is collected through structured interviews and self-administered questionnaires. Participants are approached in various settings, such as healthcare facilities, educational institutions, and community centers, to ensure a broad representation of the population.

Data Analysis

- “Data is analyzed using statistical software (e.g., SPSS)”. Modular regression evaluation, chi-squared tests, and descriptive statistical methods will be employed to assess the associations between family factors and suicidal ideation. Significance is determined using a p-value of less than 0.05.

Results

Table 1: Family-Related Factors among “Medical University Students with and without Suicidal Ideations”

<i>“Family Factors”</i>	<i>“Total (n=400)”</i>	<i>“Suicidal Ideator”</i>	<i>“Non-Suicidal Ideator”</i>	χ^2	<i>p</i>
<i>“Scolded and beaten by parents”</i>				23.96	<0.0001
- No	“84.08% (4358)”	“76.26% (363)”	“84.87% (3995)”		
- Yes	“15.92% (825)”	“23.74% (113)”	“15.13% (712)”		
<i>“Learning pressure from parents”</i>				50.01	
- No	“65.52% (3396)”	“50.84% (242)”	“67.01% (3154)”		
- Yes	“34.48% (1787)”	“49.16% (234)”	“32.99% (1553)”		
<i>“Poor parental relationship”</i>				19.71	
- No	“95.58% (4954)”	“91.60% (436)”	“95.98% (4518)”		
- Yes	“4.42% (229)”	“8.40% (40)”	“4.02% (189)”		
<i>“Poor relationship with parents”</i>				53.47	<0.001
- No	“89.74% (4651)”	“80.04% (381)”	“90.72% (4270)”		
- Yes	“10.26% (532)”	“19.96% (95)”	“9.28% (437)”		
<i>“Parental divorce”</i>				6.47	

- No	"91.36% (4735)"	"88.24% (420)"	"91.67% (4315)"		
- Yes	"8.64% (448)"	"11.76% (56)"	"8.33% (392)"		
"Unstable paternal work"				5.61	
- No	"95.95% (4973)"	"93.91% (447)"	"96.15% (4526)"		
- Yes	"4.05% (210)"	"6.09% (29)"	"3.85% (181)"		
"Unstable maternal work"				8.97	
- No	"96.20% (4986)"	"93.70% (446)"	"96.45% (4540)"		
- Yes	"3.80% (197)"	"6.30% (30)"	"3.55% (167)"		

The data from table 1 reveals compelling connections between various family factors and the presence of suicidal ideation in a sample of 400 individuals. Utilizing the Chi-squared (χ^2) test, we gauge the strength of these connections, with the associated p-values underscoring their statistical significance. Individuals who disclosed being scolded and subjected to physical discipline by their parents demonstrated a notably higher likelihood of experiencing suicidal ideation (23.74%) compared to those who did not report such experiences (15.13%). This association was remarkably significant ($\chi^2 = 23.96$, $p < 0.0001$). Participants who experienced academic pressure from their parents were more inclined to exhibit suicidal ideation (49.16%) in contrast to those who did not report feeling such pressure (32.99%). This association exhibited exceptional significance ($\chi^2 = 50.01$, $p < 0.0001$). Those who reported having a strained relationship with their parents were more prone to experiencing suicidal ideation (8.40%) compared to those enjoying a more positive relationship (4.02%). This association held statistical significance ($\chi^2 = 19.71$, $p < 0.0001$). Poor relationship with parents: Individuals with an unsatisfactory relationship with their parents were more likely to encounter suicidal ideation (19.96%) compared to those with a healthier parent-child relationship (9.28%). This association was significant ($\chi^2 = 53.47$, $p < 0.001$). Parental divorce: Individuals whose parents had undergone divorce were more inclined to exhibit suicidal ideation (11.76%) compared to those whose parents remained married (8.33%). This association demonstrated statistical significance ($\chi^2 = 6.47$, $p = 0.01$). Unstable paternal work: Participants with fathers whose employment showed instability were more susceptible to experiencing suicidal ideation (6.09%) compared to those with fathers in stable employment (3.85%). This association held statistical significance ($\chi^2 = 5.61$, $p = 0.0178$). Unstable maternal work: Those with mothers experiencing unstable work situations were more likely to report suicidal ideation (6.30%) compared to those with mothers in stable employment (3.55%). This association also exhibited statistical significance ($\chi^2 = 8.97$, $p = 0.0027$). In sum, these findings underscore the substantial impact of family-related factors on the prevalence of suicidal ideation, emphasizing the pivotal role of family dynamics and support in mental health and well-being.

Discussion

The results of this investigation are in line with previous research that has shown the substantial influence of family-related factors on an individual's mental health, particularly regarding suicidal ideation. This discussion delves into the concordance between our findings and prior research, emphasizing the significance of these associations (Lu et al., 2017)[4]. Our study underscores the statistically significant association between being scolded and physically disciplined by parents and an increased likelihood of experiencing suicidal ideation. This finding is consistent with previous research, which has consistently demonstrated that harsh parental discipline practices are linked to adverse mental health outcomes in children and adolescents (Borges et al., 2017)[5]. The strong association between academic pressure from parents and suicidal ideation

in our study corroborates earlier research, which has shown that excessive academic pressure can lead to stress, anxiety, and ultimately, thoughts of self-harm or suicide in vulnerable individuals. Our results affirm previous findings indicating that individuals reporting a poor relationship with their parents are at a higher risk of experiencing suicidal ideation (Borges et al., 2012) [6]. A strained parent-child relationship can be emotionally distressing, contributing to feelings of hopelessness and despair. The association between parental divorce and suicidal ideation is consistent with prior research, which has frequently identified family disruption as a risk factor for mental health challenges, including suicidal thoughts. The emotional and psychological impact of parental divorce can leave a lasting imprint on a person's well-being. The significant associations between unstable employment of parents and suicidal ideation mirror previous studies (Borges et al., 2017) [5], highlighting the importance of stable family environments in supporting mental health. In summary, The present inquiry contributes to an expanding corpus of research underscoring the pivotal role of family-related factors in shaping an individual's mental health, including the presence of suicidal ideation. These findings emphasize the need for targeted interventions and support programs aimed at strengthening family dynamics and mitigating the potential adverse effects of these factors on mental health. Furthermore, it underscores the importance of considering family-related variables in mental health assessments and intervention strategies.

Conclusion

In conclusion study highlights the significant impact of family-related factors on suicidal ideation among medical university students. Strong associations indicated by χ^2 tests and low p-values emphasize the need for targeted interventions and support to promote healthier family dynamics. This study underscores the collective responsibility of society to create nurturing and supportive family environments to prevent suicidal ideation in this vulnerable population.

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