

Prevalence of suicidal tendencies among the students at the University of Peshawar, Pakistan

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Abstract:

Suicide is a serious social and mental health problem; considering the recent hike in the country's young population, it is essential to study the influential factors of suicide. This study is designed to identify the prevalence of suicide tendencies among students at the University of Peshawar. Students from various disciplines, such as psychology, statistics, computer science, English, pharmacy, journalism, international relations, and management sciences, among others, were submitted on the self-reported suicidal ideation scale (SIQUE). There was a higher prevalence rate of 30% of students having suicidal ideation among 844 students, in which the female predominance rate was higher than males. Furthermore, the married and ailing students also showed significant patterns of suicidal ideation on the SIQUE scale. The results also showed that among the students at the University of Peshawar, drug addicts had statistically higher average suicidal ideation. Those with mental disorders, physical disorders, death of loved ones, history of suicide, and weakness in religious beliefs increase the relative rates of suicidal ideation and propensity among students. Students who are married and suffer from mental disorders or other emotional or physical problems have a soaring inclination to suicide among the University of Peshawar students aged 19-30.

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1. Introduction

Suicide is a tragic and complex phenomenon that affects individuals and communities worldwide, transcending boundaries of age, gender, and socioeconomic status. It is a crucial epidemiological heed, demanding comprehensive attention and research to understand its underlying causes and develop effective prevention strategies. Among the vulnerable population, university students face unique challenges and pressures that can significantly impact their mental well-being (Minutillo et al., 2020). This paper explores the prevalence of suicidal tendencies among the students at the University of Peshawar, shedding light on the factors contributing to this distressing issue. The University of Peshawar, located in the Khyber Pakhtunkhwa province of Pakistan, is one of the country's oldest and most prestigious higher education institutions in the country. With a diverse student population and a rigorous academic environment, the university serves as a cosmos of the provocation faced by students in Pakistan (Masood, 2012). Academic pressure, social expectations, financial constraints, and personal difficulties all contribute to the heightened risk of mental health issues, including suicidal tendencies, among the university's students (Nguyen et al., 2013).

With a population of about 227 million, Pakistan is a South-Asian Muslim as the world's fifth most populous country and the world's second-largest Muslim populace homeland. Suicide or self-destruction is regarded as an illegal and unacceptable sin in every country. Suicide attempts and suicide are taboo topics in society, and people try to avoid discussing them. Self-destruction is regarded an unforgivable sin in Islam, the world's second-largest religion, and it is forbidden for them to enter heaven. Without any genuine thematic references to it, the Quran believes it to be self-murder (i.e., Qatl-e-Nafs) and "the cutting of the throat" (i.e., intihr). This act is prohibited by our last prophet, Hazrat Muhammad PBUH, who sentenced the perpetrator to an eternal punishment of continuously performing the deed and forbade the mental act of intending to perform the act. In comparison to other countries, Muslim countries reported fewer suicides and suicide attempts. According to a study, suicide and suicide attempts were much lower in seven Muslim nations, including Iran, Pakistan, Kuwait, Iraq, Syria, Jordan, and Egypt, as compared to Western countries. The WHO Mental Health Action Plan 2013–2030 commits member states to working toward a global goal of reducing suicide rates by one-third by 2030. Psychosocial pressures in one's life have affected one's decision to commit suicide or attempt suicide on numerous occasions. Not only stressors, but also a child's growth and development, which is influenced by the parents' parenting style. Authoritarian parenting approaches, overprotection, a poor home atmosphere, a lack of parental love, and child nurturing behaviours all contribute to sunken self-esteem including despair, whichever can lead to suicidal ideas and attempts. Paternal psychopathology, a conclusive ancestry of self-destructive behaviour, house-hold issues, a powerless connection, along with abuse are gross constituents a well-known allied to an accumulated jeopardy of juvenile self-destruction along with self-destructive behaviour (Cash & Bridge, 2009).

Those who are cut off from society or have their ties impacted are at a higher risk of self-destructive ideation than those who have many connections and mingle. Self-destructive ideations are thoughts that originate in a child's head because of specific arguments and the futility of life, with a preference for death over life. According to Levinson et al. (2007), self-destructive behaviour is the product of a protracted interaction that typically spans years, from self-destructive ideation to planning, and culminates in the self-destructive undertaking. People's perspectives on life have been altered by low self-esteem and hopelessness.

A lack of consistent and safe contact in children can have substantial and harmful implications, including several diseases ranging from early childhood to puberty. Low self-esteem, poor communication skills, trouble interacting with others, anti-social behaviour, and hopelessness are all factors that contribute to suicidal behaviour and, as a result, suicide, or attempted suicide. (Ebrahim, 2012). Suicide ideation and attempt are linked to a variety of factors, one of which is mental health. Researchers are trying to figure out what is causing this and come up with a remedy (Nock et. al., 2008). In older individuals, poverty is a risk factor for suicide and suicide attempts (Jae Woo et. al., 2019). Adolescent boys in poverty-stricken schools have an inflated likelihood of suicide besides the particular in cost-effective schools. The rate of attempted suicide among individuals with suicidal thoughts was likewise greater in poverty-stricken schools in comparison to middle- and cost-effective schools for young men only. According to the Human Commission of Pakistan's annual report (2012), poverty and a bleak future are driving young females to commit suicide in Karachi (Ebrahim, 2012). According to a recent study, prolonged recession is connected to an inflated likelihood of suicide, Milner and his colleagues (Milner et. al., 2013). Male suicides are statistically more significant than female suicides because of unemployment (Norström et. Al., 2014). Similarly, the non-active labour force had greater odds ratios than the employed (Blakely et. al., 2003). Long-term unemployment, according to a study, is linked to the highest risk of suicide (Milner et. al., 2013). Unemployment rates rose the most in welfare states with the least generous unemployment insurance policies. Apart from the Scandinavian welfare regime, unemployment had a statistically significant effect on male suicides in all welfare regimes.

Only the eastern European nation group had a substantial effect on female suicides (Norström et. al., 2014). The number of suicides linked to unemployment was nine times higher than the number of suicides linked to the most recent economic downturn (Nordt et. al., 2015). Death rates are influenced by socioeconomic characteristics such as age, gender, education level, and income. Emotional assistance is also recommended to minimize avoidable deaths (Lin, 2006). Other suicide-related systems, such as the serotonin, opioid, and glutamate systems, are linked to a dysregulated HPA axis. Suicide attempts among males are associated to lifetime and recent physical and sexual abuse, according to Tiet et. al. (2006a; b). Male suicide attempts are linked to past and current physical and sexual abuse. Bullying and peer victimisation increase the risk of suicide in youth, particularly when there is coexisting psychopathology. The results of a cross-sectional study demonstrate that risk profiles differ depending on sex, as well as the frequency and intensity of bullying (Brunstein et. al., 2011). Verbal harassment, physical aggression, and cyber bullying have all been allied to an elevated liability of suicide in studies (Klomek et. al., 2008). Understanding the effects of various types of bullying and how they combine with depression may aid medical practitioners in identifying kids who are at the paramount liability of suicide (Tamar et. al., 2016).

1.1. Rationale

Suicidal ideation, suicidal attempt, and the elements that lead to them have all been highlighted in the studies mentioned above. The Institution of Peshawar is the mother university of Khyber Pakhtunkhwa, and it is responsible for delivering basic education to the province's citizens. Students at the University of Peshawar come from a wide range of socioeconomic origins, resulting in a social and economic split among them. To close the gap, people participate in a range of activities, some of which are beneficial and others of which are destructive, such as drug abuse and delinquent behaviour. These actions give individuals distress and low self-

esteem, prompting them to injure themselves and commit suicide. As psychology students, it is our ethical responsibility to pay close attention to such issues and to arrange seminars and workshops to create awareness among students at the University of Peshawar. To get a better understanding of the exact number of suicidal attempts and suicidal ideation, we chose twelve departments and conducted convenient sampling (N=844) as the sample size. This study will aid us in identifying various causes and addressing them using various psychoeducational approaches. Suicide thoughts and attempts are raised by psychoeducational activities such as seminars and workshops. Early intervention can help young people avoid delinquent behaviour and improve their assets and resilience.

1.2. Objectives

To determine the prevalence of suicide ideation and attempt among Peshawar University students. (2) to assess the link between male and female suicide ideation, hostel vs. non-hostel, nuclear vs. joint family, married vs. unmarried residents, and ill vs. healthy UOP students.

1.3. Hypotheses

- H1 Adolescent students will score high on SIQUE as compared to adult students.
- H2 There will be high score of male students on SIQUE as compared to female students.
- H3 Single students will score high on SIQUE as compared to married students.
- H4 Sick people will score high on SIQUE as compared to healthy.
- H5 Low-income students will score high on SIQUE as compared to high income students.
- H6 The hostel residence will score high on SIQUE as compared to non-hostel residence.
- H7 Students who belong to a joint family will score high on SIQUE as compared to nuclear family.
- H8 Those students having many siblings will score high on SIQUE as compared to students having few siblings.
- H9 First birth order student in the family will score high on SIQUE as compared to other birth order student in family.

2. Literature review

According to Urme et. al. (2022), suicide is an important and mendable cosmic communal healthfulness dilemma but is often overlooked by researchers, policymakers, gatekeepers, and clinicians (Arafat, 2016; Suicide, 2021), especially in those with low mortality. income countries such as Bangladesh (Begum et. al., 2017). About 1 million inhabitants commit suicide each generation, with a fatality estimate of 16 out of every 100,000; there is a suicide death every 40 seconds around the globe (Hannah et. al., 2015; Khan et. al., 2021). As such, suicide is declared the 3rd leading cause of death in the world among 15–44-year-olds (Arafat, 2016; Khan et. al., 2021), while 77% of suicides occurred in low- and middle-income countries (LMICs) in 2019 (Suicide, 2021; Urme et. al., 2022).

A total of 737 college students were surveyed using the psychologically robust self-report measure of suicidal ideation. More than 43% participants had attempted suicide in the past year. Among those with suicidal thoughts, 14.9% acted on those thoughts in some way without retain suicidal thoughts. More than 5.5% were found to have attempted murder in their lifetime. Severe suicidal ideation and actual suicide attempt are related to several demographic

characteristics, and the implications of the results will be discussed. Overall, the results indicate that teen suicide may be associated with a larger proportion of young adults than previously thought. The results indirectly support the hypothesis that the difference between male and female suicide rates is primarily a function of the lethality of the attempt (Rudd, 1990).

As per the Chinese study to determine whether depressive symptoms are related to suicidal ideation among university students in China; the findings were narrated from Five Chinese and English electronic databases (EBSCO, PubMed, Chinese Web of Knowledge, Wanfang and Weipu) that were searched to identify relevant studies. These cross-sectional studies were published between 2000 and 2016 that delineate a coalition among depressive symptoms and suicidal ideation in university students in China; were used for the meta-analysis to estimate gross alliance in the middle of depression and suicidal ideation among university students in mainland China. The meta-analysis of included publications of the study reveals that a 95% confidence interval, which is a moderate alliance between depressive symptoms and suicidal ideation among university students in China, and depressive symptoms contribute to the evolution of suicidal ideation (Wang et. al., 2017).

This study's aspiration was to establish a multidimensional paradigmatic that particularly could explicate suicidal ideation in graduate students. Vis-a-vis interviews were conducted with 1,249 freshmen. An estimated 6% of freshmen at this university are currently contemplating suicide. The autonomously akin ailments with suicidal ideation are depressive symptoms, low social support, emotional disturbances, and father-child conflict. Corresponding to definitive conventionalities only 40% of those with suicidal thoughts were restricted as depressed. Strong predictors of suicidal ideation were low levels of depressive symptoms, low social support and emotional dysregulation particularly reported in the mentioned group.; along with alcohol use disorder was also exclusively allied with suicidal ideation, in comparison to parental conflict that is not akin inclusively. The consequences featured potential targets for preceding intercession in graduate students (Arria et. al., 2009).

Planetary, a growing concern among university students is high rates of depression, stress, and anxiety (Bayram & Bilgel, 2008). Suicide is the subsequent preeminent motive of demise among students of higher education institutions (Owusu-Ansah et. al., 2020). The inclination of suicide has heightened at a distressing percentage among students of civic institutions in Bangladesh. Approximately 19 students from 5 public universities committed suicide in 2019, indicating an increase in such incidents (Shovon, 2018). In contempt of the soaring suicide percentage among students of communal institutions, there is an insufficiency of research and data on the substantiation for suicidal ideation or behaviour in this populace (Arafat & Al-Mamun, 2019; Mamun et. al., 2019).

Peculiarly depression, is a preeminent motive of suicide in the account of mental illness (Dyson & Renk, 2006; Garlow et. al., 2008; Mackenzie et. al., 2011), which likewise prevails suicidal ideation among students of postgraduate institutions worldwide (Santos et. al., 2017; Wanyoike, 2015). Moreover, is likewise genuine with students of higher education institutions in Bangladesh. Difficulty adapting, i.e., being uncomfortable amid the unfamiliar environment, fashioning friendships, being distant from family, furthermore, transitioning from school to postgraduate life are hazards for depression in students (Chong et. al., 2009; Santos et. al., 2017). Alcohol or substance abuse is one of the up-roaring or moderate hazards for suicide illustrated in the earlier studies done on postgraduate students belonging from Brazil as well as

Ethiopia (Dachew et. al., 2018; Santos et. al., 2017). Suicidal intention is also associated with despair and loneliness among recent graduates (Garcia-Williams et. al., 2014).

Narrating from the data for the cross-sectional study which were collected in the midst of May and September 2021 from 540 sophomore tutee in southwestern Uganda (363 boys, denotes the average age 23.3), substituting from the “Questions from the General Health Questionnaire (GHQ-28) were worn to gauge suicidal ideation, whilst auxiliary pertinent questions were worn to gauge suicide memoranda, resources and attempts structure and locality accompanying the determinants of the suicidal attempt; and the regression analysis of the data mining divulge that the tariff of suicidal behaviour in the antecedent year was 31.85% for suicidal ideation, 8.15% for suicide plan and 6.11% for suicidal ideation”. Having an incurable corporeal well-being quality upsurge the prospect of bewitching in entire manifestations of suicidal behaviour. Thoughts of suicide have been linked to difficulty paying for college tuition. Nevertheless, being satisfied with your current academic grades as well as feeling of contentment with having fifth year of graduation in institution reduced the likelihood of suicidal ideation. Against suicide plans the protective factors are the contentment with the achievements in scholastic GPAs in one’s academic tenure. Suicide attempts have been linked to a antiquity of sexual exploitation as well as obstacles in paying college expenditures. The drug overdose, and the ultimate prevalent locality for suicidal attempts is their home are the ultimate prevailing approaches for suicidal attempts. Based on current research, those students at liability, postgraduate institutions sustain implementation of pertinent interventions such as teaching life skills and suicide prevention techniques (Kaggwa et. al., 2022).

College is a pivotal moment of transition, where the majority of students live away from home for the first time and have little access to support from family and friends. In addition to increasing freedom and independence, students face increased stress from a variety of sources, such as: increasing learning requirements, adapting to new environments and developing a new support system. College also offers the opportunity to experiment with alcohol and other drugs, which can worsen mood problems and increase suicide risk. Many students go to college with a history of mental health problems or treatment. Environmental stressors combined with a predisposition to mental health problems can increase the risk of suicide. In a recent national survey, 16% of college students said they had been diagnosed with a depressive disorder, many in the past year. More than 90% of people who commit suicide have a diagnosable mental disorder, usually a depressive disorder or a substance abuse disorder. Men are especially at risk of suicide. The college-aged men are four to six times more likely to commit suicide than the women. The college-aged women are two to three times more likely to commit suicide by non-lethal means than men.

A methodical disquisition was performed to scrutinize globally prevalent research regarding the student’s suicide, the threats and shielding strands associated with suicide in graduates, and its therapeutic interventions in academic card to combat it. An exploration of specified 60 articles publicized in peer-reviewed academic journals between 2015 and 2020 extracting vital quadruplet bibliographies, in which the greater number of these dissemination came from the United States, chased by China, Kingdom and United Kingdom. Dissertations in South Africa and the African continent primarily were bounded in circumstances of encountering the review's drafting criteria. Findings indicate that most publications range from descriptions of inborn suicide threat strands for under and postgraduates, such as demographics and psychological well-being, to stressors, communal and academic performance. In spite of the

fact that work on shielding strands is bounded to a number of emotional, communal, and behavioural factors to avert student's suicide have been pinpointed. "I applied the three-step theory of suicide to discuss the implications of the findings by presenting several campus-based strategies for addressing students' suicides" (Pillay, 2021).

A cross-sectional study, evaluating the existence of suicidal ideation, demographic and socioeconomic variables, alcohol consumption through alcohol screening testing, smoking and drug addiction, and depressive symptoms (Major Depression Inventory) were studied in with 637 students from Federal University of Mato Grosso. Two-variable analysis found that 9.9% of students had attempted suicide in the previous 30 days and in a two-variable analysis, was performed with Chi-squared test and multivariate analysis by Poisson regression model, extracting the variables such that monetary chic, sexual assimilation, theological tradition, intention suicide within and among friends, alcohol consumption, and depressive symptoms are associated with suicidal ideation. In the multivariate analysis, sexual orientation, family suicide intention and the presence of depressive symptoms were still associated factors (Dos Santos et. al., 2017).

Suicide is one of the leading representatives of injury and death throughout the world, which is approximated to subsidize 2.4% and more percentage to the universal strain of epidemic by 2020. Moreover, postgraduate and undergraduate students are in the midst of more distressed groups than the mainstream inhabitants. However, the causal factors collided with the suicidal tendencies were assessed; through the institution-based, multi-stage stratified cross-sectional study, was conducted with 523 full-time students, the Suicidal Behaviours Questionnaire Revised (SBQ-R) was worn to screen for the existence of symptoms of suicidal behaviour, among the university students in Ethiopia, especially at Mettu University. "The analytical narration obtained through SPSS 20, The lifetime suicide ideation, plan, and attempt rates were 58.3%, 37.3%, and 4.4%, respectively, with the rate of suicidal ideation in one year is 34%. Multivariable logistic regression analysis revealed a higher risk of developing suicidal ideation in women, students with low social support, family history of suicidal ideation, lifetime alcohol consumption, living in rural areas and less religious practice; These factors were significantly associated with suicide" (Desalegn et. al., 2021). This study concluded that nearly a quarter of respondents reported committing suicide. The suicide rate was established to be surpassing. Known constituents to trim suicide encumbrance are requisite in sequence of Preventive and adaptive measures (Desalegn et. al., 2021).

Also, another study tended to assess the relationship between suicidal ideation and depression in college students. For this purpose, a simple random sampling survey of 65 students were selected from the boarding colleges at Malaysia University of Technology, Johor Bahru. The results show that the students' level of suicidal ideation is at a normal level ($m = 10,7$). The study also showed that the level of suicidal ideation was higher among male students ($m = 13$) than among female students ($m = 7.3$). While the degree of depression is the same in both sexes. The study also showed that there was no difference in the degree of suicidal ideation and depression among Malays, Chinese, Indians, and other races. The study's analysis also verified that there was a significant correlation ($r = 0.68$) between suicidal ideation and depression. The implications of this research can be seen from a human development perspective in this perspective. The most important priority is the psychological well-being and mental health of students in their efforts to build character and enhance their performance in college (Mustafa et. al., 2014).

3. Methodology

3.1. Sample

The current study included a total of 844 students. Students from the psychology department (n=485) were included, whereas students (N=359) from various other departments of the university of Peshawar (UOP) were included as well. The demographics include more into the prevalent factors like gender, marital status, age, birth order, no of siblings, socioeconomic status, hostilities, non-hostilities, health issues, drug addicts and non addicts randomly. This study aims to target the students of different veracities of social entities which are considered as prevalent factors in suicidal tendencies like suicidal ideation and attempt, of University of Peshawar, out of the inhabitants of KP region.

3.2. Measures

3.2.1. Suicidal Ideation Questionnaire (SIQUE)

A questionnaire to assess suicidal ideation in adolescents using a new approach in this field based on situations. Situations were translated from Spanish using the back translation method. The original in Spanish can be obtained from the authors. The questionnaire SIQUE shows convergent and discriminant validity, and it provides information about adolescence that traditional self-report measures do not assess. It consists of 9 items, The SIQ has demonstrated good internal consistency, which indicates that the items within the questionnaire measure the same construct. The internal consistency of the SIQ has been found to be high, with Cronbach's alpha coefficients typically ranging from 0.90 to 0.94 (Vives et al., 2019). Table 2 shows descriptive statistics and reliability coefficients of suicidal ideation questionnaire. The "Will to Live" and "Suicidal Ideation" subscales of suicidal ideation questionnaire have alpha reliability coefficients of .49 and .67 respectively.

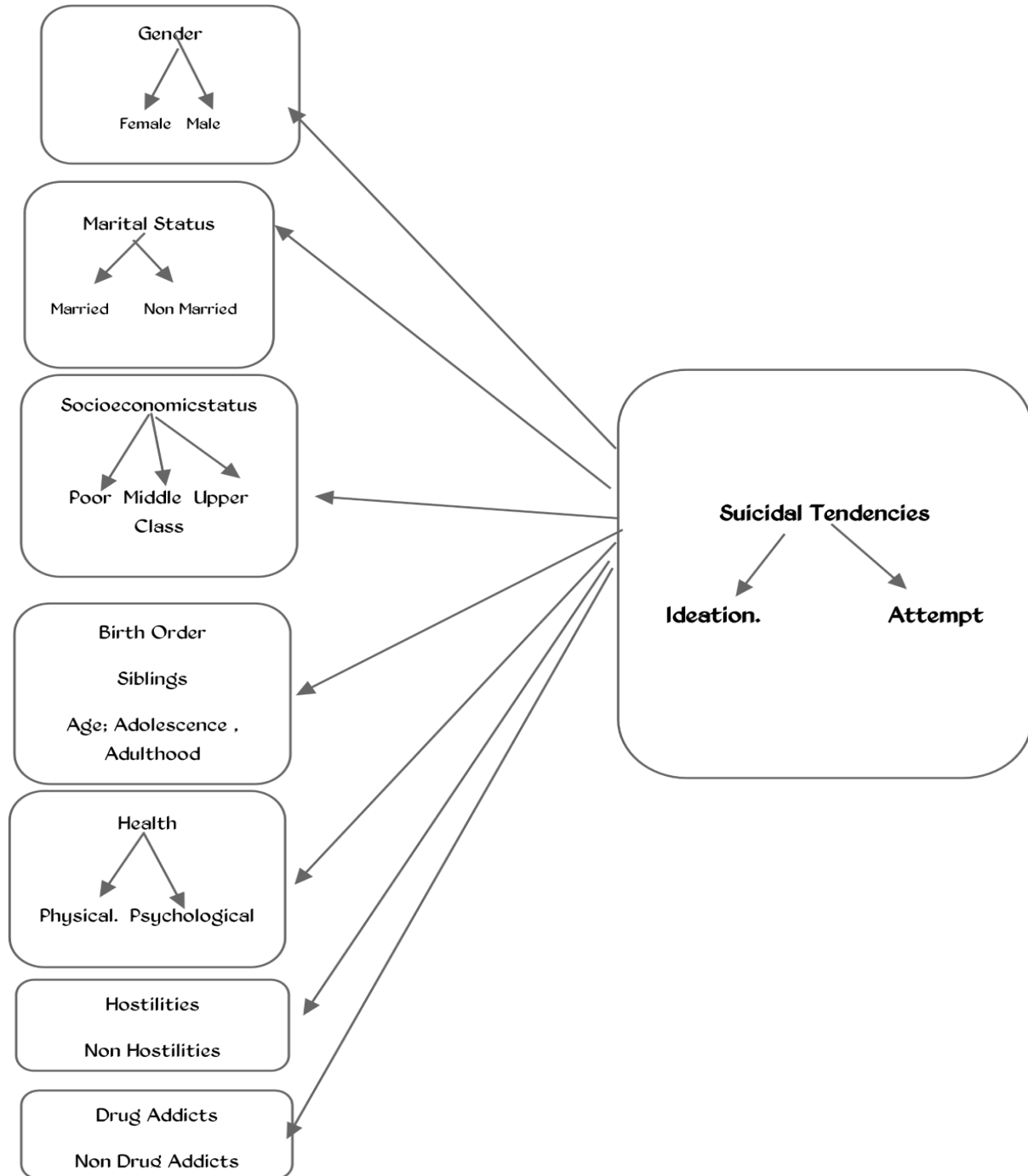
3.2.2. Procedure

The research ethical board gave approval, and participants gave their informed consent. Participants came from UOP's Economics, Social Work, International Relations, Political Science, Education, Pharmacy, Computer Science, Geology, Management Science, Sociology, Journalism, and Peace and Conflict Institutes. In the current study, the researcher used a cross-sectional design. The subjects were screened for substance abuse using a simple sampling procedure. Students from UOP, regardless of age or gender, were eligible to participate. Students from private institutes were excluded from the study. A convenient sampling strategy was used to choose participants (N= 844). The Suicidal Ideation Questionnaire (SIQUE) was given to all participants in this study to screen out students with suicidal ideation.

3.3. Conceptual framework

As per objectives and hypotheses of this study, it develops the prevalent factors as gender (male and female), age (adolescents; adults), marital status (married; single), socioeconomic status (upper; middle; poor), health issues (physical illnesses; psychological issues), number of siblings, birth order, hostilities vs non-hostilities, drug addicts vs non-addicts, as independent variable such that causal factors to be investigated in the occurrence of suicidal tendencies such

as suicidal ideation and suicidal attempt, as a dependent variable. The other factors such as adjustment problems, adaptation issues, and other in-depth prevailing factors of health factor and more were excluded due to limited resources, non-compliance, non-availability, and extreme differences of social entities.



4. Results

The data collected from the participants was analysed, Table 1 shows demographics characteristics of sample. Most participants were young, female and unmarried. Further, most participants were physically healthy.

Table 1: Demographic details of participants

Description	Characteristics	Frequency	Percentage
Age	≤ 20	489	57.9
	≥ 21	352	41.7
	Missing	3	.4
Gender	Male	393	46.6
	Female	451	53.4
Marital Status	Single	822	97.4
	Married	21	2.5
	Missing	1	.1
Illness	Yes	112	13.3
	No	731	86.6
	Missing	1	.1
Department	Psychology	485	57.5
	Other	359	42.5
Hostel based	Yes	220	26.1
	No	621	73.6
	Missing	3	.4
Family System	Nuclear	479	56.8
	Joint	361	42.8
	Missing	4	.5
Birth Order	First	241	28.6
	Other	603	71.4

The data in the table 2 shows descriptive statistics and reliability coefficients of suicidal ideation questionnaire (SIQUE, N = 844). The “Will to Live” and “Suicidal Ideation” subscales of the suicidal ideation questionnaire have alpha reliability coefficients of .49 and .67 respectively.

Table 2: Descriptive statistics and reliability coefficients of Suicidal Ideation Questionnaire

Measure	M	SD	Reliability	Skewness	Kurtosis	Range	
						Actual	Potential
Will to Live	4.33	1.10	.49	-1.88	2.69	4-20	4-20
Suicidal Ideation	9.66	3.52	.67	1.08	1.52	5-24	5-25

Table 3 shows the results of responses by frequency and percentage on ‘will to live’ subscale of Suicidal Ideation Questionnaire (SIQUE, N = 844) indicating that 35.5% Students (f = 300) showed low level of ‘will to live’, 43.4% students (f = 366) showed medium level of ‘will to live’ and 21.0% students (f = 177) showed high level of ‘will to live’. Moreover, the table shows the results of responses by frequency and percentage on ‘suicidal ideation’ subscale of Suicidal Ideation Questionnaire indicating that 37% Students (f = 312) showed low level of

suicidal ideation, 32.9% students (f = 278) showed medium level of suicidal ideation and 30.0% students (f = 253) showed high level of suicidal ideation.

Table 3: Responses by frequency and percentage on Suicidal Ideation Questionnaire

Description	SIQUE	Frequency	Percentage
Will to Live	Low	300	35.5
	Medium	366	43.4
	High	177	21.0
	Missing	1	.1
Suicidal Ideation	Low	312	37.0
	Medium	278	32.9
	High	253	30.0
	Missing	1	.1

Table 4 shows comparison of demographics variables (gender, marital status, illness, residency and family system) on “will to live” subscale of Suicidal Ideation Questionnaire (SIQUE, N = 844). There were no significant differences on any demographic’s variables.

Table 4: Comparison of Demographics Variables on “Will to Live” subscale of SIQUE (N = 844)

Variable	<i>M</i>	<i>SD</i>	<i>N</i>	<i>t</i>	<i>df</i>	<i>P</i>	95% CI		Cohen’s <i>d</i>
							LL	UL	
Gender									
Male	14.17	3.60	393	-0.38	841.00	.705	-0.57	0.39	.03
Female	14.26	3.48	450						
Marital Status									
Single	14.25	3.51	819	1.79	838	.075	-0.14	2.92	.39
Married	12.86	4.19	21						
Illness									
Present	13.75	3.36	112	-1.50	840	.135	-1.24	0.17	.15
Absent	14.29	3.56	730						
Residency									
Hostel	13.94	3.81	220	-1.32	838	.188	-0.91	0.18	.10
Non-Hostel	14.31	3.43	620						
Family System									
Nuclear	14.41	3.39	478	1.86	738.79	.064	-0.03	0.95	.13
Joint	13.94	3.69	361						

Table 5 shows comparison of demographics variables (gender, marital status, illness, residency and family system) on “Suicidal Ideation” subscale of Suicidal Ideation Questionnaire (SIQUE, N = 844). Comparison of male and female students showed significant differences on Suicidal Ideation for male (M = 9.50, SD = 3.66) and female (M = 10.56, SD = 4.01), $t(839.27) = -4.05, p < .001$, two-tailed) indicating higher suicidal ideation for female students. Comparison of single and married students indicated significant differences on Suicidal Ideation for single

($M = 10.00$, $SD = 3.85$) and married ($M = 12.19$, $SD = 4.02$), $t(838) = -2.58$, $p = .010$, two-tailed), showing higher suicidal ideation for married students. Comparison of ill and healthy students exhibited significant differences on Suicidal Ideation for ill students ($M = 11.48$, $SD = 4.04$) and healthy students ($M = 9.86$, $SD = 3.81$), $t(142.96) = 3.99$, $p < .001$, two-tailed), indicating higher suicidal ideation for ill students. Comparison of family system on study variables exhibited significant differences on Suicidal Ideation for nuclear family ($M = 10.47$, $SD = 3.97$) and joint family ($M = 9.56$, $SD = 3.72$), $t(837) = 3.38$, $p = .001$, two-tailed), indicating higher suicidal ideation for students having nuclear family system. Results of correlation analysis indicate a significantly negative correlation of “Will to Live” with “Suicidal Ideation” ($r = -.26$, $p < .01$). This means that students who had “Suicidal Ideation” problem were less likely to have high “Will to Live” and vice versa.

Table 5: Comparison of demographics variables on “Suicidal Ideation” Subscale of SIQUE (N = 844)

Variable	<i>M</i>	<i>SD</i>	<i>N</i>	<i>t</i>	<i>df</i>	<i>P</i>	95% CI		Cohen's <i>d</i>
							LL	UL	
Gender									
Male	9.50	3.66	393	-4.05	839.27	.000	-1.59	-0.55	.28
Female	10.56	4.01	450						
Marital Status									
Single	10.00	3.85	819	-2.58	838	.010	-3.86	-0.52	.57
Married	12.19	4.02	21						
Illness									
Present	11.48	4.04	112	3.99	142.96	.000	0.82	2.43	.42
Absent	9.86	3.81	730						
Residency									
Hostel	9.90	3.95	220	-0.73	838	.465	-0.82	0.38	.06
Non-Hostel	10.13	3.86	620						
Family System									
Nuclear	10.47	3.97	478	3.38	837	.001	0.38	1.44	.24
Joint	9.56	3.72	361						

5. Discussion

The SIQUE results of this study show that out of a total of 844 students at the University of Peshawar, the overall percentage of 'Will to Live' is 21.00 percent, while the percentage of suicidal ideation is 30.01 percent, which is significantly high, implying that there are significant suicidal tendencies in students with multiple stressors, which will be investigated further in the future. According to the current study's findings, female students had a larger prevalence ratio with a mean of 10.56 in response to the SIQUE scale's investigation of suicidal ideation, which is substantially greater than the male gender. This suggests that feminine are much equiprobable than masculine's to have got suicidal anticipation.

Suicide ideation had 253 replies versus 177 for desire to live, showing that 30 percent of the university of Peshawar students in the study sample are at high risk of suicidal ideation and tendencies. Young people are more likely to have suicide thoughts in this age of technology and cell phone use, according to previous research. As the kids become more sensitive to

isolation and loneliness and spend more time in front of screens, suicidal ideation and impulses increase.

In comparison to Korea (1.8) and Japan (3.3), the gender ratio of suicide rates was higher in the United States (3.9) and Australia (3.3), where gender variations in suicide techniques were more pronounced (2.7). In the United States and Australia, the gender ratios in the elderly (age 70 and up) have considerably grown, with males using firearms at a higher rate. In Korea, the gender ratio of suicide rates was lowest (1.0) among the young (ages 20–29), with women hanging more frequently than males.

In the SIQUE study, there is a substantial difference in the ratios of suicidal thoughts between male and female students. As a result, because the female student ratio is higher than the male student ratio, the gender disparities hypothesis is rejected, and the null hypothesis is accepted. Females are culturally quiet and introverted, with a repressive attitude toward openness to expression, as well as a number of other risk factors that predispose them to suicidal ideation. According to Khan et al. (2008), 83 of the 100 suicides were males and 17 were women, with a male to female ratio of 4.9:1.

According to Ahmad et al. (2016) suicide rates were found to be higher in people between the ages of 20 and 24. Drowning (52 percent) was the most common means of suicide among all victims, followed by hanging (26 percent) and other methods". Study examined a total of 168 suicide cases, with 104 women and 64 men participants. So, in the Pakistani district of Chitral, women had nearly twice the quantitative relation of suicide as males. Suicide was linked to familial and matrimonial problems, with drowning and hanging being to the highest degree prevailing approaches.

Married students have a mean SIQUE value of 12.19, whereas single students have a mean SIQUE value of 10.00. As a result, it can be argued that married students are more susceptible to suicide ideation and behaviour than single students. Because the study results demonstrate that married students at the University of Peshawar have higher mean suicidal ideation values than unmarried single students, the hypothesis about marital status on the suicidal ideation scale is rejected. According to Khan et al. (2008), 24 percent of suicide victims were married, compared to only 11 percent of controls, and 51 percent of suicides were single, compared to 73 percent of controls. The suicide victims have made up 62 percent of the population, while controls made up 66 percent. Suicides had a higher rate of unemployment (39 percent) than controls.

Unwell students are more prone to suicidal thoughts and have higher risk factors for suicidal tendencies than healthy students, according to the SIQUE scale values of unwell and healthy students, which have mean values of 11.48 and 9.86, subsequently. There are high or surpassing percentages of risks of suicidal ideation in the sick than in the healthy. Suicides are more likely to have had a moderate/major influence on health difficulties (OR=2.5, 95 percent CI 0.8–8.0), financial problems, and unemployment, according to Khan et. al. (2008). This study supports the findings of our current research.

The study shown that there are no significant or minimum mean differences in suicidal ideation between students who live in hostels and those who do not. The corresponding hypothesis is rejected, whereas the null hypothesis is accepted. Rural residency relative to urban ($p < 0.001$),

being female and older age were all significant factors in multiple linear regression analyses of each domain for joint and nuclear family systems (Lodhi et al., 2021).

Previous research has established that the principle holds true in both nuclear and blended family systems, however, the current research contradicts this. The results of nuclear family students were 10.47 compared to 9.56 for joint family students, showing that nuclear family students are more prone to isolation and loneliness, in conjunction with other liability constituents for suicide ideation and conduct than joint family students. Because there is no statistically significant difference in mean coefficient between hostilities and non-hostilities, both hostilities and non-hostilities are at risk of suicidal ideation and behaviour.

There is a small but significant difference in suicidal thoughts between students from joint family systems and those from nuclear households. “Over 4% of adults in the U.S. had deliberate anticipation of suicide or considered suicide in the antecedent from the calendar year, correspondent to the ‘National Survey on Drug Use and Health (NSDUH)’; 2.7 million adults said they had made a suicide plot, and 1.1 million people attempted suicide. Substance usage was also frequent in the United States among people aged 12 and up in 2014: roughly 1 in 12 (21.5 million) had a substance use disorder in the previous year, and over a quarter binge-drunk or used illegal drugs” (Samhsa, 2015)

Drug users are more likely to have suicidal thoughts, but it also shows a positive relationship with a weaker link between the two factors. There is no significant difference in suicidal ideation between students with low and high financial privileges. The hypothesis is rejected in this example, and the null hypothesis is accepted; nonetheless, research from all over the world, notably in the United States, demonstrate that people from lower socioeconomic classes have higher suicidal tendencies than people from higher socioeconomic classes.

Like Pakistan, in low and middle-income countries, effective health systems with an essential care/public wellness approach, of which psychological well-being is an intrinsic component, are required. Pakistan's basic healthcare system is ineffective, inefficient, poorly managed, and underfunded, to say the least. The primary health care system must be greatly improved in order for mental health to be incorporated (Khan et al., 2008).

12. Conclusions and recommendations

The suicidal tendencies are much at risk among students at the University of Peshawar. Furthermore, the ratio of suicidal tendencies is prevailing and susceptible in females out of gender factor; those who live in a nuclear family system; among married students squeezed by marital status factor; enveloping the unwell students from health issues mostly reveals the psychological issues more prevailing than physical illnesses of different veracities of the university. As a result, it's been determined that University of Peshawar students are at danger of suicide and have suicidal tendencies, which is a concerning symptom and condition for the foreseeable future. It is necessary to take strong protective and preventive measures to address the situation in such circumstances.

There are some recommendations for future studies and researchers, as well as for higher authorities, administrative officials, and focal persons, to have a significant focus on pursuing the alarming and on-risk situation of the university's youth/students, based on a thorough and

critical analysis and discussion on suicidal tendencies' situation among the University of Peshawar students. The following are some of them:

- The University of Peshawar's hostel rules and regulations should be regularly monitored in terms of management and implementation.
- There should be a required course in the curriculum about the physiological and psychological effects and risk factors, as well as the signs and symptoms, and preventative aspects of suicidal thinking or attempt.
- Faculty and teaching staff members should be taught personality development, self-growth, and self-esteem mentoring.
- Teachers and faculty members should be given training to improve their self-confidence and coping abilities, as well as to buffer peer pressure among students.
- Students should be given opportunity to express their concerns and other tensions.
- There should be some knowledge and drive to seek counselling support if there are some difficulties with coping capacities and mental well-being.
- Islamic knowledge regarding lifestyle, stress management, and coping skills, a comprehension of their roles and responsibilities as students, youth, and Muslims, are also in high demand.
- To avoid any mishaps, the other departments will work with the Department of Psychology to develop a thorough strategy for student assessments that will address needs, skills, and other issue.

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