

**UNIVERSITY GRANTS COMMISSION
BAHADUR SHAH ZAFAR MARG
NEW DELHI-110 002**

**PROFORMA FOR SUBMISSION OF INFORMATION AT THE TIME OF
SENDING THE FINAL REPORT OF THE WORK DONE ON THE PROJECT**

1) TITLE OF THE PROJECT	Depression, Hopelessness, Emotional Autonomy and Hardiness as Determinants of Suicidal Ideation in Adolescence
2) NAME AND ADDRESS OF THE PRINCIPAL INVESTIGATOR	Dr. Rupan Dhillon Assistant Professor, Department of Psychology, Guru Nanak Dev University Amritsar, Punjab, 143005.
3) NAME AND ADDRESS OF THE INSTITUTION	Guru Nanak Dev University, Amritsar, Punjab.
4) U.G.C. APPROVAL LETTER NO. AND DATE	F.5-337/2014 (HRP) 08-10-2015
5) DATE OF IMPLEMENTATION	01-07-2015
6) TENURE OF THE PROJECT	3 YEARS
7) TOTAL GRANT ALLOCATED	Rs. 8,37,400
8) TOTAL GRANT RECEIVED	Rs. 7,91,280
9) FINAL EXPENDITURE	Rs. 7,62,699

**10) TITLE OF THE PROJECT: DEPRESSION, HOPELESSNESS,
EMOTIONAL AUTONOMY AND HARDINESS AS DETERMINANTS OF
SUICIDAL IDEATION IN ADOLESCENCE**

11) OBJECTIVES OF THE PROJECT This project was undertaken to study the most crucial period of life that is the adolescent period. The current scenario in our society is that adolescents are experiencing lot of stress and strain due to their developmental problems, career issues and academic pressures. The suicidal rates in our country are increasing as well and the most alarming issue is that these rates are increasing manifold for the adolescent period. Hence, it is pertinent to investigate about this issue and find out how depression and hopelessness associate with suicide ideation and increase the thoughts and ideas regarding suicide. Our focus was also going to be on familial relationships and how hardiness acts as a buffer to reduce these ideations. The students from various schools and colleges were taken for the purpose of the study. Approximately 450 students were analyzed to study this important issue.

12) WHETHER OBJECTIVES WERE ACHIEVED: YES. The students were taken from various schools and colleges and were administered psychological tools to study their suicidal ideations. They were also administered the psychological tools of depression, hopelessness, hardiness and emotional autonomy. The data was scored and current trends of adolescents thinking and lifestyle were explained. Overall the results were appealing and were also in line with the hypotheses framed from the existing literature.

13) ACHIEVEMENTS FROM THE PROJECT: The project has thrown light on the existing thought patterns of the adolescents. This project has applied significance. The results that we obtained have been discussed with Principals and teachers of a few schools and lectures were also delivered on the issues of this sensitive period. How depression can be reduced and how strong coping strategies are needed in this period were also discussed. This process is ongoing and further counselling sessions will also be kept for students undergoing severe problems.

14) SUMMARY OF THE FINDINGS: t-test was used in order to see the gender differences in adolescents on the variables of suicide ideation, depression, hopelessness, hardiness and emotional autonomy. Significant t-ratios were observed on suicide ideation, depression and hopelessness for males and females. Girls scored higher on all three variables, thus showing that females are more likely to develop such negative cognitions as compared to boys during the adolescent stage. Significant differences were found on one dimension of hardiness and males were found to be more hardy as compared to the females.

In a gestalt view, the so obtained results are indicative of two strong points in the stage of adolescence. First, the predictor variables of depression, hopelessness, emotional autonomy and hardiness are highly correlated with one another and form a single factor in both girls and boys which is so named as Cognitive-Personality Factor. The factor is able to account for higher percentage of variance in both the genders.

Second, the factor so obtained, is a significant predictor of suicide ideation among both the genders. This implies that this one factor (cluster of depression, hopelessness, and emotional autonomy in the cognitive dimension, and hardiness in the personality dimension) is significant and its presence can be used to predict suicidal ideations among adolescents.

15) CONTRIBUTIONS TO THE SOCIETY

This study is of utmost importance in the current scenario where suicide ideations are existing in adolescents on a very large degree. It can be seen from our study that there are similar pattern of relationships between the variables of depression, hopelessness, hardiness and emotional autonomy with suicide ideations in both males and females and hence both the groups can't be overlooked. Counseling is needed to be given both to males and females so that their developmental and academic issues are resolved. Orientation programs should be made compulsory in schools where students are taught coping strategies so that the idea of suicide does not enter their mind. The programs should also be open to the parents where parents and students are involved in communication activities in order to broaden their sharing capacities. Counseling centers are needed to be set up at a large scale level in the cities as well as in schools. The stigma of going for counseling should also be discussed in detail so that the students can actually discuss their problems with the counselors.

The study highlights how depressive tendencies are responsible for creating hopelessness in one's life but if we increase challenge, commitment and control in the lives of these students, they will surely be able to develop resilience and combat these depressive tendencies. Hardiness has to be developed in the adolescents. Role of parents becomes very important here and if parents are supportive and authoritative, the children can develop this personality trait.

Emotional autonomy is an important concept and this study shows that if children are given high autonomy (i.e. detachment) and do not have supportive attachments, they will experience depression and suicide ideations. The students should have the right to make decisions. They should be reliant and self-determined but this self-determination should be in the context of supportive environment. This support can be provided by parents. However, the role of teachers is also crucial during the adolescent years. The teachers too need to identify students and help them resolve their issues.

This study is also helpful for mental health counselors outside school settings and in community settings. The adolescents can be taught to build a healthy lifestyle and rational thinking which can eliminate these ideas from their minds.

16) WHETHER ANY PH.D ENROLLED OUT OF THE PROJECT: NO

17) NUMBER OF PUBLICATIONS OUT OF THE PROJECT: 2

1) PUBLICATIONS MADE FROM THE PROJECT

- 1) Dhillon, R. and Mehra, N. (2017). Suicide Ideation and Hardiness: A Study amongst Adolescents. *Indian Journal of Psychology and Education*, Vol.7 (2), 44-48.
- 2) Dhillon, R. and Nishtha, M. (2018). Depression, Hopelessness, Emotional Autonomy and Hardiness as predictors of Suicide Ideations in Female Adolescents. *International Journal of Movement Education and Social Science*, Vol. 7 (1), 102-109.

2) PAPERS CORRESPONDED : 3

- 1) Dhillon, R. and Nishtha, M. (2018). Predictors of suicide ideations in adolescents. *Indian Journal of Mental Health*, July issue
- 2) Dhillon, R. and Nishtha, M. (2018). Hardiness as a moderator in the relationship between emotional autonomy and depression, *PJPR PAKISTAN*
- 3) Dhillon, R. and Nishtha, M. (2018). Relationship between suicide ideation, hopelessness and depression among adolescents. *Indian Journal of Psychological Science*

3) PAPERS PRESENTED IN THE CONFERENCES FROM THE PROJECT: 2

- 1) Paper entitled “Hardiness as a moderator in the relationship between emotional autonomy and depression” presented at 52nd National and 21st International Conference of Indian Academy of Applied Psychology (IAAP) on Psychology for Building Global Community, 23rd – 25th February, 2017, Department of Psychology, University of Rajasthan, Jaipur.
- 2) Paper entitled “Depression, Hopelessness, Emotional Autonomy and Hardiness as predictors of Suicide Ideations in Female Adolescents” presented on 18th March 2018 at Punjab University, Chandigarh, ICSSR sponsored International Conference on Research Developments in Arts, Humanities, Social Science and Humanities.

4) LECTURES DELIVERED: 3

- 1) Resource person at Army Public School, Khalsa Cantt. Amritsar on 15th May 2018 to orient the teachers on the problems faced by adolescents during the developmental stages.
- 2) Resource person at Khalsa College of Education, Amritsar on 20th March 2018 on International Happiness Day. Lecture on how to overcome depression and resolve issues in classroom.
- 3) Resource person at U.G.C H.R.D Guru Nanak Dev University, Amritsar on 13th Sept. 2017. The topic was on resolution of gender issues during adolescent stage.

(PRINCIPAL INVESTIGATOR)

(REGISTRAR/PRINCIPAL)

(Seal)