

## **Suicide Ideation in Abused Women as Related To Their Depression**

Reetinder Brar<sup>1</sup>, Rupi Rupinder Kaur<sup>2</sup>

<sup>1</sup> Associate professor, Govt. Home Science College, Panjab University, Chandigarh, India

<sup>2</sup> Research scholar, Govt. Home Science College, Panjab University, Chandigarh, India

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**ABSTRACT:** *The present investigation was conducted to gain insight into suicide ideation in abused women as related to their depression from middle income group. Abuse in women here has been operationally defined as those women who are regularly physically and emotionally ill-treated by their spouses. The study was conducted on 100 abused women out of which 50 were with children and 50 without children. Standardized tools namely, Adult Suicidal Ideation Questionnaire and Beck Depression Inventory were used. The results showed that correlation between majority of the variables of depression and suicide ideation was significant. Multiple regression analysis showed that some of the variables of depression predicted suicide ideation in abused women.*

**KEYWORDS:** *Depression, Suicide Ideation*

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### **I. INTRODUCTION**

Domestic violence against women is an age old phenomenon. Marital violence has been recognized globally as a grave public health concern with devastating consequences affecting the physical, reproductive, sexual and psychological health of women. Violence not only causes physical injury, it also undermines the social, economic, psychological, spiritual and emotional well-being of the victim, the perpetrator and the society as a whole. Domestic violence is a major contributor to the ill health of women. It has serious consequences on women's mental and physical health, including their reproductive and sexual health. These include injuries, gynecological problems, temporary or permanent disabilities, depression and suicide, amongst others. With the alarming increase in the rate of abuse of women in India, several studies have paid attention on the effect of conflict amongst parents, on children, physical health of abused women etc. The relationship between suicide ideation and depression on abused women has received limited research attention. As a result it was felt that certain issues related to the mental health of the abused women should be studied, therefore one such area which is suicide ideation in depressed and abused women was taken up.

According to the "National Crime Records Bureau of India, reported incidents of crime against women has increased 6.4% during 2012, and a crime against a woman is committed every three minutes. In 2012, there were a total of 2, 44,270 reported incidents of crime against women, while in 2011, there were 2, 28,650 reported incidents. Of the women living in India, 7.5% live in West Bengal where 12.7% of the total reported crime against women occurs. Violence by husbands against wives is widespread, sexual violence by husbands than by anyone else. Nearly two in five (37 percent) married women have experienced some form of physical or sexual violence by their husband.

A highly significant relationship between domestic violence and suicidal ideation has been reported in many low income countries (WHO, 2001). Nixon et al (2004) also found high levels of major depressive disorder (54%) in women with a history of domestic violence. Women who are severely injured in incidents of domestic abuse are more likely to report depression, anxiety and suicide ideation (Centre for Suicide Prevention, 2008). Keeping these factors in mind the present study was taken up with the following objectives:

#### **Objectives**

1. To examine the relationship between suicide ideation and depression in abused women
2. To assess the relative and conjoint predictability of variables of depression for suicide ideation in abused women

### **II. METHOD**

The present study was conducted on 100 abused women (50 with children & 50 without children). The respondents were selected randomly. Care was taken to see that the abused women were married and also that sample included women with and without children. It was taken care that the respondent belonged to middle class income group. None of the respondents were divorced or widowed, but were staying with their spouses. The sample was selected from centre for crime against women and counseling centers.

**Tools used:** Tools used for measuring various variables of the study have been given in the table below:

**Table 1: Tools used for the study**

Adult Suicidal Ideation Questionnaire	Adult Suicidal Ideation Questionnaire, By Reynolds (1991)
Beck Depression Inventory	Beck Depression Inventory, By Beck et al. (1996)

**Statistical Analysis:** For the analysis Karl Pearson’s coefficient of correlation and Multiple Regression were used.

### III. RESULTS

The results have been discussed under the following sub-heads:

**Inter correlation:**

**Inter correlation between Suicide Ideation and Depression among abused women**

Inter correlations were found between variables of depression and suicide ideation among abused women. The twenty one variables of depression, namely Sadness, Pessimism, Past Failure, Loss of Pleasure, Guilty Feelings, Punishment Feelings, Self-Dislike, Self-Criticalness, , Suicidal Thoughts or Wishes, Crying , Agitation, Loss of Interest, Indecisiveness, Worthlessness, Loss of Energy, Changes in Sleeping Pattern, Irritability, Changes in Appetite, Concentration Difficulty, Tiredness or Fatigue and Loss of Interest in Sex were kept on one side and Suicide Ideation on the other.

**Table 2: Inter correlation between variables of depression and suicide ideation in abused women**

Depression variables	Suicide Ideation (r)
Sadness	0.25**
Pessimism	0.28**
Past failure	0.20*
Loss of pleasure	0.15
Guilty feelings	0.11**
Punishment feelings	0.38**
Self-dislike	-0.05
Self-criticalness	0.11**
Suicidal thoughts or wishes	0.12*
Crying	0.24*
Agitation	0.14
Loss of interest	0.33**
Indecisiveness	0.31**
Worthlessness	0.22*
Loss of energy	0.44**
Changes in sleeping pattern	0.38**
Irritability	-0.01
Changes in appetite	0.37**
Concentration difficulty	0.35**
Tiredness or fatigue	0.39**
Loss of interest in sex	0.33**
Total BDI score	0.33**

**\*\* Correlation is significant at the 0.01 level (2-tailed)**

**\*Correlation is significant at 0.05 level (2-tailed)**

As seen in the above table, it is clear that there exists a positive correlation between Sadness, Pessimism, Guilty Feelings, Punishment Feelings, Self-Criticalness, Loss of Interest, Indecisiveness, Loss of Energy, Changes in Sleeping Pattern, Changes in Appetite, Concentration Difficulty, Tiredness or Fatigue and

Loss of Interest in Sex (variables of Depression) at 0.01 level and Past Failure, Suicidal Thoughts or Wishes, Crying and Worthlessness at 0.05 level, with Suicide Ideation. It means that higher degree of sadness, pessimism, guilty feelings, punishment feelings, self-criticalness, loss of interest, indecisiveness, loss of energy, changes in sleeping pattern, changes in appetite, concentration difficulty, tiredness or fatigue, loss of interest in sex, past failure, suicidal thoughts or wishes, crying and worthlessness, higher the level of suicide ideation.

The result has been supported by a study by Noori et al. (2013) and Niaz (2003) which showed that an elevated anxiety score, depression and exposure to physical abuse by their spouse may increase the chances of suicide ideation in women.

**Multiple Regressions:** This section had been made to ascertain the extent to which the variables of depression and its sub-variables account individual differences in suicidal ideation in abused women. Results were obtained through step-up regression analysis.

The independent variables included depression and its sub variables namely sadness, pessimism, guilty feelings, punishment feelings, self-criticalness, loss of interest, indecisiveness, loss of energy, changes in sleeping pattern, changes in appetite, concentration difficulty, tiredness or fatigue, loss of pleasure, self-dislike, agitation, irritability, loss of interest in sex, past failure, suicidal thoughts or wishes, crying and worthlessness. Thus by involving a total of 22 variables in the step up regression equation certain models were formulated by keeping in view the guiding principles that-

1. The variable which had the strongest positive and negative correlation with the dependent variable was to be entered first, followed by other variable in the descending values of 'r' in the model.
2. If the addition of a certain variable or sub-variable did not significantly add up, the contributory variance towards criterion variable, it was deleted from further models.

**Table 3: Regression analysis of suicide ideation among abused women**

Model	Independent variable	R square	R square change	F change	F sig. change
I	Loss of Energy	0.190	0.182	23.062	0.000
II	Loss of Energy+ Punishment Feelings	0.236	0.220	14.944	0.000
III	Loss of Energy+ Punishment Feelings+ Self-Dislike	0.291	0.269	13.133	0.000
IV	Loss of Energy+ Punishment Feelings+ Self-Dislike+ Irritability	0.321	0.293	11.241	0.000
V	Loss of Energy+ Punishment Feelings+ Self-Dislike+ Irritability+ Loss of Interest	0.352	0.317	10.210	0.000

There was a significant predictability of suicide ideation from depression. Loss of Energy, Punishment Feelings, Self-Dislike, Irritability and Loss of Interest were found to be significantly contributing to Suicide Ideation among abused women. R. Noori et al., (2013) studied risk factors of suicidal ideation and attempt in women with abusive spouses. The authors found that factors such as, lower age, shorter duration of marriage, physical abuse by their spouse, and a higher level of anxiety and depression were associated with a higher likelihood of suicidal ideation and attempt in women. Rohtash Singh and Hardeep Lal Joshi (2008) studied suicide ideation in relation to depression, life stress and personality. The study revealed that suicidal ideation was positively associated with depression, stressful life events and two dimensions of personality i.e. extraversion and psychoticism. Stepwise multiple regression analysis found linear combination of three main predictors of suicidal ideation i.e. depression, extraversion, and stressful life events in the study. Thus, depression in abused women strongly predicts suicide ideation.

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