

Suicidal Ideation among Youth: A Review Based Study

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Abstract—Suicide is a major public health problem worldwide and the third leading cause of death for adolescents ages 15–19 (World Health Organization Adolescent Health Epidemiology, 2016). Suicidal ideation, also acknowledged as suicidal thoughts, is thinking about or having an unusual preoccupation with suicide. The range of suicidal ideation varies greatly from fleeting thoughts, to extensive thoughts, to detailed planning, role playing, and incomplete attempts of suicide. While there may be unique risk factors for suicidal behaviors and death among youth but previous research shows that living on the streets (Iemmi et. al., 2016), substance use [Page and West (2016), Swahn et. al., (2012), King and Merchant (2008)] and adverse childhood experiences [Ng et. al., (2015)] are important risk factors for suicidal thoughts among youth. Moreover, adverse childhood experiences, including experiencing child abuse (perpetrated by parents or caregivers) and experiencing childhood rape, have been well established in the literature as having a direct impact on depression, suicidal ideation, and suicidal behaviors. Mechanisms of association between adverse childhood experiences include biological mechanisms through which repeated toxic stress may disrupt brain development and certain brain structures, leading to stress-related diseases and cognitive impairment [American Academy of Pediatrics (2016)]. These impairments and traumatic residual effects have been linked to an increased risk of suicidal ideation and suicidal behavior. Substance abuse in particular alcohol use and misuse such as problem drinking and drunkenness has also been well-established in the literature as having an association with suicidal ideation and attempt among adolescents.

Keywords: suicidal ideation, Young Adolescents, Review Based Study.