

Original Research Paper

Factor Affecting Suicidal Behavior Among Adolescents In Krishna Secondary School, Kaushila Nagar, Koholpur Banke

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ABSTRACT:

Suicidal behavior is a major public health problem for adolescents. It is an action in which person intentionally harm oneself and includes suicidal gestures, suicide attempts, and completed suicide. Objectives of this research to assess the factor affecting suicidal behavior among adolescents in Krishna Secondary School, Koholpur Banke. A descriptive cross-sectional research design was selected for the study and probability simple random sampling technique was used to select 100 adolescents. Structured questionnaire was used to collect data and analyzed by using descriptive and inferential statistic through SPSS version 21. The result of the study revealed that suicide ideation ($p=0.00$), suicide attempt ($p=0.00$), physically attack (0.001), bullying ($p=0.00$), loneliness ($p=0.005$), alcohol ($p=0.00$), cigarette use ($p=0.002$), perceive unhappiness ($p=0.002$) and being insulted ($p=0.00$) were the factors associated with suicidal behavior among adolescents. There was significant association between factor affecting suicidal behavior among adolescents with grade ($p=0.035$), sleep disturbance ($p=0.013$), bullying ($p=0.007$) and love affair ($p=0.004$) while no significant association was found with demographic variables such as age, gender, family support, history of suicide, peer pressure, loneliness, exam failure. The study shown that suicide ideation, suicide attempt, physically attack, bullying, loneliness, alcohol, cigarette use, perceive unhappiness and being insulted were the factors associated with suicidal behavior among adolescents.

Keywords : Factor, Suicidal Behavior, Adolescents

INTRODUCTION:

Suicidal behavior refers to suicidal ideation (frequent thoughts of ending one's life), suicide attempts (the actual event of trying to kill one's self), and completed suicide (death occurs). Suicidal behavior is characterized by intense feelings of hopelessness, depression, or self-destructive behaviors. Suicidal behaviors involve the spectrum of thoughts that include suicidal ideation, plan, and attempt which is one of the major causes of premature mortality. Globally, about 800,000 people die from suicide every year whereas among young people especially adolescents, suicide accounts for an estimated 6% of all deaths. Suicidal behavior may be influenced by extreme sadness or mood changes, hopelessness, sleep problems, sudden calmness following depression, withdrawal from other people, recent trauma or major stress, talking about or threatening suicide. Suicidal behaviors are the greatest risk factors for future suicide and must be taken very seriously. Suicidal behavior is a major public health problem for adolescents. It is an action in which person intentionally harm oneself and includes suicidal gestures, suicide attempts, and completed suicide. Suicide is rare in children before puberty and is mainly a problem of adolescence. There

are several factors associated with suicidal behavior such as stressful events like death of a loved one, suicide in school or another group of peers, loss of a boy friend or girlfriend, humiliation by family members or friends, being bullied at school, failure at school. Adolescent suicide and suicidal behaviours have become major public health issues in recent years. Suicide is widely recognized as a major cause of mortality in young people (Apter, 1995). These young people are by nature vulnerable to mental health problems, especially during the years of adolescence. This period in life is characterized by movement, changes and transitions from one state into another such as they have to make decisions about important concrete directions in life and have to address new challenges with regard to building their own identity, developing self-esteem, gaining increasing independence and responsibility, building new intimate relationships etc.

Objectives of the study:

- To assess the factor affecting suicidal behavior among adolescents in Krishna Secondary School, Koholpur Banke
- To find out the association between factor affecting

suicidal behavior among adolescents with their selected demographic variables.

Limitation of the Study:

The study was limited to:

- Only 100 adolescent students (male and female) from Krishna Secondary School, Kohalpur Banke was taken for this research.

Literature review and research gap:

A descriptive cross-sectional study was conducted to assess suicide behavior and its risk factors among secondary school adolescent in Ebonyi State, South East, Nigeria on 2021. Simple random sampling technique was used to select 399 participants. Data were collected using a self-administered questionnaire. The findings of the study indicated that factor associated with suicidal ideas were 68.3% are in stressful situation, 65.7% has been absence in school for 3 days consecutively, 59.9% feel disappointed from academic performance, 58.4% have been sad or depressed most of the time, 55.6% have been lonely. The study concluded that suicide ideation among students was high. A Cross-sectional study was conducted to assess prevalence and associated factors of suicide ideation and attempt among adolescent high school students in Dangila Town, Northwest Ethiopia on 2018. A total of 573 sampled students participated in the study. The mean (\pm SD) age of the respondents was 17.52 (\pm 0.97) years. The prevalence of suicide ideation and attempt was 22.5% and 16.2%, respectively. Poor social support was positively associated with suicide ideation and suicide attempt. This study revealed that at least one in five of the adolescents in study had experienced suicide ideation and one in six had attempted suicide. The study concluded that suicidal behavior among adolescent is high. A cross-sectional survey was conducted to assess suicidal behaviors among adolescents in Liberia on 2017. Liberia Global School-based Student Health Survey was conducted nationwide among secondary school students. Results of the study shows that among 2744 students, 26.8% reported suicidal ideation, 36.5% made a specific plan to attempt suicide and 33.7% attempted suicide during the 12 months preceding the survey. The study concluded that most of the adolescents made a specific plan to attempt suicide. A Cross-sectional survey was conducted to assess suicidal behaviors in a nationally representative sample of school-going adolescents aged 12–17 years in Eswatini on 2014. Global School-based Student Health Survey was used. Out of the 2,513 analytical samples, 17.0% reported suicidal ideation, 21.0% made a suicide plan, and 15.5% attempted suicide during the previous 12 months. The factor associated with suicidal behavior were intrusion of privacy by parents, bullying victimization, physical fights whereas parental monitoring, parental understanding, and social support at school were

associated with reduced odds of suicidal behaviors. A Global School-based Student Health Survey (GSHS) was conducted to assess suicidal ideation and associated factors among school going adolescents in Swaziland on 2013. Self-administered questionnaire was used. The study revealed that overall proportions of students who thought of suicide were 18.3% of 1866 females and 15.6% of 1672 males. In bivariate models the risk factors for suicidal ideation were feeling lonely, anxiety, smoking, food security, bullied, attacked, physical fight and loneliness. The study concluded that rate of suicidal ideation was high among adolescents in Swaziland. A cross-sectional survey was conducted to assess factors associated with suicidal ideation and suicide attempt among school-going urban adolescents in Peru on 2015. A structured questionnaire adapted from Global School-based Student Health Survey was used to obtain information. The study showed that overall 26.3% reported having suicidal ideation, and 17.5% reported having attempted suicide during the past 12 months. The study concluded that prevalence of suicidal ideation and suicide attempts observed in the survey area is relatively high. A Cross-sectional study was conducted to assess Factors associated with suicidal ideation and suicidal attempts among adolescent students in Nepal on 2019. Two stage cluster sampling method was used. The study showed that nearly 13.59% of the participants having been thought of suicide while 10.33% had attempted it. Food insecurity (OR = 2.32, CI = 1.62-3.32), anxiety (OR = 2.54, CI = 1.49-4.30), Loneliness (OR = 2.51, CI = 1.44-4.36) were identified as risk factors of suicidal ideation. Study reveals relatively high prevalence of suicidal ideation and suicidal attempt among school-going adolescents. After review of related literature, it is found that suicidal behavior is a very common problem among adolescents all over world. Many factors contribute the suicidal behavior are being in a fight, being insulted, being attacked, perceived unhappiness, smoking, anxiety, loneliness, social support , close friends etc.

METHODOLOGY:

Research design:

A descriptive cross-sectional study design was adopted to find out the factor affecting suicidal behavior among adolescents in Krishna Secondary School, Kaushila Nagar, Kohalpur Banke.

Setting of the study:

The study was conducted in Krishna secondary school, kaushila nagar, kohalpur banke.

Geographical introduction:

Krishna Secondary School Located in Kohalpur, Banke. Kohalpur is a Sub-Metropolitan city in Banke district, Nepal. It lies on the Terai plains near the Southern border with Bahraich district in Uttar-

Pradesh. Kohalpur is 153 kilometre south-west of Ghorahi and 16 KM south of Nepalgunj.

Study population:

The study population was both male and female adolescents age group of 14 -19 years in Krishna Secondary School, Kaushila Nagar, Koholpur Banke.

Sample size:

The Sample size was 100

Sampling technique:

Probability simple random sampling technique was used.

Sample selection criteria:

Inclusion criteria:

- The study included;
- Both male and female adolescents students in Krishna Secondary School, Kaushila Nagar, Koholpur Banke
- Available at the time of data collection.
- Willing to participate in the study.

Tools of data collection:

A structured knowledge questionnaire was used by consulting the experts and supervisor. Questionnaire was

Consisting of two parts:

Part I: Performa to collect socio- demographic data.

Part II: Structured questionnaire regarding factor affecting suicidal behavior among adolescents.

Data Collection Technique

Self-administered questionnaire technique was used to collect the data.

Data collection procedure:

- Request letter from the college was submitted to Krishna Secondary School, Kaushila Nagar, Koholpur Banke
- Administrative approval was taken from Krishna Secondary School, Kaushila Nagar, Koholpur Banke
- The objective of the study was explained to the respondents and included in the study according to their willingness of the respondent.
- Informed written consent was obtained from all the respondents.
- Data was collected by using Self-administered questionnaire technique

Ethical consideration:

The permission was obtained from the Krishna Secondary School, Kaushila Nagar, Koholpur Banke Informed consent from respondent was taken before starting questionnaire. Confidentiality and privacy was maintained. Responded wasn't be influenced by any means to participate in the study. The data wasn't personalized and the data was used for the purpose of study only.

Data analysis and interpretation:

Description of socio demographic characteristics of hypertension patients:

The adolescents were selected from Krishna Secondary School, Kaushila Nagar, Koholpur Banke. A total of 100 adolescents were included in the study. Information of personal variables of adolescents i.e. age, gender, grade, marital status, family support, family history of suicide attempt, sleep disturbance, peer pressure, loneliness, exam failure, bullying, love affair.

Table: 1(a)

Frequency and Percentage Distribution of Respondent in Terms of Selected Socio Demographic Variables: Age, gender and grade.

			n=100
Demographic Related Questions	Frequency	Percentage (%)	
Age			
14-16	89	89.0	
17-19	11	11.0	
Gender			
Male	24	24.0	
Female	76	76.0	
Grade			
9 th	35	35.0	
10 th	32	32.0	
11 th	33	33.0	
12 th	0	0.00	

Table 1(a) shows that out of 100 adolescents most of the respondents 89(89%) falls under age group 14-16 years whereas least of the respondents 11(11%) falls under 17-19 years of age group. Likewise, majority of

the respondents 76(76%) were female whereas quarter of the respondents 24(24%) were male. Similarly, quarter of the respondents 35(35%) were studied in 9th grade while 32(32%) studied in grade 10th.

Table: 1 (b)

Frequency and Percentage Distribution of Respondents in Terms: family support and family history of suicide attempt and Sleep disturbance.

n=100

Demographic Related question	Frequency	Percentage (%)
Family support		
Yes	92	92.0
No	8	8.0
Family history of suicide attempt		
Yes	7	7.0
No	93	93.0
Sleep disturbance		
Yes	33	33.0
No	67	67.0

Table 1(b) shows that most of the respondents 92(92%) had family support whereas least of the respondents 8(8%) had no any family support. Similarly, most of the respondents 93(93%) had no any family history of suicide attempt whereas least of

the respondents 7(7%) had family history of suicide attempt. Likewise, majority of the respondents 67(67%) had no sleep disturbance whereas quarter of the respondents 33(33%) had sleep disturbance.

Table: 1(c)

Frequency and Percentage Distribution of Respondents in Terms: Peer pressure, Loneliness and Exam failure.

n=100

Demographic Related question	Frequency	Percentage (%)
Peer pressure		
Yes	56	56.0
No	44	44.0
Loneliness		
Yes	40	40.0
No	60	60.0
Exam failure		
Yes	30	30.0
No	70	70.0
Table 1(c) shows that above half	of the respondents 56(56%) had peer pressure	

whereas almost half of the respondents 44(44%) had no any peer pressure. Likewise, majority of the respondents 60(60%) had no any loneliness whereas quarter of the respondents 40(40%) had loneliness.

Similarly, majority of the respondents 70(70%) had no exam failure whereas quarter of the respondents 30(30%) had exam failure.

Table: 1(d)

Frequency and Percentage Distribution of Respondents in Terms: Bullying and love affair.

n=100

Demographic Related question	Frequency	Percentage (%)
Bullying		
Yes	72	72.0
No	28	28.0
Love affair		
Yes	29	29.0
No	71	71.0
Table 1(d) shows that majority of the respondents 72(72%) had faced bullying		

Whereas quarter of the respondents 28(28%) had not faced any bullying. Similarly, majority of the respondents 71(71%) had no love affair whereas

quarter of the respondents 29(29%) had love affair. Factors Associated with Suicidal Behaviour among Adolescents

Table: 2(a)

Association between Factor affecting Suicidal Behavior Among Adolescents with suicidal ideation and suicidal attempt. Please table we are not understand kindly look out or send again table 2 a

Factors	Fctors		Chiq Squire Test 3 ²	DF	P Value
	Not Motivated	Motivated			
n = 100					
During the past 12 months did you ever seriously consider attempt suicide?					
No	57	33	14.72 ^s	1	0.00
Yes	0	10			
During the past 12 months did you ever make a plan about how you would attempt suicide?					
No	20	2			
Yes	37	41	13.23 ^s	1	0.00

P value significant at<0.05,NS= nonsignificance, S=significant

TABLE-2(b)

Association between Factor affecting Suicidal Behavior among Adolescents with physically attack and bullying and food insecurity.

Factors	Fctors		Chiq Squire Test 3 ²	DF	P Value
	Not Motivated	Motivated			
n = 100					
During the past 12 months how many times were you physically attack?					
0 times	49	24	11.30 ^s	1	0.001
One time	8	19			
Two or more time	0	0			
During the past 30days how many days were you bullied?					
0 days	38	9			
1 or 2 days	19	34	20.58 ^s	1	0.00
3 or more days		00			

P value significant at<0.05,NS= nonsignificance,S=significant

TABLE-2(c)

Association between Factor affecting Suicidal Behavior Among Adolescents with loneliness, close friends and alcoholuse.

n = 100

Factors	Fctors		Chiq Squire Test 3 ²	DF	P Value
	Not Motivated	Motivated			
During the past 12 months how often have you felt lonely?					
Never/ Rarely	29	10	7.86 ^s	1	0.005
Sometimes	28	33			
Do you influence by your friend?					
Never	16	7	1.92 ^s	1	0.16
At least one	41	36			
During the past 30 days do you ever taste alcohol?					
Never	49	15	27.7 ^s	1	0.00
At least one	8	28			

P value significant at<0.05,NS=nonsignificance, S=significant

TABLE-2(d)

Association between Factor affecting Suicidal Behavior Among Adolescents with lack of parental support, cigarette smoking and being insulted.

n = 100

Factors	Fctors		Chiq Squire Test 3 ²	DF	P Value
	Not Motivated	Motivated			
During the past 30 days how often did your parents or guardians understand your problems and worries?					
Most of the time	24	11	2.98 ^{NS}	1	0.008
Sometimes	33	32			
Rarely					
Never	16	7	1.92 ^s	1	0.16
At least one	41	36			
During the past 30 days on how many days did you smoke cigarrete?					
Never	56	34	10.01 ^s	1	0.002
At least one	1	9			
During the past 30 days how often did you being insulted?					
Never	27	6	12.37 ^s	1	0.00
Sometimes	30	37			

P value significant at <0.05 , NS= nonsignificance, S=significant

TABLE-2(e)

Association between Factor affecting Suicidal Behavior Among Adolescents with anxiety and perceive unhappiness.

Factors	Fctrs		Chiq Squire Test 3 ²	DF	P Value
	Not Motivated	Motivated			
During the past 30 days how many times you felt anxiety?					
Never	21	12	0.88 ^{NS}	1	0.34
At least one	36	31			
During the past 30 days how often did you perceive unhappiness?					
Never	16	7	1.92 ^s	1	0.16
At least one	41	36			
0 times	29	9	9.33 ^s	1	0.002
At least one	28	34			

P value significant at <0.05 , NS= nonsignificance, S=significant

The data presented on 2(a), (b), (c), (d) and (e) shows that association between factor and variables are tested through chi-square test since p values are lesser than 0.05. There was significant association between factor affecting suicidal behavior among adolescents with suicide ideation ($p=0.00$), suicide attempt ($p=0.00$), physically attack (0.001), bullying ($p=0.00$), loneliness ($p=0.005$), alcohol ($p=0.00$), cigarette ($p=0.002$), perceive unhappiness ($p=0.002$) and being insulted ($p=0.00$) while no significant association was found with food insecurity, influence by friends, parental support and anxiety.

Association Between Factor affecting Suicidal Behavior Among Adolescents with their Selected Demographic Variables

TABLE-3(a)

Association between Factor affecting Suicidal Behavior Among Adolescents with their selected demographic variables such as age, gender, grade and family support.

n=100

Factors		Chisquare test		P	
Demographic		DF	3 ²		value
Not variables motivated		Motivated			
Age					
14-16	51	38			
17-19	6	5	0.30 ^{NS}	1	0.86
Gender					
Male	12	12	0.63 ^{NS}	1	0.42
Female	45	31			
Grade					
9 th	14	21	6.69 ^s	2	0.035
10 th	20	12			
11 th	23	10			
Family support					

Yes	53	39	0.17N ^{NS}	1	0.67
No	4	4			

P value significant at<0.05,NS=nonsignificance, S=significant

TABLE-3(b)

Association between Factor affecting Suicidal Behavior Among Adolescents with their selected demographic variables such as suicide history, sleep disturbance, peer pressure, loneliness and exam failure and bullying.

Demographic variables	Not motivated	Chi square test DF			
History of suicide					
Yes	3	4	0.61 ^{NS}	1	0.43
No	54	39			
Sleep disturbance					
Yes	13	20	6.22 ^S	1	0.013
No	44	23			
Peer pressure					
Yes	30	26	0.61 ^{NS}	1	0.43
No	27	17			
Loneliness					
Yes	25	15	0.82 ^{NS}	1	0.36
No	32	28			
Exam failure					
Yes	15	15	0.85 ^{NS}	1	0.35
No	42	28			
Bullying					
Yes	35	37	7.38 ^S	1	0.007
No	22	6			

P value significant at<0.05,NS=nonsignificance, S=significant

TABLE-3(c)

Association between Factor affecting Suicidal Behavior Among Adolescents with their selected demographic variables such as love affair.

n=100

Love affair	Not Motivated	Chi Square Test			
		Df			
Yes	10	19	8.44 ^S	1	0.004
No	47	24			

P value significant at<0.05,NS=non significance, S=significant

The data presented on 3(a), (b) and (c) shows that association between factor and socio-demographic variables are tested through chi-square test since *p* values are lesser than 0.05. There was significant association between factor affecting suicidal behavior among adolescents with demographic variables such as grade ($p=0.035$), sleep disturbance ($p=0.013$), bullying ($p=0.007$) and love affair ($p=0.004$) while no significant association was found with demographic variables such as age, gender, family support, history of suicide, peer pressure, loneliness, exam failure.

Discussion, Findings and Conclusion:

DISCUSSION:

A simple descriptive cross sectional study using probability simple random sampling technique was used to find out factor affecting suicidal behavior among adolescents. The discussion was done according to the objectives of the study which directly or indirectly supports this study. The present study was conducted among 100 respondents with objective of assessing the factor affecting suicidal behavior among adolescents. The findings of the study are discussed here by comparing with existing evidence of similar studies.

Demographic variables of adolescents:

The present study shows that out of 100 adolescents, most of the respondents 89(89%) falls under age group 14-16 years while majority of the respondents 76(76%) were female. Similarly, most of the respondents 92(92%) had family support and 93(93%) had no any family history of suicide attempt. Likewise, quarter of the respondents 33(33%) had sleep disturbance and quarter of the respondents 40(40%) had loneliness. Similarly, majority of the respondents 72(72%) had faced bullying while quarter of the respondents 29(29%) had love affair. The findings of the present study was supported by the study conducted by Hasan, M. M., Fatima, Y., Pandey, S., Tariqujjaman, M., Cleary, A., Baxter, J., & Mamun, A. A. to assess pathways linking bullying victimisation and suicidal behaviours among

adolescents on 2021. The study revealed that 78% of the participants were female and 71.9% were bullied. Assess factors associated with suicidal behavior among adolescents:

26 Questionnaire:

The study shows that factors associated with suicidal behavior among adolescents were suicide ideation ($p=0.00$), suicide attempt ($p=0.00$), physically attack (0.001), bullying ($p=0.00$), loneliness ($p=0.005$), alcohol ($p=0.00$), cigarette ($p=0.002$), perceive unhappiness ($p=0.002$) and being insulted ($p=0.00$) while no significant association was found with food insecurity, influence by friends, parental support and anxiety. The findings of the present study was supported by the study conducted by Pandey, A.R., Bista, B., Dhungana, R. R., Aryal, K. K., Chalise, B., & Dhimal, M. Factors associated with suicidal ideation and suicidal attempts among adolescent students in Nepal on 2019. The study result revealed that alcoholism, loneliness, cigarette use and bullying were identified as risk factors of suicidal attempt and suicidal behavior among adolescents.

Association between factors and selective socio demographical variables:

The present study shows that association between anxiety and socio-demographic variables are tested through chi-square test since *p* values are lesser than 0.05. There was significant association between factor affecting suicidal behavior among adolescents with demographic variables such as grade ($p=0.035$), sleep disturbance ($p=0.013$), bullying ($p=0.007$) and love affair ($p=0.004$) while no significant association was found with demographic variables such as age, gender, family support, history of suicide, peer pressure, loneliness, exam failure. Hence research hypothesis (H1) was partially accepted and null hypothesis (H0) was rejected. The findings of the present study was supported by the study conducted by Campisi, S. C., Carducci, B., Akseer, N., Zasowski, C., Szatmari, P., & Bhutta, Z. A. to assess suicidal behaviours among adolescents from 90 countries on 2020. The findings of

the study revealed that factors associated with suicidal ideation remained statistically significant with being bullied ($p=0.001$).

Findings of the study

The main aim of the study was to assess factor affecting suicidal behavior among adolescents Krishna Secondary School, Kaushila Nagar, Koholpur Banke The literature review included a Medline search for published and unpublished research, a manual search of recent literature, a citation review of relevant and secondary articles, published journals. These literature provided information which enabled the investigator to study the extend of the selected problem, to develop conceptual framework, data analysis and for interpretation. The researcher adopted a descriptive cross sectional research design to factor affecting suicidal behavior among adolescents in selected secondary school of Banke. Probability simple random sampling technique was adopted. The sample consisted of 100 adolescents. The tool developed and used for data collection consisting of two parts:

Part I: Performa to collect socio- demographic data.

Part II: Structured questionnaire regarding factor affecting suicidal behavior among adolescents

The content validity from the experts were obtained. The ethical consideration of research was maintained throughout the period by getting permission from the authorities as well as the subjects. The main study was conducted from 2078/08/16 to 2078/09/16 Krishna Secondary School, Kaushila Nagar, Koholpur Banke The data was collected and was analyzed by descriptive and inferential statistics and interpretation and discussion based on the objectives of the study, hypothesis, theoretical framework and relevant studies from the literature reviewed. Results of the study reveal that factors associated with suicidal behavior among adolescents were suicide ideation ($p=0.00$), suicide attempt ($p=0.00$), physically attack (0.001), bullying ($p=0.00$), loneliness ($p=0.005$), alcohol ($p=0.00$), cigarette ($p=0.002$), perceive unhappiness ($p=0.002$) and being insulted ($p=0.00$).

CONCLUSION:

The findings of the study revealed that suicide ideation ($p=0.00$), suicide attempt ($p=0.00$), physically attack (0.001), bullying ($p=0.00$), loneliness ($p=0.005$), alcohol ($p=0.00$), cigarette ($p=0.002$), perceive unhappiness ($p=0.002$) and being insulted ($p=0.00$) were the significant factors associated with suicidal behavior among adolescents. Based on the findings of the study it is concluded that most of the factors and demographic variables were associated with suicidal behavior among adolescents.

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