

Research Communication

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SPIRITUALITY AND SUICIDAL IDEATION AMONG YOUNG ADULTS: A STUDY CONDUCTED AT TRIPURA, NORTH EAST INDIA

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Background: Suicidal ideation is considered to be a significant predictor of suicide attempts and accomplished suicide and is of major significance for community health. Worldwide suicide is the second leading cause of deaths among young adults. The study was carried out to examine spirituality and suicidal ideation among youths of Tripura. Material and Methods: The sample consisted of 285 young adults (185 were female and 100 were male) and they were selected from various higher educational institutes of Tripura. Random sampling technique was used to collect data from the sample. For data collection, Spiritual Experience Index-Revised (Genia, 1997) and Adult Suicidal Ideation Questionnaire (ASIQ by Reynolds, 1991) were used. For statistical analysis 't' and correlation was computed. Results: Findings of the present study revealed significant differences in gender and course of study in case of suicidal ideation. But in case of spirituality significant difference was observed only between arts and science students. Further, the study found significant correlation between spirituality and suicidal ideation among the young adult students of Tripura. Conclusion: The current paper highlights the importance of spiritual practices as an important protective factor against suicidal ideation.
