

A Cross-Sectional Study to Assess the Well-Being and Suicidal Ideation among Adolescent Girls in a Hostel at Bagalkot

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Abstract

Original Research Article

Background: Emotional well-being and suicidal ideation are major causes of death in adolescents. It has several physical and psychological implications and risk factors in life for both the male and female genders. The present study aimed to assess and identify the intensity of the emotional well-being and suicidal ideation among adolescent girls. Over 720,000 people die by suicide annually, with approximately 1 in 100 deaths worldwide attributed to suicide. Suicidal ideation is serious thoughts of ending one's life and represents several mental health problems, like depression, loneliness, hopelessness, and inability to cope with stress. **Methods:** A cross-sectional study was conducted from 17 October 2025 to 2 November 2025. A total of 120 study subjects was selected using the stratified random sampling technique. The study was conducted on adolescent girls staying in Shri BVVS welfare and the hostel management board in Bagalkot. There are a total of 120 adolescent girls staying in the hostel. A standard prepared tool was used to collect data from the adolescent girls. To assess the association between emotional well-being and suicidal ideation among adolescent girls. **Result:** The emotional well-being scale shows the mean value was 10.13, the minimum value was 10, the maximum value was 30, the mean percentage (%) was 28.14%, and the standard deviation was 0.998883. It was arbitrarily classified into 3 levels: [<12 (Mild), $13-24$ (Moderate), >25 (Severe)]. Binary logistic regression analysis revealed that there is a significant association between emotional well-being and suicidal ideation among adolescent girls. Logistic regression analysis was conducted to determine the association between emotional well-being and suicidal ideation among adolescent girls. There was significant association ($P < 0.008691$) found between emotional well-being and suicidal ideation among adolescent girls. **Conclusion:** The overall conclusion is that cultivating and supporting emotional well-being is a vital strategy in suicidal prevention efforts. This involves not only addressing mental health disorders but also proactively building resilience, improving emotion regulation skills, and fostering supportive social environments.

Keywords: suicide, emotional well-being, adolescence, suicidal ideation.

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INTRODUCTION

Suicidal behavior includes ideation, planning, attempt, and completed suicide. Studying suicidal ideation is of paramount importance, as researchers and clinicians have demonstrated its utility in predicting attempts and assessing suicide risk.

Suicide is defined as an intentional act of self-harm leading to death, involving self-inflicted injury, poisoning, or suffocation, with evidence (either direct or inferred) that the person intended to end their own life. [1]

Suicide attempt survivors may experience serious injuries that might have a long-term negative

effect on their health, including depression and other mental health issues. [2]

This stage in human life is marked by outstanding biological, cognitive, psychological, and social development that brings about, in an adolescent's life, autonomy, emotional development, identity, moral development, self-concept development, self-esteem development, sexual development, a system of beliefs, etc. [3]

Suicide, which is defined as "death caused by self-directed injurious behavior with intent to die as a result of the behavior," represents a major global health issue. [4]

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Suicidal ideation refers to thinking about, considering, or planning suicide. It can be defined as having plans and wishes to die by suicide but having not made any recent overt suicide attempts. [5]

Adolescence is a period of complex development, during which individuals can assume different risk habits, including suicidal behavior, which covers suicidal ideation, suicide attempts, and suicide itself. [6]

MATERIAL AND METHODS

A cross-sectional study was conducted from July 22 to 27, 2024, using a stratified random sampling technique, and a total of 120 students were chosen. The study took place at Shri BVVS Student Welfare and Hostel Management Board, Bagalkot. Primary data was gathered through research design and planning. Utilize the prepare tool report to assess emotional well-being and suicidal ideation.

Data Source: In this study, data was gathered from adolescent girls.

Scientific Research: The research is a cross-sectional study that describes the facts and characteristics of the chosen sample. The purpose of the research is to assess emotional well-being and suicidal ideation. Therefore, a cross-sectional research method was employed.

Research Design: A cross-sectional study is a framework in which the researcher compiles data at a specific point in time [the time of data collection]. This study is cross-sectional in nature; researchers need to engage a selected group of adolescent girls in a hostel and gather information about their knowledge regarding emotional well-being. Since it was not feasible to collect data only once per intervention in this study, a descriptive study was considered suitable for this research.

VARIABLES

- Dependent variable:** In the present study, the dependent variable is emotional well-being and suicidal ideation, like depressed feelings, loneliness, and hopelessness.
- Independent Variable:** The independent variables are sociodemographic factors like age, educational status, and residence among adolescents.
- Socio-Demographic Variable:** The sociodemographic factors/extraneous factors included in the study are age, residence, family monthly income, religion, educational status, educational status of father, educational status of mother, mental status, physical health, and daily activities.

Study area: The research investigation took place at Shri BVVS Student Welfare and Hostel Management Board,

Bagalkot. A total of 120 adolescent girls are enrolled in this hostel.

Target Group: The target group for this research consists of adolescent girls residing in the Bagalkot hostel.

Accessible cluster: In this investigation, the accessible cluster includes adolescent girls aged 12 to 20 years who are staying at Shri BVVS Student Welfare and the Hostel Management Board, Bagalkot.

Sample and sample size: The study's sample comprised adolescent girls aged between 12 and 20. There are 120 students in the adolescent aged, all enrolled at the Shri BVVS Student Welfare and Hostel Management Board, Bagalkot. The sample size for this study is N=120.

Sampling Method: The sample for this research was chosen utilizing the simple random sampling method. Our cohort is organized according to the age structure. Each group was divided into two subgroups based on age group. For instance, the general population of the Shri BVVS Student Welfare and Hostel Management Board in Bagalkot took part in this study.

Data collection tools: Data collection tools refer to methods that researchers employ to observe or gauge significant changes regarding their research inquiries. In this study, a sample and a crafted, standardized, prepared tool were utilized for data gathering.

Data collection process: Bagalkot.

Prior Permission Obtained:

Formal authorization was secured from the Director of Shri BVVS Health Institute in Bagalkot. The simple random sampling technique was implemented to select subjects fulfilling the inclusion criteria. The researcher clarified the study's objective to the participants, and their consent was acquired. A pilot study was performed in selected areas of Navanagar, Bagalkot, from 13-10-2025 to assess the design's feasibility and effectiveness. Twelve adolescent girls were chosen to select and standardize a prepared tool.

RESULTS

Research indicates that adolescent girls' understanding of emotional well-being and suicide ideation correlates with their socio-demographic factors. The emotional well-being scale mean value was 10.13, the minimum value was 10, the maximum value was 30, the mean percentage (% was 28.14%, and the standard deviation was 0.998883. Findings of the study related to suicidal ideation status show a majority of 20, a mean of 1.30833, a mean percentage of 6.541%, an SD value of 0.339175, and a range of about 15.

Table 1: Distribution of adolescent girls according to their sociodemographic. N=120

Sl. No	Variables	Categories	Frequency	Percentage
1.	Age	a. 12 to 14 years	2	1.6%
		b. 15 to 17 years	85	70.83%
		c. 18 to 20 years	33	27.5%
2.	Residence	a. Urban	47	39.166%
		b. Rural	73	60.83%
3.	Religion	a. Hindu	106	88.3333%
		b. Muslim	9	7.5%
		c. Christian	1	0.8333%
		d. Others	4	3.33%
4.	Educational status	a. PUC I	58	48.3333%
		b. PUC II	39	32.5%
		c. Any other courses	23	19.166%
5.	Educational status of Father	a. Primary	38	31.66%
		b. Secondary	35	29.166%
		c. Degree	18	15%
		d. Post graduation and above	11	9.166%
		e. No formal education	18	15%
6.	Educational status of Mother	a. Primary	48	40%
		b. Secondary	32	26.66%
		c. Degree	14	1.166%
		d. Post graduation and above	5	4.1666%
		e. No formal education	21	17.5 %
7.	Mental status	a. Healthy	115	95.83%
		b. Unhealthy	5	4.16%
8.	Family monthly income	a. Rs. 5000 - 10,000/-	53	44.16%
		b. Rs. 10001 - 15,000/-	40	33.33%
		c. Rs. 15001 - 20,000/-	27	22.5%
9.	Physical health	a. Healthy	119	99.16%
		b. Unhealthy	1	0.833%
10.	Daily activities	a. Regular	117	97.5%
		b. Irregular	3	2.5%

Table 2: Association between emotional well-being and their socio-demographic factors of adolescent girls

SI NO	Socio demographic variable	Chi square	Difference	P-Valve	Association
1	Age	0.59	4	0.9642	NS
2	Residence	0.2	2	0.9048	NS
3	Religion	3.03	6	0.8051	NS
4	Educational status	1.22	4	0.8748	NS
5	Educational status of father	2.89	8	0.9411	NS
6	Educational status of mother	0.91	8	0.9988	NS
7	Mental status	5.74	1	0.0166	Significant
8	Family monthly income	3.97	4	0.4101	NS
9	Physical activities	4.39	2	0.1114	NS
10	Daily activities	10.04	2	0.0066	Significant

Table 3: Association between suicidal ideation and the sociodemographic factors of adolescent girls

SI NO	Socio demographic Variable	Chi square	Difference	P-Valve	Association
1	Age	0.84	4	0.933	NS
2	Residence	0.1	2	0.9512	NS
3	Religion	5.32	6	0.5035	NS
4	Educational status	0.58	4	0.9653	NS
5	Educational status of father	4.94	8	0.764	NS
6	Educational status of mother	3.05	8	0.9312	NS
7	Mental status	10.7	2	0.0047	Significant
8	Family monthly income	1.75	4	0.7816	NS

SI NO	Socio demographic Variable	Chi square	Difference	P-Valve	Association
9	Physical activities	0.02	2	0.99	NS
10	Daily activities	18.83	2	<.0001	Significant

P=<0.05

Table 4: Distribution & Description of Sample According to Their Emotional Well-Being Status with Their Socio-Demographic Factors.

Range	Mean	Minimum	Maximum	Mean %	Standard Deviation
20	10.13	10	30	28.14%	0.998883

Table 5: Distribution of correlation between emotional well-being & suicidal ideations.

Parameters	Value
Pearson's correlation & co-efficient	0.2386
r ²	0.05691
P Value	0.008691
Covariance	1.7366
Sample size(n)	120
Statistic	2.6685

The outcome of the person's correlation suggested that there is a significant small positive relation between emotional well-being and suicidal ideation.

DISCUSSION

The study was conducted with an aim to assess the emotional well-being and suicidal ideation among adolescent girls. The study was conducted in Shri BVVS Student Welfare and Management Board, Bagalkot, which is located at the old BVVS campus in Bagalkot. The population for the study was conducted on adolescent girls aged between 12 and 20 years. The sample size was calculated using the manual method with a 5% level of significance; the study was begun with the assessment of the emotional well-being and suicidal ideations among the adolescent girls. Interviewed using a standardized prepared tool for data collection.

RESULTS

The emotional well-being scale mean value was 10.13, the minimum value was 10, the maximum value was 30, the mean percentage (%) was 28.14%, and the standard deviation was 0.998883. Findings of the study shown related to suicidal ideation status show that the majority (20), mean (1.30833), mean % (6.541%), SD value (0.339175), and range (about 15).

Conflict of interest: None

CONTRIBUTION OF AUTHORS

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Research design: Cross-section

Supervision: Lecturer Laksh mavva Gondi

Documentation: All researchers

Data collection: All researchers

Data analysis and interpretation: All researchers

Who researched: All researchers

Author of the article: All researchers

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