International Journal of Recent Research in Social Sciences and Humanities (URRSSH)
Vol. 10, Issue 2, pp. (34-42), Month: April - June 2023, Available at: www.paperpublications.org

Life Satisfaction and Social Maladjustment as Predictors of Suicidal Ideation among Undergraduate Students

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DOI: https://doi.org/10.5281/zenodo.7924632

Published Date: 11-May-2023

Abstract: Suicide is a sombre public health predicament amongst youths globally which often results from psychological, social, emotional and economic factors. This study investigated life satisfaction and social maladjustment as predictors of suicidal ideation among undergraduate students, with one hundred (100) undergraduate students with the age range of 17-45 years, mean of 22.02, a standard deviation of 3.38 selected as participants' from four faculties of Enugu State University of Science and Technology (ESUT) which include: twenty-eight (28) from Applied Nature Sciences, twelve (12) from Law, thirty-two (32) from Management Sciences and twenty-eight (28) from Social Sciences and Humanities, using multiple-stage sampling techniques. Neugarten, Havinghurst and Tobin (1961), Life Satisfaction Index Wiggins (1966), social maladjustment scale Beck, Steer and Ranieri (1988), Beck Scale for Suicide Ideation were used for data collection; this is cross sectional research design and multiple hierarchy regression was adopted for data analysis. Findings of this study revealed that social maladjustment did not predict suicidal ideation among undergraduate; sig. = .145, at p<.05 life satisfaction also did not predict suicidal ideation among undergraduate; sig. = .527, at p<.05, social maladjustment and life satisfaction did not jointly predict suicidal ideation among undergraduate; sig. f-change = 284 at p<.05. The result was in congruity with cognitive behavioural theory which postulated that the way people acquire and interpret information impact on their choices and behaviours matters. Therefore, students are encouraged to remain always ositive in their thinking to avert suicidal ideation irrespective of the circumstances around them.

Keywords: life, satisfaction, social, maladjustment, suicidal ideation.

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