



# RISK FACTORS AND MANIFESTATIONS OF SUICIDAL IDEATION FROM THE LENS OF EDUCATION

by:

**Frederick W Gomez, PhD**

*Dean – College of Education  
Tagoloan Community College*

**Sally T Cometa – Echem, RGC, MAGC**

*Guidance Counselor  
Tagoloan Community College*

## **Abstract**

*Severe depression was the dominant risk factor that lead to suicidal ideation. Depression was commonly lived experienced, situations and challenges among those with low academic performance, with low self-esteem and with relational concerns with the member in the family and with their girl/boyfriends. They tended to feel rejected, isolated and harbored anger and displaced their aggression not to the object of their anger but directed it to themselves. They often stared blankly and some tended to cope positively through prayers while others tended to cope negatively through drunkenness and hanging out with friends and through oversleeping and over eating. They had severe depression that show psychological disturbances. Time and space for the power of listening in school or in the family is an effective tool or instrument to mitigate the spiritual shipwreck of an individual.*

**Keywords: Suicidal Ideation**

## **Introduction**

This study attempted to find out the risk factors and “*manifestations of suicidal ideation*” [Asha, 2020] among students in the college of Education and Midwifery Tagoloan Community

College, Tagoloan Misamis Oriental for the fiscal year 2022-2023. It specifically tried to determine the profile of the participants in terms of the following: age, gender, course taken, marital status, birth order, number of siblings, employment and marital status of the parents, current residence, religious affiliation, language used at home and self-esteem. It also revisits the “*extent of the respondents’ suicidal ideation*” [Stonecrest Center, 2022]. How suicidal ideation result to actual attempts of suicide? What events in the life of the participants triggered the development of suicidal ideation? Is there a *significant relationship between suicidal ideation* [Cohen, 2018] and the sociodemographic variables? Is there a significant relationship between events that triggered suicidal ideation and the suicidal ideation when grouped according to the socio-demographic variables? And, what is the “*lived – experience, situation and challenges*” [Barzilay, 2019] on the role of education towards the independent and dependent variables of the study. Thus, the result of this study may lead to the *intervention of the “institutional” or “agency”* alike [Chappell, 2017] to the formulation on the socio-economic legislative action for plan and action to be done.

## Methods

This study attempted to find out the *risk factors and manifestations of suicidal ideation* among the participants in the college of Education and Midwifery at Tagoloan Community College for the fiscal year 2022-2023 from the lens of education. The descriptive design had been used in this study. It employed both qualitative and quantitative method [Creswell & Creswell, 2018]. However, most of the time qualitative technique was done to gather and collect information that can explain the behavior, attitude [Creswell & Poth, 2018] and action to be done. A researcher made questionnaire is the principal tool used in the gathering of the data.

The questionnaire included the profile of the student as well as the relationship between suicide ideation and the events that *triggered suicidal thought and its behavioral manifestations* [Harrison, 2017]. Brief Case studies of selected clients was also conducted to further describe the *factors of suicidal ideation* [ Yin, 2018] was designed to get the in-depth understanding on the circumstances behind the situation, challenges and lived experiences of the participants. The *sample size was determined using the 27 percent* [Creswell & Creswell, 2018] on the enrolled population in the College of Education and another 27 percent in the College of Midwifery. A validated researcher made questionnaire and counseling interview tool designed for the purpose was utilized for the study.

## Results and Discussions

The 100 percent of the participants cooperatively corroborated and collaborated on the research design intended for the research. The 97 percent of the participant were in their late adolescent stage. This *stage of development is crucial* at the height of becoming productive individual [Zaleski, et al 2017] Wherein, the pleasant and unpleasant emotion will be considerably

understandable. *Storm and stresses and even the spiritual shipwreck* in life at this stage really beseech in this compendium of life [Goodfellow, et al 2018]. In general, this state of life is *vulnerable and are at risk from substance abuse, risky sexual behavior, family dysfunction and abuse, and violence* [Green, et al 2018].

Likewise, on the gender issues 85 percent of the participants are on the feminist view. This would mean that the college of Education and Midwifery participants are introvertically inclined. Thus, 78 percent are living in Misamis Oriental, Mindanao Philippines where 24 percent of them are married whose parents are working in a blue collar job/work and its average income *esteemed from the community counterpart partner* [DeCou, et al 2019]. The auxiliary languages [*Bisayan and Cebuano*] used in the region and its religious affiliation [*Roman Catholic*] help shaping and forming a relative value system in the college. This is how they have also *build their national image in the performance* [of their Philippine Regulation Commission [PRC] examination results [Hernández-Díaz, 219] Education – above average for the national passing] and [Midwifery – 9<sup>th</sup> Place all through – out the Philippines] an implication on how robust their academic training with the supervision on Commission on Higher Education.

Mentioned above are seen to be *considered that might become the controlling variables* [Huang, et al 2018] *of the said depression*. Like that of the 34 percent of the participants are the first born child and the 31 percent are within the second born child of an average household members of five [5] and 62 percent of which is living with their parents. Thus, the *exploring risk factor and the manifestation* of suicidal ideation is very high considering that incidences and occurrences during the COVID19 pandemic lived experience risk factors pointed out to the circle of the family [Katz, et al 2017]. This corroborate and collaborate on the bulky review of related literature and studies in the Philippine setting that point – out on the dominant common Filipino traits magnified to “close family ties.” Thus, this has something to do on the influential X-factor [Klonsky, et al 2018] internal to the emotional build – up of an individual within the circle of the family.

Likewise, on *the self-esteem* [Little, et al 20018] level a strongly agree judgment focus on the positive attitude and satisfaction about themselves [self]. This would mean personal contentment however, because of the extremely self-judged about themselves [92%] is vulnerable to the emotional shipwreck [Longhofer, et al 2017] or depression. Would mean emotionally down [stress and relative thereto] Listening from the participants that says, to wit:

“... *wala may problema sa akong pag eskwela kay libre man apan usahay naa may problema kini bahin sa pamasahi ug problema pang pamilya ug kaya man*”

[there is no problem about my schooling because it is free but sometimes I have the problem and it has something to my fare and family matters and we overcome]

Mentioned above statement is a general lived experience of the college of Education and Midwifery participants in Tagoloan Community College. The *emotional disturbance* [Molina, 2019] has no role to play for the *suicidal ideation when ask for the schooling* [Naherniak, et al 2019]. Meaning, the environmental support from the school and the family is very strong and therefore, individual *emotional stability has something to do on the conduit role of the school and the family* [Pistone, et al 2019]. If there are any emotional shipwreck experience by the participants in the college of Education and Midwifery this can be resolve and done within the school and the family.

However, if there are any circumstances that triggers to commit suicide this has something to do on the live experiences, situation and challenges of the school and the family. Wherein, Tagoloan Community College as a booming and growing institution within the geographic region of Northern Mindanao, cascading its institutional vision and mission toward her community counterpart partner will *serve as the lighthouse of decision making* [Ridder, 2019] for this family of the participants. This is something that the presence of the school must support the family in *educating and forming a unique individual* [Sumner, et al 2019] and value system in a just, dynamic and humane society.

As the LGU of Tagoloan painstakingly crafted the program of founding the Local College in alleviating the socio-economic condition of its people, the UniFAST [*Unified Financial Assistance System for Tertiary – RA # 10687*] Education program is something to do on the emotional and financial safety and security. Thus, the 61 percent of the father are working in these counterpart partner of the school. Likewise, also 27 percent of the mother are also employed in these companies. Noticed that the father and the mother are most likely in the adherence for job/work intended for the basic needs of the family. This experiences, situation and challenges to a member of the family bonded a common feeling and emotion towards the individual member of the family. Thus, without this availability of work/job this member of the family will go away from their home for the purpose of seeking and looking for an opportunity for work.

The reason for this is the *availability and opportunity for job/work* [Yates, et al 2019] in the Municipality of Tagoloan. “Easy to walk your talk” because languages [auxiliary – Bisaya – Cebuano], religious [Roman Catholic] life and self-esteem in the Municipality is very likely and very high because the Municipality of Tagoloan released the Municipal Ordinance Number 37 series of 2019 which prioritizing the residence and the Tagoloan Community College graduates to be the priority on the job / work– placement. This makes the residents advantage to their locale where they made their living. Although there are instances that the socio-economic demand on the

families of the participants tend to be very high but it can be resolved because of the availability of job/work that the local government of Tagoloan initiated for help. In fact, graduates of Tagoloan Community College are *assured for job/work that fits to their qualification* [Sale, et al 2018] after their graduation. The Local Government and the Tagoloan Community College Administration are formulating and constructing a curriculum that fits on the needs of the community counterpart partners in the locality such that of the businesses, industry, company and relative thereto.

So, cases of depression and other psychological disturbances has no room because basically if our basic needs were meet then the psychosocial needs will follow. As we look at suicides among the males were higher than among the females which was not happened in the locality due to the intervention made by the conduit role of the school and the family. Although *stress and anxiety* [Schultebrucks, et al 2020] are there being the spice of depression but not to the extent of killing the life. Self-esteem level is very high within the normal range. Several literature and studies have concluded that males are four times more likely to complete acts of suicide when compared to suicide rates among females. However, within those same studies, it has *been realized that females experience more prolonged ideations of suicide than males* [Sindahl, et al 2019] because of their introverted personality. The explanation for these findings believed the fact that *males are more likely to act on initial impulses to attempt suicide than females* [Wolf, et al 2019] but this can be resolve within the school and the circle of the family. Likewise, relative agency will follow such that of the church, government and others.

Several RRLS [Review of the Related Literature and Studies] stresses about the suicidal ideation and tendencies during the height of the COVID19 pandemic. Although the strength and extent of the desire was not very strong, intervention seems necessary. There were few who had *very often had suicidal ideation and had suicidal attempts in the school and in the family but it can have aborted due to the intervention of the school and the family* [Witt, et al 2017]. They needed an urgent intervention. Only 37.1 percent of the participants never had suicidal ideation. This implies that only 37.1 percent of the participants knew how to properly deal with their negative emotions. Depression, failure in school, feeling of hopelessness, conflict with parents, feeling of rejection from parents, rejection from friends [Suzuki, et al 2019] and others, feeling things will not get better in the future, loneliness due to death of a close member in the family, financial problems, conflict with parents, ,getting less or no support from parents, separation from boyfriend/girlfriend, trouble in the family due to father or mother's extra marital relations were some of the events [spiritual shipwreck] in the life of the participants that triggered suicidal ideation [Steeg, et al 2018].

They manifested the following behavior: they were irritable, they tended to isolate themselves from friends and other members of the family; they had difficulty in sleeping and did not have the appetite to eat [Witt, et al 2017 & 2019]. Guilt feelings, had a troubled family and

had feeling of rejection. Often times they were observed to stare blankly. The coping strategy and mechanism of the college of Education and Midwifery was through praying, one tended to over sleep and over eat while the other one escape it through hanging out with friends and drinking of alcoholic beverages [Spangler, et al 2020]. They were all so depressed that they started to manifest psychological disturbance through nightmares, hallucination, drunkenness, confusion and display of psychotic behavior. So, the demographic profile of the participants is associated with the environmental supports by the school and the family [Stehman, et al 2019] . However, there are still other supports available in the community like the churches, professional organization; non-governmental organization [NGOs] or governmental organization [GOs].

### **Conclusions**

Severe depression was the dominant risk factor that lead to suicidal ideation. Depression was commonly lived experienced, situations and challenges among those with low academic performance, with low self-esteem and with relational concerns with the member in the family and with their girl/boyfriends. They tended to feel rejected, isolated and harbored anger and displaced their aggression not to the object of their anger but directed it to themselves. They often stared blankly and some tended to cope positively through prayers while others tended to cope negatively through drunkenness and hanging out with friends and through oversleeping and over eating. They had severe depression that show psychological disturbances. Time and space for the power of listening in school or in the family is an effective tool or instrument to mitigate the spiritual shipwreck of an individual. So, give always precious time and space of the individual member to be listened and heard because open communication is the highway to the serendipity and compendium of life.

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