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SUICIDAL IDEATION AND BURNOUT AMONG UNIVERSITY STUDENTS

Abstract:

Suicide is major cause of premature death all over the world. The current study was aimed to find out the prevalence rate of suicidal ideation and its relationship with burnout among Pakistani college students. Data was collected through Rudd's Suicidal ideation Scale (Rudd, 1989) and Indigenous Burnout scale (Ijaz & Khan, 2012). A total of 1500 students from three cities including Lahore, Rawalpindi and Islamabad were included. Data was sampled through a subtype of cluster sampling technique "Area Probability Sampling Technique". The study indicated high level of suicidal ideation and burnout among students. The results also revealed that females experience more suicidal ideation and burnout as compared to males. The results also illustrated that students of Islamabad experience more burnout and suicidal ideation i.e 53.60 % , 4.05% respectively as compare to students of Lahore i.e 48.98%, 3.29% and Rawalpindi i.e 47.74% , 3.43 % respectively Regression analyses shows that burnout significantly predicted suicide. Identifying prevalence rate of suicidal ideation and burnout will enable institutions to provide more focused support and interventions for at risk students.

Keywords:

Suicide, Suicidal Ideation, Burnout, University students

JEL Classification: I00, I14, I20