

Relationship Between Depression and Suicidal Ideation among Students Preparing for Competitive Examinations

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Abstract

Depression also known as major depressive disorders is a common mood disorder affecting nearly all age groups. People suffering from depression often experience persistent feelings of sadness, loss of interest in almost all the activities that are clinically known as anhedonia, and hopelessness. When something occurs, it is evident that there is some cause behind that occurrence, the causal factors in major depressive disorder are: the causes of depression can sometimes be biological such as genetic influences, sleep and other biological rhythms, circadian rhythm, and sometimes differences in sex also play a role in depression. The effects of psychological factors such as stressful life events, personality, dysfunctional beliefs, cognitive distortions etc.

The present study is focusses on the relationship between depression and suicidal ideation experienced by the students who are preparing for competitive exams. For this purpose, data were collected from students who are preparing for competitive exams. Pearson product moment method was performed. The results showed a positive relationship between the two. The paper focuses on the various symptoms and causes of depression and suicidal ideations.

Keywords: suicidal ideation, depression, students, exams

Introduction

Competitive exams

Competitive examinations are assessments or tests generally conducted to choose desired candidates and to eliminate unwanted

students in a particular area. They are conducted to check the abilities of students and to rank them in the form of percentiles, percentages, and grades. These are conducted in various fields such as medical, dental, law, engineering, and many others. In an immense populated and developing country like India competitive exams have now become a crucial part of our education system. India conducts a variety and diverse forms of exam.

In India, billions of students apply to thousands of competitive tests that are held twice a year to see if they would succeed. Competitive exams for higher education and competitive exams for jobs are the two general categories into which these tests fall. Exams for employment include those for the SSC, UPSC, IAS, IPS, PCS, Banking, Defense, Railway, IBPS clerk, and many more positions. UPSC is regarded as the most difficult exam out of all of them and requires a lot of work, perseverance, and effort. Higher education exams include JEE, GATE, CLAT, NEET, NIFT, CUET, law, and so forth.

Depression

Major depressive disorders, commonly referred to as depression, are a prevalent mood condition that afflict people of almost all. Individuals who are depressed frequently experience hopelessness, loss of interest in nearly all activities that are classified as anhedonia, and continuous emotions of sadness. The DSM-5 (diagnostic statistical manual of mental disorders) states that in order to be diagnosed with major depressive disorder, a person must meet the

