

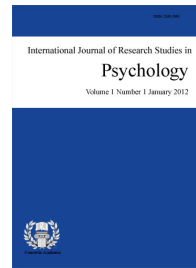
# Role of self-efficacy, life frustration, quality of health and meaning in life on suicidal ideation among adolescents: A Nigeria experience

Fagbenro, Damilare Azeez ✉

Obafemi Awolowo University Ile-Ife, Osun State, Nigeria ([Dareinui2008@yahoo.com](mailto:Dareinui2008@yahoo.com))

Olagundoye, Helen Foluke

Federal University Oye-Ekiti, Ekiti State, Nigeria ([foluketosuccess@yahoo.com](mailto:foluketosuccess@yahoo.com))



ISSN: 2243-7681  
Online ISSN: 2243-769X

OPEN ACCESS

**Received:** 2 October 2018

**Revised:** 5 December 2018

**Accepted:** 8 January 2019

**Available Online:** 7 February 2019

**DOI:** 10.5861/ijrsp.2019.3015

## ***Abstract***

Studies have investigated various antecedents of suicidal ideation in developed world, little is still known about suicidal ideation among adolescents in a developing country like Nigeria. Therefore, the study investigated the role of self-efficacy, life frustration, quality of life and meaning in life on suicidal ideation among adolescents. Correlational design was utilized, three hundred and eighty five (385) respondents were selected using simple random sampling technique (Mean= 17.14 yrs, SD = 1.35). Results of the study revealed significant negative relationship between self-efficacy and suicidal ideation, positive relationship between life frustration and suicidal ideation, negative relationship between quality of health and suicidal ideation, negative association between meaning in life and suicidal ideation. Finally, there was significant joint prediction of self-efficacy, life frustration, quality of health and meaning in life on suicidal ideation. Based on the findings of the study, it is, therefore, recommended that psychologists should develop psychological intervention tailored toward improving and enhancing self-efficacy, life frustration, quality of health, and meaning in life which invariably will help eradicate suicidal ideation among adolescents.

***Keywords:*** self-efficacy; life frustration; quality of health; meaning in life; suicidal ideation; adolescents; Nigeria

## **Role of self-efficacy, life frustration, quality of health and meaning in life on suicidal ideation among adolescents: A Nigeria experience**

### **1. Introduction**

Adolescents, also known as young people, are vital part of any society in the world. They consist of an estimated 31.6 percent of Nigeria's huge and increasing population (National Population Commission, 2013). This period is often between the ages of 10-19 or between 10-24 years old (World Health Organization, 2002). Traditionally, adolescent stage has been considered a period of great emotional stress which sometimes poses heightened risk for suicide ideas or attempts. Different researchers and scholars have defined suicidal ideation in different forms. O'Carroll, Berman, Maris, Moscicki, Tanney, and Silverman (2010) defined suicidal ideation as any willing belief of engaging in suicide-related behavior. Bridge, Goldstein and Brent (2006) defined suicidal ideation as set of behaviors, starting from an individual desiring him- or herself dead to the real act of killing oneself. Suicidal ideation is often triggered as a product of loneliness, death of important person, unemployment, emotional trauma, serious physical illness, financial problems, and drug dependence. The prevalence rate of suicide showed that millions of people die yearly and the worrisome part of it is that it occurs mostly to young adolescents (WHO, 2013). Suicide is ranked fourth prominent basis of death among ages 15-19 years (Wasserman, Cheng, & Jiang 2014). This menace is also the second prominent cause of death worldwide between 10-24 years, causing a serious worldwide public health hazard among adolescents.

The Nigeria suicide research and prevention initiative services on record reported that 0.37 per cent and 12 per cent of adult populations and adolescent populations, respectively, has attempted to kill themselves. Also, Okulate and Omigbodun (2008) asserted that throughout individual lifetime, about 3.0 per cent of Nigerian adolescents have the opinion of killing themselves, 1.0 per cent use different strategies to kill themselves and just under 1.0 per cent eventually end up trying to kill themselves. It was further opined by the researchers that the number of participants who give an account to have attempted suicide on one or more times moved from 17% in 2013 to 21.4% in 2016 (Awoniyi & Madu, 2016). There have also been reported cases in the newspapers dailies in Nigeria on the increase in suicidal ideation or attempt by young adolescents, for instance, a case of a 500-level undergraduate student of Ladoke Akintola University of Technology (LAUTECH), Ogbomosho, he was said to have hung himself inside an hostel room. Also, an undergraduate adolescent, aged 19 years, of a private university in Nigeria was also reported to have committed suicide in his parents' home in Oshodi, Lagos, Nigeria (Punch Newspaper, 2017).

The above suicidal cases are few in the public purview as there are still many cases of suicidal attempt in Nigeria that were not revealed by the affected families for fear of stigmatization. Information on suicidal behaviors in Nigeria is also limited due to certain motives such as cultural or traditional belief, that is, a state where certain rituals would be performed earlier before the individual who has committed suicide could be buried; religious belief, in which once a person commits suicide, such individual will go to hell. Also, Africans have the thought that individual who engages in the act of suicide is casted under a spell. Due to these beliefs, information regarding suicidal ideation, suicide plans and attempts is often not available in Nigeria (Oladele & Oladele 2016). According to Omigbodun, Dogra, Esan, and Adedokun (2016), adolescents in Nigeria are among the set of people who have the highest suicidal ideation and attempts. This, according to them, has far reaching negative implications for adolescents who are known to be the potential nation builders and leaders of tomorrow. The problem of suicidal attempts, ideas and suicide was further aggravated with the economic meltdown in Nigeria where many Nigerian adolescents are faced with challenges such as economic difficulties, unemployment rate, poor health, and many others. (Eneh, 2017). The high level of suicide as well as suicidal ideation and thought among young adolescents prompted the need to investigate the likely cause of this menace in a developing country like Nigeria.

Many studies, such as Valois, Zullig, and Hunter (2015); Chandalia and Desai (2017); Ling and Yaacob (2016), have investigated antecedent of suicidal ideation; however, to our knowledge little or no studies have examined the role of self-efficacy, life frustration, quality of health and meaning in life on suicidal ideation, hence, a gap in literature. This present study seeks to address the foregoing gap in the literature and contribute immensely to knowledge by investigating the role of self-efficacy, life frustration, quality of health and meaning in life on suicidal ideation especially among adolescents in a developing country such as Nigeria. Possible outcome of this study would provide empirical knowledge on how self-efficacy, life frustration, quality of health and meaning in life can provide possible intervention programs that would eradicate suicidal ideation among adolescents.

Self-efficacy has been established as a vital influence of suicidal ideation common to high school students (Dukes & Lorch, 2003). Self-efficacy is defined as an individual's thought that he or she has the strength and ability to control tasks or events in the immediate environment (Bandura, 2001). An individual self-efficacy refers to how an individual will think, feel and motivate him-or herself toward goals and toward people. Self-efficacy is defined as peoples believe about their capability to produce designated levels of performance that exercise influence over event that affect their life (Bandura, 1997). It is the judgments of an individual concerning his/her capability to perform any given task (Bandura, 1997). Schwarzer and Born (1997) describe self-efficacy as the ability to find solutions and strategies to cope with life-related problems. This belief often time produces different effects via four key dimensions which include cognitive, motivational, affective, and selection. It can be said that an adolescent who perceives self as incapable to handle stressor in the environment might likely have the ideas of committing suicide in a way to avoid such stress. A bad view of oneself could mean that one sees self as useless and future as hopeless. The adolescent with low self-efficacy may see life as not worth living and would often think daily stressors as overwhelming.

Life frustration is defined as an event which brings severe strain on one's life which could come in form of failure on the job, marital separation, and loss of a loved person. In Nigeria, adolescents are faced with a lot of stressors in the environment (Adeleke, 2017). Life frustration refers to events or experiences that produce severe strain, such as failure on the job, marital separation, and loss of a loved person. Sager (2001) define life frustration as a psychological state that is been perceived by individuals when faced with demands, constraints, and opportunities that have important but uncertain outcome in the overall individual life. D'Arcy (2007) emphasized that frustration experience is an overreaction and aggressive approach towards a stressful situation might result in a failure to cope with it properly. Health and Safety Executive (2008) asserted that frustration resulted due to an adverse reaction of a person while dealing with a demanding situation. Life frustration can also mean wrapping, bothering, pressing, binding, and smothering (Tokmak, 2011). These stressors often times become frustrating such that they become unbearable for many adolescents. This life frustration often comes in form of loss of significant ones, poor academic performance in school and parental neglect. This life frustration could, in one way, trigger adolescent suicidal ideations.

Another variable considered important in this study is quality of health. Quality of health refers to level of perceptions of an individual's health. Health is the general condition of a person's mind, body and spirit, usually meaning to be free from illness, injury or pain. There is a common saying all over the world which says "Health is wealth". Martin (2011) asserted that health is the general wellness of a person's mind, body and spirit, which often means that one is free from illness, injury or pain. Furthermore, having a stable quality of health appears to be most important to the maintenance of the other parts of human health. It is often maintained that the body react to the way an individual thinks, feels and acts, which is often known as the mind-body relationship. It, therefore, means that when there is a collapse in the health of an adolescent, many things which surround such person tend to suffer more. Poor quality of health of an adolescent may frustrate such individual to have the idea of committing suicide.

Recker, Peacock, and Wong (2010) defined meaning in life as making sense out of one's life and having a direction which could motivate toward a goal. Meaning in life typically involves having a goal or a sense of

unified purpose (Baumeister, 2001). on the other hand Meaning in life refers to the idea that individuals are strongly motivated to find meaning in their lives, that is, to be able to understand the nature of their personal existence, and feel it is significant and purposeful (Ratni & Rastogi, 2007). Meaning in life does not arise from money nor material things alone. It comes from what the person does and how he does it. It comes from a positive view of what is right in his life. Meaning in life could be evaluated universally or by specific areas in an individual's life such as Family, satisfaction with work, and health. It symbolizes the way an individual perceives his or her life in a holistic manner, as contrasted with positive affect which signifies how an individual feels at a single point in time. Thus, the way individuals perceive meaning in their lives could be pivoted to a fruitful shift into adulthood. Often time, adolescents often derive meaning from a different experience which is often used to interpret their lives. Adolescents, who are often faced with different challenges and problems in their immediate environments and could not find a support in terms of finding solution to the problems, might perceive their lives as meaningless and worthless which invariably can influence such adolescents to have the idea of committing suicide. It is from the foregoing discussion that the study investigates the predictive role of self-efficacy, life frustration and quality of health on suicidal ideation among adolescents.

### *1.1 Theoretical framework*

The theory of reasoned action was propounded by Ajzen (1991). The theory emphasized on behavior intentions rather than attitudes as the main causes of behavior (Ajzen & Fishbein, 2005). The founder of the theory asserts that people think rightly and make systematic use of information and facts accessible to them. Often time, individuals look at the implications of their action before they are willingly to take part or not take part in a given behavior (Ajzen & Fishbein, 2005). According to the theory, the most vital predictor of a person's behavior is a combination of intention toward performing the behavior and subjective norm. If an individual thinks that the outcome from performing behavior is positive, such persons will have a positive attitude towards performing that behavior. The opposite can also be stated if the behavior is thought to be negative. Subjective norm is seen as a combination of perceived expectations from relevant individuals or groups along with intentions to comply with these expectations. Theory of reasoned action works most successfully when subjected to behaviors that a person can control. If behaviors are not fully under control, even though a person may be highly driven by his or her own attitudes and subjective norm, such individuals may not actually perform the behavior due to intervening environmental conditions. Relating this theory to this study, adolescents who reason that their lives are meaningless could be determined by their actions - by having suicidal ideas as a way of justification of intended behavior.

### *1.2 Objectives of the study*

The main aim of this study is to examine the role of self-efficacy, life frustration and quality of health on suicidal ideation among adolescents in Ibadan, Nigeria.

### *1.3 Significance of the study*

This study has both practical and theoretical benefits. Practically, the outcome of this study will be of immense important to psychologists and social workers through knowing the factors that could be responsible for suicidal ideation and through providing psychological intervention programmes that can help reduce suicidal ideas and intentions among adolescents. Also, theoretically it can be used to explain the suicidal ideations among adolescents.

## **2. Literature Review and Hypotheses**

Valois, Zullig, and Hunter (2015) examined the relationships between emotional self-efficacy and suicide ideation among 3,836 samples of high school adolescents. It was found that emotional self-efficacy had a negative relationship with suicide ideation among the sampled adolescents. Chandalia and Desai (2017)

examined self-efficacy and suicidal tendency and among 70 secondary school students. The analysis showed significant negative relationship between self-efficacy and suicidal tendency. Ling and Yaacob (2016) investigated the relationship of self-efficacy and suicidal ideation among 684 adolescents aged 14–17 yrs. It was found in the study that self-efficacy had significant negative association with suicidal ideation.

Shaheen and Jahan (2014) examined the relationship between life frustration and suicidal ideation among 200 adolescent students from Aligarh Muslim University in India. Standardized questionnaires were used to collect data. The result of the correlation analysis found positive relationship between life frustration and suicidal ideation. Lester (2014) explored life stressors from college-related activities and suicidal ideation among 165 college undergraduates. It was found that there was positive relationship with suicidal ideation. Shaffer (2010) found that stressful life frustration had association with completed suicide in adolescence.

Zhai and Chen (2015) investigated association between quality of health and suicidal ideation among 5,183 Chinese undergraduate students. The study found that there was relationship between quality of health and suicidal ideation among the sampled respondents. Nkansah-Amankra, Diedhiou, Walker, Agbanu, and Clark (2010) examined health wellbeing and suicidal behaviors among adolescents. Cross-sectional survey was adopted in this study. The result found that respondents with poor health wellbeing had significantly higher tendency to engage in suicidal ideation. Ajidahun (2013) examined quality of health on suicidal attitude of 97 students from four secondary schools. The study found a joint influence of depression and quality of health on suicidal attitude with quality of health contributing larger percentage on suicidal attitude. Oladele and Oladele (2016), in their study, investigated the influence of depression and suicidal ideation among 391 adolescent students with and without learning disabilities. The result found that learning disabilities students who were faced with more depression were more inclined to suicidal ideation compared to respondents without learning disabilities.

Marnin, Heisel, and Flett (2016) investigated suicide ideation and meaning in life among 173 older adults. The study found significant association between suicide ideation and meaning in life. Frankl (2010) found no meaning in life on suicidal ideation among young prisoners of Nazi concentration camps. Johal and Sharma (2016) examined the role of suicide ideation and life satisfaction among 489 adolescents. The study found negative affiliation between suicide ideation and life satisfaction. Von Andics (2007) found that meaninglessness in life was strongly related to suicidal tendencies among adolescents in Austria. Despite all these empirical research, it still has some limitations. To the researchers' knowledge, no study has investigated joint influence of self-efficacy, life frustration and quality of health on suicidal ideation among adolescents especially in Ibadan, Nigeria. Therefore, this study aims to overcome the limitation of earlier studies. Hence, we hypothesize that:

- **Hypothesis 1:** There will be significant relationship of self-efficacy, life frustration, quality of health and meaning in life with suicidal ideation.
- **Hypothesis 2:** Self-efficacy, life frustration, quality of health and meaning in life will significantly independently and jointly predict suicidal ideation.

### 3. Methods

#### 3.1 Participants

Three hundred and eighty-five (385) participants were sampled. Respondents gender revealed that 243 (62.3%), which is the larger proportion of the respondents; were males while 142 (36.4%) were females. Their religion affiliation revealed that 152 (39.0%) were Christians, 231 (59.2%) were Muslims while 4 (1.0%) were from other religions. Ethnicity of the respondents revealed that 359 (92.1%) were from Yoruba ethnic group, 16 (4.1%) were from Igbo ethnic group, while 8 (2.1%) were Hausa ethnic group.

### 3.2 Measures

**Suicidal ideation** - Suicidal ideation was measured using a 15-item Suicidal Ideation Questionnaire (SIQ) developed by Reynolds (1987). The questionnaire was designed to evaluate an individual's preoccupation with thoughts of suicide. The scale uses a 6-point response format from 0 - I (0 = 'never had this thought' to 6 = 'almost every day'). An example of the items on the scale reads "thought about how others would feel if I killed myself". The author reported a reliability of .96 and a test-retest reliability of .86 for the scale. Cronbach's alpha of .83 was gotten in the present study. Scores above the mean implies high suicidal ideation while mean score and below the mean imply low suicidal ideation.

**Quality of Health Scale** - Quality of health was measured using the 28-item General Health Scale which was designed by Goldberg and Hillier's (1979). The scale compares respondents' current psychological state with their daily state. The scale consists of items like "have you recently been feeling perfectly well and in good health?". It was scored on a 4-point response format of 1-not at all, 2-no more than usual, 3-rather more than usual, 4- much more than usual. The reliability coefficient of the scale was 0.92. In this present study, the Cronbach's alpha of .83 was gotten. High score on the scale means high quality of health while low score on the scale means low quality of health.

**Life Frustration Scale** - Life frustration was captured using the 9-item Frustration Scale developed by Deci (2001). The questions in this scale entail how respondents are frustrated with life. An example of the items on the scale reads "I feel I am prevented from choosing the way I carry out tasks". The scale ranges on 7 point Likert scale of 1-Strongly disagree 2-Disagree, 3-Slightly disagree, 4-Neither disagree nor agree, 5-Slightly agree, 6-Agree, to 7-Strongly agree. The reliability alpha of the scale as reported by the author was .73. The present study got .83 as the Cronbach's alpha. A high score above the mean value on the scale means high life frustration while low score below the mean value on the scale means low life frustration.

**Self-efficacy Scale** - The 10-item self-efficacy scale was used to measure self-efficacy which was developed by Schwarzer and Jerusalem (1995). A typical example of the items reads "I am confident that I could deal efficiently with unexpected events". The response format ranges from 1 = not at all true, to 4 = exactly true. The authors reported a reliability coefficient of 0.82. The present study reported a Cronbach's alpha of .89. The score for each of the ten items were added to give a total score, thus, the higher the score; the greater the individual's generalized sense of self efficacy.

**Meaning in life Scale** - Meaning in life was captured with a 10-item meaning in Life Questionnaire (MLQ) developed by Steger, Frazier, Oishi, and Kaler (2006). An example of the items on the scale reads "my life has no clear purpose". 7-point format ranging from 1-Absolutely Untrue, 2-Mostly Untrue, 3-Somewhat Untrue, 4-Can't Say True or False, 5-Somewhat True, 6-Mostly True, and 7-Absolutely True was used for the rating. The author of the scale reported a reliability coefficient of .87. Cronbach's alpha of .89 was arrived at in this present study. A high score above the mean value on the scale means high meaning in life while low score below the mean value on the scale means low meaning in life.

### 3.3 Procedure

The researchers sought for authorization from the school principals of the four respective schools before administering the questionnaires to the selected participants. The researchers further explained the purpose and importance of the study to the class teachers of the respondents who also helped in conveying the information to the respondents. The researchers sought for informed consent from the respondents as well as assured them of confidentiality of their responses. Thereafter, the researchers distributed the questionnaires to the respondents with the help of their head teachers at different points in time across the four schools. A total number of 400 hundred copies of questionnaires were distributed across the four schools using simple random sampling. This was done through balloting method as the researchers rapped papers containing an inscription of "participation"

and "non-participation" on them. The papers were together put in a small box, students were asked to pick one paper each in the box, students who picked the paper that had inscription of "participation" were used while those students who picked "non participation" were excluded from the study. It was after the selection exercise that the questionnaires were distributed to the respondents. 100 copies of questionnaires were distributed in each of the four schools totaling about 400 questionnaires that were distributed in all. After the administration, a total number of 385 questionnaires were retrieved from the four schools, as 10 of the questionnaires were badly filled and 5 were not returned. The distribution of the questionnaires lasted for about 3 weeks. The retrieved questionnaires were subjected to appropriate statistical analysis.

### 3.4 Method of Data Analysis

Descriptive statistics was used to analyze the socio-demographic factors in this study while inferential statistics such as the zero order correlation and regression analysis were used to test the hypotheses in the study.

## 4. Results

Hypothesis one stated that "there will be significant relationship of self-efficacy, life frustration, quality of health and meaning in life with suicidal ideation". This was tested with zero order correlation analysis and presented in Table 1.

**Table 1**

*Zero order correlation showing Mean, SD and the Inter-Variables Correlation*

Variables	Mean	SD	1	2	3	4	5
1. Self-efficacy	24.84	6.91	-				
2. Life frustration	28.65	11.46	-.28**	-			
3. Quality of health	80.19	13.89	.28**	-.37**	-		
4. Meaning in life	40.35	15.54	.59**	-.26**	.12*	-	
5. Suicidal ideation	38.06	12.79	-.32**	.41**	-.44**	-.12*	.24**

Note. \* $p < .05$ , \*\* $p < .01$ .

Table 1 shows that there was significant negative relationship of self-efficacy with suicidal ideation ( $r = -.32$ ,  $p < .01$ ). This indicates that increase in self-efficacy results in decrease in suicidal ideation. The result also shows that there was significant positive relationship of life frustration with suicidal ideation ( $r = .41$ ,  $p < .01$ ). This indicates that increase in life frustration results in increase in suicidal ideation. Furthermore, the result shows that there was negative relationship of quality of health with suicidal ideation ( $r = -.44$ ,  $p < .01$ ). This indicates that increase in quality of health results in decrease in suicidal ideation. Finally, Meaning in life also has significant negative relationship with suicidal ideation ( $r = -.12$ ,  $p < .05$ ). This indicates that increase in meaning in life results in decrease in suicidal ideation.

Hypothesis two stated that "self-efficacy, life frustration, quality of health and meaning in life will significantly independently and jointly predict suicidal ideation. Multiple regression analysis tested the hypothesis. The result is presented in Table 2.

**Table 2**

*Multiple regressions on self-efficacy, life frustration, quality of health and meaning in life on suicidal ideation*

Variables	$\beta$	T	P	R	R <sup>2</sup>	F
Self-efficacy	-.23	-4.22	< .05	.55	.30	42.04
Life frustration	.27	5.73	< .05			
Quality of health	-.29	-6.17	< .05			
Meaning in life	-.12	-2.22	< .05			

Table 2 indicates that there was significant joint prediction of self-efficacy, life frustration, quality of health and meaning in life on suicidal ideation,  $R^2 = .30$ ,  $F(4, 382) = 42.04$ ,  $p < .05$ . The result also indicates that

30.6% variance of suicidal ideation among participants is accounted for by self-efficacy, life frustration, quality of health and meaning in life. The other 69.4% is influenced by extraneous variables. Also, there was significant independent prediction of self-efficacy ( $\beta = -.234, p < .05$ ), life frustration ( $\beta = .273, p < .05$ ), quality of health ( $\beta = -.292, p < .05$ ) and meaning in life ( $\beta = -.120, p < .05$ ) on suicidal ideation.

## 5. Discussion

The present study examined the role of self-efficacy, life frustration, quality of health and meaning in life on suicidal ideation among adolescents. The first hypothesis revealed that there was significant negative relationship of self-efficacy with suicidal ideation meaning that increase in self-efficacy results in decrease in suicidal ideation. There was significant positive link between life frustration and suicidal ideation implying that increase in life frustration results in increase in suicidal ideation. Furthermore, there was significant negative relationship of quality of health with suicidal ideation meaning that increase in quality of health results in decrease in suicidal ideation. Finally, Meaning in life has significant negative relationship with suicidal ideation indicating increase in meaning in life results in decrease in suicidal ideation. This finding is consistent with the study done by Valois, Zullig, and Hunter (2015) which found that emotional self-efficacy has a negative relationship with suicide ideation among adolescents. The finding is also in line with the study carried out by Shaheen and Jahan (2014) in which they examined the relationship between life frustration and suicidal ideation among adolescents. The results of the correlation analysis showed that there was significant positive association of life frustration with suicidal ideation.

This above notion is in accordance with the study of Zhai and Chen (2015) in which they investigated association between quality of health and suicidal ideation among 5,183 Chinese university students. The study found that there was negative relationship of quality of health with suicidal ideation among the sampled respondents. The finding is also in line with the study carried out by Marnin, Heisel, and Flett (2016) in which they examined meaning in life and suicide ideation among 173 older adults. The study found significant negative correlation between meaning in life and suicide ideation. The justification for this finding could be the current situation in Nigeria where adolescents and youths find it hard economically to survive, hence they tend to be frustrated with life which invariably reduce their quality of life, meaning in life and self-efficacy.

The second hypothesis revealed that there was significant joint and independent prediction of self-efficacy, life frustration, quality of health and meaning in life on suicidal ideation. This finding is in line with the study done by Ling and Yaacob (2016) in which they investigated influence of self-efficacy and suicidal ideation among 684 school-going adolescents. The results showed that self-efficacy had significant negative association with suicidal ideation. The finding is also consistent with the study of Nkansah-Amankra, Diedhiou, Walker, Agbanu, and Clark (2010) which examined health wellbeing and suicidal behaviours among adolescents. The result found that respondents with poor health wellbeing had significantly higher tendency to engage in suicidal ideation. Also in line with the present study is study of Von Andics (2007) which found that meaninglessness in life was strongly related to suicidal tendencies among adolescent in Austria. The reason for this finding could be as a result of the fact that adolescents in Nigeria are often faced with psychological problems such as self-efficacy, life frustration, quality of health and meaning in life which invariably predict suicidal ideation among adolescents.

## 6. Conclusions

The present study has been able to contribute to literature as evidenced in the findings. It, therefore, can be established that suicidal ideation among adolescents is a problem whose known antecedents are identified in this present study. From the aforementioned, it is now concluded that psychological factors such as self-efficacy, life frustration, quality of health and meaning in life have significant link with suicidal ideation among adolescents. It is also concluded that self-efficacy, life frustration, quality of health and meaning in life have significant joint and independent prediction on suicidal ideation among adolescents.



### 6.1 Implications and Recommendations

The findings in this present study have important implication for psychologists, school management, as well as stakeholders such as government. From the findings it was revealed that psychological factors such as self-efficacy, life frustration, quality of health and meaning in life have significant relationship with suicidal ideation and also have significant independent and joint prediction on suicidal ideation. This implies that, for adolescents to get out of this menace of suicidal ideation, these psychological factors need to be adequately considered. It is, therefore, recommended that psychologists should develop an appropriate psychological intervention programmes such as cognitive therapy and counselling which would be tailored toward improving adolescent self-efficacy, quality of health, meaning in life and life frustration which invariably would reduce suicidal ideation among adolescents. The study also recommends that public schools management should organise seminars and workshop with special attention on how adolescent self-efficacy, quality of health, meaning in life and life frustration can be boosted or reshaped such that these programmes can be implemented into the school curriculum in order to ensure a balanced and all-inclusive growth of this young generation which will be devoid of suicidal ideas. Finally, government at all levels should at all times continue to provide basic amenities that will facilitate students learning and improve their wellbeing. This will, by some means, reduce the menace of suicidal ideation of adolescents.

### 6.2 Limitations and suggestions for future studies

Despite the relevance of this study, it is still faced with some limitations. Firstly, only four public schools were used for this study which makes the sample size to be relatively small. This has implication for generalisation of the findings to other adolescents in Nigeria. Second, It was noticed among these respondents that majority were just responding to the questions with bias which is often based on their social desirability. Therefore, to enhance the strength of this study, Future studies can improve on the setting and sample of the study; can also improve on the method of data collection using such methods as interview and focus group discussion. Finally, more psychosocial factors can also be explored in order to further reduce the menace of suicidal ideations among adolescents.

## 7. References

- Adeleke, C. (2017). Life frustration and emotional behaviour among Nigerian University students: Affiliation or commitment? *African Journal of Reproductive Health*, 9, 125-140.
- Ajidahun, B. O. (2013). Depression and suicidal attitude among adolescents in some selected secondary schools in Lagos state, Nigeria. *European Journal of Business and Social Sciences*, 8(1), 23-31.
- Ajzen, I. (1991). The theory of reasoned action. *Organizational Behaviour and Human Decision Processes*, 50(2), 179-211. <https://doi.org/10.1016/0749-5978>
- Ajzen, I., & Fishbein, M. (2005). The prediction of behavioural intentions in a choice situation. *Journal of Experimental Social Psychology*, 5(4), 400-416. [http://doi.org/10.1016/0022-1031\(69\)90033-x](http://doi.org/10.1016/0022-1031(69)90033-x)
- Awoniyi, F., & Madu, R. (2016). Psychological factors as predictors of suicidal ideation among adolescents in Malaysia. *Journal of Psychology*, 3, 45-67.
- Bandura, A. (1997). *Self-efficacy: The exercise of control*. New York, NY, USA: Freeman.
- Bandura, A. (2001). Social cognitive theory: An agentic perspective. *Annual Review of Psychology*, 52, 1-26. <https://dx.doi.org/10.1146/annurev.psych.52.1.1>
- Baumeister, R. F. (2001). *Meanings of life*. New York: Guilford.
- Bridge, J. A., Goldstein, T. R., & Brent, D. A. (2006). Adolescent suicide and suicidal behaviour. *Journal for Child Psychology and Psychiatry*, 47(3-4), 372-409. <https://doi.org/10.1111/j.1469-7610.2006.01615.x>
- Chandalia, T., & Desai, M. (2017). A study of suicidal tendency and self-efficacy among higher secondary school students. *The International Journal of Indian Psychology*, 4, 2349-3429.
- D'Arcy, L. (2007) Stress. Retrieved from <http://www.kidshealth.org>

- Deci, E. L. (2001). Need satisfaction, motivation, and well-being in the work organizations of a former eastern bloc country: A cross-cultural study of self-determination. *Personality and Social Psychology Bulletin*, 27, 930–942. <https://doi.org/10.1177/0146167201278002>
- Dukes R. L., & Lorch B. (2001). The effect of school family self-concept, and deviant behavior on adolescent suicide ideation. *Journal of Adolescence*, 12, 239-251. [https://doi.org/10.1016/0140-1971\(89\)90075-4](https://doi.org/10.1016/0140-1971(89)90075-4)
- Eneh, O.C. (2017). *Attitudes of HPE students in Nigerian Universities towards suicide* (Unpublished Ph.D. Thesis). Faculty of Education, Enugu State University of Technology (ESUT), Enugu.
- Frankl, T. (2010). Meaning and purpose in life and well-being: A life-span perspective. *Journal of Gerontology*, 42, 44-49.
- Goldberg D., & Hillier, A. (1979). Scaled version of the General Health Questionnaire. *Psychology Medicine*, 9, 139-145. <https://doi.org/10.1017/S0033291700021644>
- Health and Safety Executive. (2008). *Frustration and its effect*. New Jersey: Freeman.
- Johal, D., & Sharma, M. (2016). Suicide ideation and life satisfaction among adolescents: A correlational study. *Journal of Humanities and Social Science*, 21(1), 23-28.
- Lester D. (2014). Depression and suicidal ideation in college students: a preliminary study of campus variables. *Psychological Reports*, 112, 106–108. <https://doi.org/10.2466/12.02.10.PR0.112.1.106-108>
- Ling, W., & Yaacob, S. (2015). Peer relationship satisfaction, self-efficacy, and adolescents' suicidal ideation in Selangor, Malaysia. *Journal of Management Research*, 7(2), 34-54. <https://doi.org/10.5296/jmr.v7i2.6958>
- Marnin J., Heisel, E., Neufeld, R., & Gordon L. (2016). Reasons for living, meaning in life, and suicide ideation: investigating the roles of key positive psychological factors in reducing suicide risk in community-residing older adults. *Aging & Mental Health*, 20(2), 195-207. <https://doi.org/10.1080/13607863.2015.1078279>
- Martin, T. (2011). Perceptions of psychological domain of quality of health in patients with diabetes mellitus. *Open Journal Preventive Medicine*, 4, 489-498.
- National Population Commission (NPC) [Nigeria] and ICF International. (2013). *Nigeria Demographic and Health Survey 2013- Preliminary report*. Abuja: National Population Commission and ICF International.
- Nkansah-Amankra, S., Diedhiou, A., Walker, I., Agbanu, H., & Clark, P. (2010). Adolescent suicidal behaviors, self-rated health and multiple health risk behaviors: Exploring new perspectives in suicide prevention research *Journal of Public Health and Epidemiology*, 2(8), 204-215.
- O'Carroll, P. W., Berman, A. L., Maris, R. W., Moscicki, E. K., Tanney, B. L., & Silverman, M. M. (1996). Beyond the Tower of Babel: A nomenclature for sociology. *Suicide and Life-threatening Behaviour*, 26, 237-252.
- Okulate, R., & Omigbodun, H. (2008). Prevalence and correlates of suicidal behaviour among adolescents in southwest Nigeria. *International Journal of Social Psychiatry*, 54, 34-42. <https://doi.org/10.1177/0020764007078360>
- Oladele, A., & Oladele, I (2016). Depression and Suicidal Ideation among College Students with and without Learning Disabilities in Nigeria. *The European Journal of Social and Behavioural Sciences*, 16, 2085-2100. <https://doi.org/10.15405/ejsbs.187>
- Omigbodun, O., Dogra, N., Esan, O., & Adedokun, B. (2008). Prevalence and correlates of suicidal behaviour among students in Southwest Nigeria. *International Journal of Social Psychiatry*, 54(1), 34–46. <https://doi.org/10.1177/0020764007078360>
- Punch Newspaper. (2017). An undergraduate adolescent commit suicide in Lagos state.
- Ratni, P., & Rastogi, T. (2007). Meaning and purpose in life and well-being: A life-span perspective. *Journal of Gerontology*, 42, 44-49.
- Recker, Y., Peacock, E., & Wong, I. (2010). Experiences of meaning in life: a combined qualitative and quantitative approach. *British Journal of Psychology*, 86, 359-375.
- Reynolds, W. M. (1987). *Suicidal ideation questionnaire-junior*. Odessa, Florida: Psychological Assessment Resources.

- Sager, D. (2001). What is stress and what is fatigue? In P. A. Desmond (Eds.), *Stress, workload, and fatigue* (pp. 24-45). Mahwah, NJ: Erlbaum.
- Schwarzer, R., & Born, A. (1997). Optimism self-beliefs: Assessment of general perceived self-efficacy in thirteen cultures. *World Psychology, 3*(1-2), 177-190.
- Schwarzer, R., & Jerusalem, M. (1995). Generalized self-efficacy scale. In J. Weinman, S. Wright, & M. Johnston (Eds.), *Measures in health psychology: A user's portfolio. Causal and control beliefs* (pp. 35-37). Windsor, UK: NFER-Nelson.
- Shaffer, D. (1988). The epidemiology of teen suicide: An examination of risk factors. *The Journal of Clinical Psychiatry, 49*(9), 24-45.
- Shaheen, H., & Jahan, M. (2014). The Role of Optimism in experience of life frustration and Suicidal Ideation among student. *Journal of Humanities and Social Science, 19*(11), 23-34.
- Steger, M. F., Frazier, P., Oishi, S., & Kaler, M. (2006). The meaning in life questionnaire: Assessing the presence of and search for meaning in life. *Journal of counselling psychology, 53*, 80-93.  
<https://doi.org/10.1037/0022-0167.53.1.80>
- Tokmak, O. (2011). Life stressor among adolescents. *Journal of Genetic Psychology, 153*, 185-190.
- Valois, F., Zullig, J., & Hunter, A. (2015). Relationships between emotional self-efficacy and suicide ideation among adolescents. *Journal of Child and Family Studies, 24*(2), 237-248.  
<https://doi.org/10.1007/s10826-013-9829-8>
- Von Andics, T. (2007). Adolescents, stress and psychological well-being. *Journal of Youth and Adolescence, 13*, 459-473.
- Wasserman, D., Cheng, Q., & Jiang, G. (2005). Global suicide rates among young people aged 15- 19 yrs. *World Psychiatry, 4*, 114-120.
- World Health Organization [WHO]. (2013) Suicide Prevention (SUPRE). Retrieved from [http://www.who.int/mental\\_health/prevention/suicide/suicideprevent/en/](http://www.who.int/mental_health/prevention/suicide/suicideprevent/en/)
- WHO. (2002). Global consultation of friendly health services a consensus statement. Department of adolescent and child health and development, Geneva. Retrieved from [http://www.who.int/childdoescenthealth/NewPublications/ADH/WHO\\_FCH\\_CAH\\_02.18.pdf](http://www.who.int/childdoescenthealth/NewPublications/ADH/WHO_FCH_CAH_02.18.pdf)
- Zhai, F., & Chen, I. (2015). Quality of health and suicidal ideation among university students. *International Journal Environmental Research, 12*, 1412-1424.

