

Suicidal tendency among adolescents with adjustment disorder



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The concept of adolescence committing suicide perplexes our society; parents do not understand the reason why a child filled with curiosity, and potential turn to such a final act as a solution. Terrifyingly, maybe it was an impulsive act because they do not have the emotional growth to find an productive and effective ways to handle their problems or lessen their sorrow, so suicide appears as an appealing possibility. An article written in *The Journal of Crisis Intervention and Suicide Prevention Adolescent* “Suicidal Tendency Among Adolescents with Adjustment Disorder,” stated suicide is highest among individuals that suffer from adjustment disorder and psychosocial stressor. This study had 108, adolescent participants from different demography area. The article studied the link between suicide and personality patterns in adolescents with adjustment disorder. Below, I will state some of the findings in this study among adolescence.

The hypothesis is adolescents with adjustment disorder that exhibit suicidal tendencies have several inadequate personality characteristics, such as, loss of confidence, anxiety, aggressiveness, neuroticism, and low independence. There were 108 adolescents that were participants within this study that exhibited adjustment disorder, diagnosed from a clinical psychologist, or a psychiatrist. Two questionnaires were administered during two different intervals, and the subject was to report any emotions or distress they experienced from completing the questionnaire. Demographic and clinical information were recorded including educational level, age, gender, caregiver information, and psychiatric diagnosis. To evaluate suicidal behavior and suicidal ideation the Suicide Risk Inventory for Adolescents (IRIS) was used, to gauge personality characteristics Millon Adolescent

Clinical Inventory (MACI), and the 16PF Adolescent Personality Questionnaire (16PF-APQ). These three tests were applied to evaluate suicidal tendencies and to have a comprehensive representation of the adolescents and their strengths and limitations.

The study showed the individual characteristics are correlated and can intensify or reduce suicidal tendencies; gender had different results for suicidal symptoms. Females showed emotional stability lower, but vigilance, and tension higher than the males. However, the males had higher levels of privateness, apprehension, self-reliance, and tension. According to Millon Adolescent Clinical Inventory (MACI), anxiety contributed the biggest factor among adolescence for suicidal tendencies. In addition, among the Big Five factors 16PF Adolescent Personality Questionnaire (16PF-APQ); anxiety had the highest explanatory power for suicidal tendencies. (Ferrer, 2015)

According to the study

- Adolescents that exhibit hopelessness and lack of stability had a higher risk of suicidal indication.
- Adolescents that felt they had a stable environment; emotional stability had lower suicidal indication.

The results generated can help

- Parents
- Professionals
- School Counselors
- Administrators

- Representatives

If these characteristics are being exhibited in an adolescent and observed notify the proper officials and/or parents to intervene and get the child the assistance required to live a productive life. Better understanding can lead to treatment programs that can benefit all parties involved caregivers, professionals and the adolescence.

The study consisted of participants were from Spain Africa, Asia, and Central and South America where societies have different cultural, social, economic factors and stressors. Furthermore, based on the percent of females vs. males, and how it can show a generalization of the population. To be more accurate a wider population of gender and participants should be included in study.

Conclusion certain personality characteristics such as, loss of confidence, anxiety, aggressiveness, lack of emotional stability, tension, impulsivity and low independence and can heighten or reduce risk of suicidal tendencies in adolescents with adjustment disorder. Their identification is important for clinicians designing treatment programs for these patients. More literature can be made available to the population and the ability to understand and watch out for signs that adolescence exhibit before they attempt suicide or succeed. The adolescences receive the treatment needed and moral support to realize they are understood, and not alone in their environment.

The criticisms I have about the way the study was conducted it only consisted of participants from Spain, Africa, Asia, and central and South America not from America where there are differences in cultural, social,

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economic factors and stressors. Furthermore, based on the percent of females vs. males and how it can show a generalization of the population. To be more accurate a wider population of gender and participants should be included in study.

I found it interesting how anxiety can play a huge part in both adjustment disorder and suicidal tendencies and adolescents from different cultural backgrounds require compassion and social relations to function in society. Suicide is not just ones' cultures problem it has a vast scope, to help the youth have the abilities to adjust to different issues adult need to learn to spot adolescences with inner turmoil and offer education, proper social tool and treatment to assist them to learn adaptive behaviors. Programs geared towards caregivers, professionals and teacher to help then better understanding the emotional and inner turmoil the youth are experiencing. Also, better means of communication, support and the different treatment option that better suited to the adolescent individual to help them learn coping skills to adjust in their environment.

There was nothing, I disliked about the study, I found it very informative regardless of the societies used however, I would have made the comparisons more even between males and females. In addition, another factor would be the age difference in the study 30% was thirteen years old where only 10% was seventeen years old different maturity levels, social factors and educational levels. However, I found some of the information to be ambiguous. They examined adolescents in their current frame of mind, without taking into account the long-term. Adolescents face real life, or perceived stressors, or major life events every day, thereby possibly

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changing their status quo from that of “ normal” to that of an abnormal disorder. It’s always important to verify where information is coming from and the validity of information received. And then, to consider the sample size and demographics of the participants involved.

References

Ferrer, L., & Kirchner, T. (2015). Suicidal Tendency Among Adolescents With Adjustment Disorder. *Crisis, 36* (3), 202-210. doi: 10.1027/0227-5910/a000309