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A STUDY OF ATTEMPTED SUICIDE AMONG FEMALE YOUTHS

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ABSTRACT

Worldwide, suicide is among the top five causes of mortality in the 15 to 19 year age group while majority of suicide attempts is among females (WHO, 2000). The purpose of this study is to identify youth that are likely to be suicidal, their feelings and thoughts and determine the underlying factors that instigate the intention so that remedial actions can be taken before the actual attempt.

The questions arise for the research would include a) Who are the female youth that are inclined to suicidal acts? b) What are the causes, feelings and thoughts that prompt them to contemplate the idea of suicide? c) What are the effects of the attempt and how do they feel after the attempt?

The sample was obtained from the General Hospital, Kuala Lumpur, whereby all attempters admitted to the hospital from April to May 2000 were interviewed. After the preliminary interview, an in-depth interview was carried out with eight subjects that met the necessary criteria, as case study approach is the research method. The quantitative data was analyzed using descriptive statistical analysis.

The findings indicated that there is no typical cause for suicide, and that female youth within the age of 14 to 30 years old accounted for forty-one percent of attempters. The majority who made repeated suicide attempts was from age 14 to 18 years old. These young women seem to be ambivalent about death, while wanting to die, they also wanted to be rescued.

The fact that suicide attempters are mostly youth, schools, school counselors, teachers and the community can play a more active role in helping

these vulnerable youth to manage their lives so that they are not drawn to suicide as the solution to their problems.

ABSTRAK

Kajian Mengenai Percubaan Membunuh Diri Di kalangan Remaja Wanita

Membunuh diri adalah di antara lima sebab utama kematian di kalangan remaja yang berumur 15 hingga 19 tahun di seluruh dunia dan kebanyakan daripada mereka yang membuat percubaan membunuh diri pula adalah dari kalangan wanita (WHO,2000). Tujuan kajian ini ialah untuk mengenal pasti siapakah remaja yang mempunyai hasrat membunuh diri, memahami fikiran dan perasaan mereka, di samping menentukan sebab yang mendorong mereka melakukannya. Ini adalah supaya tindakan pemulihan boleh diambil sebelum mereka melakukannya.

Persoalan yang dikaji adalah a) Siapakah gadis remaja yang cenderung melakukan percubaan membunuh diri b) Apakah perasaan, fikiran dan sebab yang mendorong mereka memilih untuk membunuh diri c) Apakah kesan tindakan percubaan membunuh diri dan bagaimanakah perasaan mereka selepas percubaan membunuh diri.

Sampel kajian terdiri dari mereka yang telah membuat percubaan membunuh diri dan diwadkan di Hospital Besar, Kuala Lumpur dari bulan April hingga Mei 2000. Selepas temubual awalan ke atas mereka yang membuat percubaan membunuh diri, lapan orang dipilih berdasarkan kriteria yang ditetapkan untuk temubual mendalam. Ini adalah kerana kaedah kajian adalah berbentuk kajian kes . Manakala, data kuantitatif dianalisa menggunakan statistik diskriptif.

Hasil kajian menunjukkan bahawa tidak ada satu sebab yang khusus yang mendorong seseorang berkeinginan membunuh diri. Juga didapati bahawa empat puluh satu peratus dari remaja wanita yang membuat percubaan membunuh diri terdiri dari kalangan mereka yang berumur 14 hingga 30 tahun, manakala sebahagian besar dari mereka yang mengulang perbuatan membunuh diri terdiri dari kalangan remaja yang berusia 14 hingga 18 tahun. Para remaja ini didapati mempunyai sikap ambivalen terhadap kematian. Walaupun perasaan ingin mati itu ujud mereka juga berhasrat supaya mereka akan diselamatkan.

Memandangkan mereka yang berkeinginan membunuh diri terdiri dari kalangan remaja, pihak sekolah, kounselor sekolah, guru- guru dan masyarakat sekeliling haruslah memainkan peranan yang lebih aktif dalam membantu remaja – remaja yang mudah terpengaruh ini mengurus hidup mereka dengan baik supaya mereka tidak mudah memilih membunuh diri sebagai jawapan untuk mengatasi masalah mereka.

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Table of Content

	Page
Abstract	i
Acknowledgement	v
Table of Content	vi
List of Appendixes	viii
List of Tables	ix
Chapter I Introduction	
Background of Study	1
Problem Statement	4
Rationale of the Study	7
Purpose of the Study	8
Research Question	9
Significance of the Study	9
Limitations	10
The Nature of Suicide and Attempted Suicide	11
Chapter II Literature Review	
Introduction	24
Theories of Suicide	24
Studies on Suicide	33
Chapter III Research Methodology	
Introduction	52
Pilot Study	53
Subjects	53
Data Gathering Instrument	54
Procedures and Data Collection	56
Method of Data Analysis	59
Chapter IV Presentation of Research Findings and Analysis	
Introduction	62
Quantitative Presentation	63
Interpretation and Analysis of Quantitative Data	72
Qualitative Presentation	74
Interpretation and Analysis of Qualitative Data	155
Summary	190

Table of Content

	Page
Chapter V	
Conclusion	
Introduction	192
Summary of Findings	192
Implications of Findings	197
Suggestions	213
Suggestions for Further Research	222
Conclusion	223
 Bibliography	 226

List of Appendixes

Appendix: 1	The Suicide Hierarchy	237
Appendix: 2	Preliminary Form	238
Appendix: 3	Intent Scale Score (Pierce 1981)	239
Appendix: 4	Feelings and Reasons for Attempt	243
Appendix: 5	Interview Guideline	244
Appendix: 6	Suicide Intent Scale Score for the Eight Subjects	245
Appendix: 7	Summary on the Eight Female Youth Attempters	253
Appendix: 8	Summary of the Feelings and Thoughts of the Eight Female Youth Before the Attempt	254
Appendix: 9	Summary of the Most Common Feelings Expressed by the Female Youth	259
Appendix: 10	Summary of the Feelings and Thoughts of the Eight Female Youth After the Attempt	260
Appendix: 11	Approval Letter from General Hospital, Kuala Lumpur	

List of Tables

Table :4.1	Frequency distribution of suicide attempters in relation to age and sex- Comparison between female youth and others	64
Table : 4.2	Frequency distribution of suicide attempters in relation to past history of attempts - Comparison between female youth and others	65
Table : 4.3	Frequency distribution of female youth attempters according to age	66
Table : 4.4	Frequency distribution of female youth attempters according to race	67
Table : 4.5	Frequency distribution of female youth attempters according to education	67
Table : 4.6	Frequency distribution of female youth attempters according to marital status	68
Table : 4.7	Frequency distribution of female youth attempters according to employment	68
Table : 4.8	Frequency distribution of female youth attempters by nature of injury	69
Table : 4.9	Frequency distribution of counseling awareness among female youth attempters.	70
Table : 4.10	Premeditation of act among female youth who attempted suicide	70
Table : 4.11	Reasons for the attempt given by female youth suicide attempters	71