

## **RELATIONSHIP BETWEEN SUICIDE AND RESPONSIBLE FACTORS AMONG UNDERGRADUATES, UNIVERSITY OF ILORIN, ILORIN, NIGERIA**

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### **ABSTRACT**

Suicide is a public health problem that causes premature death among youths worldwide. Therefore, the study investigated the factors responsible for suicide among youths as expressed by undergraduate of the University of Ilorin, Ilorin, Nigeria. The objectives of the study were to determine the relationship between suicide and responsible factors based on ; substance abuse, mental illness and stress among Undergraduates in University of Ilorin, Ilorin, Nigeria. Descriptive research design of the survey was used for the study. The population of the study comprises of all the undergraduate registered in 2018/2019 academic session. The target population comprised of all the twenty-three thousand and fifty (23,050) undergraduates from the six selected faculties in the University of Ilorin. A multi-stage sampling technique that made up of simple, proportionate, purposive and convenience sampling techniques were used to select six hundred and ninety-two (692) respondents participated in the study. Researcher developed questionnaire that had been validated by 3 experts from the related field was used for the study. The reliability of the instrument ascertained through test re-test method using Pearson Product Moment Correlation (PPMC), a correlation coefficient of 0.80r was obtained. The researcher administered the instrument with the help of three trained research assistants. Inferential statistic of Pearson Product Moment Correlation was used to analyse the result of data collected at 0.05 level. The findings revealed that substance abuse, mental illness and stress were responsible factors for suicide among undergraduates in the study area. Evidence derived from the study also suggest implication for the University authority in relation to enlight Undergraduates on responsible factors associated with suicide.

**Keywords:** Relationship, Responsible, Factors, Suicide, Undergraduates

### **INTRODUCTION**

The word suicide, coined from Latin Suicaedere to kill oneself or self-murder, means the act of a person intentionally causing his or her death. This is death by accident, overdose or suffocation where there is evidence that the incident was self-indicated, either directly or indirectly, and that the decedent wanted to kill himself. Suicide accounts for about 1.4% of the worldwide burden of disease and is the second leading cause of death in adolescents globally. More people died from suicide last year than from all murders and wars combined (Tadele, Solomon, Kelemua & Tebikew, 2018). Although the suicide rate increase with age, suicide behaviour is high and is

increasing among youth people the ages of 15 and 25 years. Over 800,000 young people in the age group die each year from suicide (Tadele, Solomon, Kelemua &Tebikew, 2018). Suicide is described as a suicidal act of self-injury, with some proof of intention to die. Worldwide, more than 800,000 people die as a result of suicide every year. It is estimated that about 1.5 million people will die because of suicide by the year 2020. In 2015, the suicide mortality rate was 10.7 per 100,000, meaning that one death per 20 s. Suicide accounts for 1.4% of all deaths and is the 15th leading cause of death globally (Johan, 2018).

Jalal, Tahereh, Mehran and Nahid (2015) pointed out that suicide is a serious public health problem with long term harmful effects on individuals, families and communities. Every year, more than 800, 000 people lost their lives due to suicide. For every suicide death, there are between 10 and 40 people attempted suicides. Suicide accounted for 1.4% of all deaths worldwide, making it the 15<sup>th</sup> leading cause of death among people aged 15-29 years. Suicide is among the most important causes of premature death. Chukwuma, Stanley and Adaku (2019) opined that suicide accounts for about one million deaths worldwide annually and every death by suicide 20-25 more have attempted according to WHO. The global health observatory puts the worldwide age-standardised suicide rate at 11.4 per 100,000 people and suicide is that the second leading cause of death among people aged 15-29 years. The rate in Nigeria is put at 9.5/100,000. It has been strongly linked to depression or drug abuse.

A suicide attempt is when people are hurting themselves to end their lives, but they don't suffer for their acts. Suicide is when people perpetrate violence against themselves to end their lives, and they suffer for their acts. This is better to stop using words such as "committing suicide" or "effective suicide" when referring to suicide death as such phrases are often derogatory. Men are more likely to die from suicide than women, but women are more likely to attempt suicide, according to the Centers for Disease Control and Prevention (CDC). Men have a greater risk of using more deadly means, such as weapons or suffocation. Women are more likely to attempt suicide by intoxication than men. Suicide is a greater public health problem in the United States and is a leading cause of death. The consequences of a suicide extend beyond the person deciding to take his or her life: it can have a lasting impact on families, friends and societies (National Mental Health Institute, 2019).

Canadian Mental Health Association (2012) opined that suicide means ending your own life. Often, it's a way people can avoid pain or misery. If someone takes their own life, we say they "died as a result of suicide." A "suicide attempt" means someone has attempted to end their lives but has not died. Suicide in the United States, in general, is the 10th leading cause of death. For people ages 35 to 54, it ranks fourth, and for 10- to 34-year-olds, second. Over the decades, suicide rates have climbed and fallen and climbed again. Between 1999 and 2017, the suicide rate increased by 33%, according to the U.S. Centers for Disease Control and Prevention (American Psychological Association, 2019).

## **LITERATURE REVIEW**

World Health Organization (2019) opined that every year close to 800 000 people take their own life and there are many more people who attempt suicide. Every suicide is a tragedy that affects

families, societies and countries as a whole, and has long-lasting effects on the people left behind. Suicide occurs during the lifespan and was the world's second-largest cause of death among 15-29 year-olds. Suicide happens not only in high-income countries but is a global epidemic in any part of the world. In low- and middle-income nations, over 79 per cent of global suicides occurred. Many are talking about suicide like this is a mystery you can't share with someone.

Suicide is whispered amongst pals and own family members, and when a person engages in a suicidal act, the only question on everyone's lips is, "Why?" The answer is well-understood by mental health professionals — the answer is depression. Many people who have never experienced suicidal thoughts or serious depression don't understand how could someone feel so hopeless and depressed to considered ending their entire life? The answer is frequently rooted in how hopeless and inestimable misery an individuals appears to be. People who are suicidal are usually in the grips of a serious and untreated (or undertreated) depressive episode. Many people can hide such emotional ache very well and faux to be okay. But underneath, they may be in extreme agony and need of help while engaging on drugs as a remedy (John, 2018).

Drug use and abuse among young people is a topic that has gained considerable importance and attention worldwide in the last two decades because of a dramatic increase in the use of various illicit drugs. The "drug scene" in Nigeria has undergone pronounced changes in recent years (Alfred, 2003). Nancy (2019) expressed that drugs and alcohol can also influence a person who is feeling suicidal, making her more impulsive and likely to act upon her urges than she would be while sober. Use of medicine and alcohol can contribute to the alternative reasons human beings commit suicide, inclusive of the loss of jobs and relationships. Misusing alcohol or drugs often contributes to suicidal thoughts and behaviour. If substance use is an underlying problem, an alcohol or drug addiction rehabilitation program may be the first step.

Udoh and Ajala (2012) explained that mental illness is a condition which is produced as a result of disturbed human relationships. It is regarded by both Adolf Meyer and Sigmund Freud as a personality reaction rather than a disease because they feel that the life history and vicissitudes of the individual were important etiological factors. Although their stands suggest that mental illness is caused by psychogenic factors, it is known that it could also be caused by physiologic factors.

Nancy (2019) opined that there are many factors which can influence a person's decision to commit suicide; the most common one is that the person has severe depression. Depression can make humans feel amazing emotional pain and loss of hope, making them unable to look another way to alleviate the ache aside from ending their own life. According to the American Foundation for Suicide Prevention, depression is present in about half of all suicides. Other intellectual illnesses besides despair also can play a position in suicide. For example, a person with schizophrenia or other illnesses that produce psychosis might be hearing voices which command her to kill herself. Bipolar disorder is an illness in which a person experiences alternating periods of high and low moods, can also increase a person's risk for committing suicide. A borderline personality disorder is another condition with a high rate of suicide. Eating disorders, including anorexia and bulimia, also have a high rate of death by suicide.

World Health Organisation (2001) opined that mental health is as important as physical health to the overall well-being of individuals, societies and countries. Yet only a small minority

of the 450 million people laid low with an intellectual or behavioural disease are receiving treatment. Advance in neuroscience and behaviour remedy has proven that, like many bodily illnesses, mental and behavioural disorders are the result of a complex interaction among biological, mental and social factors. Unfortunately, in most parts of the world, mental fitness and intellectual problems aren't regarded with anything like identical significance as bodily fitness. Instead, they have been largely ignored or neglected. Partly as a result, the world is suffering from an increasing burden of mental disorders and a widening "treatment gap". Today, a few 50 million human beings suffer from an intellectual or behavioural disorder, yet only a small minority of them receive even the most simple treatment. In developing countries, most individuals with severe mental disorders are left to cope as best they can with their private burdens such as depression, dementia, schizophrenia, and substance dependence. Globally, many are victimized for their illness and turn out to be the goals of stigma and discrimination.

Suicide is a complicated difficulty regarding numerous elements and should not be attributed to any one single cause. Not each person who dies by using suicide has been identified with an intellectual illness and not everybody with an intellectual contamination attempt to cease their lives via suicide. People who experience suicidal thoughts and feelings are suffering from tremendous emotional pain. People who've died by way of suicide normally had overwhelming feelings of hopelessness, despair, and helplessness. Suicide isn't approximately an ethical weakness or a character flaw. People thinking about suicide sense as though their pain will never end and that suicide is the only way to prevent the suffering they experience. Many factors and circumstances can contribute to someone's decision to end his/her life. Factors along with loss, addictions, early life trauma or other styles of trauma, depression, serious physical infection and primary life changes can make some human beings experience overwhelmed and not able to cope. It is important to remember that isn't necessarily the nature of the loss or stressor that is as important as the individual's experience of these things feeling unbearable.

In essence, Suicide occurs more often in older than in younger people but is still one of the leading causes of death in late childhood and adolescence worldwide. Suicide not only results in a direct loss of many young lives and it also has disruptive psychosocial and adverse socio-economic effects. From the attitude of public mental health, suicide among young humans is the main trouble to address. Therefore, there is a need to find out the factors responsible for suicide among youths.

Suicide in Nigeria has taken on a stressful dimension these days as tales of people killing themselves have emerged as a mainstay in media reports. Hardly a week pass without a person attempting or committing suicide in Nigeria with most of such incidents appeared on the pages of newspapers as some affected families prefer to keep mute because of the stigma attached with such dishonourable death. Timilehin (2019) explained that suicide is a crime in some parts of the world and Nigeria is one of the eight African countries criminalize it. Attempting suicide is a criminal offence in Nigeria below section 327 of the criminal code act and it incorporates a penalty of up to three hundred and sixty-five days in prison. The death of not less than five Nigerian in the last one month to suicide is the sign indicated that suicide is a complex and growing crisis in the country. Yet its frequency is usually under-reported because of the stigma attached to it. The world health organization estimates that there are 9.5 suicides per 100.000 people in Nigeria. Alfred (2019) opined that according to the data released by a world health

organization, an estimated 800,000 people die by suicide annually and Nigeria ranks among the top suicide-prone countries. Also in the world population review, Nigeria is with a crude suicide rate of 9.5 per 100,000 population, rank 10<sup>th</sup> in Africa and 67<sup>th</sup> in the world on the suicide table. The Nigerian government in a way to curb the upsurge has placed a ban on the manufacturing of “sniper” which is an agrochemical that has increasingly become a choice of persons contemplating suicide.

University is a time of significant transition, many undergraduate students are living away from home for the first time and have less access to support from family and friends. Students experience greater strains from a variety of sources such as adjusting to a new environment, increased academic demands and developing a new support system. Onyedika (2019) opined that late Uzaka Ebiweni who was a 300 level student of medicine and surgery at the Faculty of Basic Medical Sciences of the Niger Delta University Ammasoma in Southern Ijaw Local Government Area of Bayelsa State committed suicide. The deceased dived into Amosoma river and drowned due to his failure to pass Bachelor of Medicine exams which lead to his withdrawal from the institution. Adejumo (2018) opined that a 27 years old student of the University of Ilorin, Ilorin, Nigeria whose identified as Adigun Olawale Emmanuel of the Department of Agronomy Faculty of Agriculture committed suicide. The deceased ingested poison (sniper) due to his culmination of drug addiction and also as a result of failed seven courses include research project which prevents him to graduate in 2017/2018 academic session. Also, Onyedika (2019) explained that late Olaitan Gbadamosi who was a 100 level student of Chemical Engineering of the University of Port Harcourt committed suicide two weeks after the celebration of her matriculation. The deceased ingested poison (sniper) as a result of alleged depression. Late Olaitan posted a short video clip of herself crying and muttering some words two days before the incident.

Some undergraduates in the study area had lofty dreams about life and looked into the future with great expectations. They never thought life could defeat them, so they worked hard and hoped they would win all life’s battles. They loved and were cherished by others in return and life was indeed good and joyful to them. But soon, their dreams began to fade and depression crawled in; hope gave way to despair while sadness took the place of joy in their hearts. Then came the chiming of death; they raced unto it and that was the end of it all. But they left sore notes in their biographies, pains in the hearts of those that loved them and loads of questions for those who didn’t even know them but heard about their horrid ends. Such are the accounts of some youths who took their own lives in the recent past in a final effort to escape from life’s struggles. Suicide has become a major public health concern which requires adequate attention. Therefore, the objectives of the study was to investigate relationship between suicide and responsible factors among Undergraduates, University of Ilorin, Ilorin, Nigeria to provide useful suggestions that will help in curbing issues cause premature death among undergraduates in the study area. The research objectives developed for the study were as follows:

- i. There is no significant relationship between substance abuse and suicide among undergraduates’ of the University of Ilorin, Ilorin, Nigeria.
- ii. There is no significant relationship between mental illness and suicide among undergraduates’ of the University of Ilorin, Ilorin, Nigeria.

- iii. There is no significant relationship between stress and suicide among undergraduates' of the University of Ilorin, Ilorin, Nigeria.

## **THEORETICAL FRAMEWORK**

In this study, three theories were applied which include: Baumeister and the escape theory of suicide, Edwin Shneidman and Psychache suicide theory and Durkheim and Sociological suicide theory.

### **Baumeister and the Escape theory of Suicide**

In 1990, Roy Baumeister proposed a psychological model of suicide called the “escape theory”. It has been widely influential, particularly in explaining adult male suicides. Baumeister explained suicide as a sequential process, involving the following six steps:

- i. Falling short of standards occurs when a person fails to meet unrealistically high life expectations or experiences negative life experiences or setbacks.
- ii. Internalization of self-blame these failures are internalized as being solely the individual's fault and helps to cause low self-esteem.
- iii. Aversive sense of self is when a harshly negative view of self, versus a positive view of others, is firmly established.
- iv. Negative affect and/or negative consequences – these are the consequences of the previous step that can manifest as depression, anxiety or anger.
- v. Cognitive constriction is an escape of negative consequences by either intentional or unintentional avoidance and rejection of “meaningful thought”. The individual focuses on day-to-day needs at the expense of forward thinking, and, thus, experiences narrowed thinking or “tunnel vision”.
- vi. Reckless behaviours, absence of emotion, and irrational thought comprise the last step of the theory. These factors often surface as a result of substance abuse, self-harm, risky behaviours, and/or social withdrawal. The notion of suicide becomes less fearsome. Sometimes this need to escape escalates to suicidality (Baumeister, 1990); ( Centre for Suicide Prevention, 2014).

### **Edwin Shneidman and Psychache suicide theory**

Pioneering suicidologist Edwin Shneidman believed that the central factor in all suicides is the presence of “psychache”, and the influence of psychache on theoretical thinking of suicidality has been enormous. Psychache is defined as the “hurt, anguish, soreness, and aching psychological pain in the mind” (Shneidman, 1993). It is “the pain of shame or guilt, or humiliation, or loneliness, or fear, or angst, or dread of growing old” (Shneidman, 1993). Psychache results when an individual's vital needs are not met or are frustrated. Shneidman

believed that the majority of suicides were due to frustrated needs experienced in the following four ways:

- i. Thwarted love, acceptance or belonging;
- ii. Excessive helplessness or the feeling that one has no control;
- iii. Damaged self-image invokes feelings of avoidance, shame, defeat, and humiliation;  
and
- iv. Damaged relationships, accompanied by subsequent feelings of grief.

It is important to note that each person has a different threshold for enduring psychache. When that threshold is reached, or when the individual deems the psychache to be unbearable and overwhelming, the most drastic effort to reduce it – suicide – emerges as the answer. Shneidman's theory stresses that suicide is not necessarily the wish to die but is rather a means to ending the psychological pain (Shneidman, 1993).

### **Durkheim and Sociological suicide theory**

The Durkheim and Sociological theory developed by Emile Durkheim in 1897 presented **the** first notable theory of suicide which focused on suicide at a societal level. The key variables he identified were social integration and social regulation, and he examined how these variables played out in relation to the four types of suicide that he identified. The first type, **Egoistic** suicide, is seen in individuals who lack social integration and are detached from traditional social bonds or society. These people are also often isolated and lack a sense of belonging. **Altruistic** suicides – the second type – occur when individuals are too fully socially integrated, and, thus, they feel that their death would benefit society. Examples of altruistic suicides could include kamikaze pilots during World War 2, or contemporary suicide bombers (Selby, et al., 2014). The third type is **Anomic** suicides, which most often happen in societies where there is minimal social regulation. This lack of social regulation results in a failure to instill a sense of meaning – or a failure to provide a moral framework – in the lives of its citizens and results in a state of social and economic disorder. Camus' "absurd hero", described above, would fit into this paradigm. The fourth and final type is **Fatalistic** suicides, which occur in societies where social regulation is extreme and authority is oppressive and controlling. Suicidal persons in these situations would rather die than continue living in such stifling conditions (Durkheim, 1897/2006). Examples of this type could include a prisoner who cannot tolerate prison conditions, or an unwilling young woman in a patriarchal society who is forced into an arranged marriage.

The three theories used for this study have valuable impacts on reasons responsible for suicide condition in the study area which occur either as result of substance abuse, plan to end psychological pain experienced by the suicidal or inability to manage pressure undergoing in school.

## **METHODOLOGY**

The descriptive research design of survey method was used for the study. The population of the study comprised of all undergraduates registered in 2018/2019 academic session. The target population comprised of all the twenty-three thousand and fifty (23050) undergraduates from the six selected faculties in the study area.

### **Study Sample**

A multi-stage sampling technique that made up of simple, proportionate, purposive and convenience sampling techniques were used for the study. Stage one, simple random sampling technique was used to select six (6) faculties from the fifteen faculties existing in the university of Ilorin through using simple balloting technique. The selected faculties for the study were as follows; Faculty of Education, Faculty of Physical Science, Faculty of Communication and Information Science, Faculty of Social Science, Faculty of Engineering and Faculty of Management of Science. Stage two, a proportionate sampling technique was used to select three per cent (3%) from the selected faculties and number of respondents selected were as follows; Faculty of Education 219, Faculty of Physical Science 100, Faculty of Communication and Information Science 63, Faculty of Social Science 92, Faculty of Engineering 106, and Faculty of Management Science 112. Stage three, purposive sampling technique was used to select 400 level students who were on their final year or close to the final year where students determined to pass all their courses including students with outstanding courses. Stage four, convenience sampling procedure was used to select the number of respondents participated in the study from the selected faculty during their faculties lectures and six hundred and ninety-two (692) respondents participated in the study. The justification for used convenience sampling technique to select six hundred and ninety-two (692) undergraduates participated in the study was based on the guidelines provided by the Research Advisor's (2006) who pointed out that for the population of 10,000 and above, a sample size of three hundred and eighty (380) is sufficient to represent the entire population at a level of confidence of 95% and a margin error of 5%. Therefore, the total samples used for this study were six hundred and ninety-two (692) respondents.



Table 1: Calculation of the sample selected

S/N	FACULTY	NO OF STUDENTS IN FACULTY	SAMPLE PER 3%	NUMBER SELECTED
1.	Education	7292	218.76	219
2.	Physical science	3324	99.72	100
3.	Communication and information science	2102 3067	63.06 92.28	63 92
4.	Social science	3537	106.11	106
5.	Engineering	3728	111.84	112
6.	Management science			
	<b>Total</b>	<b>23050</b>	<b>691.77</b>	<b>692</b>

Source: Researchers' developed

The Instrument used for the study was a researchers' developed questionnaire that was validated by three experts in related fields. The reliability of the instrument was established using a test re-test method, 20 copies of the questionnaire administered on twenty (20) respondents from faculty of Agricultural Science University of Ilorin which was not part of faculty selected for the study. Two weeks after, the instrument re-administered. Pearson Product Moment Correlation was used to compare the results. A reliability coefficient of 0.80r was obtained which was considered high enough and this made the research instrument reliable for the study. The researcher administered the instrument with the help of three trained research assistants. Inferential statistic of Pearson Product Moment Correlation was used to analyse the result of data collected at 0.05 level.

## RESEARCH FINDINGS

The results obtained from the three hypotheses used for the study were shown on the tables below:

**H<sub>01</sub>:** There is no significant relationship between substance abuse and suicide among undergraduates' of the University of Ilorin, Ilorin, Nigeria.

**Table 2:** Pearson "r" Showing Relationship between substance abuse and suicide

Variables	No	Mean	Std	df	Calc. r-value	P-value	Decision

Substance abuse	692	3.13	.895	690	.080	.017	Ho <sub>1</sub> rejected
Suicide among youths as expressed by undergraduates	692	2.10	.854				

P<0.05

Table 2 shows the calculated r-value of 0.080 against the p-value of 0.017 with 690 degrees of freedom at 0.05 alpha level, since the p-value of 0.017 is less than 0.05 therefore, the hypothesis one rejected, this implies that there is a significant relationship between substance abuse and suicide among undergraduates of the University of Ilorin, Ilorin, Nigeria. The result of this finding supported by the theory developed by Baumeister which refer to as Baumeister and escape theory of suicide, the theory argued that students look for means to escape the problem experience in school due to inability to meet their unrealistic school expectations put on themselves and their family members. The situation make students engage in risky behaviour such as drug abuse which consequently make them develop no fear to commit suicide.

**Ho<sub>2</sub>:** There is no significant relationship between mental illness and suicide among undergraduates’ of the University of Ilorin, Ilorin, Nigeria.

**Table 3:** Pearson “r” Showing Relationship between mental illness and suicide

Variables	No	Mean	S t d	Df	Calc. r-value	P-value	Decision
Mental illness	692	1.93	.678	690	.136	.000	Ho <sub>2</sub> rejected
suicide among youths as expressed by Undergraduates	692	2.39	.784				

P< 0.05

The result on table 3 shows the calculated r-value of 0.136 against the p-value of 0.000 with 690 degrees of freedom at 0.05 alpha level, since the p-value of 0.000 is less than 0.05 therefore, hypothesis two rejected. This shows that there is a significant relationship between mental illness and suicide among undergraduates of the University of Ilorin, Ilorin, Nigeria. The outcome of this finding is in line with the theory propounded by Edwin Shneidman which refer to as Edwin Shneidman and psychache suicide theory. The theory pointed out that students commit suicide due to mental health problem that make them develop frustration, shame or humiliation on their

day-to- day school activities which later become unbearable or overwhelming their threshold and they feel that the best way to end their psychological pain experience in school is to terminate their life.

**Ho<sub>3</sub>**: There is no significant relationship between stress and suicide among undergraduates of the University of Ilorin, Ilorin, Nigeria

**Table 4:** Pearson “r” Showing Relationship between stress and suicide

Variables	No	Mean	Std	df	Calc. r-value	P-value	Decision
Stress	692	1.89	.687	690	.161	.000	Ho <sub>3</sub> rejected
Suicide among youths as expressed by undergraduates	692	1.55	.842				

P < 0.05

The result on table 4 shows the calculated r-value of 0.161 against the p-value of 0.000 with 690 degrees of freedom at 0.05 alpha level, since the p-value of 0.000 is less than 0.05 therefore, hypothesis three is rejected. This means that there is a significant relationship between stress and suicide among Undergraduates of the University of Ilorin, Ilorin Nigeria. The lesson learned from Durkheim and sociological suicide theory in relate with the result of this finding indicated that students commit suicide due to stress experience as a result of their inability to integrate with the school rules and regulations where they prefer to commit suicide rather than continue abiding with the stifling school rules and regulations.

## DISCUSSION

The result of the first hypothesis tested for the study showed that substance abuse responsible for suicide among undergraduates of the University of Ilorin. The result of the findings agreed with the view of World Health Organisation (2015) which opined that suicide is an important cause of death and disability worldwide with the larger share of suicide deaths in absolute numbers occurring in low -and middle –income countries. One modifiable risk factor for suicide especially relevant for young people at risk is alcohol and drug use. Also, Jalal, Tahereh, Mehran and Nahid (2015) explained that suicide is associated with several risk factors including psychiatric disorders, drug misuse, psychological states, alcohol and drug abuse.

The result of the second hypothesis tested for the study revealed that mental illness responsible for suicide among undergraduates of the University of Ilorin. The result of the finding agrees with the view of Joseph, Hamilton and Joy (2017) whose pointed out that people who commit suicide often exhibit self-destructive symptoms before suicide. Deeply depressed individuals often become suicidal. Symptoms of self-destructive behaviour include overeating, overwork, heavy smoking, dangerous driving and other ‘fate-tempting’ situations. Suicide or attempted suicide is a definitive sign of mental illness. Also, April (2019) explained that in many

cases, thoughts of suicide are caused by an underlying mental health disorder, such as depression, schizophrenia, or bipolar disorder. If a mental health issue is suspected, the person will likely be referred to a mental health professional. More so, Johan (2018) explained that most studies agree that suicide is closely linked to mental disorders. About 90% of people who commit suicide have suffered from at least one mental disorder. Mental disorders are found to contribute between 47 and 74% of suicide risk. The affective disorder is the disorder most frequently found in this context.

The result of the third hypothesis showed that stress responsible for suicide among undergraduates of the University of Ilorin. This finding agreed with the result of a study conducted by Jenny, Pengpeng, Lu, Dong-fang, Fan and Mansor (2019) on 2,074 Chinese University Undergraduate students. The result revealed that major risk factors for suicidal behaviour were shown to be hopelessness, stress, depression and negative coping styles. Furthermore, perceiving meaning in life was shown to be a protective factor for suicidal behaviour. Also, the result of a cross-sectional study carried out on adolescents from ten randomly chosen schools which comprise of both private and government schools in Chandigarh by Priti, Rohit and Birsingh in (2017) on 242 respondents selected for the study. The result indicated that adolescents face significant stress despite their academic ability and performance as there was no significant difference between the academically typically achieving students and students having academic difficulty. The findings reiterate that academic difficulty is not the only stressor among adolescents and the period of adolescence accompanied by multiple stressors which comprise of both academic and non-academic. Major stressors reported by respondents participated in the study were; worrying about examinations, family not understanding what the child had to do in school, unfair tests, too much work in some subjects, too much expectation from parents at home, wanting to be popular, worry about a family member and worries about the future.

## **CONCLUSION AND RECOMMENDATIONS**

Suicide is a public health problem that causes premature death among youths worldwide. Some undergraduates in the study area engaged in suicide ideation or suicide act which cause injury or destruction of life to the affected victims. The findings from the study showed that substance abuse, mental illnesses and stress responsible for suicide among undergraduates in the study area. peer pressure plays a major role in influencing many young persons and youths to practice drug abuse. Member of a particular group that is regarded as “social” but abuse drug may command all its members or new intakes to be drug users. Through this, many innocent individuals are forced to be drug abusers in the name of belonging to a group without considering the effects on their health, academics and society. Some undergraduates experience mental illnesses while in the university or before gained admission to the university, when affected students failed to go for medical check-up or treatment at the appropriate time may result in suicide act. Failure of some undergraduates to manage academic, personal and environmental stress pass through while in school may look for an alternative to end crisis experience which may eventually result in suicide. For any notable change to occur in the study

area, the University authority should organize enlightenment campaign programme that will educate undergraduates on consequences associated with substance abuse to their health, families and society at large, The school authority should organize a workshop for school counsellors and level advisers on skills that will enable them to identify undergraduates with symptoms of mental illnesses and how to monitor and counsel suspected students to prevent them from committing suicide. And the school authority should organize sensitization programme which will educate undergraduates on advantages of visit school counselling centre for the guide on both academic, environmental or personal issues that cause stress which disturbs their mind to prevent them from committing suicide. The recommendations provided by the author will help to control or reduce the suicide act among undergraduates in the study area.

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