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INCIDENCE OF SUICIDE IDEAS AMONG FINAL YEAR UNIVERSITY UNDERGRADUATES OF CHUKWUEMEKA ODUMEGWU OJUKWU UNIVERSITY (COOU)

Suurshater Emmanuel Ornguga
Department of Educational Foundations
Chukwuemeka Odumegwu Ojukwu University
Igbariam Campus.
suurshateremmanuel@gmail.com

ABSTRACT

This study examined the incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University, Anambra State, Nigeria. The main purpose of the study is to examine the incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University. The paper adopted a correlation research design. The population of study is 4700 out of which a sample size of 222 respondents was selected using the "Taro Yamene" sampling technique. The instrument of data was a self-constructed questionnaire. The instrument was validated by three Senior Lecturers in Department of Educational Foundations. The reliability of the instrument was determined using the Pearson's Product Moment correlation coefficient (r) which yielded 0.78 % adjudged to adequate for the study. The three hypotheses of the study were tested at 0.05 level of significance. The findings of the study showed that: There is a positive significant relationship between depression and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University; There is a positive significant relationship between anxiety and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University; There is a positive significant relationship between fear of failure and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University. Based on the data analysis and discussion of the findings of the study, the following recommendations were made namely that: Government should improve on the provision of teaching and learning infrastructure in the universities to engender depression free learning environment in the universities; Guidance and Counseling services should be provided to students to reduce the incidence of anxiety among university students in the country and University students should be exposed to self-study skills to promote self-confidence and self-efficacy that will reduce fear of failure towards tasks accomplishment among students.

Keywords: Suicide Ideas; Final Year University Undergraduates.

Introduction

The Federal Republic of Nigeria (FRN) (2014) in its National Policy on Education (NPE) identified some specific features of university education to include: Intensifying and diversifying its

programmes for the development of high level of manpower within the context of the needs of the nation. Making professional course contents to reflect the national requirements of Nigeria. Making all students, as part of a general program of all round improvement in university education, to offer general study courses such as history of ideas, philosophy of knowledge and nationalism.

This is indicative of a university system of education that is students / learners centered. It is the students that are both "raw material" and "finish products" of the university education system in Nigeria. With its enormous human and material resources, the universities are expected to train their students to become stable in body and mind through character molding. University education is not only about the impartation of knowledge, skills and attitudes but includes character molding; inculcating of morals and discipline as well as healthy thinking and healthy lifestyles that promote sound health and longevity among the student population. However, the rate at which deaths are being recorded among the student population of the various university communities in the country is becoming a great source of concern to students*' lecturers, university management, the government and parents. What is more disturbing is that suicide is increasingly becoming one of the major causes of death among these university students in the present-day Nigeria.

Suicide refers to the action or actions taken by an individual to end his or her own life. It is an attempt or planned action for one to kill oneself. Ram, Chavdhury & Jagtap (2018) defined suicide as a death from injury, poisoning or suffocation that ...was self-inflicted and that the decedent intended to kill himself or herself. Wanyooike (2015) defined suicide as an intentional death, self-inflicted death, a self-inflicted death in which one makes an intentional direct and conscious effort to end one's life. From these definitions it can be inferred that deaths through suicide tend to be self-afflicted. Not all plans for suicide lead to actual death. When the attempt to end one's, life failed to result in death, it is considered to be attempted suicide. A suicidal attempt is defined as a potentially self-injurious behavior with a nonfatal outcome even though the person intended to kill himself / herself. For many reasons people harbor suicide ideas within themselves. Idea to commit suicidal occurs to people passing through stressful and frustrating experiences. Suicide is also to as suicidal ideation. Ram, et.al. (2018) explained that suicidal ideation is a common medical term for thoughts about suicide; however, the term suicidal ideation is often used more generally to refer to having the intent to commit suicide, including planning conduct and outcome of suicidal behavior, particularly as the last relates to the thoughts about the response of others.

It is frightening to realize that suicide has become one of the main causes of death among the youths not only in Nigeria, but the world over. Wanyoike (2015) opined that the rates of suicide have greatly

increased among youth and youth-are now the group at highest risk estimated at one third of the population in developed and developing countries. The increase of suicide cases among young adults has reached an alarming level in 2018 when the World Health Organization announced that suicide is the second leading cause of death of individuals aged between 15 to 29, and projected to have 25% Increase by 2030 (WHO, 2019).

Suicide ideation, attempts and actuality has been observed to be on the increase among university students. The prevalence of suicide ideation among 50,054 University students was discovered to be 21% and 4.2% of them had reported suicide attempts (Prihadi, Wong, Chong & Chong, 2020). Suicide thoughts or suicide ideas / suicide ideations are serious precursor of suicide among university students and the number of suicide attempts and suicides resulting in death keep on increasing. Suicide is the second leading cause of death among young adults and evidence highlights increased susceptibility to thoughts and behaviors related to suicide (Suicidal ideation) in the student population (O'Neill, Mclafferty, Ennis, Lapsley, Bjourson, Armour & Murray, 2018).

Incidence of suicide in Nigeria is not fully reported. This is as a result of its religious, social and cultural implications relations, families, friends and society at large. This is affirmed by Ometunji, Arafat, Famori, Akinboyewa, Afolani, Ajayi and Kar (2021) which stated that like in many developing countries, suicide in Nigeria is grossly under-report and under documented due to the non-existence of a vital statistics system and the sensitive nature of the subject. The dearth of data is also shrouded in stigma and cultural and religious sentiments associated with suicide in Nigeria. Deaths by suicide are perceived as sinful; a taboo and caused by evil forces, so the families are often times stigmatized and denied social opportunities (Ohayi, 2019). People do not want the death of their relative through suicide to come into public notice. They would rather cover up the incidence and call it some orther names rather than suicide. Oyetunji, et al (2021) stated that people prefer to hide the mode of death, declaring suicides as accidental deaths or as homicides. Many of the reported cases rely on police and hospital records, neither of which are comprehensive and might have been influenced by the bereaved.

Suicide is still a crime in Nigeria according to section 327 of the country's criminal code. The method of perpetrating suicide varies. Research evidences on suicidal behavior in Nigeria document the use of chemicals, self-cutting, burning with kerosene, hanging and firearms as method of suicide (Onaotal & Ibekwe, 2010). Suicide ideas and suicides come with certain risk factors. Factors attributed to suicide are personal risk factors including financial constraints, family history of suicide, loss of loved ones, mental illness, physical illness, substance abuse and so on (Uwakwe & Gurese, 2011). Berihum, Berhanu, Bewket, Degefaye & Meseret (2018) opined that university and college

students are among groups affected more than the general population by suicides and suicidal ideations and this may be due to the broad range of challenges faced by university students, such as academic and social pressures, adaptation to a new social environment and financial burdens. Moreover, common risk factors for suicide such as mental and substance use disorders are very common among university students. Prihadi, at al, (2020) had reported various risk factors of suicide thoughts and ideas such as, exposure to suicide among relatives or friends, abused childhood, sexual orientation, social anxiety and depression. From the above identified risk factors, it is clear that depression, anxiety, fear of failure, stress and insomnia are among major risk factors inducing suicide ideas and suicides among university students.

Depression has been reported to be the most leading mental disorder correlated with suicidality (Hawton, Comabella, Haw & Saunders, 2013). Depression is a serious mental health problem that may lead to different ripple effects in students. One of such ripple effects is suicide ideation or suicidal thoughts which may lead to suicide attempt or suicide (Oladele & Oladele, 2016). Depression therefore appears to be strong predictors of suicide ideas among university students (Oyetunji, et al, 2020). Students with depression tend to avoid interactions with their peers leading them to isolating themselves thus, making them highly susceptible to thoughts of suicide or suicidal ideations.

Anxiety is another risk factor that is strongly associated with suicidal ideation. Anxiety affects all areas of an individual's well-being including sleep, diet, mental and physical health, self-esteem, social interaction and academic performances thus pushing the students into the contemplation of taking their own lives or provoking and promoting suicidal thoughts or ideas. The Nigeria education system with its examination orientation tends to be highly competitive. Consequently, most students at different levels of education wish to come top of their class because of potential peer, or self-induced aspirations and placed them under undue strong pressure to achieve at a high level than they can, resulting in strong anxiety dynamic (Ofodile, Odiato, Adenugba & Edun, 2019). The development of anxiety situation in the students could provoke thoughts of suicide as they become more susceptible to fear, tensions, lack of concentration and uneasiness. Owaoma (2012) defined anxiety as an unpleasant emotion characterized by worry, apprehension, dread and fear. Anxiety therefore is a state of uncertainty, uneasiness, tension, and feeling of insecurity, low self-esteem and fear of failure by an individual. This state of hopelessness and frustration associated with anxiety trigger of thoughts of suicide in students in universities already facing certain academic, social and financial challenges.

Fear of failure is a major risk factor for suicide ideas prevalent among students studying in higher institutions in Nigeria.

Due to the competitive nature of Nigeria's education system, the need to sit and pass many examinations, quizzes and tests, fear of failure is always present among the students. Fear of failure is a tendency to assess threats and feel anxious about situations involving the possibility of failure (Amota, Tiatri & Sari (2020). They claimed that the consequences of fear of failure can be fatal, as fear of failure is associated with achievement, mental health, moral development and physical health. Fear of failure among students can prevent them from achieving the maximum actualization of their potential by decreasing student performance in learning so that they fail to get maximum results. This could ultimately result in shame, lowered self-concept and self-confidence, loss of social influence, frustration and thoughts of hopelessness and suicide.

Hopelessness, social isolation, anxiety, depression, fear of failure, impulsivity and substance abuse, among others are precursors of suicide ideation to which most Nigeria University students are susceptible. In Chukwuemeka Odumegwu Ojukwu University, undocumented sources have it that some students have allegedly committed suicide by hanging, jumping to death from a three-storey building, and by taking chemical substance in various outside campus hostels near and around the University campuses. Identification of factors associate with suicide ideas and suicide attempt among final year students of Chukwuemeka Odumegwu Ojukwu University can be helpful for designing appropriate interventions measures that would reduce the incidence of suicide ideas among final year student of the University. This paper is therefore aimed at examining some major selected suicide risk factors and their relationship with the incidence of suicide ideas among final year students in COOU.

It has been observed that incidence of suicide thoughts and suicide attempt among university students in Nigeria is one the increase. It seems that Nigerian students have one of the highest rates of suicide ideation (ideas) and attempts that can be comparable to those of other developing countries and perhaps higher than that of developed countries of the world. There is need to investigate the incidence of suicide ideas among students Chukwuemeka Odumegwu Ojukwu University, Igbariam Campus.

There have been rumors of students committing suicide by hanging, jumping from high storey building and by taking chemical substances. Although these alleged incidences were supposed to have taken place in the outside university private residences of students and were not official reported or documented, there is need to investigate students' attitude towards suicide risk factors prevalent among students in the university.

Depression, anxiety and fear of failure are serious suicide risk factors that tend to put those affected at risk to attempt suicide. There are gaps in research and literature on the incidences of suicide thought and attempts and no known research to this

regard has been conducted with specific regard to Chukwuemeka Odumegwu Ojukwu University. This research to examine the incidence of suicide ideas among final year undergraduate students of Chukwuemeka Odumegwu Ojukwu University would among others help to bring awareness to the increasing incidences of suicide thoughts and attempts among students in Nigerian Universities in general. Risk factors such as depression, anxiety and fear of failure and their relationship with suicide ideations needed to be examined to expose their capacity to trigger off suicide ideas in students in higher institution of learning.

Purpose of the Study

The main purpose of the study is to examine the incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University. The specific purposes of the study are to:

1. Examine the relationship between depression and the incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University.
2. Ascertain the relationship between anxiety and the incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University
3. Determine the relationship between fear of failure and the incidence of suicide ideas among final year student of Chukwuemeka Odumegwu Ojukwu University

Research Questions

1. What is the relationship between depression and incidence of suicide ideas among final year student of Chukwuemeka Odumegwu Ojukwu University?
2. What is the relationship between anxiety and incidence of suicide ideas among final year student of Chukwuemeka Odumegwu Ojukwu University?
3. What is the relationship between fear of failure and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University?

Hypotheses

The following three null hypotheses will be test at 0.05 level of significance

1. There is no significant relationship between depression and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University
2. There is no significant relationship between anxiety and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University
3. There is no significant relationship between fear of failure and incidence of suicide ideas among final year students of

Chukwuemeka Odumegwu Ojukwu University

Literature Review

Concept of Suicide Ideas

Suicide is the act of killing one self. Okafor (2020) defined suicide, as the unnatural death as a result of self-harm. Phenomenon having a deep consequence suicide is a global hot just to the dying person but also towards bereaved the community and society (Jecobs, 2017). Suicide is a preventable action which has remained on the crease since the past few decades. WHO (2009) Observed that despite being preventable, close to a million people die by suicide while the low and middle income countries account for approximately 80% of the global suicides. Nigeria with a population of over 200 million is one of the epicenters of suicide in the world with a suicide estimate of 17.3% per 100,000 which is higher than the global (10.5 per 100,000) and Africa (12.0 per 100,000) estimates (WHO, 2019). Suicide is the second leading cause of death among the youth in the world today. Suicide is defined as an act of intentionally terminating one's own life (Gvion & Apter, 2012).

Undoubtedly, suicide is preceded by some thoughts or ideas before the deed. Suicidal thoughts also known as suicidal ideations are considered to be an important precursor to suicide. This implies that every suicide or attempted suicide most have been preceded by some thinking and plans for the action. There are equally sign that suicide risk factors are gaining ground on a potential suicide victim. Suicidal ideation is the early symptom of suicidal action. Akram, Ypsilariti, Gardani, Irvine, Allen, Akran, Drabble, Bickle, Kaye, Lipinsks, Matuszyk, Sariak, Steedman & Lazuras (2020) mentioned that suicidal ideation presents significant risk for future suicidal bahaviour and completion (occurring with extreme psychological distress and reduced likehood of pursuing treatment. Bashardoost & Ashoori (2016) affirmed that the interaction between suicidal thought, behaviors and attempts remain complicated. However, progression between each facto may be considered a linear process where suicidal thoughts are followed by the development of a specific plan for initiating suicide and related behaviors (e.g. giving away personal possessions) before eventually deciding to make an attempt.

Depression

Depression has been found to be a strong predictor of suicide ideas. As observed by Prihadi, et al. (2020) depression was considered as one of the most commonly known predictors of suicide ideation as past and recent studies have found a strong correlation between the variables. Depression was also suggested to be the most leading mental problems and incidents that happened in life which were connected depression of both genders.

Depression as correlate of suicide ideas and attempts is a mental condition that has been reported to be prevalent in both developed and developing countries. Oladele and

Oladele (2016) observed that depression and suicidal ideation are serious mental conditions that put those affected by it at risk for attempted suicide or suicide. The developed world, unlike developing countries has carried out a number of researches that have linked depression and suicidality in students. Such researches according to them have provided the developed world with statistical data that can be used to provide assistance to those who are prone to depression and suicidality. Nigeria is not known to have data bank where information on depression and suicidality among students with or without disabilities can be accessed. Lack of information on depression and suicidality in Nigeria will provide statistics that can guide mental health experts and related professional on how to overcome these problems.

Persons susceptible to suicide thoughts often make open confession of their plans to commit suicide sooner or later as the often express their frustrations about life and their lack of interest to continue to lead a life of emptiness and hopelessness as a result of social, economic or financial problems that appears impracticable or unsolvable. However, teenagers tend to find it difficult to telling openly their intent to commit suicide. As Mustaffa et al. (2014) would put it, depression is difficult to be detected during teenage era probably because it is seen as a normal teenagers transitional problem and not a mental problem. Teenage depression is usually connected with multiple stress in life stresses, conflicts in the family and economic problems: They further stated that, apart from that, negative relationship with peer such as having no friends, not communicating with friends and not being accepted by friends can also trigger teenage depression exhibited weakness and disturbances in everyday activities and some cases, depression can cause incidents of committing suicide and dangerous action among teenagers Mustaffa, etal, 2014).

Depression has been found to prevalent among university students in Nigeria. Again, the prevail socio - economic conditions of the country is a strong correlate of depression. As the economic conditions in the country continue to worsen, the conditions of students in the universities in terms of the wellbeing, health and social stability become nothing to write home about. Depression can manifest as a disease instead as a temporary condition of health.

Anxiety

Anxiety implies to annoy, problem or worry. Anxiety makes an individual to feel agonized, bothered and stressed. Anxiety brings about the feeling of fear, worry, uneasiness and nervousness in the face of challenges and uncertain situations. Seligman, Walker & Rosenhan (2013). Anxiety encompasses psychosomatic state in which somatic, behaviorial, emotional and cognitive factors are involved. Ozor (2020) opined that anxiety is an overwhelming unpleasant and ambiguous feeling accompanied by aroused of automatic nervous system, headache, sweating, palpitations, spam of the chest

muscles, digestive discomfort and restlessness. Anxiety is a warning sign that informs the person of an imminent danger. However, Moaddeli & Hesamabadi (2014) maintained that anxiety disorder (negative anxiety) can cause many psychological and physical diseases and illogical fear and panic that deprive people of a large part of their abilities and could even trigger off suicidal ideas in many a victim.

Anxiety has been pointed at as one of the risk factors associated with suicide ideation. Suicide ideation (SI), Otherwise known as suicidal thoughts or idea, is the broad term used by medical people to describe a range of contemplations, wish, and preoccupations with death and suicide. Anxiety is a strong risk factor that can trigger off suicide ideas in students and other segments of the population of any society. However, university students appear to be more exposed to stressor factors that create anxiety disorder. Emphasizing the role played by some major risk factors including anxiety, Izandinia, Amiri, Jahromi & Hamidi (2010) opined that those who are in the middle ground risk for attempting suicide have some suicidal thoughts, usual depression symptoms, anxiety disorder has been considered to have significant correlation with suicidal ideas, suicide attempts and suicide completion.
Pandey, Bista, Dhungana, Aryal, Chalise & Dhimal (2019). Identified anxiety as a major risk factor linked with suicide ideas and suicide. Eremie & Ikpa (2020) defined anxiety as a normal reaction to certain situations in life. They maintained that a small level of anxiety is normal, but severe anxiety can be a serious problem. This implies that extreme or severe anxiety is dangerous and could trigger off suicide ideas in individuals.

When a person who experiences anxiety the majority of his/her mental capacity is used to generate and process worrisome thoughts. This makes it extremely difficult for such individual to focus on positive thoughts. This can be extremely exhausting for the individual leading to hopelessness, helplessness, frustrations and thoughts of suicide.

Theoretical Framework

The theoretical framework of the study hinged on the Durkhein sociological doctrine of suicide (1897). Durkhein formulated his sociological doctrine of suicide by developing the analytical structure of the immediate and remote causes of suicide taking into cognizance of the social structures and available data on regional scale.

Durkhein was a funstionalist sociologist and one of the founders of the discipline of sociology. He was of the view that suicide cannot occur outside the dominant social system, which revolves around the AGIL system (Parsons, 1951). Durkhein (1938) explained that the acronym AGIL representing: Adaptation, Goal attainment, Integration and Latency / Pattern maintenance, is in itself, domicile within the four basic structures and functional prerequisite of the society as a whole such as the family, economy, religion, and

politics (Merton, 1968). Fundamental in the sociological suicide doctrine is the fact that suicide is the product of the interaction between the individual / group and the dominant socio-economic situation.

Durkhein classified suicide into four major types namely: egoistic, altruistic, fatalistic and anomic suicides in line with two major situational circumstances (regulation and integration).

Egoistic Suicide:

Egoistic Suicide in Durkheim classification falls within the situation circumstance of integration. This type of suicide may be as a result of insufficient integration at the family level or the general society by an individual.

Altruistic Suicide:

Altruistic suicide takes places as a result of excessive integration of the individual into the social system. In this type of suicide, individuals or even a group can take their own lives in the interest of the system they belong to, due to too much attachment to the system.

Anomic Suicide

Anomic suicide occurs as a result of insufficient regulation of the individual activities in the social system. Here, the individuals call fall prey to suicide action induced by uncontrolled excesses ostensibly to exercise freedom.

Fatalistic Suicide

Fatalistic suicide is the type of suicide domicile with excessive regulation of the behaviours of the members of the society. In this type of suicide, excessive regulation in the society including other subgroups individuals can belong to in the social system can result in fatalistic suicide due to knowingly and unknowingly blocking the expectations of some members of the society. The relevance of the sociological doctrine of suicide lies in its suitability for understanding and predicting the suicide potentials of sociological group such as students in numerates and other institutions of higher learning. From the classification of suicide types, it can be referred that egotistic suicide may likely occur among students due to isolation from their families, other students and other social groups. Altruistic suicide can occur among university students due to strong attachment to religious groups, fraternity / cult, students' activities among others. Anomic suicide may likely occur among university students as a result of weak regulation from the family, religious group, school management and other social interest groups. When rules and regulations are weak and slack, people tend to take advantage of such loose situations. Fatalistic suicide among university students is likely to occur due to excessive or stringent regulation from the family, school authority, individual academic staff, religious group among others. All these being embedded in the four cardinal points of the social structure set up such as family religion, politics and economy.

Methodology

Research Design

The research design adopted for this study is the correlation research design. It is a research design that seeks to establish what relationship exists between two or more variables. The study seeks to indicate the

direction and magnitude of the relationship between suicide ideas and incidences of suicides among final year students of Chukwuemeka Odumegwu Ojukwu University. Area of the Study

Area of Study

The area of study is Anambra State with particular interest in Chukwuemeka Odumegwu Ojukwu University. The University has three campuses located at Awka, Igbariam and Uli. The University is made of thirteen (13) Faculties; sixty-three (63) Departments and thirty-five (35) Admistrative Units. Chukwuemeka Odumegwu Ojukwu University (COOU), formerly Anambra State University came into being following the repeal of Law NO. (2), 2000 and enactment of 2014 Law by the Anambra State Government.

Population of the Study

The population of the study constitutes of only the final year undergraduate students of the Igbariam Campus of the Chukwuemeka Odumegwu Ojukwu University, Anambra State, Nigeria. Records from the Academic Planning Unit of the institution showed the final year undergraduate students' population in the Igbariam Campus of the University as at September, 2021, to be 4700.

Sample Size and sampling Techniques

The population of the study which stood at 4700 is considered too large given the scope of the study. The population is large and finite and therefore is statistically determined using "Taro Yamene" formula for finite population thus:

$$n = \frac{N}{1 + N(e)2}$$

Where

n = the sample size
N = the finite population
e = level of significance
I = unity (a constant)

The population is 4700; and e = .05

$$n = \frac{500}{1 + 4700(.052)}$$

$$\frac{500}{1 + 500\ (.0025)}$$

$$\frac{500}{1 + 1.25} = \frac{500}{2.25} = 222$$

The sample size of the study is therefore, 222.

Sources of Data

The study will make use of both primary and secondary source of data. The primary data consists of a structured questionnaire. Secondary source of data in form of textbooks, journals, website (internet) material, published and unpublished works of other researchers in related fields of study will be adopted to complement the primary data.

Data obtained for this study were analyzed and presented below based on the research questions and hypotheses that guided the study. Two hundred and twenty-two (222) copies of the questionnaire were administered to the respondents of the study. However, only two hundred and four (204) copies of questionnaire were retrieved well for use. Eighteen (18) copies were recovered not fit for use.

Data Presentation and Analysis

Demographic Data of Respondents

Table 1 Student classification of respondents

OPTION	NO OF RESPONDENTS	PERCENTAGE
Female	113	55%
Male	91	45%
TOTAL	204	100%

Source: field survey, 2025

The above table shows that 113 or 55% of the respondents are female final year students while 91 or 45% are male final year students.

Data on Variables of Subject of Investigation

Table 2: Variable Means

	N	Mean	Std. Deviation
Depression	204	17.39	2.31
Anxiety	204	16.90	2.36
Fear of failure	204	16.33	2.39

As shown in Table 2, Depression has the highest mean with 17.39. This is followed by Anxiety and Fear of Failure with mean of 16.90 and 16.33 respectively the mean and standard deviation as presented in table 2 above were derived from summations of percentages (frequency) of responses from the respondents to each item of the questionnaire using the Pearson correlation tests.

Research Question 1: What is the relationship between depression and the incidence of suicide ideas among final year undergraduate students of Chukwuemeka Odumegwu Ojukwu University?

Table 3: Test on relationship between depression and the incidence of suicide ideas among final year undergraduate students of Chukwuemeka Odumegwu Ojukwu University

Source of Variation	N	Depression r	Incidence of Suicide Ideas r	Remark
Depression	204	1.00	.794	
Incidence of Suicide Ideas	204	.794	1.00	Substantial Positive Relationship

Table 3 shows that, there is a substantial positive relationship of .794 existing between depression and incidence of suicide ideas.

Research Question 2: What is the relationship between anxiety and the incidence of suicide ideas among final year undergraduate students of Chukwuemeka Odumegwu Ojukwu University?

Table 4: Test on relationship between anxiety and the incidence of suicide ideas among final year undergraduate students of Chukwuemeka Odumegwu Ojukwu University

Source of Variation	N	Anxiety r	Incidence of Suicide Ideas r	Remark
Anxiety	204	1.00	.641	
Incidence of Suicide Ideas	204	.641	1.00	Substantial Positive Relationship

Table 4 reveals that, there is a substantial positive relationship of .641 existing between anxiety and the incidence of suicide ideas among final year undergraduate students of Chukwuemeka Odumegwu Ojukwu University.

Research Question 3: What is the relationship between fear of failure and the incidence of suicide ideas among final year undergraduate students of Chukwuemeka Odumegwu Ojukwu University

Table 5: Test on relationship between Fear of Failure and the Incidence of Suicide Ideas among Final Year Undergraduate of Chukwuemeka Odumegwu Ojukwu University

Source of Variation	N	Fear of Failure r	Incidence of Suicide Ideas r	Remark
Fear of Failure	204	1.00	.726	
Incidence of Suicide Ideas	204	.726	1.00	Substantial Positive Relationship

In table 5, it was observed that, there is a substantial positive relationship of .726 existing between fear of failure and incidence suicide ideas

Null Hypothesis 1: There is no significant relationship between depression and the incidence of suicide ideas among final year undergraduate students of Chukwuemeka Odumegwu Ojukwu University.

Testing the Null Hypotheses

Table 6: Test on the relationship between Depression and the Incidence of Suicide Ideas among Final Year Undergraduate Students of Chukwuemeka Odumegwu Ojukwu University Using Probability value

N	Cal. R	Df	Pvalue	Cal. Pvalue	Remark
204	.794	202	0.05	.000	S

S = Significant

Table 6 indicates that at 0.05 level of significance and 202df, the calculated r .794 has Pvalue .000 which is less than critical Pvalue 0.05. Therefore, the first null hypothesis is rejected. The relationship existing between Depression and the Incidence of Suicide Ideas is significant.

Null Hypothesis 2: There is no significant relationship between Anxiety and between the Incidence of suicide ideas among final year undergraduate students of Chukwuemeka Odumegwu Ojukwu University.

Table 7: Test on the relationship between Anxiety and the Incidence of Suicide Ideas among Final Year Undergraduate Students of Chukwuemeka Odumegwu Ojukwu University Using Probability Value

N	Cal. R	Df	Pvalue	Cal. Pvalue	Remark
204	.641	202	0.05	.000	S

S = Significant

In table 7, it was observed that at 0.05 level of significance and 202df, the calculated r 641 has Pvalue .000 which is less than critical Pvalue 0.05. Therefore, the second null hypothesis is rejected. The relationship existing between Anxiety and the Incidence of Suicide Ideas is significant.

Null Hypothesis 3: There is no significant relationship between Fear of Failure and the Incidence of Suicide among Final Year Undergraduate Students of Chukwuemeka Odumegwu Ojukwu University.

Table 8: Test on the relationship between Fear of Failure and the Incidence of Suicide Ideas among Final Year Undergraduate Students of Chukwuemeka Odumegwu Ojukwu University Using Probability Value

N	Cal. r	Df	Pvalue	Cal. Pvalue	Remark
204	.726	202	0.05	.000	S

S = Significant

Table 8 indicates that at 0.05 level of significance and 202df, the calculated r .726 has Pvalue .000 which is less than critical Pvalue 0.05. Therefore, the third null hypothesis is rejected. The relationship existing between Fear of Failure and the Incidence of Suicide Ideas is significant.

Table 9: Multiple regression analysis on the significance of relationship between suicide risk factors and the incidence of suicide ideas.

Variable	R	R2	R2change	B	BETA	Cal. F	Cal t	df	P.value	Remark
Variable	.859	.738	.738			188.128		200	0.00	S
(Constant)			2.191				3.315	200	.001	S
Depression			.490	.500			8.621	200	.000	S
Anxiety			.086	.089			1.662	200	.098	NS
Fear of Failure			.366	.392		8.778	200	.000		S

Table 9 shows that Depression has R2 change of .738. This indicates that they accounted for .738 percent of incidence of suicide ideas. Also, at 3df numerator, 200df denominator and 0.05 level of significant, the calculated F value 188.128 has

probability value of 0.00 which is less than the critical P value of 0.05. The null hypothesis is rejected. Therefore, there is a significant effect of Depression, Anxiety and Fear of Failure, on incidence of suicide ideas.

Discussion on Findings

The discussion of the findings of this research work is conducted under the specific purposes of the study as follows:

Examining the relationship between depression and the incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University

The test of the first hypothesis of the study showed that there is a significant relationship between depression and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University. This is in line with views of Prihadi, et al. (2020) which held that depression was considered as one of the most commonly known predictors of suicide ideation as past and recent studies have found a strong correlation between the variables. Also, Oladele and Oladele (2016) agreed that depression is a correlate of suicidal ideation that put those affected by it at risk of attempting suicide or suicide. Researches from the developed world have also linked depression and suicidality in students. The responses of the respondents of the study also revealed that there is a significant relationship between depression and the incidence of suicide ideas among students of Chukwuemeka Odumegwu Ojukwu University.

Ascertain the relationship between anxiety and the incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University

The second tested hypothesis of the study showed that there is a significant relationship between anxiety and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University. This agrees with the position of Moaddeli & Hesamabadi (2014) that maintained that anxiety disorder (negative anxiety) can cause many psychological and physical diseases and illogical fear and panic that deprive people of a large part of their abilities and could even trigger off suicidal ideas in many a victim. Also, Izandinia, Amiri, Jahromi & Hamidi (2010) agreed that those who are in the middle ground risk for attempting suicide harbor some high degree of anxiety disorder which has been considered to have significant correlation with suicidal ideas, suicide attempts and suicide completion. Again, Pandey, Bista, Dhungana, Aryal, Chalise & Dhimal (2019) identified anxiety as a major risk factor linked with suicide ideas and suicide. There is therefore evidence in literature and responses of respondents of the study of a strong link between anxiety and the incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University.

Determine the relationship between fear of failure and the incidence of suicide ideas among final year student of Chukwuemeka Odumegwu Ojukwu University

The third and final hypothesis tested in the study indicated that there is a significant relationship between fear of failure and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University. This finding is in line with Okoli (2021) maintained that fear of failure is a risk factor that could lead to thoughts of suicide as a means of escaping shame, public rejection and the sense of hopelessness that may occur as a result of failure. Also, Anoita, et al (2020) affirmed that among students, fear of failure can cause them to act nonproductively such as procrastinating as a form of behavior to avoid negative consequences. This can in turn bring about actual failure with its associated negative factors such as shame, self-rejection, social rejection, isolation and frustration, resulting to suicide thoughts and suicide attempts.

Summary of Findings

The findings of the study are hereby summarized as follows:

There is a positive significant relationship between depression and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University

There is a positive significant relationship between anxiety and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University

There is a positive significant relationship between fear of failure and incidence of suicide ideas among final year students of Chukwuemeka Odumegwu Ojukwu University

Conclusion

Suicide has come to be considered the most second source of death among university students in both developed and developing countries of the world. In Nigeria, most of the socio-economic and cultural conditions as prevalent in the universities are promoters of risk factors germane to suicide thoughts and ideas among students. Major risk factors leading to the increasing incidences of suicide ideas and suicide include: Depression, Anxiety and Fear of failure. Above all, due to the harsh economic conditions in the country today, most students with less where with all and poor adjustment mechanism capabilities are becoming more and more susceptible to suicide thoughts and suicide out of frustration.

Recommendations

Based on the outcomes of data analysis and discussions of the findings of the study, the following recommendations are made:

1. Government should improve on the provision of teaching and learning infrastructure in the universities to engender depression free learning environment in the universities.
2. Guidance and Counseling services should be provided to students to reduce the incidence of anxiety among university students in the country.
3. University students should be exposed to self-study skills to promote self-confidence and self-efficacy that will reduce fear of failure towards tasks accomplishment among students.

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