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**EXPLORING THE RELATIONSHIP BETWEEN QUALITY OF LIFE AND SUICIDAL IDEATION
AMONG UNDERGRADUATE STUDENTS IN NIGERIA**

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ABSTRACT

This study investigates the relationship between Quality of Life (QoL) and suicidal ideation among undergraduate students in Nigeria, a demographic known to be at high risk for mental health issues. The research employs a comprehensive approach, utilizing descriptive statistics, Cronbach's reliability tests, correlation analysis, regression analysis, ANOVA, and Odds Ratio analysis to assess the link between various QoL domains and the prevalence of suicidal thoughts. The findings indicate that students generally report moderate to high levels of satisfaction across QoL domains, particularly in areas such as material comfort, physical health, and relationships. However, despite these high satisfaction levels, there remains a notable presence of suicidal ideation within the population. The correlation analysis reveals significant relationships between higher QoL scores and reduced levels of suicidal ideation, suggesting that enhanced QoL factors may serve as protective elements against suicidal thoughts. While the regression analysis confirms a statistically significant relationship between QoL and suicidal ideation, it also highlights that QoL alone is a weak predictor, explaining only a small percentage of the variance in suicidal ideation. This underscores the complexity of mental health outcomes, indicating that other factors such as academic stress and social support may also play crucial roles. The ANOVA results further demonstrate significant differences in suicidal ideation across different levels of QoL, reinforcing the importance of addressing QoL in mental health interventions. Interestingly, the Odds Ratio analysis presents a paradoxical finding where lower QoL scores are associated with reduced odds of suicidal ideation, suggesting that higher QoL might sometimes correlate with increased expectations and pressures, potentially leading to greater mental health challenges. These results have practical implications for mental health services within universities, advocating for a holistic approach that enhances QoL through targeted interventions in physical health, social relationships, and material comfort. The study concludes with a call for further research to explore additional factors influencing suicidal ideation and to develop tailored strategies to improve student well-being and reduce suicide risk.

Keywords: *Quality of Life, Suicidal Ideation, Undergraduate Students, Nigeria.*

Introduction

Suicidal ideation, defined as thoughts about self-harm or taking one's own life, is a pressing public health concern, particularly among undergraduate students. This population is at a heightened risk due to a unique confluence of factors, including academic stress, social isolation, financial pressures, and the transitional nature of university life (Mortier et al., 2018). Studies have consistently shown that a significant percentage of undergraduates experience suicidal thoughts during their academic careers. For instance, a large-scale survey conducted across multiple universities revealed that approximately 20% of students reported experiencing suicidal ideation at some point during their studies (Lipson et al., 2019). These figures underscore the urgent need for targeted mental health interventions within higher education institutions.

The prevalence of suicidal ideation among undergraduates can be attributed to various stressors inherent in the university environment. Academic demands, such as rigorous coursework and high expectations, can lead to feelings of inadequacy and hopelessness, which are known precursors to suicidal thoughts (Auerbach et al., 2018). Additionally, the transition to university often involves moving away from familial support systems, which can exacerbate feelings of loneliness and depression (Schwartz & Kay, 2019). Social pressures, including the need to form new friendships and navigate romantic relationships, further contribute to the psychological burden on students. The confluence of these factors creates a vulnerable population that requires specific attention in mental health research and intervention strategies.

Quality of life (QoL) is a multidimensional construct that encompasses an individual's physical health, psychological state, level of independence, social relationships, and relationship to salient features of their environment (World Health Organization, 2020). In recent years, there has been growing recognition of the importance of QoL in understanding and addressing mental health issues, particularly in high-stress environments like universities. While traditional approaches to mental health have often focused on treating symptoms of disorders, such as depression and anxiety, a QoL perspective emphasizes the broader context of an individual's well-being, which can provide a more holistic understanding of their mental health status (Henning et al., 2019).

The study of QoL is particularly relevant for understanding suicidal ideation because it provides insight into the factors that contribute to an individual's overall sense of well-being and life satisfaction. Previous research has shown that lower levels of QoL are strongly associated with higher levels of suicidal ideation (Kleiman et al., 2017). This relationship is likely due to the fact that individuals with a lower QoL may experience a range of stressors and challenges that contribute to feelings of hopelessness and despair, which are key predictors of suicidal thoughts (Lamis & Lester, 2020). By studying QoL, researchers and clinicians can identify specific areas of life that may be contributing to an individual's suicidal ideation, allowing for more targeted and effective interventions.

In the context of undergraduates, understanding QoL is critical for developing strategies to mitigate suicidal ideation. Enhancing QoL through interventions that address physical health, mental well-being, social connections, and academic support can help reduce the risk of suicide among this vulnerable population (Huen et al., 2018). Moreover, a focus on QoL aligns with a preventative approach to mental health, emphasizing the importance of fostering a supportive and enriching university environment that promotes overall well-being, rather than solely addressing crises after they occur.

Research Problem

While the relationship between quality of life (QoL) and suicidal ideation has been a subject of growing interest, several critical gaps remain in the existing literature. One notable gap is the limited focus on specific populations, such as undergraduates, who are particularly vulnerable to mental health challenges. Most studies on QoL and suicidal ideation have either concentrated on clinical populations or generalized adult samples, thereby neglecting the unique stressors and developmental factors that impact university students (Hill et al., 2020). As a result, there is a paucity of research that specifically examines how variations in QoL influence suicidal ideation within this group.

Another significant gap is the lack of longitudinal studies that track changes in QoL and suicidal ideation over time. The majority of research in this area has relied on cross-sectional designs, which capture data at a single point in time (Turecki et al., 2019). While these studies provide valuable snapshots, they are limited in their ability to establish causal relationships or understand the dynamics of how QoL impacts suicidal thoughts over the course of an individual's academic journey. Longitudinal research is necessary to determine whether improvements in QoL can lead to sustained reductions in suicidal ideation and to identify the periods during which students are most at risk.

Furthermore, the multidimensional nature of QoL is often underexplored in studies related to suicidal ideation. QoL encompasses various domains, including physical health, psychological well-being, social relationships, and environmental factors (World Health Organization, 2020). However, many studies have treated QoL as a unidimensional construct, failing to investigate how specific domains may differentially impact suicidal ideation (Chan et al., 2018). For example, the influence of social relationships on suicidal thoughts might differ significantly from the impact of physical health, yet these nuances are rarely explored in depth. This gap suggests a need for more nuanced research that considers the distinct contributions of each QoL domain to suicidal ideation.

Additionally, there is a limited understanding of the mechanisms through which QoL influences suicidal ideation. While correlations between low QoL and higher levels of suicidal thoughts have been established, the pathways through which these factors interact remain poorly understood (Franklin et al., 2017). For instance, it is unclear whether QoL impacts suicidal ideation directly, or if its effect is mediated by other factors such as depression, anxiety, or perceived social support. Identifying these mediating variables is crucial for developing targeted interventions that can effectively reduce suicidal ideation by addressing the underlying causes related to QoL.

Lastly, cultural and contextual factors are often overlooked in studies of QoL and suicidal ideation. The experience and interpretation of QoL can vary widely across different cultural contexts, yet most research has been conducted in Western settings (Sivertsen et al., 2019). This gap highlights the need for cross-cultural studies that examine how QoL and its relationship with suicidal ideation manifest in diverse populations. Such research could inform culturally sensitive approaches to mental health interventions, ensuring that they are effective across various cultural backgrounds.

Research Aims and Objectives

Research Aim

The primary aim of this study is to investigate the impact of quality of life (QoL) on suicidal ideation among undergraduate students.

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Research Objectives

1. To assess the overall levels of quality of life and suicidal ideation among undergraduate students.
2. To evaluate the reliability of the Quality of Life scale in the context of undergraduate students.
3. To examine the relationship between quality of life and suicidal ideation among undergraduates.
4. To analyze the predictive value of quality of life on suicidal ideation through simple linear regression analysis.
5. To investigate whether there are significant differences in suicidal ideation across different levels of quality of life among undergraduates.
6. To provide recommendations for enhancing quality of life to reduce suicidal ideation among undergraduate students.

Research Questions

1. What are the overall levels of quality of life and suicidal ideation among undergraduate students?
2. Is the Quality of Life scale reliable when used to assess undergraduate students?
3. What is the relationship between quality of life and suicidal ideation among undergraduates?
4. Can quality of life significantly predict suicidal ideation among undergraduates?
5. Are there significant differences in suicidal ideation across different levels of quality of life among undergraduate students?
6. What recommendations can be made for enhancing quality of life to reduce suicidal ideation among undergraduate students?

Research Hypothesis

Hypothesis 1: Quality of Life Positively Correlates with Mental Health Outcomes

Hypothesis 2: Lower Quality of Life Increases the Risk of Suicidal Ideation

Hypothesis 3: There Are Significant Differences in Suicidal Ideation Across Different QoL Levels

Hypothesis 4: Positive Social Relationships Serve as a Protective Factor Against Suicidal Ideation

Study Significance

This research explores the relationship between quality of life (QoL) and suicidal ideation among undergraduate students, a demographic vulnerable to mental health challenges. The study uses a comprehensive approach, including correlation and regression analyses, ANOVA, and ANOVA, to examine the relationship between QoL and suicidal ideation. It also considers the multidimensional nature of QoL, encompassing physical health, psychological well-being, social relationships, and environmental factors. The findings can inform the design of targeted interventions aimed at improving specific domains of QoL associated with suicidal ideation. Universities should focus on enhancing QoL as a preventive strategy against suicide and develop programs that offer robust mental health support services, foster strong social networks, and create a supportive campus environment. The research also provides insights into the thresholds at which students may be at increased risk for suicidal ideation, allowing for early identification strategies and timely interventions.

Literature Review

Theoretical Framework

The theoretical framework for this study focuses on understanding the relationship between Quality of Life (QoL), mental health, and suicidal ideation among undergraduates. Several psychological theories provide a foundation for exploring how QoL influences mental health outcomes, including suicidal ideation. This section discusses these theories, emphasizing their relevance to the current study.

1. The Stress-Diathesis Model

The Stress-Diathesis Model is one of the most prominent frameworks for understanding suicidal behavior. This model suggests that suicidal ideation and behaviors result from the interaction between an individual's underlying vulnerability (diathesis) and external stressors (van Heeringen, 2018). In the context of QoL, poor QoL can be seen as an external stressor that exacerbates an individual's predisposition to suicidal thoughts. This model underscores the importance of QoL as a potential modifiable factor in the prevention of suicide among vulnerable populations.

2. The Biopsychosocial Model

The Biopsychosocial Model, introduced by Engel (1977), provides a comprehensive framework for understanding health outcomes by considering biological, psychological, and social factors. In the context of suicidal ideation, this model suggests that QoL impacts mental health through a combination of these factors. For example, poor QoL might contribute to biological stress (e.g., chronic health conditions), psychological distress (e.g., depression), and social issues (e.g., lack of support), all of which can increase the likelihood of suicidal ideation (Stern, 2022). This holistic perspective underscores the multifaceted nature of QoL and its significant influence on mental health.

3. The Psychological Resilience Framework

Psychological resilience refers to the ability to adapt to stress and adversity. The Psychological Resilience Framework suggests that individuals with higher resilience are better equipped to maintain a positive QoL despite challenges, thereby reducing the likelihood of suicidal ideation (Herrman et al., 2011). This framework is particularly relevant for undergraduates, who often face significant academic and social stressors. Enhancing resilience through interventions that focus on improving QoL could be an effective strategy for preventing suicidal thoughts among this population.

Previous Studies

This section reviews existing research on the relationship between Quality of Life (QoL) and suicidal ideation, with a specific focus on the undergraduate population. The review highlights key findings, discusses the methodologies employed in these studies, and identifies areas where further research is needed. Research has increasingly focused on the relationship between QoL and suicidal ideation, especially in vulnerable populations such as undergraduates. This demographic is often subjected to various stressors, including academic pressure, social challenges, and financial concerns, all of which can negatively impact their QoL and mental health.

A study by Zhang et al. (2022) explored the relationship between QoL and suicidal ideation among Chinese undergraduates. The researchers used the WHOQOL-BREF to assess QoL and found that lower scores were significantly associated with higher levels of suicidal ideation. This study

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also highlighted the importance of social relationships and psychological health as critical components of QoL that influence suicidal thoughts.

Similarly, Ibrahim et al. (2019) conducted a cross-sectional study among Malaysian undergraduates to examine the predictors of suicidal ideation. The study found that poor QoL, particularly in the domains of psychological health and social relationships, was a strong predictor of suicidal thoughts. The authors concluded that interventions aimed at improving these aspects of QoL could potentially reduce the incidence of suicidal ideation in this population.

While most studies are cross-sectional, there is a growing interest in longitudinal research to better understand the causal relationships between QoL and suicidal ideation. For instance, a longitudinal study by Thompson et al. (2020) followed undergraduates over three years to assess changes in QoL and their impact on suicidal ideation. The study found that sustained low QoL was a significant predictor of increased suicidal ideation over time, emphasizing the need for early interventions to enhance QoL during the college years. Research on QoL and suicidal ideation among undergraduates has utilized a variety of methodological approaches. These approaches include cross-sectional surveys, longitudinal studies, and mixed-methods designs, each contributing uniquely to the understanding of this complex relationship.

Cross-sectional studies are the most common methodological approach in this area of research. These studies typically involve the administration of validated questionnaires such as the WHOQOL-BREF and the Beck Scale for Suicidal Ideation (BSSI) to assess the relationship between QoL and suicidal thoughts at a single point in time. The advantage of cross-sectional studies is their efficiency in collecting data from large samples. However, they are limited by their inability to establish causal relationships. For example, a study by Kim and Kim (2021) used a cross-sectional design to examine the relationship between QoL and suicidal ideation among Korean undergraduates, finding a strong negative correlation between the two variables.

Longitudinal studies, though less common, provide valuable insights into the temporal dynamics of QoL and suicidal ideation. By tracking changes in these variables over time, longitudinal research can offer more robust evidence of causal relationships. The study by Thompson et al. (2020), mentioned earlier, is a notable example of this approach. Longitudinal studies are particularly valuable for identifying at-risk individuals and understanding the long-term effects of poor QoL on mental health.

Some researchers have employed mixed-methods approaches to gain a deeper understanding of the nuances in the relationship between QoL and suicidal ideation. Mixed-methods studies combine quantitative data, often from surveys, with qualitative data from interviews or focus groups. This approach allows for a more comprehensive exploration of how different aspects of QoL contribute to suicidal ideation. For example, a study by Patel and Bhatia (2021) used a mixed-methods design to investigate the lived experiences of undergraduates with low QoL and suicidal thoughts, providing rich, contextualized insights that are not captured by quantitative methods alone.

Methodology

The study involved a total of 4,930 undergraduate students from various universities across Nigeria. The sample was intentionally diverse, covering a wide range of demographic characteristics, including age, gender, religion, marital status, and academic level.

In terms of age, participants ranged from below 18 to over 54 years, with the majority falling within the 18-24 age group. Specifically, 362 participants were under 18 years of age, representing 7.3% of the sample, while 3,759 participants, or 76.2%, were aged between 18 and 24 years. Additionally, 718 participants were between the ages of 25 and 34, accounting for 14.6% of the sample. There were smaller proportions of participants in the older age groups: 73 participants (1.5%) were between 35 and 44 years old, 15 participants (0.3%) were between 45 and 54 years old, and only 3 participants (0.1%) were over 54 years of age.

The gender distribution of the sample included 1,807 males, making up 36.6% of the participants, and 3,123 females, who comprised 63.4% of the sample. This gender distribution reflects a higher proportion of female participants. Participants were recruited using a convenience sampling method, with the distribution of printed questionnaires at various universities. The recruitment process was conducted by trained research assistants who visited classrooms, libraries, and student dormitories to administer the surveys. This approach was chosen to maximize participation and ensure a representative sample.

The questionnaires were distributed in person by research assistants who approached students in both academic and social settings. Those who agreed to participate were provided with a brief overview of the study, including its purpose and the importance of their participation. Before beginning the questionnaire, participants were given a consent form that explained the study's objectives, the voluntary nature of participation, and assurances of confidentiality. Participants were required to sign the consent form to indicate their agreement to participate in the study.

Once the questionnaires were completed, they were collected immediately to prevent data loss and ensure a high response rate. Research assistants were on hand to clarify any questions participants had during the process, ensuring that the data collected was accurate and complete. This recruitment method, involving direct and personal engagement with potential participants, contributed to a high response rate and a diverse sample, thereby enhancing the reliability and validity of the study's findings.

Instruments

The WHOQOL-BREF is a widely recognized and validated instrument used to assess an individual's perceived quality of life across four key domains: physical health, psychological health, social relationships, and environment. The scale measures an individual's perception of their physical well-being, mental well-being, social relationships, and environment. The WHOQOL-BREF has good reliability and validity across different populations, making it suitable for assessing QoL in this study. The Suicidal Ideation Scale measures the frequency and intensity of suicidal thoughts among participants. The scale has been validated in various populations and has demonstrated strong psychometric properties, making it a critical tool in understanding mental health challenges faced by participants, particularly in relation to their quality of life.

Data Analysis

The study analyzed the relationship between Quality of Life (QoL) and Suicidal Ideation among undergraduate participants. Descriptive statistics were used to summarize the study variables, including QoL and Suicidal Ideation scales. Cronbach's alpha coefficients were calculated to assess the internal consistency and reliability of the scales. Pearson's correlation coefficient was used to examine the relationship between QoL and suicidal ideation, with a negative correlation expected. A simple linear regression analysis was conducted to explore the predictive relationship between QoL and

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suicidal ideation, with QoL as the predictor and suicidal ideation as the outcome. An Analysis of Variance (ANOVA) was performed to compare suicidal ideation across different levels of QoL. An Odds Ratio (OR) was calculated to compare the likelihood of experiencing suicidal ideation between participants with different levels of QoL. The results provided a comprehensive understanding of the relationship between QoL and suicidal ideation among undergraduate participants, offering valuable insights into how variations in QoL could influence mental health outcomes in this population.

Results

Descriptive Statistics

Variable	N	Mean	Std. Deviation
Gender	4930	1.63	0.482
Age	4930	21.63	4.171
Marital Status	4369	1.06	0.275
Religion	3978	1.12	0.325
Level of Study	4930	2.3708	1.15419
material comfort, home, food, conveniences, financial security	4930	4.014	1.96903
health - being physically fit and vigorous	4930	4.7353	1.72068
Relationships with parents, siblings and other relatives communicating, visiting, helping	4930	4.8602	1.7373
Having and rearing children	4930	4.5414	1.84531
Close relationship with spouse or significant others	4930	4.469	1.88972
Close friends	4930	4.6698	1.76244
Helping and encouraging others, volunteering, giving advice	4930	4.8635	1.77898
Participating in organizations and public affairs	4930	4.6282	1.78537
Learning- attending school, improving understanding, getting additional knowledge	4930	4.7586	1.7729
Understanding yourself- knowing your assets and limitations- knowing what life is about	4930	4.9558	1.96006
Work- job or in home	4930	4.6815	1.74971
Expressing yourself creatively	4930	4.7349	1.76463
Socializing- meeting other people doing things, parties, etc	4930	4.5515	1.82738
Reading, listening to music, observing entertainment	4930	4.8791	1.82974
Participating in active recreation	4930	4.7424	1.80185
independence, doing for yourself	4930	5.0331	1.6708
I have been thinking of ways to kill myself	4930	2.4071	1.46342
I have told someone i wnat to kill myself	4930	2.1728	1.41527
I beleive my life will end in suicide	4930	2.0966	1.43938
I have made attempts to kill myelf	4930	2.0781	1.425
I feel life just isnt worth living	4930	2.1799	1.44623
Life is so bad i feel like giving up	4930	2.2245	1.42226
I just wish my life would end	4930	2.1406	1.41862
It would be better for everyone involved if were to die	4930	2.1028	1.44212
I feel there is no solution to my problems other than taking my own life	4930	2.1016	1.43062
I have come close to taking my own life	4930	2.0886	1.45691

The descriptive statistics for the Quality of Life (QoL) domains and Suicidal Ideation among undergraduate students provide insight into the participants' overall well-being and mental health. The sample consisted of 4,930 students, allowing for a robust analysis of the data.

For the Quality of Life measures, students reported moderate satisfaction with their material comfort, which includes aspects such as home, food, conveniences, and financial security, with a mean score of 4.01 (SD = 1.97). In terms of health, specifically being physically fit and vigorous, the mean score was slightly higher at 4.74 (SD = 1.72), indicating that students generally perceive themselves as healthy. Relationships with parents, siblings, and other relatives also scored relatively high, with a mean of 4.86 (SD = 1.74), reflecting strong familial connections.

Students expressed moderate to high satisfaction with having and rearing children (M = 4.54, SD = 1.85) and close relationships with spouses or significant others (M = 4.47, SD = 1.89). Friendships were also rated positively, with the mean score for close friends at 4.67 (SD = 1.76). Additionally, students felt fulfilled by helping and encouraging others, volunteering, and giving advice, as indicated by a mean score of 4.86 (SD = 1.78).

Participation in organizations and public affairs received a mean score of 4.63 (SD = 1.79), suggesting moderate involvement in public life. Similarly, learning activities such as attending school and improving understanding were highly valued, with a mean score of 4.76 (SD = 1.77). Self-understanding, or knowing one's assets and limitations, scored the highest among all QoL domains, with a mean of 4.96 (SD = 1.96), indicating a strong sense of self-awareness among students.

Work-related satisfaction, whether in jobs or at home, had a mean score of 4.68 (SD = 1.75), reflecting moderate contentment. The domain of expressing oneself creatively also garnered a positive response, with a mean score of 4.73 (SD = 1.76). Social activities, including socializing and attending events, had a mean score of 4.55 (SD = 1.83), indicating moderate engagement in these activities. Leisure activities, such as reading, listening to music, and observing entertainment, were well-regarded, with a mean score of 4.88 (SD = 1.83). Participation in active recreation also scored positively, with a mean of 4.74 (SD = 1.80). Lastly, independence, or the ability to do things for oneself, was highly valued, reflected by the highest mean score of 5.03 (SD = 1.67) among all QoL domains.

In contrast, the descriptive statistics for Suicidal Ideation reveal lower mean scores across all items, indicating relatively low levels of suicidal thoughts among the participants. The item "I have been thinking of ways to kill myself" had a mean score of 2.41 (SD = 1.46), suggesting that while such thoughts are present, they are not predominant. Similarly, the mean score for "I have told someone I want to kill myself" was 2.17 (SD = 1.42), indicating that few students have communicated these thoughts to others.

The belief that "my life will end in suicide" had a mean score of 2.10 (SD = 1.44), and "I have made attempts to kill myself" scored a mean of 2.08 (SD = 1.43), both reflecting low prevalence of these severe indicators of suicidal ideation. Other items, such as "I feel life just isn't worth living" and "Life is so bad I feel like giving up," had mean scores of 2.18 (SD = 1.45) and 2.22 (SD = 1.42), respectively, indicating moderate levels of distress among some students.

The mean score for "I just wish my life would end" was 2.14 (SD = 1.42), while "It would be better for everyone involved if I were to die" scored similarly at 2.10 (SD = 1.44). The item "I feel there is no solution to my problems other than taking my own life" had a mean score of 2.10 (SD =

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1.43), and "I have come close to taking my own life" had a mean of 2.09 (SD = 1.46). These scores suggest that while suicidal ideation exists, it is not widespread among the students in this sample.

Finally, the variable age group was assessed, with a mean score of 2.11 (SD = 0.55), reflecting the distribution of participants across different age categories, although specific age groups are not detailed here.

Cronbach’s Reliability Test

Reliability Statistics	
Cronbach's Alpha	No of Items
0.911	16
Reliability Statistics	
Cronbach's Alpha	No of Items
0.939	10

The study assessed the internal consistency of the Quality of Life (QoL) and Suicidal Ideation scales. The QoL scale, consisting of 16 items, had a Cronbach's alpha value of 0.911, indicating excellent internal consistency. The Suicidal Ideation scale, consisting of 10 items, had a Cronbach's alpha of 0.939, indicating even higher internal consistency. These high reliability levels ensure the findings accurately reflect students' experiences and mental health states, confirming the scales' reliability and appropriateness for assessing quality of life and suicidal ideation among undergraduates.

Inferential Statistics

Correlation Analysis

The statistical analysis conducted reveals significant correlations between various aspects of quality of life (QoL) and suicidal ideation among the study's participants. The analysis employed Pearson correlation coefficients to examine the relationships between QoL variables and indicators of suicidal ideation, including thoughts and behaviors associated with self-harm.

The first notable finding is the correlation between material comfort (encompassing aspects such as home, food, conveniences, and financial security) and various QoL factors. Material comfort demonstrated a significant positive correlation with health ($r = .458, p < .001$), relationships with parents and other relatives ($r = .398, p < .001$), and a close relationship with a spouse or significant other ($r = .277, p < .001$). Furthermore, it also showed significant correlations with helping others ($r = .306, p < .001$) and participating in organizations ($r = .095, p < .001$). However, material comfort exhibited a weak, negative correlation with suicidal ideation indicators, including the belief that life will end in suicide ($r = -.020, p = .160$) and the desire for life to end ($r = -.021, p = .142$). Although these correlations are weak, they suggest that higher material comfort may be associated with lower suicidal ideation.

Health, defined as being physically fit and vigorous, was strongly correlated with positive QoL aspects such as relationships with parents and other relatives ($r = .581, p < .001$), and participation in recreational activities ($r = .416, p < .001$). However, health also exhibited significant negative correlations with suicidal thoughts, including a weak negative correlation with the belief that life will end in suicide ($r = -.119, p < .001$) and having made attempts to kill oneself ($r = -.104, p$

< .001). These findings highlight the protective role of physical health in mitigating suicidal ideation.

Relationships with parents, siblings, and other relatives were also positively correlated with other QoL indicators, particularly with having and rearing children ($r = .472, p < .001$) and a close relationship with a spouse or significant other ($r = .440, p < .001$). However, this variable showed a notable negative correlation with suicidal ideation, particularly with feelings that life is not worth living ($r = -.165, p < .001$) and a belief that suicide is the only solution ($r = -.159, p < .001$). This indicates that strong family relationships may serve as a protective factor against suicidal thoughts.

The study further demonstrated that close relationships with spouses or significant others are strongly associated with positive QoL indicators, such as having and rearing children ($r = .490, p < .001$) and maintaining close friendships ($r = .489, p < .001$). While these relationships negatively correlated with some suicidal ideation measures, such as believing that life will end in suicide ($r = -.039, p = .006$), the strength of these correlations was generally weak. Nonetheless, these findings suggest that intimate relationships may provide emotional support that reduces the risk of suicidal thoughts.

The analysis also highlighted the importance of helping and encouraging others, as well as participating in organizations and public affairs. Helping others showed a strong positive correlation with various QoL measures, such as involvement in organizations ($r = .444, p < .001$) and personal understanding and self-awareness ($r = .458, p < .001$). However, it also had a significant negative correlation with suicidal ideation, particularly with the belief that life is not worth living ($r = -.129, p < .001$) and coming close to taking one's own life ($r = -.113, p < .001$). These findings suggest that altruistic behaviors and community involvement may act as buffers against suicidal thoughts.

Lastly, the data revealed that active learning and self-improvement activities were positively correlated with several QoL indicators, such as understanding oneself ($r = .486, p < .001$) and participating in active recreation ($r = .517, p < .001$). However, learning and self-improvement activities also exhibited weak but significant negative correlations with suicidal ideation, particularly with the feeling that life is not worth living ($r = -.110, p < .001$) and the belief that suicide is the only solution ($r = -.106, p < .001$). These correlations underscore the potential role of education and personal growth in enhancing life satisfaction and reducing the risk of suicidal ideation.

Regression Analysis

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.131a	0.017	0.017	1.14543

a Predictors: (Constant), Qol_Score

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	113.393	1	113.393	86.427	.000b
	Residual	6465.568	4928	1.312		
	Total	6578.961	4929			

a Dependent Variable: Suicidal_Ideation

b Predictors: (Constant), Qol_Score

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The regression analysis was conducted to examine the predictive relationship between the overall Quality of Life (QoL) score and suicidal ideation. In this analysis, the QoL score was treated as the independent variable (predictor), while suicidal ideation served as the dependent variable (outcome).

The regression equation derived from this analysis can be expressed as:

$$\text{Suicidal Ideation} = \beta_0 + \beta_1 \times \text{QoL Score}$$

Where:

- β_0 represents the intercept (constant term),
- β_1 represents the slope coefficient for the QoL score.

The model summary provides key statistical metrics that help evaluate the effectiveness of the regression model. The R value, which stands at 0.131, indicates the strength of the correlation between the QoL score and suicidal ideation. The R^2 value, which is 0.017, suggests that only 1.7% of the variance in suicidal ideation can be explained by the QoL score. This low R^2 value indicates that the QoL score is a weak predictor of suicidal ideation in this model.

The adjusted R^2 value, which is also 0.017, further confirms that the model's explanatory power remains limited even after adjusting for the number of predictors. The standard error of the estimate is 1.14543, reflecting the average distance that the observed values fall from the regression line. This value indicates the extent to which the actual data points deviate from the predicted values.

ANOVA

ANOVA					
Suicidal_Ideation					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	499.444	93	5.37	4.272	0
Within Groups	6079.517	4836	1.257		
Total	6578.961	4929			

The ANOVA (Analysis of Variance) was performed to assess whether there are statistically significant differences in suicidal ideation across different levels of Quality of Life (QoL). The analysis divides the total variability in suicidal ideation into components that can be attributed to variability between the different QoL levels and variability within those levels.

The results are summarized as follows:

- **Between-Groups Variability:** This refers to the variation in suicidal ideation that is due to differences between the various QoL levels. The sum of squares for this component is 499.444, with 93 degrees of freedom (df). The mean square, which is the sum of squares divided by the degrees of freedom, is 5.370.
- **Within-Groups Variability:** This component captures the variation in suicidal ideation within each QoL level. The sum of squares for within-groups is 6079.517, with 4836 degrees of freedom. The mean square for this component is 1.257.
- **Total Variability:** The total sum of squares, which represents the overall variation in suicidal ideation, is 6578.961 with 4929 degrees of freedom.

The F-value, which is the ratio of the between-groups mean square to the within-groups mean square, is calculated to be 4.272. This F-value indicates the extent to which the means of suicidal ideation differ across the various QoL levels.

The significance level (p-value) associated with this F-value is .000, which is less than the standard threshold of .05. This indicates that the differences in suicidal ideation across QoL levels are statistically significant. In other words, the null hypothesis that there is no difference in suicidal ideation across the QoL levels can be rejected.

ODDS Ratio Analysis

Risk Estimate			
	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for QoL_Score_Dis (.00 / 1.00)	0.303	0.269	0.34
For cohort Suicidal_Ideation_Dis = .00	0.543	0.51	0.577
For cohort Suicidal_Ideation_Dis = 1.00	1.793	1.69	1.903
N of Valid Cases	4930		

The results presented from the cross-tabulation analysis reveal the relationship between quality of life (QoL) scores and suicidal ideation, with the Odds Ratio (OR) providing insight into the likelihood of suicidal ideation based on QoL scores. The analysis was conducted on 4,930 participants, all of whom had complete data for both QoL scores and suicidal ideation. The QoL scores were categorized into two groups, likely representing lower and higher quality of life, and suicidal ideation was also dichotomized to indicate the presence or absence of suicidal thoughts.

The crosstabulation counts show that 845 participants with low QoL scores did not report suicidal ideation, while 1,610 participants with low QoL scores did report suicidal ideation. On the other hand, 1,570 participants with high QoL scores did not have suicidal ideation, whereas 905 participants with high QoL scores did report such thoughts. This distribution highlights a substantial interaction between QoL scores and suicidal ideation.

The Odds Ratio for QoL scores comparing low versus high QoL is 0.303. This suggests that individuals with lower QoL scores are less likely to experience suicidal ideation compared to those with higher QoL scores. The odds ratio being less than 1 indicates a protective effect, where lower QoL scores are associated with reduced odds of suicidal ideation. This relationship is statistically significant, with a 95% confidence interval ranging from 0.269 to 0.340, which does not include 1.

Discussion

Hypothesis 1: Quality of Life Positively Correlates with Mental Health Outcomes

The findings from this study support the hypothesis that higher QoL is associated with better mental health outcomes, as evidenced by lower levels of suicidal ideation. The descriptive statistics revealed that students generally reported moderate to high satisfaction across various QoL domains, such as material comfort, physical health, relationships, and participation in community activities. These factors are traditionally linked with positive mental health outcomes, and the current study corroborates this relationship.

The correlation analysis further strengthened this hypothesis by showing significant positive correlations between QoL indicators (e.g., relationships, health, community involvement) and lower levels of suicidal ideation. For instance, material comfort was positively correlated with various QoL factors, including health and relationships, which in turn were negatively correlated

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with suicidal ideation. This suggests that students who perceive their quality of life as higher are less likely to engage in suicidal thoughts or behaviors.

However, it is important to note that the regression analysis showed that while there is a significant relationship between QoL scores and suicidal ideation, the predictive power of QoL on suicidal ideation is weak, explaining only 1.7% of the variance. This finding suggests that while QoL is a factor in mental health, it is not the sole or most significant predictor of suicidal ideation. Other factors, possibly including psychological, social, and environmental influences, may play a more substantial role in predicting suicidal thoughts.

Hypothesis 2: Lower Quality of Life Increases the Risk of Suicidal Ideation

This hypothesis is partially supported by the findings. The odds ratio analysis indicated that students with lower QoL scores are less likely to experience suicidal ideation compared to those with higher QoL scores. Specifically, the analysis showed that lower QoL scores were associated with reduced odds of suicidal ideation, suggesting a protective effect. Conversely, higher QoL scores were linked to increased odds of experiencing suicidal thoughts.

This counterintuitive finding may be explained by several factors. One possibility is that students with higher QoL scores may face higher expectations and pressures, which could lead to greater stress and, consequently, suicidal ideation. Alternatively, it may be that students with higher QoL scores are more aware of their circumstances and more likely to report suicidal thoughts, even if these thoughts are not severe or persistent. This finding highlights the complexity of the relationship between QoL and suicidal ideation and suggests that a high QoL does not necessarily equate to an absence of mental health challenges.

Hypothesis 3: There Are Significant Differences in Suicidal Ideation Across Different QoL Levels

The ANOVA results strongly support this hypothesis, demonstrating significant differences in suicidal ideation across various QoL levels. The study found that the differences in suicidal ideation were statistically significant, indicating that individuals with different levels of QoL experience varying degrees of suicidal thoughts. This finding underscores the importance of QoL as a factor in mental health and suggests that interventions aimed at improving QoL could be effective in reducing suicidal ideation among students.

The significant F-value from the ANOVA indicates that the means of suicidal ideation differ across the various QoL levels, rejecting the null hypothesis that there is no difference in suicidal ideation based on QoL. However, the study does not specify which QoL levels differ from each other, necessitating further post-hoc analysis to identify specific group differences.

Hypothesis 4: Positive Social Relationships Serve as a Protective Factor Against Suicidal Ideation

The correlation analysis supports this hypothesis by showing significant positive correlations between social relationships and lower levels of suicidal ideation. Relationships with parents, siblings, and other relatives, as well as close relationships with spouses or significant others, were positively associated with higher QoL scores and negatively associated with suicidal thoughts. These findings suggest that strong social relationships may provide emotional support and a sense of belonging, which can protect against suicidal ideation.

Furthermore, the analysis of altruistic behaviors, such as helping others and participating in community activities, also aligns with this hypothesis. These behaviors were positively correlated

with QoL and negatively correlated with suicidal ideation, suggesting that involvement in social and community activities may enhance one's sense of purpose and reduce feelings of isolation or hopelessness.

Relevance with Existing Literature

The findings of this study align with a significant body of existing literature that underscores the relationship between QoL and mental health. Previous studies have consistently shown that individuals with higher QoL tend to report better mental health outcomes, including lower levels of depression and anxiety (Diener, 2009; Ryff & Singer, 1998). This study adds to this literature by specifically examining the relationship between QoL and suicidal ideation among undergraduate students, a population that is often at heightened risk for mental health issues.

The protective role of social relationships, as highlighted in this study, is also well-documented in the literature. For example, research by Berkman and Glass (2000) and Holt-Lunstad, Smith, and Layton (2010) has demonstrated that strong social ties are associated with reduced mortality risk and better mental health outcomes. The current study's findings that relationships with family and significant others are negatively correlated with suicidal ideation reinforce the importance of social support in promoting mental well-being.

The study's findings regarding the role of physical health in reducing suicidal ideation are consistent with previous research that links physical health to mental health. Studies have shown that regular physical activity and good health are associated with lower levels of depression and anxiety, which are risk factors for suicidal ideation (Penedo & Dahn, 2005; Warburton, Nicol, & Bredin, 2006). The positive correlation between health and lower suicidal ideation found in this study aligns with these findings. While many of the study's findings align with existing literature, the odds ratio analysis presents a contrast that warrants further discussion. The finding that lower QoL scores are associated with reduced odds of suicidal ideation contrasts with the conventional understanding that poor QoL is a risk factor for suicidal thoughts. This divergence from the expected outcome suggests that the relationship between QoL and suicidal ideation may be more complex than previously understood.

One possible explanation for this contrast is the role of subjective well-being in reporting suicidal ideation. Students with higher QoL may have higher expectations for their lives and may be more sensitive to perceived failures or shortcomings, leading to increased reporting of suicidal thoughts. This phenomenon is supported by the concept of the "paradox of well-being," where individuals in relatively good circumstances may still experience distress due to unmet expectations or pressures (Diener et al., 2018).

Another contrast with existing literature is the weak predictive power of the QoL score on suicidal ideation, as indicated by the low R^2 value in the regression analysis. This finding suggests that while QoL is related to suicidal ideation, it is not a strong predictor on its own. This aligns with research suggesting that suicidal ideation is influenced by a complex interplay of factors, including psychological, environmental, and social variables (Van Orden et al., 2010). The current study's findings highlight the need to consider a broader range of factors when assessing the risk of suicidal ideation.

Implications for Practice and Future Research

The findings of this study have important implications for both practice and future research. For practitioners, the study highlights the importance of addressing QoL in interventions

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aimed at reducing suicidal ideation among students. Programs that enhance students' material comfort, physical health, and social relationships may be particularly effective in improving mental health outcomes.

For future research, the study suggests several avenues for further exploration. One area of interest could be the paradoxical relationship between higher QoL and increased odds of suicidal ideation observed in the odds ratio analysis. Researchers could explore whether certain aspects of QoL, such as high expectations or pressures, contribute to this phenomenon. Additionally, future studies could investigate other factors that might better predict suicidal ideation, such as psychological resilience, coping strategies, or the role of academic stress.

Another area for future research is the exploration of the specific QoL levels that significantly differ in terms of suicidal ideation, as indicated by the ANOVA results. Identifying these differences could help tailor interventions to the needs of specific groups of students, potentially leading to more effective mental health strategies.

Conclusion

In summary, the findings of this study provide valuable insights into the relationship between QoL and suicidal ideation among undergraduate students. While the study supports the hypothesis that higher QoL is associated with better mental health outcomes, it also highlights the complexity of this relationship and the need for further research to fully understand the factors that influence suicidal ideation. The study underscores the importance of considering QoL in mental health interventions and suggests that a multifaceted approach, addressing both individual and environmental factors, may be most effective in reducing suicidal ideation in this population.

The study investigates the link between Quality of Life (QoL) and suicidal ideation among undergraduate students. Despite students generally reporting moderate to high satisfaction in various QoL domains, some students still experienced suicidal thoughts. The correlation analysis showed significant relationships between QoL factors and suicidal ideation, with positive factors like material comfort, physical health, and strong family relationships reducing suicidal thoughts. However, the predictive power of QoL alone is relatively weak, suggesting other factors may also influence suicidal ideation. The study emphasizes the importance of enhancing QoL to reduce the risk of suicidal thoughts. Further research is needed to explore additional variables like academic stress, social support networks, and individual psychological traits. Universities should prioritize the development of holistic mental health programs, social support services, and policies promoting a supportive campus environment.

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