

Suicidal Behavior among Young Generation In Pakistan

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Abstract: Young people's suicidal behavior in Pakistan is a serious problem that calls for in-depth analysis and focused solutions. The prevalence of suicidal behavior among young people in Pakistan will be investigated in this study, as well as its reasons. A mixed-methods approach was utilized to collect quantitative data via questionnaires to reach the prevalence of suicide behavior, statistics characteristics, psychological factors, and triggering events. The research findings will have significance for decision-makers, specialists in mental health, and other stakeholders, giving evidence for the creation of focused preventative and intervention initiatives. This study seeks to enhance mental health and lessen the prevalence of suicide behavior in Pakistan by increasing awareness of mental health concerns, encouraging evidence-based decision-making, and addressing the unique difficulties faced by Pakistan's youthful population. This study aims to determine whether or not young people are inspired to commit suicide or think about death. As part of this study's survey methodology, we sent out a questionnaire to gather information from 100 responders.

Key words: Suicidal behavior, Young generation, Pakistan, Mental health.

Introduction

Suicide is the most important problem among our young generation around the whole globe. The global public health issue of suicidal behavior affects everyone, but adolescents are particularly at risk. The increased use of social media and the internet in recent years has raised worries about how these technologies may affect mental health. This issue is especially important in Pakistan, where a sizeable population uses the Internet and social networking sites.

Suicide occurs all over the lifespan and is the fourth leading cause of death among 15- 29 years-olds globally in worldwide (Organization for World Health, 2019). Suicide deaths may be prevented with the right early detection and preventive techniques. Suicidal ideation, preparation, and attempt are all crucial to the continuum of suicidality, with suicide death representing its end (Bridge et al., 2006; Bursztein & Apter, 2009). The feeling of taking one's own life is suicidal ideation; these thoughts may be more general ones about dying or more precise ones about specific ways to end it all (Nock et al., 2008). Though it is connected to suicidal behavior, suicidal ideation is not a trustworthy indicator of suicide in the future (McHugh et al., 2019). Most youth who are suicidal thoughts make Suicidal attempts (Wilkinson et al., 2011). Suicidal ideation and non-fatal suicidal behavior can, however, have a serious illness burden because of psychosocial morbidity, secondary psychological distress to others, lost productivity, and the use of health services (Whitlock et al., 2014). Because of this, it is critical to think about suicidal ideation intervention targets rather than concentrating exclusively on preventing suicide fatalities. Among the most prevalent psychiatric conditions in youngsters is

depression, which has a strong association (Beautrais, 2000) with suicide.

Depression, however, is not a reliable predictor of suicide concept or endeavor (Franklin et al., 2017). A key factor in determining psychological well-being is social support. It can be described as the support that a person perceives or receives from others (Schaefer et al., 1981). Existing research on the connections between social support and suicidal thoughts suggests that social support should be viewed as a multidimensional phenomenon (Hetrick et al., 2012). According to evidence, measuring social support as a single entity misses significant variations in the possible protective attributes of several social support domains (Matlin et al., 2011).

Most of the current data on social assistance and young people's Suicidal thoughts come from populations not noted, like college or high school students. Our findings suggest that social support is associated with a decreased likelihood of lifetime suicide in young persons with mental health diagnosis problems like depression is still poorly understood. This study aimed to investigate connections between suicidal ideation (S.I.) and three aspects of social support in young Australians, with the main being gloomy anarchy.

With the help of some new reviews, established peril elements for suicide, results in despair, hopelessness, the majority of mental diseases, and impulsivity accurately predict suicidal thoughts but not suicide attempts (Klonsky et al., 2017).

Concern has grown over the past ten years regarding an increase in young people's suicide rates, particularly among young men (Gunnell et al., 2003). Suicide arises as the main parasite in teenagers and young adults in both the U.K. and the U.S., even

though this trend appears to be leveling down (Brent, 2004; Gunnell & Ashby, 2004). (Gunnell et al., 2003). Important distinctions are uniting different ways of own harm and suicidal acts, not the least of which is frequency and sex distribution. There has been evidence of links between early indicators of general mental health, such as suicidal ideation, and actual suicide, notably in men, but possibly shorter in women. (Gunnell et al., 2002).

Brezo, Paris, and Turecki (2006) ground that suicidal thoughts, suicide attempts, and suicide completions are associated with hopelessness, neuroticism, and extraversion.

Understanding elements that may make someone more likely to consider suicide is crucial. Selected serotonin reuptake inhibitors have been linked to a rise in emerging morbid intentions, especially in young individuals, throughout the study by the recognized U.S. Food and Drug Administration and the U.K. Pharmaceutical and Healthcare Agency (MHRA, 2004). (Gunnell, Ho, & Murray, 2004).

The main indication for this effect arises from case-control work because not much randomized controlled research could clarify it. Case-control studies, instead of randomized trials, are susceptible to unidentified confounders. Suicidal behaviors, such as completed suicides, attempted suicides, and suicidal ideation, have been linked to personality features (Brezo et al., 2006; Brezo et al., 2006; Conner et al., 2004; Nordstrom et al., 1996; Roy, 2002; Velting, 1999).

Attempting suicide is a major sign of emotional anguish and among the biggest hazards for a successful end of all (Nordentoft et al., 1993; Harris & Barraclough, 1997; Neeleman et al., 1998; Kessler et al., 1999). In adolescents, attempted suicide frequently heralds the onset of severe mental problems. However, it can also be accompanied by the emotional upheaval that comes with the passage from childhood into adulthood (Brent & Perper, 1995; Neeleman et al., 1998). Suicidal thoughts typically come before suicide planning and attempts (Kessler et al., 1999). Thoughts of death and desperation might significantly precede suicidal ideation and attempted suicide (Beck et al., 1975; Beck et al., 1985; Beck et al., 1990).

Numerous types of research support the idea that mental illness significantly increases the chance of attempted and successful suicide, especially when accompanied by addiction and control chaos (Tanney, 1992; Moscicki, 1997).

Mental diseases frequently present with unusual symptoms in adolescence; occasionally, mood swing is a possible accurate predictor of a rising suicidal ratio. Adolescent suicide appears to be more accurately predicted by high-risk behaviors than by signs of psychopathology (Garrison et al., 1993; Sosin et al.,

1995; Wetzler et al., 1996). Particular hostile bearing appears to be linked to adolescent suicide risk. Even when adjusting for variations in psychopathology, parents of adolescent suicide victims report higher lifetime aggressiveness ratings than controls (Brent et al., 1993; Brent et al., 1994). An increased chance of recidivism is associated with high levels of hostility (Stein et al., 1998).

According to research on problematic behaviors, emotional factors raise the chances of lucidity, like sadness, may arise. Other physiological problems (González-González et al., 2012).

Young people's health issues with addiction and suicide are significant. In contrast to internet addiction, which relates to traits leading to health and mental anarchy (Lin et al., 2014), suicide is connected to other psychopathological symptoms such as depression and emotional stress. Suicidal ideation is a stage in the suicide process that can manifest in a variety of ways, including as a thought, a plan, or a wish for death. It can progress to a suicide attempt and finish with the actual suicide (Rosales et al., 2013; Villalobos-Galvis, 2010). Impulsivity is a crucial component of suicidal thoughts and is also a component of problematic internet use (Aboujaoude, 2016).

The bulk of academics who have mentioned social networks as a risk factor for suicide do so in relation to extreme pro-suicide societies rather than social networking usage in general (Bell, 2007; Luxton et al., 2012). Young adults who prioritize contact on social networks reported fewer suicidal ideations, according to a recent study. It was also discovered that young individuals who exhibit suicidal ideation frequently convey it through social media, which is seen as a cry for assistance (Cheng et al., 2015; Cheng et al., 2017).

Research Statement

A research statement is a brief and concentrated representation of the research goals, objectives, and techniques of a research study or project (Johnson & Brown, 2022). The major goal of the study is to observe the own kill and its risk factors among Pakistan's young population. Understanding the various characteristics that lead to suicidal tendencies in a particular society is vital because suicide is a global public health concern. In Pakistan, a nation that is fast developing and has a large number of young people, it is crucial to look at the incidence of suicide behavior and explore the underlying causes of it. This study aims to shed light on this urgent problem and offer useful knowledge for policymakers, mental health specialists, and other stakeholders to create effective preventative plans. This study looks at Pakistan's young generation's rate of suicidal behavior and explores the elements that are related to it. This study seeks to expand knowledge on the topic, increase understanding of saneness issues, and aid in the

development of a proof-based policy to address this issue by examining the rate of suicidal behavior and investigating the associated factors among Pakistan's young generation. The ultimate aim is to improve the general well-being of Pakistan's youthful people and decrease the prevalence of suicidal behavior.

Research Objectives

Given below are the primary goals of this study on suicidal behavior among the young generation in Pakistan:

RO1: To find out the relation between stress and suicidal behavior.

RO2: To find out the relation between anxiety and suicidal behavior. RO3: To find out the relation between depression and suicidal behavior.

Research Questions

RQ1: Is there any relationship between anxiety and suicidal ideation? RQ2: Is there any relationship between depression and suicidal ideation? RQ3: Is there any relationship between stress and suicidal ideation?

Significance

Risk Factor Identification: This research can aid in determining the underlying risk factors connected to suicide behaviour among Pakistan's young population. This can involve things like mental health issues, societal pressures, familial dynamics, academic stress, financial difficulties, and availability to fatal weapons. Implementing focused preventative methods requires a thorough understanding of these risk variables.

Raising Awareness: This study can help spread the word about the prevalence and effects of suicidal behaviour among young people. This study can contribute to educating the general public, healthcare workers, educators, and parents about the seriousness of the problem by distributing your findings through scholarly publications, conferences, and public awareness initiatives. This raised awareness may result in better identification, assistance, and early intervention for those who are at risk.

Global Knowledge Contribution: Suicide rates and risk factors vary between nations and cultural groups. This study may advance the understanding of suicidal behavior by undertaking research that is specifically focused on Pakistan's youth.

Justification

Despite the fact that there has been some research on suicide in Pakistan, there may still be a need for more thorough studies that concentrate primarily on the younger generation. The potential to close this gap and offer a more detailed understanding of the factors

influencing suicide behaviour in this particular cohort justifies your research.

Adding to Global Knowledge: Suicide is a global problem, and research done in Pakistan can add to the global body of knowledge about young people's suicidal behaviour. The potential to contribute to our developing understanding of the variables influencing suicidal behaviour, which could result in cross-cultural insights and the sharing of best practises, justifies your research.

Literature Review

A substantial factor in the emergence of suicidal behavior in young individuals can also be seen in family interactions. The likelihood of suicide behavior can be increased, according to research (Liu et al., 2018), when there is family conflict, parental neglect, or abuse.

In the mental health discipline, the most challenging task is to predict suicidal behavior. This research was held on Argentinean people. In this research, 451 young students answered online self-reported questionnaires in a cross-sectional sample. Depression, psychological discomfort, social functioning and anxiety are the variables that are linked with self kill. Nevertheless, chaos and anxiety become the most important predictions of suicidal attempts. This study also shows that the group with a history of attempting suicide has a higher risk of attempting suicide again. Furthermore, the groups with a history of not attempting suicide have a low risk of suicide. (08 March 2021, Lorena Cecilia López- Steinmetz, Juan Carlos Godoy, Shao Bing Fong & Romina Lucrecia López-Steinmetz).

This research shows that people over 65 years old have a minor chance of suicide attempts. Nevertheless, if they do, their methods of suicide are deadly. There is a high chance of death in it as compared to young people. This study also tells us that older people have some alarming symptoms before their suicidal plans as compared to young ones. (1, September 1997: Yeates Conwell MD).

The youngster's suicide is the mother of all problems, which needs swift attention. The main point of research is to circulate the review about youngster suicidal behavior. The number of suicides is increasing among children and adolescents over time. Schools psychologist has an ethical responsibility to stop youngster suicidal behavior. Youth suicide prevention requires family involvement, friends and the members of the community (Berman et al., 2006).

This study highlights the higher suicidal ratio in females. The suicidal attempt factors that are common in females include bipolar disorder, post-traumatic

pressure and relational problems. And the suicidal attempts that are common in males include disturbing behavior, despondent behavior and divorce. The most common factors that were found for both genders are mental abuse and interpersonal violence. (12 January 2019, Andrea Miranda-Mendizabal, Pere Castellví, Oleguer Parés-Badell, Itxaso Alayo, José Almenara, Iciar Alonso, Maria Jesús Blasco, Annabel Cebrià, Andrea Gabilondo, Margalida Gili, Carolina Lagares, José Antonio Piqueras, Tiscar Rodríguez-Jiménez, Jesús Rodríguez-Marín, Miquel Roca, Victoria Soto-Sanz, Gemma Vilagut & Jordi Alonso).

By conducting a fine-grained research to observe the suitable ways to reach suicidal anarchy. Many statistics and logistics reports are kept to observe the link between suicidal ideation and behavior. The results which were obtained through this research were that about 36.0% of participants with a suicide attempt refused ever undergo any active suicidal ideas, 11.0% refused ever undergo any suicidal ideas, 53.8% of current attempters refused active suicidal ideas, 22.6% refused any current suicidal ideas. (October 21 2021 Heather M. Wastler, Annabelle O. Bryan, Craig J. Bryan).

The aim of this study was to observe whether prejudicial treatment based on the body is linked with suicidal behavior in youth. Prejudicial treatment was associated with an increase in suicidal ideas. (OR = 2.41, 95% CI = 1.88–3.10), self-harming on purpose (OR = 2.27, 95% CI = 1.67–3.08), c suicide call (OR = 2.17, 95% CI = 1.59–2.96), having a suicide strategy (OR = 2.50, 95% CI = 1.81–2.47), try suicide (OR = 1.96, 95% CI = 1.30–

2.96), controlling for sociodemographic factors, BMI, and depressive symptoms. Poor outcomes in adulthood have been associated with prejudicial treatment based on weight. The links extend to youth, and an extremely meaningful outcome is highlighted in the current research: the risk of suicidal behavior increases with the social experience of weight. (16 Nov 2018, Angelina R. Sutin, Eric Robinson, Michael Daly, and Antonio Terracciano).

According to the above report, the risk of suicide is linked with the use of maladaptive harsh behavior, overthinking, and failure in life. The impact of coping and emotional regulation on suicidal behavior in a sample of Asian students is measured in this study. The aim of this report was to recognize whether the coping strategies and approach of expressive suppression and cognitive reappraisal would be linked with suicidal behavior. From The Open University in Hong Kong, about one hundred and twenty undergraduate students were enlisted, and all completed questionnaires that scale coping, emotional regulation and suicidal behavior. The result shows that the increased suicidal behavior was linked with increased avoidance coping. While decreased risk of

suicidal behavior was linked with increased cognitive reappraisal. (June 21, 2018, Elsie Ong and Catherine Thompson).

This study inspects two independent samples whether: (1) hardship with emotional regulation indicates in advance the suicidal thoughts and (2) depressed adults with a past of trying to attempt suicide report and show more emotional deregulation compared to healthy and depressed controls. Serious predictors of suicidal thoughts were hardship with emotional accuracy and relationship status (Study 1). In Study 2, when analyzed with controls, depressed attempters noted considerably more hardship with emotional accuracy and emotional impulsivity. Attempters had considerably more hardship than controls come back to heart rate standards following a stressful duty. Therefore suicidal behavior is differently linked with crisis with emotions. (March 06, 2017, Andrada D. Neacsiu PhD, Caitlin M. Fang MS, Marcus Rodriguez MS, M. Zachary Rosenthal PhD).

The prevalence of depressive symptoms, including suicidal thoughts and behavior, between bullied and non-bullied young people was inspected by this study. Comparison tests data were analyzed by using a series of non-parametric. This study shows that depression is linked to being a victim of bullying ($\chi^2 = 10.986$; $df = 1$; $p = 0.001$) and suicidal thoughts (χ^2

$= 5.811$; $df = 1$; $p = 0.022$). Findings also show suicidal attempts. (June 13, 2014, Carla Mills, Suzanne Guerin, Fionnuala Lynch, Irene Daly and Carol Fitzpatrick).

This study reviewed the literature over the ten years (89 articles) about religion and suicide to identify the association of religion with aspects of suicide. The results found that religion does not prevent suicidal thoughts but does prevent suicidal attempts. Whether it depends on culture-specific inference with a specific group since the religious group of a minority can feel socially isolated. (12, Fe, 2016, Ryan E. Lawrence, Maria A. Oquendo & Barbara Stanley).

The particular risk of psychopathology is at the age of college adults, non-suicidal self-injury, but some protective factors include humanity cushion risk. This study examined the role of pity and the relationship between non-suicidal self-injury and suicide risk. More engagement in non-suicidal self-injury was reported in students (N=338) with great psychopathology as a result of more suicidal risk. The factor that cushions the risk of psychopathology is self-compassion. (17 Apr 2019, Andrea R. Kaniuka, Jessica Kelliher-Rabon, Edward C. Chang, Fuschia M. Sirois & Jameson K. Hirsch Ph.D).

In Healthy Minds study, a sample of 5689 college students participated and completed an internet survey in 2007 that included mental health spectrum

questionnaire related to patient health. This study shows that mental disorders did not screen positive and were prospering by 49.3% of students. Poor academic performance and suicidal thoughts were least common among students with thriving mental health, more common among those with mediocre mental health, and most common among those with languishing mental health, regardless of whether or not they screened for mental disease. (February 08, 2012, Corey L.

M. Keyes PhD, Daniel Eisenberg PhD, Geraldine S. Perry DrPH, RD, Shanta R. Dube PhD, MPH, Kurt Kroenke MD & Satvinder S. Dhingra MPH) .

Young people's suicidal conduct is a serious public health issue. Adversities (unfavorable life events) may be linked to suicidality in youth and the early stages of adulthood, but this relationship is not yet fully understood. This study sought to thoroughly examine the relationship between young people's suicidal behavior and the type/quantity of traumatic life events and experiences. We created a thorough search strategy to look for relevant papers about bad life events and suicidal behavior in Pubmed, Scopus, PsycInfo, and Science Direct from January 1980 to January 2015. Maltreatment and violence, loss experiences, difficulties within the family, issues at school, and interpersonal issues were some of the negative life events and experiences. Studies were limited to young individuals aged 10 to 25 who were engaging in suicidal behavior. 28 of the 245 articles that were found after the search satisfied our inclusion requirements. According to the main findings, there was a relationship between the bad life events and youth suicidal behavior. To clarify the relative significance of risk accumulation and risk specificity for adolescent suicide, more prospective studies are required. (25 August 2015, Gianluca Serafini, Caterina Muzio, Giulia Piccinini, Eirini Flouri, Gabriella Ferrigno, Maurizio Pompili, Paolo Girardi & Mario Amore).

Theoretical Framework

In this research, cognitive theory is used. According to Dr. Beck, cognitive theory states that the risk of suicide rises with complexity and the intensity of a single mental health condition because these clinical manifestations are most likely to activate schemas that are relevant to suicide (such as hopelessness and unbearability). Beck originally developed this theory with depression (e.g., Beck, 1967).

The cognitive theory of suicide, which Aaron Beck and his colleagues created, offers an important foundation for understanding the suicidal behavior of the younger generation. According to this view, faulty thought processes and harmful cognitive frameworks play a part in both the reflection and act of suicidal behavior. A thorough comprehension of the underlying cognitive processes can be attained by including the cognitive

theory of suicide in the study on suicidal behavior among young people in Pakistan.

Methodology

The term "methodology" describes the methodical and organized technique or series of steps required to conduct research or complete a study. It includes the general approach, plan, and methods used to collect data, examine information, and draw inferences or conclusions (Kumar, 2019).

Quantitative Research

With a focus on gathering and analyzing numerical data to comprehend and explain events, quantitative research is a methodical and structured approach to research. To provide objective and statistically sound results, it entails the use of measurably and quantifiably varying factors, statistical analysis, and mathematical models (Creswell, 2014).

Survey

In order to learn more about people's ideas, attitudes, behaviors, or qualities, surveys are a type of research approach that entail gathering data from a sample of people or groups. In order to collect data from participants in a systematic manner, it frequently employs a structured questionnaire or interview (Babbie, 2016). The primary method of research involves surveys. It helps to gather copious amounts of real-time data in the research procedure. It is less expensive than any alternative option. Both quantitative and qualitative methodologies can be used to conduct surveys. Since they produce numerical results and use real data, quantitative surveys must always be prioritized over qualitative ones. Surveys are mostly used in business to determine market demand for a product.

Sampling

Sampling is the procedure of choosing a portion of people, things, or observations from a larger population in order to acquire data and draw conclusions about the total population (Johnson & Brown, 2018). In accordance with the methodology, this study's goal was to gather information via survey. The exploratory sample was regarded as a representative sample for this study because it was a small-scale survey, and the findings were quantitative. Because it is utilized for small-scale research and pertains to undiscovered topics. We took a sample of 100 persons from Karachi with 4 different age groups. We will use a purposive sampling technique to conduct this research. In purposive sampling, your goal is to find people in the population who are likely to have certain traits or experiences (and who are also likely to be open to sharing them with you). In this manner, you can pick the people or situations that are relevant to your research, concentrating on a small sample.

Method

In order to answer research questions or objectives, a method is a systematic technique or procedure (Smith, 2018). This study will use a survey method with a questionnaire to examine suicidal behavior among adolescent internet users in Pakistan. The survey will be carried out online in order to reach a sizable and varied sample of young internet users in Pakistan. The variables related to suicidal ideation or attempt may include anxiety, depression, use of drugs, social functioning and coping and psychological discomfort. So for research purposes, questions will be asked to people.

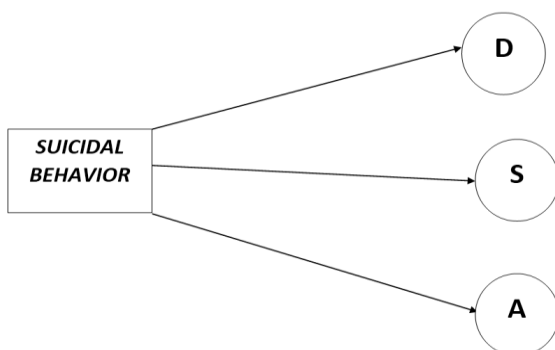
To achieve a goal and objective in this research, we use a Survey method which is based on questionnaires. Although we have different research methods which can show a sound results to save our time and get a quick, authentic result, we choose the survey method technique. This survey was used to test the hypothesis. The questionnaire is used for gathering the data. The questionnaire is a set of inquiries to collect information from respondents regarding their views or opinions. Via questionnaires, quantitative data can be gathered. It would be best if you thought of trustworthy questions that speak to your research goals, arrange them in a sequence, and decide on the best administration approach while designing a questionnaire; Firstly, we collect data through a survey via Google form. Our questionnaire was based on 20 close-ended questions.

Young Pakistanis between the ages of 15 and 29 will make up the study's sample. Participants will be gathered through an online survey questionnaire, and the sample will be chosen using a random sampling technique.

Questionnaire

A questionnaire is a type of research tool that entails a series of organized or unstructured questions that are given to people or groups in order to collect data for research (Smith, 2015). The questionnaire will be made to gather data on the generality of suicidal behavior among young people in Pakistan and the factors that lead to suicidal behavior.

Conceptual Framework



Hypothesis

HO1: There is a relationship between stress and suicidal ideation.

HO2: There is a relation between anxiety and suicidal ideation.

HO3: There is a relationship between depression and suicidal ideation.

Data Collection

For research purposes, data collection is the methodical act of acquiring, measuring, and recording information or observations about certain people, variables, or occurrences (Johnson, 2021).

The survey will be disseminated online via Google Forms. The objectives of this study are to observe the relationship between suicidal issues and related variables like depression, anxiety and stress. The fact that participation is voluntary and the confidentiality of participants' responses will all be explained to the participants. Prior to taking part in the study, they will be requested to obtain informed consent.

Data Analysis

The act of scrutinizing, purifying, manipulating, and modeling data in order to find relevant information, reach conclusions, and help decision-making is known as data analysis (Johnson & Smith, 2020).

Statistical software like SMART PLS 4 is used to examine the gathered data. For each variable, descriptive statistics like means and frequency distributions will be computed. The associations between variables will be examined using inferential statistics, including correlation and regression analysis.

Ethical Considerations

The term "ethical considerations" refers to the rules and regulations that regulate how research should be conducted ethically. These rules and regulations cover topics like participant rights protection, privacy protection, confidentiality, informed permission, and responsible data usage (Johnson, 2017).

Limitations

According to Smith & Brown (2019), "limitations" are any inherent constraints or flaws in a research study that could have an impact on how the results are interpreted, generalized, or validated.

There are a number of restrictions on the study of suicidal behavior in Pakistan's youthful population. First of all, sample selection bias may restrict the findings' generalizability by underrepresenting the varied experiences and viewpoints of the nation's entire

youthful population. Second, the reliance on self-report data raises the possibility of self-reporting bias, where participants may underreport or give socially acceptable responses, affecting the validity of the results.

Table 1: Findings Discriminant Validity

A	D	S	SB
0.996			
1.019	1.033		
0.746	0.778	0.827	

The idea of discriminant validity in statistics is used to determine if several constructs or variables in a study can be distinguished from one another. It aids in figuring out whether the metrics employed to rate various constructions are, in fact, measuring distinct and individual notions. The diagonal values for each variable's AVEs are represented by the square roots (for example, 0.996 for A and 1.033 for S). These numbers represent the typical variance that the corresponding latent variable's indicators have been able to capture.

The numbers off the diagonal are the square roots of the variances that are shared by various pairings of variables. These numbers are used to evaluate the variables' ability to discriminate one another.

The AVE for variable A is roughly 0.996, which indicates that the variable's indicators account for 99.6% of the variance in the hidden variable. The latent variable's variation is roughly captured by its indicators to the extent that the AVE for variable D is approximately 1.033, or 103.3%. This statistic seems disproportionately high, which could be the result of problematic estimation or a possible measurement error.

Variable A's AVE is approximately 0.996, which means that its indicators account for 99.6% of the variance in the hidden variable.

The variance of the latent variable is roughly reflected by its indicators, and the AVE for variable D is around 1.033, or 103.3%. This statistic appears to be abnormally high, which could be the result of incorrect estimation or a potential measurement error.

Table 2: Cronbach's alpha

A	0.708	0.871	0.772
D	0.866	0.903	0.651
S	0.647	0.85	0.739
SB	0.834	0.9	0.751

Cronbach's alpha: An evaluation of the internal consistency and reliability of a scale or construct, Cronbach's alpha looks at how well the components relate to one another. Higher values for Cronbach's alpha are indicative of greater internal consistency. You have provided Cronbach's alpha values for each variable in your table. The range for Cronbach's alpha value of A variable is 0.708 to 0.866, 0.647 to S, and 0.834 to S.B. Other variables' Cronbach's alpha values are 0.708 to 0.866, S to 0.647, and S.B. to 0.834.

Greater internal consistency is indicated by higher composite reliability levels. For each variable in your table, composite reliability values (rho_c) are given. For instance, 0.871 is the composite reliability for variable A, for variable D the composite reliability is 0.903, the composite reliability for variable S is 0.85; and for variable S.B., the composite reliability is 0.9. The average variation explained by a concept's indicators, as compared to the overall variance in the construct, is represented by the AVE. Better convergent validity is indicated by higher AVE values. For each variable in your table, AVE values are given. The average value of the variables, for instance, is 0.772 for variable A, 0.651 for variable D, 0.739 for variable S, and 0.751 for variable S.B.

In order to deem measurement instruments reliable and legitimate, researchers often seek for values above specific thresholds. For instance, composite reliability values above 0.7 or 0.8 are preferred, whereas values of Cronbach's alpha above 0.7 or 0.8 are frequently satisfactory. AVE levels of 0.5 or higher are typically regarded as excellent.

Table 3: Outer loadings

A1 <- A	0.846
A2 <- A	0.909
D1 <- D	0.75
D2 <- D	0.814
D3 <- D	0.795
D4 <- D	0.879
D6 <- D	0.79
S3 <- S	0.865
S4 <- S	0.854
SB2 <- SB	0.897
SB3 <- SB	0.902
SB4 <- SB	0.798

In structural equation modeling (SEM), the statistical metric known as outer loadings is employed to evaluate the strength of the correlation between latent (unobserved) variables and the corresponding observable indicators or manifest variables.

In structural equation modeling (SEM), the statistical metric known as outer loadings is employed to evaluate the strength of the correlation between latent (unobserved) variables and the corresponding observable indicators or manifest variables.

Your table has the variables A, D, S, and S.B., as well as many indicators or sub- indicators A1, A2, D1, D2, D3, D4, S3, S4, SB2, SB3, and SB4. The outer loading values, which are represented by the numbers after the arrows and show how strongly the latent variable is related to the observed indicator.

With an outer loading of 0.846, the latent variable A1 is strongly positively correlated with it. A2 and the latent variable A have an extremely strong positive association, as seen by the outer loading of 0.909 for A2. Outer loading values for D1, D2, D3, D4, and D6 range from 0.75 to 0.879, indicating moderate to high positive associations with the latent variable.

D. With outer loading values of 0.865 for S3 and 0.854 for S4, the latent variable S is strongly positively correlated with both S3 and S4. Outer loading values for SB2, SB3, and SB4 range from 0.798 to 0.902, indicating weak to moderately positive correlations with the latent variable S.B. In SEM, researchers evaluate the validity and dependability of a measurement model using outer loading values.

Higher outer loading values signal that the indicators accurately reflect the underlying construct since there is a stronger link between the latent variable and its observed indicators. For researchers to accept the indicators as legitimate and reliable, outer loading values normally need to be over 0.5 or 0.7.

It's vital to keep in mind that it can be difficult to provide a more thorough interpretation of the table without further information about your research, such as the precise latent variables and indicators you're examining. The table, however, can be seen as demonstrating the strength of the connections between the latent variables (A, D, S, and S.B.) and the associated observed indicators based on the information presented.

Table 4: Path Coefficients-Mean, Stdev, T Valus, P Values

	Original Sample(o)	Sample mean(m)	Standard Deviation (stdev)	T-Statistics	P value
SB>A	0.586	0.592	0.063	9.303	0.00
SB>D	0.685	0.692	0.043	15.847	0.00

Original Sample (O): The original data or measurements for each group are shown in this column. S.B.>A, S.B.>D, and S.B.>S are the names of the groupings.

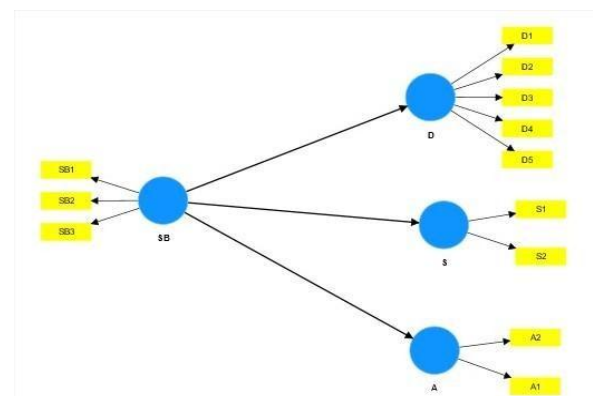
Sample Mean (M): The value determined as the mean or average for each group is shown in this column. The sample mean depicts the mean or median of the data for each group. T-Statistics: For each group, the t-statistic value is shown in this column. The t- statistic calculates the difference between the sample mean and the estimated population, meanwhile accounting for sample size and data volatility. Standard Deviation (STDEV): The standard deviation of the data for each group is displayed in this column. A measurement of the spread or dispersion of the data points around the mean is the standard deviation.

P-Value: The p-value for each group's t-statistic is displayed in this column. The likelihood of receiving the observed results (or more extreme results) if the null hypothesis is true is shown by the p-value, which is a gauge of statistical significance. Statistical significance is often defined as a p-value less than a predefined significance level, which is frequently 0.05.

Based on the data presented, it appears that the sample means for each group (S.B.>A, S.B.>D, and S.B.>S) are marginally higher than the original samples. Each group has a different standard deviation, indicating that the data are variable to varying degrees. The sample means, and the population means are significantly different, as seen by the big t- statistics for each group. Furthermore, all groups' p-values are stated as 0.000, showing a strong case for rejecting the null hypothesis in favor of the alternative hypothesis.

It is crucial to remember that it could be difficult to offer a thorough interpretation in the absence of more information about your research question and the precise statistical test used. Based on the observed sample means and statistical analyses, the data in the table, nevertheless, indicate substantial differences between the groups.

Research Model



Conclusion

Anxiety, stress and depression are strongly related to suicidal behavior among the young generation in Pakistan. These factors are extremely important in explaining why suicide behavior is so common among

young. The connection between stress, depression, anxiety, and acts of suicide is, in conclusion, highly supported by the research findings. These mental health issues are significantly connected to a higher likelihood of suicide attempts and ideas and successful suicides, according to the data gathered.

The study emphasizes the significant effects that stress, anxiety, and depression have on a person's mental health, showing that these issues can make people feel more alone, hopeless, and depressed. The statistics emphasize the urgent requirement for comprehensive mental health interventions and suicide prevention efforts to address these related problems.

The study also highlights the significance of early detection and efficient care of depression, stress, and anxiety to lessen the risk of suicide behavior. In order to identify at-risk individuals and provide them with the care and resources they require, it is suggested that mental health screenings, access to suitable treatment choices, and continuous support networks are essential.

The study underlines the necessity of de-stigmatizing discussions about mental health and encouraging candid communication regarding suicidal behavior. The incidence of suicidal thoughts may be decreased by lowering the stigma associated with mental health in society, which may encourage people to seek support and assistance.

Overall, the research's conclusions offer significant new understandings of how stress, depression, and suicide behavior are related. They emphasize the importance of giving mental health services, education, and awareness campaigns, in order to deal with the terrible effects of suicidal thoughts. To save lives and provide a better future for those facing these difficulties, it is crucial that society as a whole adopts a proactive approach to promoting mental well-being, creating environments of support, and providing easily accessible services.

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