



Psychological Factors and Drug Use as Predictors of Suicide Ideation Among Students in Federal Universities, Owerri, Imo State

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Abstract

The study investigated depression, emotional intelligence domains (self-awareness, relationship management, self-management and social awareness) self-esteem, and drug use as predictors of suicide ideation (S.I.) among students in federal universities in Owerri, Imo State. A sample of students identified as suicide ideators were drawn from selected departments in the schools using multistage simple random sampling and non-proportionate sampling technique. The study adopted the correlational research design. Six research questions and six corresponding hypotheses guided the study. Beck Depression Inventory (BDI-2), Emotional Intelligence Questionnaire (EIQ) Drug Use Scale (DUS), Rosenberg Self-Esteem Scale (RES) and Suicide Ideation Scale (SIS) were used as instruments for data collection. Validity of the instruments was done by experts' opinion while reliability index of 0.76, 0.67, 0.82, 0.82, 0.77, 0.95, 0.78, 0.81 were realized for depression, emotional intelligence domains, drug use, self-esteem and suicide ideation respectively using Cronbach Alpha method. Multiple as well as simple linear regression were used to analyze the data generated. Specifically, the associated ANOVA were used to test the tenability of the null hypotheses at 0.05 alpha level. Findings were that self-esteem independently does significantly predict suicide ideation. Drug use and depression independently do significantly predict students suicide ideation. Emotional intelligence domain of self-management does not significantly predict suicide ideation, whereas the domains of self-awareness, relationship management, and social awareness, independently, do significantly predict students suicide ideation among students in federal universities in Owerri, Imo State. Jointly, the domains of emotional intelligence had a prediction of suicide ideation. Drug use independently predicted suicide ideation among the students and also when taken jointly with emotional intelligence and others. Based on these, recommendations were that factors that cause depression among the students should be properly addressed. All factors that engender drug use among the students should be proscribed, and there should be an avoidance of conditions that subject the students to difficulties capable of resulting in low self-esteem and invariably depression and drug use. Other recommendations made included that disruption in academic calendar, and unconducive learning environments, should be taken care of. The use of drugs by the students should be looked into by carrying out more awareness campaigns on the effect of drug use as well as encouraging the positioning of counsellors strategically in a way that the students can easily get correct counsels in any given pressing situation they encounter.

Keywords: Psychological Factors, Drug Use, Suicide Ideation

Introduction

Contemporary societal challenges are making some people express negativity and inability to control their life space and experience. However, in life one is bound to go through things that have the capacity to disrupt the regular peaceful routine of one's life. This ranges from daily activities to the pursuit of greener pastures, managing harsh economic situation and health issues. Unfortunately, university students are not left out of these challenging situational constraints. When these experiences are not appropriately managed, affected individuals might express low self-esteem, depression or suicidal ideation.

Suicide ideation refers to contemplation of self-harm or ending one's life. It is a critical mental health concern that could have very serious consequences when it is not discovered or identified and managed with a sense of urgency (Posner et al, 2011). In the course of interactions with students, it became quite clear that some of them have experienced depression and equally entertained thoughts of committing suicide. It is shocking to find out that a person is entertaining thoughts of terminating his own life? What issues could possibly lead an individual into considering suicide? Indeed, it is frightening to discover that some persons well known or close to you could actually be contemplating suicide.

Before now, suicide ideation, which is the thought of killing oneself has been seen as a distant phenomenon. The researcher has always seen it as a concept that is not common to the immediate environment of the researcher. This remained the belief, not until some encounters and interactions with some students revealed that some students at different times have had thoughts of ending their own lives. Extensive research has documented the rising prevalence of adolescent depression and suicidal ideation. However, suicidal ideation without subsequent action is more prevalent than actual suicidal behaviour (Rizvi et al 2023). During a conversation in church with some youths, one particular student, an undergraduate of Afe Babalola University confessed to being bombarded with the thoughts of suicide. At the time of the encounter and revelation, the student in question was a third-year medical student in the said University. The researcher made efforts to find out why such a bright and brilliant student who is excelling in his studies as a medical student would be bombarded with thoughts and ideas on how to kill himself, rather than being filled with fantasy and excitement at the prospect of becoming a medical doctor in no distant future. The said student was not forthcoming with the reason or reasons for his contemplation.

According to Hoin, et al. (2018), individual factors, such as depression, stress, high-risk behaviours, (Drug use) internet addiction, and self-harm, and complex psychosocial factors, such as a permissive attitude toward suicide, work together to develop suicidal ideation in adolescents. Another encounter that was very revealing as it was disturbing, was the case of another student whom the researcher observed was showing an extensive interest in the concept of death. He seemed obsessed with death so much that hardly did he write about anything without bringing up the issue of death and the idea of dying. This left the researcher bewildered but fully convinced that the concept of killing oneself is no longer a thing that is uncommon or distant but it is now very much within the vicinity and among students in the researcher's environment.

Recently, it was announced in the news that a 15 years old girl from one of the secondary schools in Port Harcourt, Rivers State, Nigeria, took her own life. This is very pathetic, unfortunate and painful. The said girl left a note stating that her boyfriend jilted her for another girl and she couldn't bear the thought of seeing the boy with another girl. How could a girl in secondary school not even yet in a tertiary institution have nursed the thought of ending her life and eventually executed her plan completely before it was discovered. Stressful events are often reported to precede adolescents' suicide (Hawlon et al., 2022). Experiencing separation and rejection in social relationships are thought to increase the risk of suicide as well (Omaka-Amari et al., 2021).

Students' involvement with the thoughts of terminating their lives seem to go unnoticed and that on its own is very alarming. Sometime ago, a family friend in a Christian organization lost a daughter to suicide. This daughter was a student in the University of Port Harcourt at the time. She kept throwing hints of her intention to her younger sister who didn't understand what she meant, Research shows that an ideator prior to actual suicide drops subtle hints that if properly decoded and understood, could play a vital role in intercepting the plans of life cessation. Again those hints if and when identified leads to prevention and re-orientation of thought processes for the individuals affected. Some of the hints given by ideators include constant and repetitive mention of death engaging in death related topics, incidents and events. It is therefore important that whenever a student displays continuous interest in death either through his interactions with others or via write-up on his/her social media handles like Facebook, WhatsApp status, Instagram or the likes, action should be taken rather than ignoring such expressions or taking it lightly. The person should be attended to by counsellors and professional caregivers. This could be made possible by the involvement of the observers and loved ones whose responsibility is to contact the necessary and appropriate authorities. If a loved one is entertaining these thoughts or talking about suicide, it is essential to take action to help and protect them (West, 2024).

Another way those contemplating suicide discloses their agenda is by telling those close to them that they would not always have them around. The younger sister to the girl who took her life, explained that her sister kept telling her that very soon she would be the rightful owner of her dresses, shoes and belongings. Those statements and remarks didn't make sense to her at the time. There are assertions that those who terminate their lives usually leave a sign before the execution of their action but the challenge is that those signs most times are not properly interpreted. In most cases the victim of suicide was observed to have slowed down in his routine activities and displayed loss of interest to a certain degree. Loss of interest could be an indication of depression. National Institute of Mental Health (NIH). According to Munro (2020), WHO (2021) defines depression as low mood and loss of enjoyment in the things that were previously enjoyed. Depression is a state characterized by sadness which persists in time, intensity, frequency and duration. The pathological manifestation of the emotion "sadness" actually is what is considered a depression (Jose, 2018). Depression is discovered to be a significant risk factor for suicide ideation (Ladi-Akinyemi et al., 2023).

Depression is documented as the prevailing cause of one third of the deaths of adolescents in America (Grosberg & Rice, 2023). Depression happens to be one of the signs of suicidal ideation. Different factors have been considered to be accountable for depression especially among the youths of which students fall under. Many people experience suicidal thoughts during a season of challenges. These challenges may appear so difficult or shameful to them or seem to be without a possible solution in view. Others do so as a result of adverse experiences, failed expectations, health issues, broken relationships that end in a depressive state (Omaka-Amari et al., 2021). Depression has to do with the alteration in the feelings of an individual that interferes with a person's daily activities consistently over a minimum period of two weeks (Norman & Rylie, 2018). A depressed person loses interest in normal everyday routine and engagements and could begin to nurse the idea of ending his or her life. Depression can also lead to other vices such as substance abuse, drug use, alcoholism and smoking (Bodeno et al., 2014). It is a psychological condition of low mood and aversion to activity, and classified as a psychological behavioural disorder which influences an individual's thoughts, behaviour, motivation, and wellbeing (Mandul, 2022).

Equally, students' engagement or Involvement with drugs has been observed to affect their cognitive domain, influence their actions and activities as well as their overall well-being. The use of drugs also results in suicide ideation. According to Wilcox (2004), increasing evidence suggests that adolescents who use alcohol and drugs are at a greater risk for suicide ideation and attempted suicide. Some studies have shown that Individual factors such as depression, stress, high-risk behaviors (drug use) internet addiction, self-harm, and complex psychosocial factors, such as a permissive attitude toward suicide, work together to develop suicidal ideation in adolescents (Hoin et al., 2018). According to Dunselman (2007), drug use is the act of using drugs for psychotropic rather than medical purposes. He classified psychotropic drugs under opiates, hallucinogens and psilocybin. Psychotropic drugs are those drugs

that affect a person's mental state. Such drugs have some chemical substances that change brain function thereby resulting in alteration in perception, consciousness, mood, cognition or behaviour.

Alcohol consumption and drugs have been suggested to be among behavioural issues that increase the risk of suicide ideation in students. Experiencing separation and rejection in social relationships are thought to increase the risk of drug use and ideation as well (Allebeck & Allgulander, 1990). According to Fazel & Runeson (2020), the cause of suicide ideation varies, and an individual's predisposition to ideation could be shaped by genetic, biological, and psychological factors, including previous occurrences of mental health disorders or past trauma. Furthermore, suicide ideation may emerge when such individuals encounter stressful life events exceeding their coping capacity. Drug use leads to impulsivity and aggression, which increases the thoughts of ending one's life. According to Wilcox (2024), increasing evidence suggests that adolescents who use alcohol and drugs may be at a greater risk for suicide ideation and attempted suicide. Recently, a meta-analysis showed that there is a positive connection between the use of nicotine, alcohol, opioids, sedatives, inhalants and cannabis and suicidal ideation and attempt (Armoon et al., 2021). Some studies have equally pointed in the direction of emotional intelligence as a contributing factor to suicide ideation. Emotional intelligence (EI) is defined as a set of skills, organized in a hierarchy for the purposes of perceiving, comprehending and regulating emotions (Quintana-Orts et al., 2020).

Emotional intelligence is the general inclination of an individual to understand how he feels, what he feels, alongside what and how others feel and using the information profitably. The domains of Emotional intelligence are Self-awareness, relationship management, self-management, and social awareness self-awareness. Self-awareness just as the term is has to do with the ability one has in recognizing himself, having a sense of alertness and being able to co-ordinate his affairs in the most sensible way. A person who is self-aware can decipher issues and make proper decisions. Relationship management means knowing how to interface with others with minimal conflicts and positive outcomes. Some people that don't do well with others tend to improve when they have a better or deeper knowledge of relationships management. Self-management on the other hand is concerned with the skill to handle oneself, whereas social awareness focuses on an individual's awareness in relation to many others and the society at large. People who have high emotional intelligence are said to cope better in the face of challenges, and they also experience less stress and enjoy cordial relationships (Cha & Nowak, 2009). Therefore, emotional intelligence is regarded as understanding how you and others feel, what feels right, and what does not, being emotionally cautious and sensitive, at the same time comprehending how to react and manage emotions accordingly (Goleman, 1998). According to Zakir, Mohammedamin and Defaru (2019), in the absence of emotional intelligence, a person's perception of himself could be very low or at best thwarted and could result in self-esteem issues. Self-esteem has equally been speculated to result in suicide ideation among students.

Self-esteem refers to individual's perception and appraisal of his self-worth, his feelings of self-respect, self-confidence as well as the extent he holds positive or negative views about himself (Abdel-Khalek, 2016). The individual with low self-esteem is most likely going to be easily influenced into engaging in activities that are not self-satisfactory and capable of inducing thoughts of suicide. According to Shagufa (2023), self-esteem refers to a person's appraisal of his or her self-worth, self-confidence and person's positive or negative view concerning self. Self-esteem has been seen as a vulnerability factor in the onset of depression and consequently S.I. Several studies have shown that increased negative thinking about self is a central feature of the thought of taking one's life. It has been observed that depressive people think negatively and they also report lower self-esteem than non-depressed counterparts (Munro, 2020).

Statement of the Problem

The students in any society can be likened to the strong foundation of a building. The future of any society, its well-being, and smooth operations, to a large extent, is dependent on the students who are the future leaders. Students experience pressures that could generate apprehension and result in depression. Depression on one part, if not checked, could also result in some other experiences and negative outcomes. Students in federal universities in Owerri are faced with challenges such as financial

constraints, unconducive learning environment, lack of needed facilities, political brouhahas that sometimes affect the school calendar, etc. In view of the economic situation, some students are unable to pursue their career and goals and, as a result, are plunged into depressive states while some resort to ignoble acts like drug use. In the long run, frustration sets in, and then thoughts of suicide begin to pop up.

Considering the rampancy of these factors that could lead to suicidal thoughts, the researcher strongly foresees a downward spiraling of our students as a result of involvement in things that have the potential of causing suicide ideation. The state of affairs in the nation flows down to the federal universities and such affect the students and subject them to emotional and physical troubles. Some, therefore, seem to be resorting to and engaging in the use of drugs – this, to say the least, is alarming. There is a noticeable tilt towards suicide ideation among the federal universities' students. Many students, by the researcher's observations, have gone into recreational drug use, while quite a number have gotten into the use of hard drugs, which results in addiction and ultimately depression. This has also been on the rise and, therefore, a serious concern. If nothing is done to checkmate the different effects of these things on the students, the entire society will inadvertently suffer a continuous setback as a result of students' suicide ideation. An institution with students that are impaired would definitely suffer from diverse forms of impairments – brain drain, loss of revenues, character defects, economic down turn, and insecurity, among others. One strong factor that can lead to suicide ideation is the use of drugs. A person under the influence of substances becomes very prone to depression and, if not checked, can lead to suicidal thoughts. Depression could equally make students resort to using drugs and consequently result in suicide ideation.

Armed with this reality, the researcher considered it very pertinent to have carried out this study. We stand to lose more students to suicide ideation if nothing is done, and that is certainly a great risk. The students' susceptibility to suicide ideation should be seen as a very serious matter to handle with a deep degree and level of attention. We can't afford to keep quiet and lose our students to suicide ideation. Therefore, investigating the multiple predictions of depression, emotional intelligence, drug use, and self-esteem on suicide ideation among the students in federal universities in Owerri, Imo State, became paramount.

Aim and Objectives of the Study

The aim or purpose of this study was to examine the extent depression, emotional intelligence, drug use and self-esteem predict suicide ideation independently, and jointly among students in federal universities in Owerri, Imo State.

Specifically, the study determined:

1. The extent depression, independently predicted suicide ideation among students in federal universities in Owerri, Imo State.
2. The extent emotional intelligence domains (self-awareness, relationship management, self-management and social awareness) independently predicted suicide ideation among students in federal universities in Owerri, Imo State.
3. The extent drug use, independently predicted suicide ideation among students in federal universities in Owerri, Imo State.
4. The extent self-esteem independently predicted suicide ideation among students in federal universities in Owerri, Imo State?
5. The extent emotional intelligence domains (self-awareness, relationship management, self-management, and social awareness) jointly predicted suicide ideation among students in federal universities in Owerri Imo State
6. The extent depression, emotional intelligence domains, drug use, and self-esteem jointly predicted suicide ideation among students in federal universities in Owerri, Imo State.

Research Questions

1. To what extent does depression independently predict suicide ideation among students in federal universities in Owerri, Imo State?
2. To what extent do emotional intelligence domains (self-awareness, relationship management, self-management and social awareness) independently predict suicide ideation among students in federal universities in Owerri, Imo State?
3. To what extent does drug use independently predict suicide ideation among students in federal universities in Owerri, Imo State?
4. To what extent does self-esteem independently predict suicide ideation among students in federal universities in Owerri, Imo State?
5. To what extent do emotional intelligence domains (self-awareness, relationship management, self-management, and social awareness) jointly predict suicide ideation among students in federal universities in Owerri Imo State?
6. To what extent do depression, emotional intelligence domains, drug use, and self-esteem jointly predict suicide ideation among students in federal universities in Owerri, Imo State?

Hypotheses

1. Depression independently does not significantly predict suicide ideation among the students in federal universities in Owerri, Imo State.
2. Emotional intelligence domains (self-awareness, relationship management, self-management, and social awareness) independently do not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.
3. Drug use, independently, does not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.
4. Self-esteem does not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.
5. Emotional intelligence domains (self-awareness, relationship management, self-management, and social awareness) jointly do not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.
6. Depression, emotional intelligence, drug use, and self-esteem jointly, do not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.

Method

The design of this study is correlational design. The design has predictor and criterion variables, which were correlated, and the correlation coefficient resulting from it served as the basis for prediction. Correlational research is a study that tends to find out whether there is any relationship between two or more variables. In any correlational research, there are different data: one set from predictor variables and another set from the criterion variables that are correlated to determine the direction and magnitude of the relationship. This research design is the most appropriate design for the present study since the study involves the extent of multiple prediction of suicide ideation among students in federal universities in Owerri, Imo State.

The study focused on students' suicide ideation, which is the dependent variable. Depression, emotional intelligence domains (self-awareness, relationship management, self-management and social awareness), drug use, and self-esteem are the independent variables. These variables were investigated to see the extent to which they predict students' suicide ideation both independently and jointly. This study was carried out among students in federal universities in Owerri, Imo State. The population comprised students from some Departments in the two federal universities in Owerri, Imo State. At the time of this study there were two federal universities in Owerri: Alvan Ikoku Federal University of Education (AIFUE), and Federal University of Technology, Owerri (FUTO). Using the multi stage sampling procedure, a sample size of 398 was obtained. Balloting was used through simple random technique at different stages to draw the sample using Taro Yemen formula.

Instruments Used for the Study

Instruments were adapted for this study. They are: the Beck Depression Inventory (BDI-2) developed by Aaron T. Beck as a 21-question multiple-choice self-report in 1961. Emotional Intelligence Questionnaire developed by Daniel Goleman in 1995. The EIQ instrument consists of subsections that elicited information on the various variables. The Drug Use Scale (DUS) was adapted from Drug Use Questionnaire-Drug Abuse Screening Test (DAST-10), a 10-item scale developed by Harvey A. Skinner in 1982 under the Addiction Research Foundation. The Rosenberg Self-Esteem Scale (RSES), which was developed by Morris Rosenberg in 1965 as a 10-Item Likert scale self-report measure for gathering information about feelings of self-esteem and self-worth, and Suicide Ideation Scale developed by M.D Rudd in 1989

The instruments utilized four-point Likert scale which required the respondents to indicate the level of agreement or disagreement with the items, thus: Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD).

Beck Depression Inventory (BDI) consisted of one section with 15 items. Emotional Intelligence Questionnaire (EIQ) consisted of sub-sections with 5 items each on self-awareness, self-management, relationship management, and social awareness, respectively. Drug Use Questionnaire - (Drug Abuse Screening Test, DAST-10) consisted of one section with 10 items. The Rosenberg Self-Esteem Scale (RSES) consisted of one section with 10 items. Suicide Ideation Scale (SIS) consisted of one section with 10 items.

Method of Data Collection

Copies of the instruments were administered to the respondents in the federal universities in Owerri by the researcher and closely monitored for completion and return, with the help of some assistants.

Method of Data Analysis

Simple linear regression and multiple regression were used to answer the research questions, while t-test and analysis of variance (ANOVA), associated with regression analysis was used to test the null hypotheses at 0.05 level of significance.

Results

Research Question 1: To what extent does depression independently predict suicide ideation among students in federal universities in Owerri, Imo State?

Table 1a: Simple regression analysis showing R correlations of depression independently predicting suicide ideation among students in federal universities in Owerri, Imo State.

Model	R	R Square	Adjusted R Square	Standard Error of the Estimate
1	.589 ⁹	.346	.345	5.416

From the analysis in the table 1a, the relationship between depression and suicide is $R = .589$, R^2 Value is .346, the adjusted R^2 value is .345 while the standard error of estimate is 5.416.

Furthermore, the R^2 value of .346 signifies that depression accounts for 34.6% of suicide ideation among students in federal universities in Owerri, Imo State.

Hypothesis 1: Depression independently does not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 1b: Summary of ANOVA test associated with simple regression of depression on suicide ideation among students in federal universities in Owerri, Imo State.

Model		Sum of squares	df	Mean square	F	Sig	Result
1 Ho)	Regression	5874.596	1	5874.596	200.307	.000 ^b	Significant (Rejected
	Residual	11086.025	378	29.328			
	Total	16960.621	379				

The calculated F value in Table 1b. is 200.307 while the sig value is .000, therefore since the Sig (P=0.000<0.5) is less than the alpha value of 0.05 at 379 degrees of freedom, the null hypothesis is rejected, and the alternate retained meaning that actually depression does predict suicide ideation among students in federal universities in Owerri, Imo State.

Research Question 2.1 To what extent does emotional intelligence domain (self-awareness) independently predict suicide ideation among students in federal universities in Owerri, Imo State?

Table 2.1a: Simple regression analysis showing R correlation of emotional intelligence domain (self-awareness) independently predicting suicide ideation among students in federal universities in Owerri, Imo State.

Model	R	R Square	Adjusted R Square	Standard Error of the Estimate
1	.115 ^a	.013	.011	6.654

From the analysis in table 2a, the relationship between emotional intelligence domain (self-awareness) and suicide is R=.115, R² value is .013, the adjusted R² value is .011 while the standard error of estimates is 6.654. Furthermore, the R² value of .013 signifies that emotional intelligence domain (self-awareness) accounts for 1.3% of suicide ideation among students in federal universities in Owerri, Imo State.

Hypothesis 2.1: Emotional Intelligence domain (self-awareness) independently does not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 2.1b: Summary of ANOVA test associated with simple Regression of Emotional Intelligence domain (self-awareness) on suicide ideation among students in Federal Universities in Owerri, Imo State.

Model		Sum of squares	df	Mean square	F	Sig	Result
1 Ho)	Regression	224.935	1	224.935	5.080	.025 ^b	Significant (Reject
	Residual	16735.686	378	44.274			
	Total	16960.621	379				

The calculated F value in Table 2.1b is 5.080 while the Sig. value is .025, therefore since the Sig (P=0.025< 0.05) is less than the alpha value of 0.05 at 379 degrees of freedom, the null hypothesis is rejected, and the alternate retained meaning that actually emotional intelligence domain (self-awareness) does predict suicide ideation among students in federal universities in Owerri, Imo State.

Research Question 2.2: To what extent does emotional intelligence domain (relationship management) independently predict suicide ideation among students in federal university in Owerri, Imo State?

Table 2.2a: Simple regression analysis showing R correlation of emotional intelligence domain (relationship management) independently predicting suicide ideation among students in federal universities in Owerri, Imo State.

Model	R	R Square	Adjusted R Square	Standard Error of the Estimate
1	.171 ^a	.029	.027	6.599

From the analysis in Table 2.2a, the relationship between emotional intelligence domain (relationship management) and suicide is $R = .171$, R^2 value is .029, the adjusted R^2 Value is .027 while the standard error of estimates is 6.599. Furthermore, the R^2 value of .029 signifies that emotional intelligence domain (relationship management) accounts for 2.9% of suicide ideation among students in federal universities in Owerri, Imo State.

Hypothesis 2.2: Emotional intelligence domain (relationship management) independently does not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 3.2a: Summary of ANOVA test associated with Simple regression of Emotional Intelligence domain (relationship management) on suicide ideation among students in federal universities in Owerri, Imo State.

Model		Sum of squares	df	Mean square	F	Sig	Result
1	Regression	497.901	1	497.901	11.432	.001 ^a	Significant (Rejected Ho)
	Residual	16462.720	378	43.552			
	Total	16960.621	379				

The calculated F value in Table 2b is 11.432 while the sig. value is .001, therefore since the sig ($P=0.001<0.05$) is less than the alpha value of 0.05 at 379 degrees of freedom, the null hypothesis is rejected, and the alternate retained, which means that emotional intelligence domain (relationship management) does predict suicide ideation among students in federal universities in Owerri, Imo State.

Research Question 2.3: To what extent does emotional intelligence domain (self-management) independently predict suicide ideation among students in federal university in Owerri, Imo State.

Table 2.3a: Simple regression analysis showing R correlations of emotional intelligence domain (self-management) independently predicting suicide ideation among students in federal universities in Owerri, Imo State.

Model	R	R Square	Adjusted R Square	Standard Error of the Estimate
1	.073 ^a	.005	.003	6.681

From the analysis in Table 3a, the relationship between emotional intelligence domain (self-management) and suicide is $R = .073$, R^2 value is .005, the adjusted R^2 value is .003 while the standard error of estimates is 6.681. Furthermore, the R^2 value of .005 signifies that suicide ideation is predicted by 0.5% of emotional intelligence domain (self-management) among students in federal universities in Owerri, Imo State.

Hypothesis 2.3: Emotional intelligence domain (self-management) independently does not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 2.3b: Summary of ANOVA test associated with simple Regression of Emotional intelligence domain (self-management) on suicide ideation among students in federal universities in Owerri, Imo State.

Model		Sum of square	df	Mean square	F	Sig	Result
1	Regression	90.538	1	90.538	2.029	.155 ^b	not significant (accept Ho)
	Residual	16870.083	378	44.630			
	Total	16960.621	379				

The calculated F value in Table 2.3b is 2.029 while the sig. value is .155, therefore since the sig. ($P=0.155 > 0.05$) is greater than the alpha value of 0.05 at 379 degrees of freedom, the null hypothesis is retained, confirming that actually emotional intelligence domain (self-management) does not predict suicide ideation among students in federal universities in Owerri Imo State.

Research Question 2.4: To what extent does emotional intelligence domain (social awareness) independently predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 2.4a: Simple regression analysis showing R correlations of emotional intelligence domain (social-awareness) independently predicting suicide ideation among students in federal universities in Owerri, Imo State.

Model	R	R Square	Adjusted R Square	Standard Error of the Estimate
1	.110 ^a	.012	.010	6.658

From the analysis in Table 2.4a, the relationship between emotional intelligence domain (social awareness) and suicide is $R = .110$, R^2 value is .012, the adjusted R^2 value is .010 while the standard error of estimates is 6.658. Furthermore, the R^2 value of 0.12 signifies that emotional intelligence domain (social awareness) predicts 1.2% of suicide ideation among students in federal universities in Owerri, Imo State.

Hypothesis 2.4: Emotional Intelligence domain (social awareness) independently do not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 2.4b: Summary of ANOVA test associated with simple Regression of Emotional intelligence domain (social awareness) on suicide ideation among students in federal universities in Owerri, Imo State.

Model		Sum of squares	df	Mean square	F	Sig	Result
1	Regression	206.288	1	206.268	4.654	.032 ^b	not significant (reject Ho)
	Residual	16754.353	378	44.324			
	Total	16960.621	379				

The calculated F value in Table 2.4b is 4.654 while the sign value is .032, therefore since the sig. ($P=0.032 < 0.05$) is less than the alpha value of 0.05 at 379 degrees of freedom, the null hypothesis is rejected, and the alternate retained meaning that emotional intelligence domain (social awareness) does predict suicide ideation among students in federal universities in Owerri, Imo State.

Research Question 3: To what extent does drug use independently predict suicide ideation among students in federal university in Owerri, Imo State.

Table 3a: Simple regression analysis showing R correlations of drug use independently predicting suicide ideation among students in federal universities in Owerri, Imo State.

Model	R	R Square	Adjusted R Square	Standard Error of the Estimate
1	.500 ^a	.250	.247	5.825

From the analysis in table 3a the relationship between drug-use and suicide is $R = .500$, R^2 value is .250, the adjusted R^2 value is .247 while the standard error of estimates is 5.825. Furthermore, the R^2 value of .250 signifies that drug use accounts for 25% of suicide ideation among students in federal universities in Owerri, Imo State.

Hypothesis 3: Drug use independently does not predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 3b: Summary of ANOVA test associated with simple regression of Drug use on suicide ideation among students in federal universities in Owerri, Imo State.

Model		df	Mean square	F	Sig	Result	
1	Regression	4305.983	1	4305.983	128.621	.000 ^b	significant (reject Ho)
	Residual	12654.639	378	33.478			
	Total	16960.621	379				

The calculated F value in table is 128.621 while the sig. value is .000, therefore since the sig ($P = 0.000 < 0.05$) is less than the alpha value of 0.05 at 379 degrees of freedom, the null hypothesis is rejected, and the alternate retained, meaning that Drug use does predict suicide ideation among students in federal universities in Owerri, Imo State.

Research Question 4: To what extent does self-esteem independently predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 4a: Simple regression analysis showing R correlation of self-esteem independently predicting suicide ideation among students in federal universities in Owerri, Imo State.

Model	R	R Square	Adjusted R Square	Standard Error of the Estimate
1	.239 ^a	.057	.055	6.504

From the analysis in Table 4a the relationship between self-esteem and suicide ideation is $R = .239$, R^2 value is 0.57, the adjusted R^2 value is .055 while the standard error of estimates is 6.504. Furthermore, the R^2 value of 0.57 signifies that self-esteem accounts for 5.7% of suicide ideation among students in federal universities in Owerri, Imo State.

Hypothesis 4: Self-esteem independently does not significantly predict S.I among students in federal universities in Owerri, Imo State.

Table 4b: Summary of ANOVA test association with Simple Regression of self-esteem on S. I.

Model		Sum of squares	df	Mean square	F	Sig	Result
1	Regression	968.448	1	968.448	22.891	.000 ^b	Significant (reject Ho)
	Residual	15992.173	378	42.307			
	Total	16960.621	379				

The calculated F value in Table 4b is 22.891 while the sig value is .000, therefore since the sig. ($P=0.001 < 0.05$) is less than the alpha value of 0.05 at 379 degrees of freedom, the null hypothesis is rejected and the alternate retained. Retaining the alternate means that self-esteem indeed does predict suicide ideation among students in federal universities in Owerri, Imo State.

Research Question 5: To what extent do emotional intelligence domains (self-awareness, relationship management, self-management and social awareness) jointly predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 5a: Beta values associated with multiple regression analysis of emotional intelligence (self-awareness relationship management, self-management and social awareness) on suicide ideation among students in federal universities in Owerri, Imo State.

Model	Unstandardized coefficients		standardized coefficients		
	B	std. error	Beta	T	Sig
1	Constant	14.204		3.684	.000
	Self-awareness	-.238	-.100	-1.983	.049
	Relationship, mgt.	.557	.164	3.077	.002
	Self-management	-.325	-.107	-2.057	.040
	Social awareness	.297	.089	1.678	.094

The result in Table 5a revealed that the beta value for emotional intelligence domain of self-awareness, relationship management, self-management and social awareness is -.100, .164, -.107 and .089 respectively. Based on their beta values it showed that relationship management had the highest contribution (16.4%) followed by self-management (10.7%), self-awareness (10%) and social-awareness (8.9%) on suicide ideation.

Hypothesis 5: Emotional intelligence (self-awareness, relationship management, self – management and social awareness) jointly do not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 5b: Summary of ANOVA test associated with multiple Regression analysis of Emotional intelligence (self-awareness, relationship management, self-management and social awareness) on suicide ideation among students in federal universities in Owerri, Imo State.

Model		sum of squares	df	Mean square	F	Sig	Result
1	Regression	970.286	4	242.572	5.689	.000 ^b	significant (reject Ho)
	Residual	15990.335	375	42.641			
	Total	16960.621	379				

The calculated F value in Table 5b is 5.689 while the sig. value is .000, therefore since the sig ($P = 0.000 < 0.05$) is less than the alpha value 0.05 at 379 degrees of freedom, the null hypothesis is rejected and the alternate retained meaning that actually emotional intelligence (self-awareness, relationship management, self-management and social awareness) jointly do predict suicide ideation among students in federal universities in Owerri, Imo State.

Research Question 6: To what extent do depression, emotional intelligence domains (self-awareness, relationship management, self-management and social awareness), drug use and self-esteem jointly predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 6a: Beta values associated with multiple regression analysis of depression, Emotional intelligence domains (self-awareness relationship management, self-management and social awareness), drug use and self-esteem on suicide ideation among students in federal universities in Owerri, Imo State.

Model		Unstandardized coefficients		Standardized Coefficients		Sig
		B	Std. error	Beta	T	
1	(Constant)	- 10.615	3.547		- 2. 993	- .003
	Depression	. 515	.050	.451	10.30	. 000
	Self- awareness	- . 039	. 094	- . 017	- 0.415	. 675
	Relationship, mgt.	. 120	.143	. 035	. 840	. 402
	Self-management	- . 211	.124	- . 070	- 1.702	. 090
	Social awareness	. 255	.138	. 076	1.848	. 065
	Drug use	. 322	. 051	. 290	6.314	. 000
	Self-esteem	. 051	. 073	. 029	0.699	. 489

The result in Table 6a revealed that the beta value for emotional intelligence domains of self- awareness, relationship management, self-management and social awareness -. 017, .035, -. 070, and .076 respectively. Depression, drug use and self-esteem are .451, .290 and .029 respectively. Based on their beta values it showed that depression had the highest contribution on suicide ideation as it has 45.1% followed by Drug use (29.0), social awareness (7.6%), self-awareness (-1.7%).

Hypothesis 6: Depression, Emotional intelligence domains (self-awareness, relationship management, self-management, and social awareness), Drug use and self-esteem jointly do not significantly predict suicide ideation among students in federal universities in Owerri, Imo State.

Table 6b: summary of ANOVA test associated with multiple Regression analysis of Depression, Emotional intelligence (self-awareness, Relationship management, self- management and social awareness), drug use and self-esteem on suicide ideation among students in federal universities in Owerri, Imo State.

Model		sum of squares	Df	Mean square	F	Sig	Result
1	Regression	7459.293	7	1065.613	41.722	.000 ^b	Significant (reject H0)
	Residual	9501.328	372	25.541			
	Total	16960.621	379				

The calculated F value in Table 6b is 41.722 while the sig. value is .000, therefore since the sig (P=0.000<0.05) is less than the alpha value of 0.05 at 379 degrees of freedom, the null hypothesis is rejected, and the alternate retained meaning that actually depression, Emotional intelligence (self-awareness, relationship management, self-management and social awareness), drug use and self-esteem jointly predict suicide ideation among students in federal universities in Owerri, Imo State.

Discussion

Self-esteem, drug use, and depression independently predict suicide ideation among the students in federal universities in Owerri, Imo State. The result in the tables revealed that depression, drug use and self-esteem independently have significant prediction on suicide ideation. These findings are coherent with the findings of some studies that revealed a significant prediction of ideation by some psychological factors. This finding implies that the students who have self-esteem issues, constantly experience depression or who are involved deeply in the use of drugs, are going to be liable to the issue of suicide ideation. From the findings of Bodene et al (2024), who examined depression and suicide ideation, depression was found to be a correlate of suicide ideation. The students in federal universities

in Owerri, Imo State should endeavor to build more strength in the areas that pressure them instead of resorting to the use of substances in a bid to avoid those challenges. No matter what these challenges and difficulties are, be it in their academics, career, family, or relationship, they should rather seek help, confront those issues, be optimistic and refuse to succumb to drug use.

Depression, independently, has a significant prediction on suicide ideation. This wasn't surprising to the researcher but was expected. There are some studies that are in line with the result. Ladi-Akinyemi et al (2020) investigated depression and suicide ideation among undergraduates and discovered that depression is statistically significantly associated with suicide ideation. They also noted that the risk factors that were statistically significantly associated with depression and suicide ideation were low self-esteem, intake of recreational drug, alcohol dependence, etc. Depression is the exaggerated, extended and continuous state of sadness and sorrow that spans over weeks and lingers on. It is a very serious phenomenon. There are conditions medically, physically, emotionally, environmentally and psychologically that could orchestrate depression. Students in these federal universities are constantly exposed to, and faced with factors that could lead to depression when not properly taken care of. Ranging from political instability in the nation, unemployment, financial constraints, unconducive learning environment to disruptions in school system and so on. From this finding it becomes pertinent that the students should be less exposed to traumatic challenges that could result in depression. Being worried, concerned or troubled about one's academic performance, personal needs and all the feeling of uncertainty that comes with it could only lead to anxious thoughts otherwise known as anxiety and then depression.

The finding that emotional intelligence jointly taken had a significant prediction of suicide ideation proved to be in agreement with the researcher's expectation. This also is in agreement with some other studies reviewed. The study of Cha and Nowak (2009) on emotional intelligence as a protective factor for suicidal behaviour provides preliminary evidence that E.I is a protective factor for suicide ideation and attempts. This means that those with high emotional intelligence are not susceptible to suicide ideation. Emotional intelligence, which is the ability of a person to be able to recognize his or her feelings, as well as that of others and reconcile both angles for proper, effective decision making and functioning has a number of domains it comprises. Looking at the different domains that make up emotional intelligence and going by the definition given, the researcher expected emotional intelligence domains when put together to predict suicide ideation among students in federal universities in Owerri, Imo State.

Emotional intelligence domains (self-awareness, relationship management, self-management, and social awareness) independently predicted suicide ideation among the students. The results show that independent variables under emotional intelligence domains independently have prediction of suicide ideation among the students. This is in line with the findings of some other studies as well. The results of the study carried out on the role of emotion regulation strategies in adolescents by Quintana-Orts et al (2020), confirmed no prediction of suicide ideation by emotion regulation (self-management or self-regulation) in the adolescents under study. This aligns with the present study which showed self-regulation not to be a predictor of suicide ideation among students in federal universities in Owerri. This is surprising to the researcher who had believed and expected self-management to be a predictor of suicide ideation among students in federal universities in Owerri, Imo State. Going further, the result of this study revealed that drug use independently predicts suicide ideation among students in the federal universities in Owerri. This is contrary to the result of the study by Wilcox (2004) which revealed no relationship between drug use and S.I. It stated that there is a need for additional research to be carried out. This is surprising to the researcher.

Depression, emotional intelligence domains, drug use and self-esteem jointly predict suicide ideation among the students in federal universities in Owerri, Imo State. The result in tables indicated the variables have a significant prediction of suicide ideation among the students. This is in total agreement with the researcher's expectation. Considering the predicting powers of the variables independently, the researcher would have been surprised if the variables, jointly taken, did not predict suicide ideation among the students in federal universities in Owerri. From the findings of Ladi-Akinyemi et al., (2020),

depression independently predicted suicide ideation as well as when taken jointly with self-esteem and recreational drugs. This is in line with the researcher's belief that suicide ideation among students in federal universities in Owerri is highly associated with low self-esteem and the intake of drugs, which inadvertently result in depression and ideation. Another study in agreement with this position is the study by Zakir, Mohammedamin and Defaru (2019) that examined suicidal behaviour and associated factors among students in Metu University, Ethiopia. The result revealed emotional intelligence as a predictor of suicide ideation and a predictor of depression. It also revealed that emotional intelligence and depression jointly taken predicted suicide ideation among Metu University students. This is in line with this study and not surprising to the researcher.

Conclusion

Suicide ideation is a major challenge among the students across the nation, particularly in the federal universities in Owerri, Imo State. Identifying and discussing the psychological factors that predict suicide ideation among the students is very essential in curbing the growing and increasing menace. Several studies have been carried out on suicide more than on suicide ideation, generally speaking. The psychological factors contributing to high rates of suicide ideation among the students in federal universities in Owerri, Imo State have been highlighted in this study. Based on the findings of the study, it was concluded that depression, emotional intelligence domains (self-awareness, relationship management, and social awareness) self-esteem are psychological predictors of suicide ideation among the students in the federal universities in Imo State alongside drug use. Majority of the psychological constructs are predictors of suicide ideation. The information obtained from the study can help in intervention and prevention services among the students in these federal universities in Owerri, Imo State. Future research should focus on further identifying other risk factors, to suicide ideation among the students.

Recommendations

Recommendations for this study are based on the results of the findings which are as follows:

1. Factors that cause depression, unconducive learning environment, unemployment, academic disruptions, etc. should be properly and constantly addressed among students in federal universities in Owerri, Imo State.
2. The students should be trained in the domains of emotional intelligence which include self-awareness, self-regulation, relationship management and social awareness, as this will equip them to handle challenges competently while achieving expected results.
3. All issues and factors that engender drug use among the students should be proscribed.
4. Enlightenment programs should be carried out from time to time to encourage the students and help them to build inner strength and resilience in the face of challenges.
5. There should be an avoidance of conditions that subject the students/expose them to adverse life's occurrences capable of resulting in depression and drug use.

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