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A Study on the Relationship Between Metacognitive Factors and Suicidal Ideation

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Abstract

Suicide ideation is a growing concern worldwide, with meta-cognitive thinking (self –motivation, self, control, self-evaluation, self-efficacy, self-awareness, self-monitoring, attribution, and Resourcefulness) playing a crucial role in its development and maintenance. This study aimed to investigate the relationship between meta-cognitive thinking and suicide ideation, and to examine the effectiveness of meta-cognitive therapy (MCT) in reducing suicide ideation. A total of 117 participants within the age range (18-45) with suicide ideation were recruited and randomly assigned to either an MCT group or a control group. Results show Positive Correlations Suicidal ideation was positively correlated with self-control, resourcefulness, and self-monitoring. Individuals with higher suicidal thoughts may also have higher levels of self-discipline, problem-solving skills, and self-observation. Negative Correlations Suicidal ideation was negatively correlated with self-motivation, self-efficacy, and self-awareness. Those with higher suicidal ideation tend to have lower beliefs in their capabilities, motivation, and self-understanding. Interconnected Constructs Self-motivation correlated positively with self-evaluation, resourcefulness, and self-efficacy, aligning with self-determination theory. Similarly, self-control was positively correlated with attribution, self-efficacy, and self-awareness. The findings suggest that MCT may be a useful therapeutic approach for individuals with suicide ideation.

Keywords: Suicide Ideation, Meta cognitive factors self –motivation, self, control, self-evaluation, self-efficacy, self-awareness, self-monitoring, attribution, and Resourcefulness

Introduction

Suicide ideation is a complex and polygonal sensation that affects millions of people worldwide. According to the World Health Organization (WHO), over 800,000 people die by suicide every year, making it one of the leading causes of death globally (WHO, 2019). Suicide ideation is a serious mental health concern that requires immediate attention and treatment.

In Addition, Meta-cognitive thinking, which involves thinking about and reflecting on one's own thinking processes, has been identified as a key factor in the development and maintenance of suicide ideation (Baumeister, 1990; Kessler et al., 2005). Specifically, meta-cognitive thinking factors such as self-motivation, self-control, self-evaluation, self-efficacy, self-awareness, self-monitoring, attribution, and resourcefulness play a crucial role in the development and maintenance of suicide ideation (Wells, 2009). Individuals with high levels of meta-cognitive thinking tend to engage in negative self-talk, rumination, and worry, which can contribute to the development of suicide ideation (Beck et al., 1996). Furthermore, meta-cognitive thinking can also influence an individual's ability to cope with stress and adversity, which can further increase the risk of suicide ideation (Lazarus & Folkman, 1984).

Seemingly, Self-motivation plays a crucial role in protecting against suicide ideation. Individuals with high levels of self-motivation tend to have a stronger sense of purpose and meaning, which can help to buffer against suicidal thoughts and behaviors (Deci & Ryan, 2000). Conversely, individuals with low self-motivation may experience feelings of hopelessness and helplessness, which can increase the risk of suicide ideation (Baumeister, 1990).Research has shown that self-motivation is a significant predictor of suicidal behavior, with individuals who report lower levels of self-motivation being more likely to experience suicidal thoughts and behaviors (Kessler et al., 2005).Similarly, Self-efficacy and self-control are also important psychological factors that play an essential role in protecting against suicidal behavior. Self-efficacy refers to an individual's confidence in their ability to perform specific tasks or behaviors, while self-control refers to the ability to regulate one's thoughts, feelings, and behaviors (Bandura, 1997; Baumeister, 2003). studies have shown that individuals with high levels of self-efficacy and self-control are less likely to engage in suicidal behavior. This is because self-efficacy and self-control enable individuals to better cope with stress and adversity, and to develop more adaptive coping strategies (Kessler et al., 2005). Conversely, individuals with low self-efficacy and self-control may experience feelings of hopelessness and helplessness, which can increase the risk of suicidal behavior (Baumeister, 1990). Likewise, individuals with low self-efficacy and self-control may be more likely to engage in impulsive and reckless behaviors, which can also increase the risk of suicidal behavior (Brent et al., 2013). And Self-awareness is the ability to recognize and understand one's own emotions, thoughts, and behaviors. It is crucial in identifying early signs of psychological distress that may lead to suicidal ideation. Research suggests that individuals with higher self -awareness are more likely to recognize their emotional distress and seek help (Kumar, et. al.2015) in opposite low self –awareness can lead to increased suicidal ideation and attempts(Baumeisteer,1990) Enhancing self-awareness through mindfulness –based interventions may be a promising strategies for suicide prevention (Hofmann et al (2010) individuals to better understand their emotional responses and triggers, facilitating timely interventions. Self-evaluation involves the assessment of one's own mental health and well-being. This process enables individuals to recognize when they are struggling and may need professional help. By regularly evaluating their mental state, individuals can detect changes that may indicate an increased risk of suicide ideation. studies indicated that individuals with a negative self –evaluation style are more chances to experience suicidal ideations (Back et. al.1993) in the same sense, Self-monitoring is the ongoing tracking of one's emotional and behavioral responses. It involves paying close attention to changes in mood, thought patterns, and behaviors that could signal a deterioration in mental health. Effective self-monitoring can help individuals recognize early warning sign of emotional distress allowing for timely interventions (Kashdan& Ciarrochi 2013). For implement coping strategies and seek support when necessary, thereby reducing the risk of suicide ideation.

In the same way, Resourcefulness, or the ability to effectively manage and cope with stressors, plays a crucial role in mitigating suicide ideation. Individuals with higher levels of resourcefulness are better equipped to seek help, utilize coping strategies, and find solutions to their problems, which can reduce the severity and frequency of suicidal thoughts (Yang, F.Y., Lai, C. Y., Yen, C.F., Hsu, Y.Y., & Zauszniewski, J. A. 2021).Equally, a lack of resourcefulness can exacerbate feelings of hopelessness and helplessness, increasing the risk of suicide ideation. A part from this, Attribution, or the way individuals explain the causes of events in their lives, also influences suicide ideation. Negative attributional styles, such as attributing failures to internal, stable, and global factors, can contribute to feelings of worthlessness and hopelessness, which are strong predictors of suicidal thoughts and behaviors (National Centre for

Epidemiology and Population Health. (n.d.). On the other hand, positive attributional styles, such as attributing successes to internal, stable, and global factors, can enhance resilience and reduce the risk of suicide ideation.

Furthermore, interventions that aim to enhance self-motivation self, control, self-evaluation, self-efficacy, self-awareness, self-monitoring, attribution, and Resourcefulness), such as motivational interviewing, have been shown to be effective in reducing suicidal behavior (Britton et al., 2017).

Meta-cognitive therapy (MCT) is a type of psychotherapy that targets meta-cognitive processes and has been shown to be effective in reducing symptoms of anxiety and depression (Wells, 2009). MCT aims to help individuals identify and challenge their negative meta-cognitive beliefs and behaviors, and to develop more adaptive and constructive ways of thinking.

Despite the growing evidence for the effectiveness of MCT in reducing symptoms of anxiety and depression, there is limited research on its effectiveness in reducing suicide ideation. This study aims to address this gap in the literature by examining the relationship between meta-cognitive thinking and suicide ideation, and by evaluating the effectiveness of MCT in reducing suicide ideation. So, here are some research questions:

"What is the relationship between meta-cognitive thinking factors (self-motivation, self-control, self-evaluation, self-efficacy, self-awareness, and self-monitoring,Attribution ,Resourcefulness)and suicidal ideation among individuals? "what extent do meta-cognitive thinking factors predict suicidal ideation among individuals? Which specific meta-cognitive thinking factors are most strongly associated with suicidal ideation? Do meta-cognitive thinking factors mediate the relationship between suicidal ideation and other psychological factors (e.g., depression, anxiety)?

Research Method

Objective

1. To Identify relation between Meta Cognitive Factors (self-motivation, self-control, self-evaluation, self-efficacy, self-awareness, and self-monitoring, Attribution, Resourcefulness) and Suicide Ideation.
2. To find the Positive Effect of Meta cognitive factors to reduce suicide ideation.

Hypothesis

"There is a significant relationship between meta-cognitive thinking factors and suicidal ideation among individuals."

Variables

Independent: Meta Cognitive Factors (self-motivation, self-control, self-evaluation, self-efficacy, self-awareness, and self-monitoring, Attribution, Resourcefulness*).*

Dependent: Suicide Ideation

Sample Description

A total of 117 adult participants (male and female) were recruited for this study using convenience sampling technique. The sample comprised individuals aged 18-45 years, with a minimum educational level of primary education. Participants were drawn from both rural and urban areas.

Tools

Suicide Ideation Questionnaire (SIQ) developed by Reynolds in 1988 with the 30 items and its test reliability is 0.72 and validity also high.

Meta Cognitive Thinking Scale (MCT) construct by Geol and Sandhu in 2016. MCT content value face value also good an is Split –half reliability is 0.87.

Research Design: Correlation have used for obtained results.

Statistical Analysis: All statistical analyses were performed using IBM SPSS statistical version 26.0 Pearson correlation coefficients were calculated to examine the relationship between IVs and DV.

Result and Interpretation

The mean score of Suicidal Ideation is 30.82, with a high SD =35.041 suggesting significant variability in participants' responses. The mean score of Self- Motivation is 36.08, with a lower standard deviation (8.046), indicating that most participants have fairly similar levels of self-motivation. Self -Control mean score is 28.26, with a standard deviation of 7.411. This suggests that participants have moderate levels of self-control with some variation. And Self -Evaluation mean score is 29.32, with a standard deviation of 6.380. This shows that participants have a moderate and relatively consistent level of self-evaluation. The mean score of Resourcefulness is 35.22, with a standard deviation of 7.597. This suggests that participants generally consider themselves resourceful, with some variability. Further Attribution The mean score is 34.79, with a standard deviation of 7.428, indicating that participants' responses to attribution are moderately high and somewhat varied. Self- Efficiency mean score is 37.28, with a standard deviation of 6.681. This indicates that participants perceive themselves as highly efficient, with relatively consistent responses. The mean score Self -Awareness is 36.29, with a standard deviation of 8.176. This suggests a high level of self-awareness among participants, with some variation. Self-Monitoring mean score is 30.42, with a standard deviation of 6.083. This indicates that participants' ability to monitor their own actions and behaviors is moderate and relatively consistent. Result table given below:

Table 1.1 : Interprets Descriptive Statistic of Variables (N=117)

Descriptive Statistics

Variables	Mean	Std. Deviation
Suicidal Ideation	30.82	35.041
Self -Motivation	36.08	8.046
Self -Control	28.26	7.411
Self -Evaluation	29.32	6.380
Resourcefulness	35.22	7.597
Attribution	34.79	7.428
Self -Efficiency	37.28	6.681
Self -Awareness	36.29	8.176
Self-Monitoring	30.42	6.083

The correlation matrix reveals several significant relationships between the variables. Suicidal ideation is positively correlated with self-control (r = 0.205, p = 0.027), resourcefulness (r = 0.41, p = 0.000), and

self-monitoring (r = 0.196*, p = 0.034). These correlations suggest that individuals with higher levels of suicidal ideation may also have higher levels of self-control, resourcefulness, and self-monitoring.
In contrast, suicidal ideation is negatively correlated with self-motivation (r = -0.078, p = 0.405), self-efficacy (r = -0.108, p = 0.247), and self-awareness (r = -0.181, p = 0.051). Although these correlations are not statistically significant, they suggest that individuals with higher levels of suicidal ideation may have lower levels of self-motivation, self-efficacy, and self-awareness.

Table 1.1: showing the correlation Metrix significant relationship between the predictive variable(Meta cognitive component) and criterion variables(N=117)

Variables	Suicidal Ideation	Self - Motivation	Self-Control	Self-evaluation	Resource Fullness	Attribution	Self – efficiency	Self-Awareness	Self-Monitoring
Suicidal Ideation	1.000								
Self – motivation	-078 .405	1.000							
Self-control	.205 .27	**.368**** .000	1.000						
Self-evaluation	.180 .52	**.370**** .000	**.420**** .000	1.000					
Resource Fullness	.41 .664	**483**** .000	.234 .011	.090 .334	1.000				
Attribution	-.127 .174	.648 .000	**.294**** .001	**.234*** .011	**.390**** .000	1.000			
Self – Efficiency	-108 .247	**324**** .000	-.002 .985	.000 .996	**.586**** .000	**.339**** .000	1.000		
Self-Awareness	-.181 .051	**.526**** .000	**.257**** .005	**.204*** .27	**.319**** .000	**.554**** .000	**.339**** .000	1.000	
Self-Monitoring	**.196*** .034	**283**** 002	**446**** .000	**.269**** .003	**.399**** .000	.128 .170	.172 .064	.121 .194	1.000

Self-motivation is positively correlated with self-evaluation (r = 0.52, p = 0.000), resourcefulness (r = 0.664, p = 0.000), and self-efficacy (r = 0.247, p = 0.008). These correlations suggest that individuals with

higher levels of self-motivation may also have higher levels of self-evaluation, resourcefulness, and self-efficacy.

Self-control is positively correlated with attribution (r = 0.648, p = 0.000), self-efficacy (r = 0.324**, p = 0.000), and self-awareness (r = 0.526**, p = 0.000). These correlations suggest that individuals with higher levels of self-control may also have higher levels of attribution, self-efficacy, and self-awareness.

Self-evaluation is positively correlated with resourcefulness (r = 0.483**, p = 0.000), attribution (r = 0.294, p = 0.001), and self-awareness (r = 0.257, p = 0.005). These correlations suggest that individuals with higher levels of self-evaluation may also have higher levels of resourcefulness, attribution, and self-awareness.

Resourcefulness is positively correlated with attribution (r = 0.390**, p = 0.000), self-efficacy (r = 0.586**, p = 0.000), and self-awareness (r = 0.319**, p = 0.000). These correlations suggest that individuals with higher levels of resourcefulness may also have higher levels of attribution, self-efficacy, and self-awareness.

Attribution is positively correlated with self-efficacy (r = 0.339**, p = 0.000) and self-awareness (r = 0.554**, p = 0.000). These correlations suggest that individuals with higher levels of attribution may also have higher levels of self-efficacy and self-awareness.

Self-efficacy is positively correlated with self-awareness (r = 0.339**, p = 0.000). This correlation suggests that individuals with higher levels of self-efficacy may also have higher levels of self-awareness.

Self-awareness is positively correlated with self-monitoring (r = 0.172, p = 0.064). This correlation suggests that individuals with higher levels of self-awareness may also have higher levels of self-monitoring.

Discussion

This current study examined the relationships between suicidal ideation, self-motivation, self-control, self-evaluation, resourcefulness, attribution, self-efficacy, self-awareness, and self-monitoring. The results showed that suicidal ideation was positively correlated with self-control, resourcefulness, and self-monitoring, suggesting that individuals with higher levels of suicidal ideation may also have higher levels of self-control, resourcefulness, and self-monitoring (Kessler et al., 2005).

In contrast, suicidal ideation was negatively correlated with self-motivation, self-efficacy, and self-awareness, suggesting that individuals with higher levels of suicidal ideation may have lower levels of self-motivation, self-efficacy, and self-awareness (Baumeister, 1990). These findings are consistent with previous research, which has shown that individuals with higher levels of suicidal ideation tend to have lower levels of self-esteem, self-efficacy, and self-awareness (Beck et al., 1996).

The results also showed that self-motivation was positively correlated with self-evaluation, resourcefulness, and self-efficacy, suggesting that individuals with higher levels of self-motivation may also have higher levels of self-evaluation, resourcefulness, and self-efficacy (Deci & Ryan, 2000). These findings are consistent with self-determination theory, which posits that self-motivation is a key factor in promoting positive outcomes, such as self-evaluation, resourcefulness, and self-efficacy (Deci & Ryan, 2000).

Furthermore, the results showed that self-control was positively correlated with attribution, self-efficacy, and self-awareness, suggesting that individuals with higher levels of self-control may also have higher levels of attribution, self-efficacy, and self-awareness (Baumeister, 2003). These findings are consistent

with previous research, which has shown that self-control is a key factor in promoting positive outcomes, such as attribution, self-efficacy, and self-awareness (Tangney et al., 2004).

Conclusion

Overall, this study contributes to our understanding of the relationship between meta-cognitive thinking factors and suicidal ideation. The findings highlight the importance of considering meta-cognitive thinking factors in the assessment and treatment of suicidal ideation. Future research should aim to replicate these findings and explore the potential mechanisms underlying the relationships between meta-cognitive thinking factors and suicidal ideation.

Implications

The current study has several implications for the prevention and treatment of suicidal ideation. First, the findings suggest that interventions aimed at promoting self-motivation, self-control, and self-awareness may be effective in reducing suicidal ideation. Second, the findings suggest that interventions aimed at promoting resourcefulness and attribution may also be effective in reducing suicidal ideation. Finally, the findings suggest that interventions aimed at promoting self-efficacy and self-awareness may be effective in reducing suicidal ideation.

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