



## Stress, Mental Imagery and Suicidal Ideation among Adolescents

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**Abstract:** *The present study titled “Stress, Mental Imagery and Suicidal Ideation among Adolescents” was undertaken with an objective to study the relation between stress, mental imagery and suicidal ideation. 21<sup>st</sup> century is known as the era of stress and competition. Youth and adolescents are under its radar in the present time. This is affecting them in a very adverse manner which is hampering their thought process and increasing the risk of suicide among them.*

*Five hypotheses were formulated for verification- (1) There will be significant difference in suicidal ideation between male and female. (2) There will be significant gender difference in the level of stress among adolescents. (3) Significant gender difference will be found among adolescents on mental imagery. (4) There will be negative correlation between high level of stress and mental imagery. (5) Stress and suicidal ideation will be positively correlated. A sample of 100 adolescents (50 male and 50 female) were selected through Incidental-Cum-Purposive Sampling Method. The data was collected from class 9<sup>th</sup> students of Acharya Sudarshan Patna Central School. Lakshmi and Narain Stress Scale (SS), Sisodia and Bhatnagar Suicidal Ideation Scale (SIS) and Rajamanickam Mental Imagery Questionnaire (MIQ) were used for data collection. Mean, SD, t-ratio and coefficient of correlation were computed for the result interpretation. There was no significant difference found in suicidal ideation among male and female. No significant gender difference was observed among adolescents in mental imagery. A significant gender difference was observed in the level of stress among adolescents. A positive correlation occurred between stress and mental imagery which is not significant indicating towards the occurrence of chance factor. And a significant positive correlation was found between stress and suicidal ideation among adolescents.*

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