

The Deafening Silence of Students Developing Suicidal Ideation During the Pandemic: A Phenomenology

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Abstract

Developing suicidal ideation among students is very rampant yet can be prevented. Myriad works of literature dictate that in the world of psychology and education, thinking of ending one's life. However, no study explicates the experiences of these students experiencing the act of thinking to commit suicide. This study explored the lived experiences of students who develop suicidal ideation during this time of pandemic for numerous reasons. Anchored from Integrated Motivational-Volitional Model, this study used the Heideggerian Phenomenology research design. Individual interviews were conducted with seven participants utilizing a semi-structured interview guide in Cebu province. The seven participants were carefully chosen using purposive sampling with the incorporation of the inclusion criteria. Interpretative Phenomenological Analysis (IPA) popularized by Moustakas and modified by Van Kaam Approach with 7 steps was employed in the study. There are four themes: (1) No way Out, (2) No Support, (3) No Relationship, and (4) No Valid Reason. These themes elaborated on how the participants lived their lives with dangerous minds to end their existence. With this, it is recommended that a counseling session as a psychological intervention may be instituted by the University Guidance Counselor through a management plan considering the number of students and other resources.

Keywords— Suicidal Ideation, pandemic, Phenomenology, Integrated Motivation-Volitional Model

I. INTRODUCTION

The pandemic which cascaded multiple devastating effects into the lives of many people across the country, especially to a lot of students with an unsound environment, posed great significance to focus the lens to see the interacting factors interrupting the normal cycle of behavior (Czeisler et al., 2021). The causality disposed of behavior among the students amidst the pandemic mainly accentuates their responses to the abrupt changes brought by the crisis (Sewall et al., 2021) which most of it have been destroyed their well-being both physically and psychologically (Okuyama et al., 2021). In the works of the literature, studies proved different predictors and factors affecting students to develop suicidal ideation were assessed quantitatively using Reynolds' (1987) Suicidal Ideation Questionnaire (SIQ), however, none of it started to investigate it the cases went up

during the pandemic. This study explored the effect of the pandemic on the students who are considering to think how they will end their existence.

The need to point out each of these predictors drives the researcher to synthesize different published articles to have a mental picture of these interactions and validate the presumptive causality of such behavior. Little attention was given to students who initiate to end their lives for some unidentifiable reasons (Almendingen et al., 2021). This study would like to establish its parameter specifically into the development of suicidal ideation and its root-caused. Harmer et al. (2020) defined suicidal ideation, which is also known as suicidal thoughts, as the capacity of someone who is preoccupied with thinking about ending oneself or committing suicide. Suicidal ideation is prevalent worldwide and is related to mental distress and psychological unsound (Botega et al., 2005). Crosby et al. (2010) studied

complete suicide cases that identified the suicidal behaviors are happening and occurring that will end up in death but this can be prevented through nonlethal precursors behavior.

In the first week of March, the first transmission was reported and in the second week, the Philippines faced its first lockdown. The measures made by the created damage in almost all aspects of life because people were constricted and forced to stay in their respective homes. According to the study by Hoekstra (2020), this unprecedented event elevated the percentage of suicidal attempts among students because of their psychological well-being and mental health which were mostly affected by the crisis. Hoekstra found out that lack of support psychologically from the parents, fear of transmission, educational drop-off, perceived health and monetary challenges were the predictors of having a higher level of anxiety and depression which latter resort to suicidal thoughts and attempts. With this, it is imperative to validate these predictors as to which of these were manifesting and still making their space in the lives of everyone to develop interventions that will directly address such behavior and lowers the rate of suicide cases.

The catastrophic effect of the pandemic elevated the rate of the vulnerability of developing self-harm among students around the globe (Bismark et al., 2022). This event may take a serious disturbance of their psychological well-being which later communicates to poor decision-making and behavior. Suicidal ideation is an attempt or act of thinking about ending one's life (Favril, 2021). The significance of this study resonates with the existing gap concerning the psychological health of the participants who experienced the maximum gravity of the pandemic and develop anxiety within themselves which should be taken into account to decrease the development of suicidal ideation (Kaye et al., 2021). Everyone is vulnerable to developing suicidal ideation because of the societal laws on perfectionism. With this, it is expedient to know the lived experiences of these students developing suicidal ideation and can provide educational and psychological

interventions. The upper management of the Higher Educational Institution (HEI) can create essential steps that are vital in knowing and identifying the students having this tendency of suicidal ideation and provide assistance to the struggles and challenges that the students are experiencing.

II. OBJECTIVES

Generally, the study explicated the lived experiences of the students in suicidal ideation during the pandemic. Further, this study will look into the following:

- a. The problems and difficulties encountered by the participants pushed them to develop suicidal ideation.
- b. The different factors play an integral role in developing suicidal ideation.
- c. The recommendation program or action plan that can be construed from the findings of the study
- d. The meaning of the participants' experience.

III. REVIEW OF RELATED LITERATURE

Pieces of the empirical evidence presented in this chapter exemplified a real setting where the development of suicidal ideation is really manifesting and evolving especially during this time of the pandemic. This is a cause of concern that the community should be aware of to protect young lives from some seriously disturbing behavior. Further, the different articles included in this literature review can shed light on understanding the reasons and predictors of students attempting the commit suicide.

The study by Cheung et al. (2019) and Knowles et al. (2021) speculated that the terms hope and resiliency may interact as the core remedies to help students cope with the weight brought by the pandemic. The study examined to what extent these two can reach desolate in the cycle of the development of suicidal thoughts and ideation among students. The study is quantitative in nature that utilized regression to validate the data in which it revealed that hopefulness and resiliency posed a positive impact to decreased the rate of developing suicidal ideation among students because of the

formation of a positive outlook towards life. This behavior could relatively improve the capacity of an individual to think critically, have good decision-making, and later perform good behavior. The result of this study is a good ground for reference in developing programs and activities for the youth to help them decompose their stress and develop a positive perspective in life despite the crisis that the world is facing.

In the study by Thompson et al. (2020), they examined the rate of development of suicidal ideation among the students who are patients in a psychiatric section in which they found out that the rate elevated dramatically. Indicators of these changes such as frustrations caused by activity absence, monetary challenges, conflict within the family, and abrupt changes in the routines were called for attention as these stressors may play an integral part in performing such ideation. These indicators are pertinent in supporting the reasons why most students living in single-parent family structures are prone to or have the tendency of thinking to commit suicide. Suicidal ideation is one of the most pressing issues especially in the time of the pandemic wherein the predictors or factors indicated above are manifested. It is vital to have these identified so that an essential action plan may be instituted to avoid this horror.

The study of Turner et al. (2021) delves into the correlation between the current situation of the world which faced a pandemic crisis the level of self-harm and suicidal thought and ideation among the students. This study utilized surveyed questionnaire and Pearson correlation coefficient as analysis to interpret the data. Based on the results, the study provided empirical evidence that students are exposed to a high-risk environment of self-harm behavior and suicidal attempts due to the development of anxiety and depression which are mainly caused by social restrictions. The study also highlighted that the usage of substances during the pandemic crisis had heightened the direct significance of the level of suicidal ideation and self-harm thoughts. This is why the study is a good ground for the development of programs and engaging

activities for the youth to facilitate a healthy mindset and decision.

According to the study by Shoib et al. (2021), the socio-cultural state of an individual during the pandemic was captured as one of the significant factors that increase the risk of an individual developing suicidal ideation. This study scrutinized different articles about the sociocultural state, suicidal ideation, and suicidal behavior to validate this assumption in which the study found out that indeed sociocultural state during the crisis elevated the risk of developing suicidal ideation, especially among students. The indicated sociocultural is the perceived fear of being infected by the virus, increasing pressure in the economic aspect, and scarcity of both physiological needs and wants. These stressors take up a huge role in damaging the overall health of an individual especially the students' psychological health and well-being. As this existing gap is indicated as an area of concern, the study recommends practical interventions such as decreasing media exposure to the crisis, developing a specified helpline that will directly answer health concerns with regard to pandemics, and providing effective services concerning mental health. These may create a positive impact in decreasing suicidal ideation and suicidal cases amidst the pandemic.

Baiden et al. (2020) explored the association between the students' insufficient sleeping hours to suicidal ideation. Highlighted in the study are the statistical data regarding the number of the students who attempted to commit suicide. It was indicated that for the past 12 months, more than 1 in 6 students experienced suicidal ideation. Aside from this, the insufficiency in the sleeping hours affects their way of thinking which resulted in suicidal ideation. With this, the study recommended having physical activities in order to make diversion of thoughts and can get away from the suicidal ideation tendency. A sample of 13,659 was divided into females (51.8%) and males (48.2%). Using logistic regression, the tendency of suicide ideation was identified. With the number of samples, 17.6% are into suicidal ideation. Factors and predictors were identified in the study wherein cyberbullying was one of

those. With this, the teachers and guidance counselors play an integral role in making sure that this issue should be dealt with. It is recommended that physical activity program or management plan can be initiated in order to help these students not to experience suicidal ideation.

The cited articles above are chosen based on their relevance and significance to this study which may be utilized to validate and corroborate the results. These articles are pertinent to the discussion of the causality and the root-caused of the existing gap manifested in the lives of many students – the development of suicidal ideations. It also recommends tried-and-true remedies to address this disturbing gap experienced by students. It is very expedient to deliver this discussion to create prevention and intervention that could be applied to the family and to the community as a whole. It may also serve as a ground to develop services to better the mental health of the youth, especially those students who indicated a high risk of developing such behavior. In the long run, studying suicidal ideation may positively decrease the mortality rate of students committing suicide.

Theoretical Underpinning

In the seek for significant knowledge about a certain phenomenon, understanding its baseline and structure should be manifested in order to uncover every bit of facts that would explicitly describe the concept. Suicidal ideation, as a construct, is very much complex to discuss as it is naturally diverse in interacting within the minds of every individual. With that, to accurately discussed this construct, the theory of suicidal behavior popularized by O'Connor & Kirtley (2018) which is The Integrated Motivational-Volitional Model (IMV) was utilized.

Based on Joiner's theory of suicide and the theory of three-step, the IMV model was created to elaborately discuss the predictors of developing suicidal ideation and the factors of performing such thoughts which are lacking in the previously presented model. The model consists of three parts; Pre- Motivational Phase, Motivational Phase, and Volitional Phase

however this study set its parameter to only the two stages – the pre-motivation and motivation phase, as it focused only on the ideation, not on the commission of the act of ending one's life which is within the limitation of this study. In the Pre-motivational Phase, it was recognized that humanity is vulnerable to developing such ideation and may be triggered by the stressors coming from the environment. This specified vulnerability embodies the biological composition of an individual, environmental state, personal characteristics, and socio-economic status. These, together with the presence of life stressors, may influence the formation of thoughts in which the capacity of an individual to think radically decreases as these stressors alter the emotional wellbeing of a person. This premise is concentrated on the model of Broerman (2018) which is the Diathesis-Stress Model.

The second phase which is the motivational phase tackled explicitly the predominant predictors of suicidal ideation anchored to the Cry of Pain Model of William. In this stage, it has been recognized that acquiring a maximum feeling of defeat or humiliation over the things that have been happening, may it social, environmental, or personal, where an individual perceives that emotional distress with no escape strengthens the risk of developing suicidal ideation. The defeat or humiliation covers the perspective of the social law of perfectionism, negative thoughts about things, and their effect on the state of an individual. This stage highlighted that in the context of entrapment, it describes the feeling of incessant pain with no solution to seek which drives to development of the ideation. It was also recognized in this stage the presence of motivational moderators or MMVs that pronounced the likelihood that an individual may develop the ideation or not. These MMVs are the sense of belongingness and connectedness, the essence of life and goal drivers alter the capacity to develop the ideation while the sense of burdensome, deprivation of support socially, and low sustainability within the self are the highlighted factors that transform entrapment to ideation.

The framework provided by this model was utilized in the different published articles to explicitly discussed the phenomena that are within the ground of suicide. The study of Cleare et al. (2021) exemplified that the rate of committing self-harm among the patients admitted to the hospitals has been rapidly increasing which drives the researcher to address these pressing numbers. To do so, the researchers used the model as a baseline to understand the psychological aspect of doing self-harm and to discuss intensively the root cause of the existence of the behavior. Based on the model, suicidal ideation results as being independently differentiated among others such as defeat and entrapment. With this, the model could be of great help in creating psychological interventions that can facilitate the prevention of someone who is in the process of suicidal ideation. Furthermore, the study of Branley-Bell et al. (2019) discussed explicitly the difference between suicide attempts to suicidal ideation and its foundation of development. With the use of the model, the study found out that the context of entrapment supports highly increasing the risk to develop the thought of suicide and performing it. With this, the study recommended including an evaluation of entrapment in the suicide assessment to diagnose accurately the root cause of the behavior and to provide effective remedies to the suicidal behavior among the students. It may help to decrease the number of suicide cases in the country and in the world as well.

It is expedient to utilize the framework of this model to have a better understanding of the suicidal behavior among the students and to provide accurate and effective solutions to address the pressing issue of suicide. This model would be of great help in discussing the experiences of the participants and knowing what's the meaning behind those words.

IV. METHODOLOGY

Research Design

The study utilized Heideggerian Phenomenology Design to explicitly discussed the qualitative inquiry about the development of suicidal ideation among students during this time

of the pandemic. The study aimed to delve deeper into the lived experiences of the students, the state of their mental health, and stressors manifested in their system. Furthermore, the study would like to cognize the interactions of these stressors to the development of suicidal ideation and other disturbing behavior that may affect their lives.

Sampling Technique

To determine the participants in this study, the researcher utilized purposive sampling wherein the qualified participants experiencing the phenomenon were chosen by means of following the inclusion criteria. Once determined, the researcher asked the participant if they know someone who was experiencing the same situation. The same process is done by the researcher until data saturation was acquired. Through this, the relevancy and integrity of data with regard to explicating the development of suicidal ideation amongst the students were sustained.

Inclusion Criteria

The participants were carefully chosen by the following criteria: (1) A student of legal age. (2) A student of any sexual orientation and preference. (3) A student who develops suicidal ideation during the pandemic. Those students who had this before the pandemic are not qualified to participate in the study however if the suicidal ideation started before the pandemic up until today, the student is qualified to participate in the said study.

Data Collection

The creation of a consent letter was acquired as a first step and was sent to the participants for their approval. The participants were invited through an online advertisement wherein a post was displayed. Those who private message the researcher was validated if they qualify as a participant in the study. As the researcher obtained the participants' approval, the crafting of interview guide questions commenced. The researcher utilized a semi-structured interview guide (Smith & Shinebourne, 2012) crafted by the researcher that had undergone content validation executed by an expert (Cabello &

Bonotan, 2021). Once validated, the researcher contacted the participants to schedule their interviews utilizing both digital and physical interviews depending on the availability and comfortability of the participants. For the digital platform, the participants were required to have a Facebook account with a messenger application as a medium in having the interview session. The sessions were documented through a mobile recording and voice recording for members-checking (Alase, 2017), in order to verify the reliability of the researcher's interpretation (Cabello, 2022), and most importantly, it is a way to elicit details of the participants' lived experiences (Bhattacharya, 2009; Cabello et al., 2022). The study followed the strict implementation of the ethical norms during the conduction of data gathering (Bryman & Bell, 2007 as cited by Cabello et al., 2022). The data collected were treated using Interpretative Phenomenological Analysis.

Research Rigor

The study's rigor was sustained by utilizing the quality criteria of Whittemore et al. (2001). The (a) Credibility and Authenticity and (b) Criticality and Integrity of this study were intensively examined by these quality criteria. The study also used bracketing as mentioned by the study of Cabello (2022) to have amplification of the study's rigor and eradicate biases in order to sustain neutrality. The participants' responses were already anticipated (Cabello et al., 2022).

Ethical Considerations

This study observed ethical considerations adapted from Bryman and Bell (2007) in which the participants were treated in a way that they were not being compromised or coerced. The data extracted from them were dealt with the highest degree of confidentiality and anonymity. Furthermore, the study also sustained integrity and honesty with regard to the set goals and

objectives especially in communicating with the participants about the details of the study, and also in presenting the information being gathered from them. Overall, the study was presented with a superlative degree of objectivity, providing no room for bias and impartiality.

Data Analysis

The Interpretative Phenomenological Analysis (IPA) which was popularized by Moustakas, modified by the Van Kaam approach, and cited by Cabello (2022) and Zandro et al. (2022) was employed in treating the gathered data. In this analysis, there are seven key steps in order to explicitly examine the information acquired from the respondents. The first step is Horizontalizing in which duplicated quotes were determined and deleted. Second is the Reduction of Experiences to the invariant constituent wherein the authentic experiences were reduced into words or phrases. The third is the Thematic Clustering to create core themes in which the identification of similar experiences is done to create relevant themes. The fourth step is the alignment of invariant constituents to justify the core themes. The fifth step is the Crafting of Individual Textural Descriptions wherein it supports the horizons of the participants. The sixth step is the Construction of a structured analysis composed of discussion about the core themes, textural descriptions, and horizons that substantiate the discussion. And lastly, the seventh step is the summary of the discussion. These steps are very expedient to craft meaningful results to address the disturbing rate of the development of suicidal ideation amidst the pandemic among students.

Table I. Data Analysis

Horizons	Textural Language	Theme
<p><i>I feel like I'm all alone. I am choked. I think I am excluded from anyone. Well, this is me since then. That's why sometimes, I think I should not be here - living. Anyway, no one's going to know if I'll be gone after all (P3).</i></p> <p><i>One of the challenges I encountered ever since is the feeling that I can't be with people. I am shy and timid and aloof. There are times when I think of committing it because I think I have problems with or the people have problems with me (P5).</i></p> <p><i>The pandemic is one of the reasons why being alone lonely loner worsen. I am afraid to talk to people not because I don't have the courage to or being shy but the government imposed it. I am also concern on getting the virus because I am weak and sickly. It seems like it is the end of the world and thinking of ending one's life may be one of the things I should do (P1).</i></p> <p><i>Thinking of quitting my life is something that is not new to me because of the pain I felt which I cannot disclose. Anyway, you cannot understand since you are not in my shoe. It was painful. The pain was unfathomable (P2).</i></p>	<p>Exclusion</p> <p>Constricted Socialization</p> <p>Fear of COVID</p> <p>Intense Pain</p>	<p>No Way Out</p>
<p><i>Every time I have a problem, I will always ask help but I am shy because I am afraid of being misinterpreted. One of the challenges I encountered especially in school is someone who can listen emphatically, someone who can understand me, someone who has the science to analyze me. I am sometimes wanting to talk to a psychologist but I don't know anyone and I don't have any resources for such. I am cornered with no help at all from someone knowledgeable (P1).</i></p> <p><i>Sometimes, I want to end like anyone else because of poverty. I am a working student that needs to work in order to finish my remaining college year. I am tired of helping my family and even eating sometimes once a day only. I want to have two more jobs but I think my body can't do it anymore. It came to a point of committing it because I want to rest for good (P6).</i></p> <p><i>Living at home is like not there at all. I can't even call it home. I also understand that my parents need to work abroad and I have only one brother who's always inside the room playing mobile legends. We are new in Cebu because my parents left and we under the care of my granny. And yes they have to work because we don't have any means at all to sustain life. Sometimes, I am thinking of what it feels like to be away with them forever. No one is concerned about me and they think that I don't exist. I don't</i></p>	<p>Lack of Psychological Support</p> <p>Monetary Deficiency</p> <p>Family Absenteeism</p>	<p>No Support</p>

<p><i>have any friends because we are new. I only have my family but they are not yet here. (P4).</i></p>		
<p><i>After the series heartbreaks and failures in life, it is hard to trust anyone. For all its worth, I know can be better but in terms of allowing people to ruin me and to trust again? No way! I want to live life alone and that's why sometimes, I want to see to other side of this world. I think I don't have the space here and I am so tired already. Sometimes, I am thinking of seeing the silverling in the next life, that's why I sometimes developing that idea of committing it (P1).</i></p> <p><i>I hate God so much that I want to see Him and talk to Him why He took away my mom. My mom is my life. I am nothing without her. I am living life with no meaning at all. Although I know that it is wrong but my heart speaks so much of talking to Him. I lost the connection of knowing His goodness. I was very faithful to Him but I can't understand why He needs to take my mom away from me (P9).</i></p> <p><i>I just want to live alone. I don't like to be with anyone else especially those people very close to me. They are very judgmental. This is just what is really running in my mind. I want to have that idea of ending my life because it's hard to be with people. It's hard to get close with them because at the end of the day, you'll just be hurt, insulted, and judged (P10).</i></p>	<p>Lack of Trust</p> <p>Hatred</p> <p>Lack of Attachment</p>	<p>No Relationship</p>
<p><i>I just don't know but I think with my current disposition in life, it will just pass by. The idea of committing suicide. Probably I'm just tired or preoccupied by the things that I did not achieve in life or some insecurities I am experiencing at the moment (P8).</i></p> <p><i>There were times that I got so curious of how it feels like to do such thing and to feel the pain while performing it. Also, if I got to do it, could I bare the pain. This is the question I always want to consider although I have hesitations sometimes because of the consequences that comes with it (P5).</i></p> <p><i>For me, the different talks on possibilities can entertain the idea of committing suicide. I just don't know how and why but sometimes because I am also thinking of what it is in the other life, I get to include in my mind that idea of doing something which can allow me to see the other side of the living. The serious conversation with my friends made which discuss about life and what's after this can push us sometimes to try to commit it but we are also afraid sometimes. We are thinking that once we do it, it can't be redone or it changed. We might suffer the wrong decisions we've made but truly, thinking of doing it, I mean, the suicide, really come across (P7)</i></p>	<p>The Visitation of the Ideation</p> <p>Curiosity</p> <p>Deep Talks</p>	<p>No Valid Reason</p>

Results and Discussion

Proceeding to what has been analyzed, this study identified 4 pertinent themes which are: Theme 1: No Way Out, Theme 2: No Support, Theme 3: No Relationship, and Theme 4: No Valid Reason. These four themes uncover the lived experiences of the participants in developing suicidal ideation. Further, these authentic experiences pave the way for understanding how the idea of ending one's life is developed. The themes were discussed explicitly to provide a wide array of understanding of how this phenomenon was worsened due to the current situation.

No Way Out

Experiencing hardships is a natural phenomenon however having them in a volume may be overwhelming in a way that it feels like there's no way out of it. This theme No Way Out means that someone is trapped by the situation, different consequences, or bad decision-making (Gharaibeh, & Oweis, 2009). Developing suicidal ideation is rooted in a person who has no option and is cornered by the circumstances (Bryan et al., 2022). This is being elaborated by the words of the participants.

Participant 3 said that;

I feel like I'm all alone. I am choked. I think I am excluded from anyone. Well, this is me since then. That's why sometimes, I think I should not be here - living. Anyway, no one's going to know if I'll be gone after all.

Participant 3 has been feeling to be alone for quite some time. For some reason, the participant has developed suicidal ideation because of loneliness and less meaning in oneself. The participant thinks that one's presence does not count maybe because love and care are not being felt. This kind of thinking will lead to thinking of being gone for good. This should be addressed by constant counseling and by letting someone the importance of one's existence.

Participant 5 elaborated that;

One of the challenges I encountered ever since is the feeling that I can't be with people. I am shy and timid and aloof. There are times when I think of committing it because I think I have problems with or the people have problems with me.

Clearly, being shy has a lot of reasons. In a two-sided equation, being far from someone is either a problem is within oneself or with the people around. Participant 5 thinks of developing suicidal ideation because of being socially constricted, thinking of being different that people will not intermingle with, and thinking of being the problem.

Participant 1 said;

The pandemic is one of the reasons why being alone lonely loner worsen. I am afraid to talk to people not because I don't have the courage to or being shy but the government imposed it. I am also concern on getting the virus because I am weak and sickly. It seems like it is the end of the world and thinking of ending one's life may be one of the things I should do.

When the pandemic strikes, numerous events, and changes are happening. Different adjustments need to be addressed especially for those people who are sickly. The pandemic sets a dead end for some people and this can attribute for them to developing suicidal ideation.

Participant 2 said that;

Thinking of quitting my life is something that is not new to me because of the pain I felt which I cannot disclose. Anyway, you cannot understand since you are not in my shoe. It was painful. The pain was unfathomable.

Unbearable pain can resort to different decisions including ending one life. Participant 5 suffers from pain that is hard to carry. The reason for the pain may not be disclosed for some confidentiality reasons, however, it is something that if anyone experiences, escaping is the only reason to alleviate one's feelings.

No Support

No man is an island. This cliché statement covers the reality that a person needs to have someone to be with in times of difficulties to release the tension from within (Walker et al., 2018). The support from the family, peers, and friends helps to decrease the intensity of emotional distress and psychological disturbance however having no one to talk to feels alone. Having no support means that a person doesn't have someone to be a source of their psychological strength and something to support their physiological needs.

This can be one of the reasons for the students to develop suicidal ideation. It can be substantiated through the lived experiences of the participants. Participant 1 explained that;

Every time I have a problem, I will always ask help but I am shy because I am afraid of being misinterpreted. One of the challenges I encountered especially in school is someone who can listen emphatically, someone who can understand me, someone who has the science to analyze me. I am sometimes wanting to talk to a psychologist but I don't know anyone and I don't have any resources for such. I am cornered with no help at all from someone knowledgeable.

Everyone needs help, especially in this time of the pandemic. Participant 1 needs professional help regarding the things happening around them. However, psychological support is not available or if there is, the participant has no resources in paying for the professional fee. Having this as a problem is like being trapped and this is one of the reasons why suicidal ideation is being developed.

Participant 6 said that;

Sometimes, I want to end like anyone else because of poverty. I am a working student that needs to work in order to finish my remaining college year. I am tired of helping my family and even eating sometimes once a day only. I want to have two more jobs but I think my body can't do it anymore. It came to a point of committing it because I want to rest for good.

Poverty is one of the common reasons for a lot of suicide victims, especially during this time of the pandemic. Some students are having a deficiency in attending the online class. Lack of resources can be a reason for most students to develop suicidal ideation. Participant 6 clearly establish the kind of circumstance that led one to think of ending one's life.

Participant 4 mentioned that;

Living at home is like not there at all. I can't even call it home. I also understand that my parents need to work abroad and I have only one brother who's always inside the room playing mobile legends. We are new in Cebu because my parents left and we under the care of my granny. And yes they have to work because we don't have any

means at all to sustain life. Sometimes, I am thinking of what it feels like to be away with them forever. No one is concerned about me and they think that I don't exist. I don't have any friends because we are new. I only have my family but they are not yet here.

Family is everything. If this lacks in one's life, someone would really think of just vanishing. The loneliness and the feeling of no one to run into are very difficult. Participant 4 is developing suicidal ideation because of having no parents at all to attend to their needs. Parents' presence is very important for the offspring to be guided.

No Relationship

In the context of psychology, pain alters the capacity of an individual to think radically and much widens their horizon about worldly realizations including lessons about relationships. Naturally, an individual's reaction to pain caused by someone is to hold hatred, not to trust someone, and not to commit to a relationship again making them lose connections to their peers or friends. According to Quadt et al. (2020), an individual who is forced to take a step back in having a relationship because of the factors internally and externally posed a risk of developing psychological distress which could lead to the development of suicidal ideation. This premise could be validated by the participants' experiences.

Participant 1 said;

After the series heartbreaks and failures in life, it is hard to trust anyone. For all its worth, I know can be better but in terms of allowing people to ruin me and to trust again? No way! I want to live life alone and that's why sometimes, I want to see to other side of this world. I think I don't have the space here and I am so tired already. Sometimes, I am thinking of seeing the silverling in the next life, that's why I sometimes develop that idea of committing it.

Trust is very important. Participant 1 has so much in one's heart that is very heavy due to negative experiences wherein trust was being tested. With so many of these, the participant develops the thought of ending one's life. Primarily, this is one of the reasons why someone would commit suicidal ideation.

Participant 9 narrated that,
I hate God so much that I want to see Him and talk to Him why He took away my mom. My mom is my life. I am nothing without her. I am living life with no meaning at all. Although I know that it is wrong but my heart speaks so much of talking to Him. I lost the connection of knowing His goodness. I was very faithful to Him but I can't understand why He needs to take my mom away from me.

The authentic experience of participant 9 cannot be doubted because there are some extreme experiences wherein the existence of the Creator is being questioned and challenged. This is also one of the reasons why someone will develop suicidal ideation.

Participant 10 shared that;
I just want to live alone. I don't like to be with anyone else especially those people very close to me. They are very judgmental. This is just what is really running in my mind. I want to have that idea of ending my life because it's hard to be with people. It's hard to get close with them because at the end of the day, you'll just be hurt, insulted, and judged.

Being with people entails consequences, not just benefits. Some people may take advantage of one's weaknesses. Participant 10 provided a degree of being detached from anyone because of the nature of humanity. This kind of experience should be processed and addressed in order not to be bitter and not to think of ending one's life.

No Valid Reason

Human natural characteristics of being curious bring different ideas into their minds and that includes forming the thought of suicide without any valid reason. No Valid Reason here is all about an individual diverse thinking about everything that they did not experience first-hand. According to the study by Thompson & Meyer (2019) discussed it can lead them to a tendency to think about it because of some questions that bring from their curiosity or what their peers think about the concept. With this, it can lead them to develop suicidal ideation and it can be validated by the experiences of the participants.

Participant 8 confessed that;
I just don't know but I think with my current disposition in life, it will just pass by. The idea of committing suicide. Probably I'm just tired or preoccupied by the things that I did not achieve in life or some insecurities I am experiencing at the moment.

The idea or thought of committing suicide sometimes does not because of what was in the past and is still progressing, sometimes, it will just visit one's mind. Participant 8 said that without any reasons at all, the development of suicidal ideation will just pop up.

Participant 5 honestly said that;
There were times that I got so curious of how it feels like to do such thing and to feel the pain while performing it. Also, if I got to do it, could I bare the pain. This is the question I always want to consider although I have hesitations sometimes because of the consequences that comes with it.

Curiosity is a natural activity of every individual. However, this should be monitored psychologically because the consequences may not be redone – once it is acted upon, it may have a repercussion. Developing the suicidal ideation can be a product of one's curiosity. There should counseling and information drive on how to handle it. People don't need to experience just to learn what it feels like because they can always learn from the experiences of others.

Participant 7 shared that,
For me, the different talks on possibilities can entertain the idea of committing suicide. I just don't know how and why but sometimes because I am also thinking of what it is in the other life, I get to include in my mind the idea of doing something which can allow me to see the other side of the living. The serious conversation with my friends made which discuss life and what's after this can push us sometimes to try to commit it but we are also afraid sometimes. We are thinking that once we do it, it can't be redone or it changed. We might suffer the wrong decisions we've made but truly, thinking of doing it, I mean, the suicide, really come across.

Having deep conversations may tackle sensitive topics such as suicide. Discussing this without a

professional may pose a danger to one's mind. Participant 7 clearly stated that because of some serious topics being included in their discussions, the idea of ending a life can be part of the conversation including its ripple effect.

V. CONCLUSION AND RECOMMENDATION

Developing suicidal ideation dictates that everyone is vulnerable because of societal perfectionism's perspective. It is expedient that if this ideation comes to the sense, precautionary measures should be taken into consideration. The world was perfectly made but living in this world has imperfections. There are several Nos in life – NO way out, NO support, NO relationship, and NO valid reason. These NOs are really hard to accept but with the help of professionals and constant reminders about the essence of life, these can be addressed. If these are being attended to, the development of suicidal ideation can be prevented. Life is precious and worth living for. It should not be wasted and taken for granted. It is, therefore, the recommendation of this study that a management plan can be created to assign a schedule of different sessions to make counseling among all the students.

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