

RELATIONSHIP OF BIG FIVE PERSONALITY TRAITS WITH SUICIDAL IDEATION AMONG THE YOUTH OF PESHAWAR.

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Abstract

The purpose of this research was to examine the relationship of big five personality traits with suicidal ideation and suicidal attempts among the youth of Peshawar. Data was collected from three universities of Peshawar through Convenient Sampling Method. Sample of the study was 384 young adults, age ranged from 18 to 24 ($M=21.92$, $SD=1.94$). The sample further comprised of one hundred and seventy two ($n=172$) males with a mean age of 22.01 and two hundred and twelve ($n=212$) females with a mean age of 21.86 years.

Tools used in the study included Big Five Inventory and Modified Scale for Suicidal Ideation. The current study's findings indicated a 6% prevalence rate of suicidal ideation among youth in Peshawar. Results indicated that neuroticism and introversion is positively linked with suicidal ideation while extraversion, agreeableness and conscientiousness are negatively linked with suicidal ideation among youth. Further regression analysis showed that neuroticism is a positive predictor of suicidal ideation among youth. Introversion and suicidal ideation impact was found minor, although it is undeniable that youth who exhibit introversion personality trait tend to acquire suicidal ideation. Youth having low scores on agreeableness, low score on conscientiousness and low score on openness to experience have severe suicidal ideation as compared to those research participants who scored high on these dimensions. Individuals who scored high on extraversion scale experienced less suicidal ideation as compared to introverts' individuals.

It was concluded that big five personality traits play key role in causing suicidal ideation among the youth of Peshawar Khyber Pakhtunkhwa.

Keywords: *Suicidal Ideation, Youth, and Big Five Personality Traits.*

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Introduction

Suicide is a challenge to global well-being, for this purpose, the World Health Organization has planned a comprehensive vital policy named “Preventing Suicide” aimed to take action against the increasing tendency of suicide ratio, this plan also includes reducing the suicide rate by 10 % at the end of the year 2020 (WHO,2014). To make their programs more effective recently the World Health Organization (WHO) has launched two services to help in suicide prevention: Preventing Suicide: A Resource for Media Professionals (2023 Update), as well as a policy brief on the health consequences of decriminalizing suicide and suicide attempts (WHO,2023).

According to World Health Organization report, there are more than 703,000 individuals who attempts suicide and take their own lives and many more who only attempted suicide. Every suicide is a tragedy that has a profound impact on the survivors, including the families, communities, and entire nations (WHO, 2019). According to the World Health Organization, suicide is estimated to be the eighth most prevalent cause of death across all age groups, with 1.5% of all fatalities worldwide being caused by suicide, (Haqqi, 2008). Suicide is the second most common cause of death for people between the ages of 10 and 24 worldwide, according to World Health Organization statistical reports from 2016. Suicide, which accounts for 36% of all deaths and is the most common cause of death for young people, is reported in the 2018 Korea National Statistics Office report (Jang et al., 2019). The second most frequent cause of death for people between the ages of 12 and 25 is suicide (Thompson & Swartout, 2017).

The importance of the problem of suicidality is highlighted by its prevalence in the general population, a 2005 national survey by the US Centers for Disease Control and Prevention (CDC, 2013) found that approximately 17% of adolescents had seriously considered suicide in the past year, 13% had made a suicide plan, and 8% had attempted suicide at least once. Predictably, rates are even higher in depressed youth with approximately 60% reporting having thoughts of suicide and 30% actually attempting.

Personality Traits and Suicidal ideation

Personality traits are stable features of an individual that could be little changed. The major five-factor personality model, put forth by McCrae and Costa (1987) is one of several theories of personality, has been extensively studied in the field of psychology in a variety of contexts, including suicide (Voracek, 2013; & Vanyukov et al., 2017).

McCrae and Costa's five factor model of personality (1992) is one of the models of personality traits most frequently employed in reference to suicide behavior, the five component model is a hierarchical model with five broad dimensions, one pole of which is thought to be adaptive and the other to be maladaptive. The adaptive pole includes, openness to experience, extroversion, agreeableness, conscientiousness and emotional stability, while the maladaptive pole includes rigidity, introversion, antagonism, disinhibition and neuroticism. Hence, the positive poles can be thought of as protective factors whereas the maladaptive poles can be thought of as risk factors for suicide (Costa & McCrae, 1992).

Earlier researches had investigated the relationship between certain personality traits, suicidal ideation and suicidal behavior among young people. According to a study from Iran, a positive relationship has been established between neuroticism and suicide ideation while agreeableness, openness and extroversion has been linked with suicide ideation (Islam et al., 2018). A research study conducted in Korea in order to find an association between personality traits and suicide ideations, findings revealed that neuroticism and openness to experience were positively linked with suicide ideation (Na et al., 2020). Another research study identified that epidemiological and some clinical studies proved that certain personality traits are linked with suicidal behavior, these traits includes neuroticism, antisocialist, dependence, avoidance and introversion, further these personality factors underlie some cluster B personality disorders, and which are considered as main factor for suicidal behavior (Sinai et al.,2009). Some personality traits are connected with suicidal thoughts like neuroticism a personality aspect is related with depression and further depression is considered as one of the risk factor for suicide, (Chioqueta & Stiles, 2005). Low level of extroversion further related to experience low positive emotions and this low level of positive emotions is linked with suicidal ideation

(Singh & Joshi, 2008).

A study conducted by John in (2019) showed that neuroticism personality is the predictor of suicide among young students. In a representative population-based sample of individuals, the big five personality traits were examined in the Blulml et al. (2013) study to determine their effect on suicidality, and results showed a strong association between neuroticism and suicide, only in females was neuroticism found to be related to suicide risk. A study conducted by Velting in (1999) postulated that negative emotions like anxiety, anger, despair, vulnerability, and emotional stability appear to be connected with neuroticism, the subjects who scored higher on the neuroticism dimension also scored high on the suicidal ideation measure, indicating that neuroticism is a very powerful predictor of suicidal ideation. A study conducted by Pompili et al. (2009) showed that people who have an introverted perspective on life and its events are more inclined to contemplate suicide. Abdel Fattah et al. (2014) conducted a study in order to evaluate several personality traits and demographic characteristics in relation to suicide ideation in Egypt, suicidal ideation was statistically significantly correlated with both the neuroticism and psychoticism personality facets. Peters et al. (2018) investigated the relationship between neuroticism and suicide deaths, according to the research, both men and women who are neurotic are more likely to commit suicide. Walker et al. (2016) examined the association between neuroticism and suicidal behavior in 223 low-income patients in primary care patients, neuroticism had a strong indirect impact on suicide behavior through hopelessness, although this indirect impact was tempered by social problem-solving skills ability, patients who exhibit higher degrees of neuroticism also exhibit higher levels of hopelessness, which leads to higher levels of suicide conduct, these relationships are strengthened at lower levels of social problem-solving. Na et al. (2020) identified relationship of personality traits with suicidality, they found that the only trait that influences young adults' efforts to commit suicide is neuroticism. Another study found that Taiwanese soldiers were more likely to commit suicide when their neuroticism was higher and their extraversion was lower (Huang et al., 2016). A study concluded from a nationally representative sample, which sought to examine various patterns of relationships between personality traits and suicide by age groups their

findings regarding the relationships between personality and suicidality in each group contain a number of intriguing findings, personality traits were strongly correlated with suicide ideation in the group of young people, low agreeableness, and high neuroticism were linked to a rise in suicidal ideation in young age group (Na et al., 2020). Individuals with high neuroticism and low extraversion have historically been thought to attempt or actually commit suicide (Fang et al., 2012; Draper et al., 2014; & Brezo et al., 2006), although it has been found that people who are more open have a decreased suicide risk ((Beautrais et al., 1999). High neuroticism is characterized by anxious, dysphoric, and depressed features, and it has repeatedly been linked to suicidal ideation and depression (Brezo et al., 2006; & Oliffe et al., 2016), in addition a recent study found that high neuroticism can increase the risk of suicide through impacting the conduct of those who seek aid (Drapeau et al., 2016).

High Conscientiousness promotes self-control, active coping mechanisms for stressful situations, and adaptation to societal norms as well as personal responsibility. Suicidal ideation among the young people was linked to low conscientiousness, low conscientiousness may potentially be a risk factor for suicide since those who exhibit it would be unable to handle stressful situations. Low conscientiousness has been linked to suicide, according to prior research (Duberstein et al., 2000). A study conducted by a group of researchers concluded that, persons with an inclination for impulsivity and anger, indicative of a neurotically prone personality, experience increased risk, whereas those with traits of empathy and collaboration, which are associated with high agreeableness, appear to be related to reduced suicide rates (Batty et al., 2018). Another risk factor for suicide is lower conscientiousness, which has been associated with a higher likelihood of severe alcohol use (Hakulinen et al., 2015). In a sample of college students, high neuroticism, low extraversion, low agreeableness, and low conscientiousness were found to be associated with an increase in suicidal ideation (Kerby, 2003) whereas in a different sample of university students, only neuroticism was found to be a predictor for suicidal ideation (Chioqueta & Stiles, 2005). In one of the few studies investigated the relationship between personality traits and suicide, it was discovered that an adult sample from rural China had a higher risk of suicide when their personality type had high neuroticism and low

extraversion (Fang et al., 2012).

Research Objectives:

To find out the prevalence of suicidal ideation among youth in Peshawar, Khyber

Pakhtunkhwa, Pakistan.

To determine the role of big five personality traits with respect to suicidal ideation among youth.

Hypotheses

H1. High score on neuroticism will increase suicidal ideation among youth.

H2. Youth with high score on introversion will be more inclined to suicidal ideation.

H3. Low score on openness to experience will increase suicidal ideation among youth.

H4. Low score on agreeableness would increase suicidal ideation among youth.

H5. High score on extroversion, agreeableness and conscientiousness will decrease suicidal ideation among youth

Methodology

Sample

By using Rao Soft Sampling calculator the supposed sample size for current research study was 384 young adults, in the age range of 18 to 24 years. Data was collected through Convenience Sampling Technique and youth having suicidal ideation were screened out through Modified Scale for Suicidal Ideation.

Instruments

Socio-Demographic Sheet

A Socio-Demographic data sheet was created to gather details about the participants' demographic characteristics for the current

study. Socio-demographic sheet included age, gender, birth order, number of siblings, field of education, parents monthly income, parents educational level, urban or rural residential, family system (nuclear, joint), family history of major physiological diseases and psychological disorders, smoking, use of any other substance and marital status.

Modified Scale for Suicide Ideation

The Modified Scale for Suicide Ideation was developed by Miller et al. (1991) composed of eighteen items higher score on the scale represents higher suicide ideation. The MSSSI is a reliable scale with original .94 alpha coefficient and measured reliability (Miller et al., 1991) Reliability of the modified scale for suicide ideation in current study is .908.

Big Five Inventory

The Big Five Factors of Personality scale consists of 44 items, which was developed by Goldberg (1993). This scales measures, five dimensions of personality including (openness to experience, agreeableness, extraversion, conscientiousness, and neuroticism), and high score on the subscale shows that specific dimension of personality. Reliability of the big five inventory is .707 (Goldberg, 1993).

Procedure

Formal permission (written consent) was taken for data collection, from the concerned departments of three universities in Peshawar, Agriculture University, University of Peshawar, and Islamia College University. First the researcher was able to talk formally with the study participants in order to build a cooperative atmosphere, after that the researcher briefed the students in group form in their respective classes about the nature and procedure of the questionnaires. Moreover, students were educated for their authentic and genuine opinions. Almost 384 students having suicidal ideation were screened out through Modified Scale for Suicidal Ideation, then the Big Five Inventory questionnaires were administered on them. Nearly one hour was required for filling out the questionnaires, the researcher was available for student's queries.

Results

After completion of data entries into statistical package for social sciences (SPSS, 20 Version), data was screened for univariate outliers using the criterion of standardized scores 3.29 (minimum -3.29 and maximum 3.29) standard deviations above or below the mean for each participant (Mowbray et al, 2018). All outliers were removed from the data for the purpose to avoid compromising the generalizability of the results.

Table 1

Alpha Reliability Coefficient and Psychometric Properties of Major Study Scales (n=384).

Scales	No.of Items	Mean	SD	Cronbach's alpha Reliability	Range	Skewness
					Actual Potential	
MSSI	18	23.69	9.089	.90	0-54 7-45	.531
BFI(Extroversion)	8	23.83	5.54	.56	0-40 11-34	-.263
BFI(Agreeableness)	9	31.25	7.18	.73	0-45 17-41	-.562
BFI(Conscientiousness)	9	28.63	5.74	.52	0-45 20-40	.004
BFI(Neuroticism)	8	29.92	5.11	.620	0-40 15-40	-.099
BFI(Openness)	10	33.32	6.56	.60	0-50 16-49	-.292

Note: MSSI=Modified suicide scale inventory, BFI (Extroversion)=Big Five inventory

Extroversion,,BFI(Conscientiousness)=Big, Five, inventory(Conscientiousness),BFI(Neuroticism)= Big Five inventory(Neuroticism), BFI(Openness)= Big Five inventory(Openness to experience).

Table 1 shows alpha reliability of major study variables.

Table 2
Demographic Information of Quantitative research Participants (N=384).

Demographic Categories	Frequency	Valid Percentage
Gender		
Male	172	44.8%
Female	212	55.2%
Age		
18Years	28	7.3%
19Years	30	7.8%
20Years	37	9.6%
21Years	51	13.3%
22Years	59	15.4%
23Years	63	16.4%
24Years	116	30.2%
Marital Status		
Married		20.1%
Unmarried	77	79.9%
No of Suicide Attempts	307	
0		44%
1	169	33.6%
2	129	10.4%
3	40	5.7%
4	22	3.9%
5	15	2.3%
Family History of	9	
Psychological Disorders		
Yes	101	26.3%
No	283	73.7%
Research Participants with identified Psychological Disorder	45	10.2%
Yes	339	89.8%
No		

Note: Number of suicide attempts 0= only having suicidal ideation, 1= attempted suicide once, 2= attempted suicide twice, 3= attempted suicide three times, 4= attempted suicide forth times and 5= attempted suicide five times

Table 3

Overall Prevalence of Suicidal Ideation among the Youth of Peshawar (KPK) (n=384).

Total Approached Sample	Screened Participants	out	Percentage
5950	384		.064%
Total			100%

Table 3 shows the overall prevalence of suicidal ideation among the youth of Peshawar.

Table 4

Prevalence of Severity of Suicidal Ideation among the Youth of Peshawar (n=384).

Score on MSSSI	<i>f</i>	Percentage
0-8 = Mild Suicidal Ideation	1	.3%
9-20 = Moderate Suicidal Ideation	165	43.0%
21-54 = Severe Suicidal Ideation	218	56.8%
Total	384	100%

Table 4 shows the prevalence of severity of suicidal ideation among the youth of Peshawar. Distribution of percentage is based on the scoring procedure of Modified Scale for Suicidal Ideation.

Table 5
Correlation between Personality Traits and Suicidal Ideation among Research Participants (n=384).

Scales	M	1	2	3	4	5
MSSI	24.60	-				
BFI.Extroversion	23.51	.31**	-			
BFI.Agreeableness	31.17	-.38**	.47**	-		
BFI.Conscientiousness	28.70	-.14*	.51**	.46**	-	
BFI.Neuroticism	30.00	.12***	-.49* *	-.36* *	-.57**	-
BFI Openess	33.36	-.23**	.64**	.37**	.60**	-.41**

Note: * $p < .05$, ** $p < .01$, *** $p < .001$. MSSI=Modified scale for suicide ideation, BFI.Extroversion= Big five inventory extroversion, BFI.Agreeableness= Big five inventory, agreeableness, BFI.Conscientiousness= Big five inventory Conscientiousness, BFI.Neuroticism= Big five inventory, neuroticism, BFI.Openess= Big five inventory, openness to experience.

Table 6
Linear Regression Analysis of Neuroticism Predicting Suicidal Ideation among the Youth of Peshawar (n=384).

Variables	B	SE	B
Constant	11.55	2.77	
Neuroticism	.435	.091***	.237
R ²	.056		
F	22.70***		

Note: * $p < .05$, ** $p < .01$ & *** $p < .001$

Table 6 shows neuroticism as a predictor of suicidal ideation among the youth of Peshawar. Analysis reveals that a large percentage of variation is explained by neuroticism, $F(1,382) = 22.70$, $P < .001$, in suicidal ideation responded by research participants $R^2 = .056$ and R^2 adjusted = .054. Results revealed that high score on neuroticism predicts suicidal ideation among the youth of Peshawar.

Table 7

Independent Sample t-test Analysis of Extroverts and Introverts on Modified Suicide Ideation Scale (N=384, Male, n=172, and Female, n=212).

Gender	M	SD	t(2)	Sig	95% CI		Cohen's D value
					LL	UL	
Introverts	28.56	9.75	5.86	.001	3.8	7.8	0.62
Extroverts	22.77	8.61					

Note= $p < .05$, ** $p < .01$ & *** $p < .001$.

Table 7 displays t-value and mean difference of suicidal ideation among extroverts and introverts research participants. There was a significant difference on the scores of modified suicidal ideation scale (Introverts, $n=121$), ($M=28.56$, $SD=9.75$) and (extroverts, $n=263$) ($M=22.77$, $SD=8.61$) conditions; $t = 5.86$, $p = 0.001$ and Cohen's D

value is .62, which indicates large effect size.

Table 8

Linear Regression Analysis of Openness to Experience Predicting Suicidal Ideation among the Youth of Peshawar (n=384).

Variables	B	SE	β
Constant	36.26	2.46	
Openness to Experience	-.350	.073***	-.239
R ²	.057		
F	23.22***		

Note: * $p < .05$, ** $p < .01$ & *** $p < .001$

Table 8 shows openness to experience as a predictor of suicidal ideation among the youth of Peshawar. Analysis, shows that openness to experience explain significant amount of variance $F(1,382) 23.22$, $P < .001$, in suicidal ideation responded by research participants $R^2 = .057$ and R^2 adjusted = .055. Results reveal that low score on openness to experience predicts suicidal ideation among the youth of Peshawar.

Table 9
Linear Regression Analysis of Agreeableness Predicting Suicidal Ideation among the Youth of Peshawar (n=384).

Variables	B	SE	β
Constant	40.36	1.98	
Agreeableness	-.506	.062***	-.386
R ²	.149		
F	66.81***		

*Note: *p<.05, **p<.01 &***p<.001 (Low score on agreeableness increased suicidal ideation among youth).*

Table 9 shows agreeableness as a predictor of suicidal ideation among the youth of Peshawar. Analysis, shows that agreeableness explain significant amount of variance F (1,382) 66.81, $P<.001$, in suicidal ideation responded by research participants $R^2=.149$ and R^2 adjusted = .147. Results reveal that agreeableness negatively predicts suicidal ideation among the youth of Peshawar.

Table 10
Linear Regression Analysis of Conscientiousness Predicting Suicidal Ideation among the Youth of Peshawar (n=384).

Variables	B	SE	β
Constant	31.66	2.54	
Conscientiousness	-.246	.084***	-.148
R ²	.022		
F	8.61***		

Note: * $p < .05$, ** $p < .01$ & *** $p < .001$ (Low score on conscientiousness increased suicidal ideation among youth).

Table 10 shows conscientiousness as a predictor of suicidal ideation among the youth of Peshawar (KPK). Analysis, shows that conscientiousness explain significant amount of variance $F(1,382) = 8.61$, $P < .041$, in suicidal ideation responded by research participants $R^2 = .022$ and R^2 adjusted = .019. Results reveal that high score on conscientiousness decreased suicidal ideation among the youth of Peshawar.

Table 11
Multiple Regression Analysis of Extroversion, Agreeableness and Conscientiousness Predicting Suicidal Ideation among the youth of Peshawar (n=384).

Variables	B	SE	β
Constant	38.032	2.67	
Extroversion	-.257	.105***	-.157
Agreeableness	-.453	.079***	-.358
Conscientiousness	.207	.100	.131
R ²	.160		
F	20.075***		

Note: * $p < .05$, ** $p < .01$ & *** $p < .001$.

Table 11 shows extroversion, agreeableness and conscientiousness are the predictors of suicidal ideation among the youth of Peshawar

.The result reveals significant regression equation between extroversion, agreeableness and conscientiousness and suicidal ideation responded by youth $F(3,380), 20.075$; with a variance R^2 of .160 and adjusted R^2 .152 the table contains statistically significant data at $p < .001$. Results reveals that only high score on extroversion and agreeableness decrease suicidal ideation among the youth of Peshawar.

Discussion

Mental health professionals are particularly concerned about the rising suicide rate among youth because it poses a serious threat to our educational system and prompts concerns among parents and educators.

The first hypothesis of the current research study states that “high score on neuroticism will increase suicidal ideation among youth”. To determine the effect of neuroticism with suicidal ideation liner regression analysis was carried out, where result indicated that those young adults who scored high on neuroticism scale also scored higher on suicidal ideation scale, this findings further supported by other research studies. The risk of suicide is increased by personality factors in two ways: (1) Some personality traits, like neuroticism, may cause people to more prone to other disorders, like depression, which increases the risk of suicide; and (2) Some personality traits, like impulsivity, influence how people respond to life's events (Soltaninejad et al., 2014). Kerby (2003) has also argued that the big five personality traits have a significant role in the prediction of suicidal ideation, according to Velting (1999) neuroticism is a susceptibility factor for suicidal ideation. Neuroticism is linked to maladaptive behavior, it creates undesirable patterns in how people interact with their surroundings in both the physical and social realms. Chow et al. (2018) discovered that stability in personality is a barrier against depression and suicidal thoughts among German medical students. Pawar & Palve (2021) conducted a research study which indicated that neuroticism is positively linked with suicidal ideation among adolescents. Na et al. (2020) conducted study on Korean sample and identified that among the personality traits, only neuroticism influences young adults to commit's suicide. Based on their research, Su et al. (2018) came to the conclusion that

neuroticism can be a risk factor for suicide. A research study was conducted by John in (2019) which postulated that neuroticism predicted suicidal behavior among adolescents. In a representative population-based sample of Kenyan students, the big five personality traits were evaluated for their effects on suicidality, according to the research, neuroticism and the risk of suicide were highly correlated. Only women were shown to have a link between neuroticism and suicide risk (Blulm et al., 2013). A research was conducted to explore personality traits and suicide attempts which reported that among patients with psychiatric problems, neuroticism is a risk factor for suicide attempt (Bi et al., 2017). Suicidal self-harm is correlated with reduced extraversion and higher neuroticism (Brezo et al., 2016). In a sample of adult mental patients, it has also been found that high neuroticism and lower extraversion are connected to self-harm with suicidal intent than the non-suicidal self-harm group, also compared to people who don't damage themselves (non-suicidal attempters), self-harmers have lower conscientiousness (Claes et al., 2010).. According to research, neuroticism raised both men's and women's risk of suicide (Peters et al., 2018). A study conducted by Lester (2021) found that high score on neuroticism personality trait was linked with suicidal ideation. According to Miri and Shirazi (2017) among Iranians who have made suicide attempts, personality trait neuroticism increase the likelihood of suicide.

The study's second hypothesis states that people who score high on introversion will also score higher on suicidal ideation, making them more likely to commit suicide. Our study result is consistent with other research studies. Reyes (2017) found that personality traits can be seen as inherent risk factors for a variety of pathological outcomes, with suicide behavior being one such example, according to the research neuroticism, antagonism, and introversion—all of which are regarded as the pathological poles of the five factor model of personality—were the three main personality traits that had the strongest correlation with suicide. Also, these results showed that introversion is a strong indicator of suicidal conduct. Introverts are quiet, submissive, and unsocial, they usually avoid social communication and the assistance they need to prevent suicidal behavior because they are not extroverted, which prevents them from doing so. A person with high levels of neuroticism and introversion is

likely to be a social outcast, a brooding pessimist who worries constantly and feels exposed, which can contribute to the sense of hopelessness and helplessness that often precedes suicidal attempt (Reyes, 2017). Further study supported that introversion is the predictor of suicidal ideation and suicidal attempts among young individuals. Researchers discovered a substantial association between introversion and depression in each individual. Lack of social support leads to illogical socially avoidant problem-solving techniques, introverted people are more likely to experience crises on their own, because they are less likely to ask for assistance from others and because hopelessness and introversion are positively correlated, introverts believe that social support will not be beneficial in times of need (Duberstein et al., 2000).

The following hypothesis elaborated on the concept that having a low openness to experience score will lead to a rise in suicidal ideation in youth. Result of the current study revealed that low score on openness to experience is positively linked with suicidal ideation among youth. Thus it can be concluded that low score on openness to experience leading rise in suicidal ideation in youth. Finding of this hypothesis is consistent with previously conducted research studies. Pawar & Palve in (2021) conducted a research study on big five personality traits and suicidal ideation among adolescents, which indicated that low score on openness to experience is positively linked with suicidal ideation among adolescents. Another study was conducted for the purpose to investigate association between personality traits and suicidal ideations, findings of the study revealed that lower level of openness to experience is positively allied with suicidal ideation and suicidal attempts in patients with personality disorders (Boot et al., 2022). Patients who had higher levels of neuroticism and lower levels of extraversion, openness, and agreeableness were more likely to have suicidal ideation (Brezo et al., 2016; & Stankovic et al., 2006).

Fourth hypothesis of the study states that youth suicidal ideation would rise if they scored low on agreeableness. According to present study findings, those who scored higher on suicide modified scale, have lower score on agreeableness. This means that higher tendencies in agreeableness are indicative of a sympathetic and cooperative temperament, whilst lower tendencies are indicative of a skeptical and uneasy mindset. Evidently, having a suspicious disposition makes

it difficult to deal with life's challenges, particularly unpleasant occurrences and experiences. According to Pawar & Palve (2021) lower levels of agreeableness predicted more suicidal ideations among research participants, which is consistent with our study's findings. Singh & Pathak in (2017) revealed association between big five personality factors and suicidal ideation among adolescents, they found through the analysis of their research data that adolescents with higher agreeableness scores were less likely to have suicide ideation. It was also discovered that high antagonism (low agreeableness) predicted suicidal ideation and suicidal attempts among individuals, typically antagonists are distrustful, hostile, and suspicious. Low agreeableness has been associated with suicide ideation, according to Kerby (2003) research. Yaqoob concluded in her study (2022) that contrarily, personality traits including extraversion, agreeableness, and conscientiousness have a strong negative link with patients who engage in self-harm, whereas the likelihood of suicidal intent among self-harm patients is reduced when extraversion, agreeableness, conscientiousness are depicted. Also, regression analysis showed that the personality traits agreeableness and extraversion strongly negatively predicted suicidal intent, indicating that having an agreeable personality reduces the probability of suicidal intent among patients who engage in self-harm (Yaqoob, 2022).

Last but not the least, the current study's final hypothesis was that a higher extroversion, high agreeableness, and high conscientiousness score will reduce suicidal ideation among youth. Analysis of our study's data revealed that young adults who scored higher on extroversion, agreeableness, and conscientiousness also had lower suicidal ideation scores. Current study findings are consistent with other research studies. According to Singh & Pathak (2017) who identified that adolescents who score higher on extraversion, agreeableness, openness to experience, and conscientiousness are much less likely than those who score lower on these traits to have suicidal ideation, high risks for suicidal ideation are indicated by the low level on the aforementioned parameters. Another study was conducted by Pawar & Palve in (2021) which they found that personality traits like extroversion, agreeableness and openness to experience were negatively correlated with suicidal ideation and neuroticism was positively correlated with suicidal ideation among

adolescents. Devi & Prakash (2015) revealed that low conscientiousness and low extroversion and high neuroticism have positively linked with suicidal ideation among young adults. According to a study by Na et al. (2020) on the relationship between personality traits and suicidal ideation in a representative sample of Korean people, suicidal ideation is negatively related to extraversion and suicidal ideation was more prevalent in people with poor conscientiousness, low agreeableness, and high neuroticism. Batty et al. in (2018) concluded that in summary, it appears that agreeableness, which is associated with empathy and collaboration, is correlated with a lower likelihood of suicide. Lester (2021) analyzed earlier studies and discovered that low extraversion was consistently linked to suicidal attempt. According to Miri and Shirazi (2017) among Iranians who have made suicide attempts, personality trait low extraversion increase the likelihood of suicide. According to Bayrami et al. (2012) extraversion and conscientiousness were considerably and adversely connected with depression and suicidal thoughts, while neuroticism was strongly and favorably correlated with both. Low extraversion scores were linked to a history of suicide attempts, while low positive emotions were linked to serious suicidal ideation among young individuals (Beautrais et al., 1999). Kerby (2003) discovered that suicidal ideation was linked to high neuroticism scores and low extraversion and low agreeableness scores in a sample of American undergraduates.

Limitations

Regardless of a few limitations, this research study delivers overall support for the effect of big five personality traits of suicidal ideation in the youth of Peshawar Khyber-Pakhtunkhwa.

- 1) First, data was collected in the Peshawar district only, diverse data from other districts of the province would make the study findings more convincing.
- 2) Suicide is a relatively rare event, and recruiting a large enough sample size to draw statistically significant conclusions was difficult. This is especially true when working with youth populations, this ethical consideration may limited the pool of potential participants.
- 3) Suicide is a highly stigmatized topic, it might be possible that youth may be hesitant to participate in a study on the subject.

Conclusion

Suicide prevention is a critical issue in today's society, and it is essential that we understand the personality traits associated with suicide among youth. According to the study's findings, each of the big five personality trait has a unique impact on suicidal ideation among youth. The study's results indicated that only neuroticism and introversion negative personality traits, positively correlates with suicidal ideation. All other personality traits—including openness to experience, agreeableness, and extraversion—correlate negatively with suicidal ideation. We cannot ignore the fact that the variables are related to one another. The research demonstrates a significant relationship between the big five personality traits and suicidal ideation. Identifying these traits and providing support and resources to those at risk can help prevent suicide and save lives. It is essential that we continue to raise awareness about suicide prevention and work together to support those who may be struggling with suicidal ideation or suicidal attempts.

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