

Chapter-5

CONCLUSIONS  
SUGGESTIONS AND  
RECOMMENDATIONS

## CHAPTER- 5

### CONCLUSIONS, SUGGESTIONS AND RECOMMENDATIONS

#### 5.0.0 Introduction

In this chapter conclusions are given on the basis of the analysis of the collected data. Also certain suggestions and recommendations are given for future use and study.

#### 5.1.0 Conclusions

After analysis & tabulation of collected data, researcher has reached to a conclusion that counseling has a significant effect on decreasing depression, anxiety, stress and suicidal potentiality among the adolescents. Also it can be concluded that gender has no significant effect on the level of depression, anxiety, stress and suicidal potentiality among adolescents. On the basis of the above study, following conclusions could be drawn regarding the adolescents:-

- There is significant effect of counseling in decreasing the depression level among adolescents.
- There is significant effect of counseling in decreasing the anxiety level among adolescents.
- There is significant effect of counseling in decreasing the stress level among adolescents.
- There is significant effect of counseling in decreasing the suicidal potentiality among adolescents.
- There is significant effect of counseling on depression in relation to suicidal potentiality among adolescents.

- There is significant effect of counseling on anxiety in relation to suicidal potentiality among adolescents.
- There is significant effect of counseling on stress in relation to suicidal potentiality among adolescents.
- There is no difference between boys & girls with respect to their depression. i.e- both boys & girls are experiencing more or less similar level of depression.
- Both boys and girls are experiencing more or less similar level of anxiety.
- Both boys and girls are experiencing more or less similar level of stress.
- Both boys and girls are experiencing more or less similar level of suicidal potentiality.

### **5.2.0 Suggestions**

The researcher has reached to many significant conclusions regarding suicidal potentiality among adolescents, but in future research can be done in regard to some other parameters related to adolescents. Suggestions regarding them are as follows-

- In future other parameters related to adolescents like extra-curricular activities, educational systems, job opportunities, emotional problems etc. can be studied.
- A comparative study of suicidal potentiality among rural and urban adolescents can be done.
- A comparative study of suicidal potentiality among adolescents of high socio-economic category and low socio-economic category can be done.
- A comparative study of suicidal potentiality among adolescents of various religious group like Hindu, Muslims, Christians, Buddhist, Jains etc. can be

conducted i.e- study of relation between religion and suicidal potentiality among adolescents.

- A comparative study of suicidal tendencies among adolescents of various cultural back-ground like Indian, American, European, Arabian etc can be conducted.
- A comparative study of techniques for reducing depression, anxiety, stress and suicidal potentiality and counseling in India.
- A comparative study of specific aspects of stress like family stress, academic stress, vocational stress, emotional stress, social stress etc among adolescents can be conducted.
- A comparative study of level of depression, anxiety, stress and suicidal potentiality among adolescents in private schools and government school can be conducted.
- For more influential results in further studies the sample size can be increased so that reliability of the results also increases.
- Difference in level of suicidal potentiality among adolescents and adults or adults and senior citizens etc can be studied.
- A comparative study of suicidal potentiality among males and females (adults) can be done.
- A comparative study of suicidal potentiality among working females and non-working females (housewives) can be conducted.
- Level of depression, anxiety, stress and suicidal potentiality among adults can be studied.
- Role of family relations in reducing depression, anxiety, stress and suicidal potentiality among adolescents can be studied.
- Depression, anxiety and stress leading to some other problems (other than suicidal potentiality) like crime, madness etc can be studied.

### 5.3.0 Recommendations-

Any study is done for the benefit and betterment of society and this study is mainly done to study suicidal potentiality among adolescents. Suicide among adolescents seems to be a burning issue in modern society as we read suicide news in paper and hear news on TV. It is duty of every parent, teacher and school to see that their children are free of depression, anxiety, stress and suicidal potentiality, so here are few recommendations:

- **Parents:**

Child is a valuable asset for any country, as they are the one who will become responsible citizen of the country and also a good human being. That is why parent's role is extremely important. Parenting is a skill and parents should try to find ways to handle their kids in a right way. So parents should not keep over expectation from their children and should not pressurize them to do the things which child doesn't want. Permit their children to choose a stream subject and also field of job according to their interest. They should also try to establish a friendly relation with their children in whom they should act as the guide and mentor of the child.

- **Teacher:**

Teachers are role models for students so it is duty of the teachers to create a friendly environment in the schools in which students participate in curricular as well as co-curricular and extra-curricular activities and remain free from any kind of depression, anxiety, stress and fear etc. Teacher should not compare students with each other. They should treat students according to their capacity.

- **School:**

The School acts as a milestone in the life of any person. Schools are the temples where the personality of the child is carved so that they become responsible citizen of the country. For the preventing suicides among adolescents there should be a counselor in every school who can understand their problems and give effective solutions to these problems.

- **Peer group:**

Peer group or friend circle has a great influence on ones' personality in adolescent stage. Friends are greatest motivation and encouragement to each other. So it is their duty to bring out their friend from depression, anxiety, stress and suicidal potentiality, if one is suffering from them.