

**A NARRATIVE ANALYSIS ON THE EXPERIENCES OF SUICIDE ATTEMPT: THE
CASE OF 2 COLLEGE STUDENTS**

**JHOMEL V. ABLENDE
RIZZALYN D. BUMATAY**

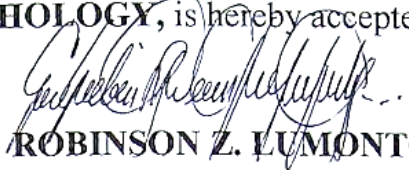
An Undergraduate Thesis Submitted to the Department of Psychology, College
of Arts and Sciences, Central Luzon State University,
Science City of Muñoz, Nueva Ecija, Philippines
In partial fulfillment of the requirements
to the degree of

BACHELOR OF ARTS IN PSYCHOLOGY

JUNE 2018

ACCEPTANCE SHEET

This undergraduate thesis entitled "A NARRATIVE ANALYSIS ON THE EXPERIENCES OF SUICIDE ATTEMPT: THE CASE OF 2 COLLEGE STUDENTS" prepared and submitted by JHOMEL V. ABLENDE and RIZZALYN D. BUMATAY, in partial fulfillment of the requirements for the degree of BACHELOR OF ARTS IN PSYCHOLOGY, is hereby accepted.


ROBINSON Z. LUMONTOD III

Adviser

6-6-18

Date Signed


MYLENE G. SACRO

Critic

6-6-18

Date Signed


ANGELO R. DULLAS
Department Research Coordinator

6-6-18

Date Signed

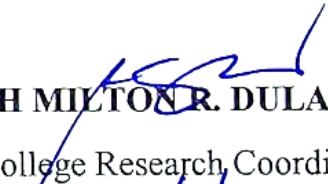
Accepted as partial fulfillment of the requirements for the degree of BACHELOR OF ARTS IN PSYCHOLOGY


ANGELO R. DULLAS

Chair, Department of Psychology

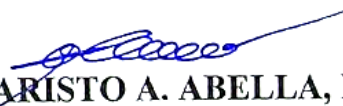
6-6-18

Date Signed


RICH MILTON R. DULAY, M.Sc.
College Research Coordinator

6/8/18

Date Signed


EVARISTO A. ABELLA, Ph.D.
Dean, College of Arts and Sciences

6-8-18

Date Signed

BIOGRAPHICAL SKETCH

PERSONAL INFORMATION

NAME: JHOMEL V. ABELENDE

Date of Birth: April 2, 1995

Religion: Roman Catholic

Home Address: Brgy. Poblacion, San Antonio, Nueva Ecija

Parents: Jovito L. Abelende and Imelda V. Abelende

EDUCATIONAL BACKGROUND

Elementary: St. Paul School of San Antonio
San Antonio, Nueva Ecija

Secondary: Maria Assumpta Seminary
Cabanatuan City, Nueva Ecija

Tertiary: Central Luzon State University
Science City of Muñoz, Nueva Ecija
Bachelor of Arts in Psychology

EXTRA-CURRICULAR ACTIVITIES

January 22-23, 2016

Delegate

29th Psychological Association of the Philippines Junior
Affiliates Annual Convention

Theme: Psychology and Asian Societies in the Midst of
Change

MOA-SMX Convention Center, Pasay City and Far Eastern
University, Manila

January, 2016

Participant

Effective Interview Techniques in HR Recruitment

Far Eastern University, Manila

May 12, 2016

Participant

13th Psychology Research Forum

CAS Little Theatre, Central Luzon State University

March, 2018

Intern

Heart of Jesus Hospital

San Jose City, Nueva Ecija

April, 2018

Intern

St. Joseph School

San Jose City, Nueva Ecija

BIOGRAPHICAL SKETCH

PERSONAL INFORMATION

NAME: RIZZALYN D. BUMATAY

Date of Birth: November 17, 1995

Religion: Iglesia ni Cristo

Home Address: Brgy. Quirino Talugtug Nueva Ecija

Parents: Ricardo Bumatay and Leonora Bumatay

EDUCATIONAL BACKGROUND

Elementary: Talugtug East Central School
Talugtug, Nueva Ecija

Secondary: Talugtug National High School
Talugtug, Nueva Ecija

Tertiary: Central Luzon State University
Science City of Muñoz, Nueva Ecija
Bachelor of Arts in Psychology

EXTRA-CURRICULAR ACTIVITIES**January 22-23, 2016****Delegate**

29th Psychological Association of the Philippines Junior
Affiliates Annual Convention

Theme: Psychology and Asian Societies in the Midst of
Change

MOA-SMX Convention Center, Pasay City and Far Eastern
University, Manila

January, 2016**Participant**

Effective Interview Techniques in HR Recruitment

Far Eastern University, Manila

May 12, 2016**Participant**

13th Psychology Research Forum

CAS Little Theatre, Central Luzon State University

March, 2018**Intern**

Heart of Jesus Hospital

San Jose City, Nueva Ecija

April, 2018

Intern

Rhomina's Heavenly Angel Montessori

Sto. Domingo, Nueva Ecija

Acknowledgement

We would first like to thank our two participants for sharing their stories with us. At times, it was not easy for them to recall such negative moments in their respective experiences, but their courage and their resolve not only allowed them to persevere throughout their interviews, but also led them to the decision to keep their narratives whole; choosing to let us use the entirety of their stories without requesting to remove certain aspects of it. Thank you.

To our adviser, Mr. Robinson Z. Lumontod III, thank you for being there to guide us through the process of writing and analyzing this thesis. Your input has and will always be invaluable. Thank you for your patience, insight, and sharing the depth of your experience.

We'd also like to thank the members of our defense panel. Your various comments, suggestions, and critiques were not only insightful but extremely relevant to how we had envisioned our thesis to be.

Lastly, we would like to thank our parents. Thank you for supporting us in our career and in our studies.

The Researchers
“Listen. Think. Speak.”

TABLE OF CONTENTS

	PAGE
TITLE PAGE	i
APPROVAL SHEET	ii
BIOGRAPHICAL SKETCH	iii
ACKNOWLEDGEMENT	ix
TABLE OF CONTENTS	x
ABSTRACT	xii
INTRODUCTION	
Background of the study	1
The Present study	10
Conceptual Framework	11
METHODOLOGY	
Research Design	14
Participants	15
Data Gathering Procedure	16
Instrumentations	17
Data Analysis	17

RESULTS

First Case: The Case of Karina 19

Second Case: The Case of Mark 26

DISCUSSIONS 34

CONCLUSIONS 41

RECOMMENDATIONS 42

LIMITATIONS OF THE STUDY 43

REFERENCES 44

ABSTRACT

ABELENDÉ, JHOMEL V., BUMATAY, RIZZALYN D., Bachelor of Arts in Psychology, Department of Psychology, College of Arts and Sciences, Central Luzon State University, Science City of Muñoz, Nueva Ecija, Philippines, June, 2018. **A NARRATIVE ANALYSIS ON THE EXPERIENCES OF SUICIDE ATTEMPT: THE CASE OF 2 COLLEGE STUDENTS.**

Adviser: Robinson Z. Lumontod III

Suicide among college students is a long-standing problem and has received considerable attention within the field of suicidology and beyond. The identification of suicide, suicide attempt, and theories related to college student suicide all reflect the solid basis of research that has been completed on college student suicide. In an attempt to further understand suicide among college students, the current study employed a narrative methodological approach, one that explores suicide through college student suicide attempt survivors and utilized a qualitative method for data analysis. The use of episodic narratives was used as a way to seek detailed narrative accounts about the participants' experiences (related to when they started the attempt and when they ended). Results of the study built upon previous research and provided important implications for both the treatment of college student suicide attempt survivors (and other at-risk students) and suicide prevention efforts on college campuses.

Keywords: suicide, college students, suicide attempt survivors, support system

References

- American Association of Suicidology. (n.d.). Suicide attempt survivors. (2013, January 22), Retrieved from <http://www.suicidology.org/suicide-attempt-survivors>.
- Bartik, W., Maple, M., Edwards, H., & Kiernan, M. (2013). The psychological impact of losing a friend to suicide. *Australasian Psychiatry, 21*(6), 545-549.
- Bartimole, C. R. (2009). Teens who attempt suicide: Profile of survivors. *Dissertation Abstracts International Section A: Humanities and Social Sciences, 70*(5-A),1566.
- Beautrais, A. L. (2004). Further suicidal behavior among medically serious suicide attempters. *Suicide and Life-Threatening Behavior, 34*(1), 1-11.
- Beck, A., Rush, A.J., Shaw, B., & Emery, G. (1979). *Cognitive theory of depression*. New York: Guilford Press.
- Buus N, Caspersen J, Hansen R, Stenager E, Fleischer E. (2014). Experiences of parents whose sons or daughters have (had) attempted suicide. *J Adv Nurs. 70*:823–832.
- Castille, K., Prout, M., Marczyk, G., Shmidheiser, M., Yoder, S., & Howlett, B. (2007). The Early Maladaptive Schemas of Self-Mutilators: Implications for Therapy. *Journal of Cognitive Psychotherapy: An International Quarterly, 21*(1), 58-71.
- Crockwell, L. & Burford, G. (1995). What makes the difference? Adolescent females' stories about their suicide attempts. *Journal of Child and Youth Care, 10*(1), 1-14.
- Cukrowicz, K., Smith, P., & Poindexter, E. (2010). The effect of participating in suicide research: Does participating in a research protocol on suicide and psychiatric symptoms increase suicide ideation and attempts? *Suicide and Life-Threatening Behavior, 40*(6), 535-543.

- Cunningham, D. (2011). *Psychiatric Tales*. New York, United States of America: Bloomsbury.
- Dougherty, P. (2007). Research synthesis: Adolescent suicide and substance abuse in the United States, 1990-2002. *Journal of Addictions Nursing: A Journal for the Prevention and Management of Addictions*, 18(2), 81-91.
- Drum, D. J., Brownson, C., Denmark, A. B., & Smith, S. E. (2009). New data on the nature of suicidal crises in college students: Shifting the paradigm. *Professional Psychology: Research and Practice*, 40(3), 213-222.
- Durkheim, E. (1951). *Suicide* (J. A. Spaulding & G. Simpson, Trans.). Glencoe, Illinois: Free Press. (Original work published 1897).
- Dyregrov, K. & Dyregrov, A. (2005). Siblings after suicide—"The forgotten bereaved". *Suicide and Life-Threatening Behavior* 35(6). <http://ugspace.ug.edu.gh>
- Dyregrov, K., Nordanger, D., & Dyregrov, A. (2003). Predictors of psychosocial distress after suicide, SIDS and accidents. *Death studies*, 27(2), 143-165.
- Erikson, E. (1959). *Identity and the life cycle*. New York: International Universities Press.
- Everall, R. D. (2000). The meaning of suicide attempts by young adults. *Canadian Journal of Counselling*, 34(2), 111-125.
- Everall, R. D., Bostik, K. E., & Paulson, B. L. (2006). Being in the Safety Zone Emotional Experiences of Suicidal Adolescents and Emerging Adults. *Journal of Adolescent Research*, 21(4), 370-392.
- Fisher, C. B., Pearson, J. L., Kim, S., Reynolds, C. F. (2002). Ethical issues in including suicidal individuals in clinical research. *IRB: Ethics & Human Research*, 24(4), 9-14.

- Geyer, W. & Heinz, W. (1992). *Alienation, Society, and the Individual: Continuity and Change in Theory and Research*. New Jersey: Transaction Publishers.
- Gould, M. S., Marrocco, F. A., Kleinman, M., Thomas, J. G., Mostkoff, K., Cote, J., & Davies, M. (2005). Evaluating iatrogenic risk of youth suicide screening programs: A randomized controlled trial. *The Journal of the American Medical Association*, 293(13), 1635-1643.
- Gratz, K. (2006). Risk Factors for Deliberate Self-Harm Among Female College Students: The Role and Interaction of Childhood Maltreatment, Emotional Inexpressivity, and Affect Intensity/Reactivity. *American Journal of Orthopsychiatry*, 76(2), 238-250.
- Groholt, B., Ekeberg, O., & Haldorsen, T. (2006). Adolescent suicide attempters: What predicts future suicidal acts? *Suicide and Life-Threatening Behavior*, 36(6), 638-650.
- Guinto-Adviento, M. (2011). *What Makes a Champion: A Narrative Analysis of Filipino Elite Athletes' Storied Lives* (Unpublished Doctoral Dissertation). Ateneo de Manila University, Quezon City, Philippines.
- Hawton, K. (2001). Studying survivors of nearly lethal suicide attempts: An important strategy in suicide research. *Suicide and Life-Threatening Behavior*, 32, 76-84.
- Holtman, Z., Shelmerdine, S., London, L. & Flisher, A. (2011). Suicide in a poor rural community in the Western Cape, South Africa: Experiences of five suicide attempters and their families. *South African Journal of Psychology*, 41(3), 300-309.
- INSERM Collective Expertise Centre. (2005). Suicide: Psychological autopsy, a research tool for prevention. Retrieved from <http://www.ncbi.nlm.nih.gov/books/NBK7126/>.
- International Journal of Nursing Studies, 49, 691–700.

- Jackson, S., Bijstra, J., Oostra, L., & Bosma, H. (1998). Adolescents' perceptions of communication with parents relative to specific aspects of relationships with parents and personal development. *Journal of Adolescence, 21*, 305-322.
- Jordan JR. (2001). Is suicide bereavement different? A reassessment of the literature. *Suicide Life Threat Behav. 31*:91–102.
- Knesper, D. J., American Association of Suicidology (AAS), & Suicide Prevention Resource Center (SPRC). (2010). *Continuity of care for suicide prevention and research: Suicide attempts and suicide deaths subsequent to discharge from the emergency department or psychiatry inpatient unit*. Newton, MA: Education Development Center, Inc.
- Lazarus, R. S., & Folkman, S. (1984). *Stress. Appraisal, and coping*, 725.
- Lieblich, A., Tuval-Mashiach, R., & Zilber, T. (1998). *Narrative Research: Reading, Analysis and Interpretation*. California, United States of America: Sage Publications, Inc.
- Mangnall, J. & Yurkovich, E. (2008). A Literature Review of Deliberate Self-Harm. *Perspectives in Psychiatric Care, 44*(3), 175-184.
- McGinley, E., & Rimmer, J. (1993). The trauma of attempted suicide. *Psychoanalytic Psychotherapy, 7*(1), 53-68.
- Maris, R. W., Berman, A. L., & Silverman, M. M. (2000). *Comprehensive textbook of suicidology*. New York: Guilford Press.
- Mattis, J. S. (2000). African American women's definitions of spirituality and religiosity. *Journal of Black Psychology, 26*, 101-122.

- Mitchell, A. M., Kim, Y., Prigerson, H. G., & Mortimer, M. K. (2005). Complicated grief and suicidal ideation in adult survivors of suicide. *Suicide and Life-Threatening Behavior, 35*(5), 498-506.
- Murray, M. (2003). *Narrative Psychology*. Qualitative Psychology: A Practical Guide to Research Method, (pp. 111-131). Wiltshire, United Kingdom: SAGE Publications LTD.
- Murray, M. (2004). *Narrative Psychology and Narrative Analysis*. Qualitative Research in Psychology: Expanding Perspectives in Methodology and Design, (pp. 95-112). Washington DC, United States of America: American Psychological Association.
- Ortiz-Gómez, L. D., López-Canul, B., & Arankowsky-Sandoval, G. (2014). Factors associated with depression and suicide attempts in patients undergoing rehabilitation for substance abuse. *Journal of affective disorders, 169*, 10-14.
- Richards, A. S. (2016). *Understanding the Experiences of College Student Suicide Attempt Survivors*.
- Ricoeur, P. (1991). Life: A story in search of a Narrator. In M.J. Valdes (Ed.), *A Ricoeur reader: Reflection and imagination* (pp. 425-437). Toronto: University of Toronto press.
- Rogers, J. R. (2001). Theoretical grounding: The “missing link” in suicide research. *Journal of Counseling & Development, 79*, 16-25.
- Rogers, J. R. & Soyka, K. M. (2004). “One size fits all”: An existential-constructivist perspective on the crisis intervention approach with suicidal individuals. *Journal of Contemporary Psychotherapy, 34*(1), 7-22.

- Rogers, J. R., Bromley, J. L., McNally, C. J., & Lester, D. (2007). Content analysis of suicide notes as a test of the motivational component of the existential constructivist model of suicide. *Journal of Counseling and Development, 85*, 182- 188. doi: 10.1002/j.1556-6678.2007.tb00461.x
- Schwartz, A. J. (2006). College student suicide in the United States: 1990-1991 through 2003-2004. *Journal of American College Health, 54*, 341-352.
- Shilubane, H. N., Ruiter, R. A. C., Bos, A. E. R., van den Borne, B., James, S., & Reddy, P. S. (2012). *Psychosocial determinants of suicide attempts among black South African adolescents: A qualitative analysis*. *Journal of Youth Studies, 15*(2), 177-189.
- Shneidman, E. (2004). *Definition of suicide*. Rowman & Littlefield.
- Saroglou, V. (2011). Believing, bonding, behaving, and belonging: The big four religious dimensions and cultural variation. *Journal of Cross-Cultural Psychology, 42*, 1320-1340.
- Sveen CA, Walby FA. (2008). *Suicide survivors' mental health and grief reactions: a systematic review of controlled studies*. *Suicide Life Threat Behav. 38*:13–29.
- Vatne, M., & Nåden, D. (2013). *Patients' experiences in the aftermath of suicidal crises*. Nursing ethics.
- Wiklander M, Samuelsson M, Åsberg M. (2003). Shame reactions after suicide attempt. *Scand J Caring Sci. 17*:293–300.
- Westefeld, J. S., Range, L. M., Rogers, J. R., Maples, M. R., Bromley, J. L., & Alcorn, J. (2000). Suicide: An overview. *The Counseling Psychologist, 28*(4), 445-510.

