



Risk factors and prevalence of suicidal behaviour among Kenyan youth in Secondary Schools

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Abstract

The occurrence of reported suicide cases amongst young people in Kenya is alarming and yet many cases go unreported in most cultures in Kenya due social stigma associated with suicide. It is worth noting that suicide in Kenya has become more rampant among the youth than adults and that the majority of reported suicide cases happen amongst youth in high schools, colleges and universities. The aim of this study was to establish risk factors associated with increased cases of suicide in a sample representative among Kenyan young people.

Methods: Participants were drawn from university and high school students. Among other instrument, they completed Beck Scale for Suicide Ideation (BSS).

Results: The dysfunctional family, church, academic pressure media, depression, and relationship problems were risk factors that laid the foundation for suicidal behavior among youths. Suicidal behaviours included thoughts, plans and attempts. The society is becoming more individualistic and hence most people suffer in silence.

Conclusion: Suicidal behaviour among youth in secondary schools poses a significant challenge to mental health practices in learning institutions of Kenya. The findings are relevant for promotion of mental health programmes in public learning institutions and professional training facilities in relevant sectors, especially in counseling, health and social workers.

