

# The Effect of Parental Attachment on Suicidal Ideation in Adolescent Students

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## ABSTRACT

With the rapid development of modern society, adolescents are facing increasing psychological pressure, and suicidal tendency has become a serious social problem. This study aims to explore the relationship between parental attachment and suicidal tendency among adolescent students, with a view to providing a scientific basis for prevention and intervention. Through literature analysis method and qualitative research method, the study found that a good parental attachment relationship can effectively help students improve their psychological condition and reduce their risk of suffering from suicide. This paper further explores the effects of family type, parental attachment, discipline style, and family income on children's suicidal tendencies, and suggests directions for future research. The findings suggest that family diversity and integrity play a crucial role in reducing the risk of suicide among adolescents, and that parental love and support have a profound effect on children's spiritual growth.

## KEYWORDS

Parental Attachment; Adolescent Students; Suicidal Ideation; Family Environment.

## 1. INTRODUCTION

### 1.1. Background

With the rapid development of modern society and the increasing psychological pressure faced by young people, suicidal tendencies have become a serious social problem. Suicidal tendency is usually a serious psychological problem that requires timely attention and intervention. Adolescence is a period of rapid psychological and physiological changes, during which immature students are more susceptible to confusion and frustration caused by external factors, especially family environment and parental relationship. The present study aims to investigate the relationship between parental attachment and suicidal tendency of adolescent students, in order to provide scientific basis for prevention and intervention [1].

### 1.2. Concept Definition

Suicidal ideation is the psychological and behavioral manifestation of an individual's strong desire or intent to end his or her own life, which may be expressed verbally, through abnormal behavior, or directly. Attachment is a deep and enduring emotional bond that provides the best environment for children to grow and has a significant impact on their development. Parental attachment is one of the earliest and most influential types of attachment for children, and it has a significant impact on children's mental health and social adjustment [2]. Understanding the current situation of suicidal tendency among adolescent students and studying its relationship with parental attachment is

important for preventing suicidal behavior and analyzing the psychological mechanisms behind it. Through this study, we can better understand the psychological states of adolescents in the family environment and how these states affect their mental health [3]. In addition, this study will help provide guidance to parents and educators to better understand and support adolescent students, thereby reducing the incidence of suicidal tendencies.

### **1.3. Research Significance**

Understanding the current situation of suicidal tendency among adolescent students and studying its relationship with parental attachment is important for preventing suicidal behavior and analyzing the psychological mechanisms behind it. Through this study, we can better understand the psychological states of adolescents in the family environment and how these states affect their mental health [1]. In addition, this study will help provide guidance to parents and educators to better understand and support adolescent students, thereby reducing the incidence of suicidal tendencies [3].

### **1.4. Research Purpose and Content**

The purpose of this study is to investigate the correlation between students' self-esteem, psychological distress and parental attachment, to explore the different effects of parental attachment on the development of suicidal tendencies in boys and girls, and to analyze the effects of family type of discipline, parental affection and family income on children's suicidal tendencies. The aim of the study is to find the psychological mechanism of adolescent suicide and to summarize the relationship between parental attachment and children's lack of a sense of meaning in life. Through this study, we hope to shed light on the psychological mechanisms of adolescent suicide and to explore the relationship between parental attachment and children's lack of a sense of meaning in life [2]. Enlightened parents, harmonious parent-child relationships and a good family atmosphere can have a positive impact on adolescent students [3]. When adolescents grow up in an environment where parents care about their children, often accompany them, and respect and understand them, they will have a stronger sense of security and greater self-confidence [4]. If parents do not have a reasonable educational philosophy and style, the student's personality, psychology and behaviour will be negatively affected [4].

### **1.5. Research Approach and Method**

Idea: This paper explores the intrinsic correlation between parental attachment and suicidal tendency of adolescent students, discusses the psychological causes and specific factors of parental attachment affecting children's suicidal tendency from the perspectives of parental attachment and adolescent students' psychological characteristics, and looks forward to possible future research directions and their prevention of suicidal behavior. Methods: Literature analysis method, by the search and organization of historical literature, to explore the psychological characteristics of adolescent students, and to analyze the specific influence of parental attachment on adolescent students and the corresponding measures [1]. Through in-depth exploration of the family environment, we will not only use traditional qualitative research tools, such as questionnaires and statistical analysis, to obtain valuable information and further explore in depth the influence of parents on their children [3]. The study will also employ qualitative research methods, such as in-depth interviews and case studies, to gain deeper insights and understanding [5].

## **2. THE IMPACT OF PARENTAL ATTACHMENT ON ADOLESCENT SUICIDE TENDENCY**

### **2.1. Psychological Characteristics of Adolescents and Family Education**

The psychological characteristics of adolescent students and their family education have a profound influence on their psychology. Adolescent students' physical skills are improving, they have a strong sense of self, and their thinking, cognition and values are beginning to change. Some students need to adapt to the new environment after going from junior high school to senior high school, but they still retain some of the psychological characteristics of the childhood stage, and they look at problems in a more one-sided and emotional way, and often fall into negative emotions with self-doubt. Some students start to pay attention to their own image and other people's evaluation, and want to be recognized by teachers and parents. At the same time, they lack knowledge and experience, and their self-regulation ability is poor, and they are often influenced by other people, and after being frustrated, they will easily develop low self-esteem and give up. Some students pursue independence and want to get rid of the constraints of their parents, but they still have a dependency mentality and are unable to be truly independent.

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accompany them, and respect and understand them, they will have a stronger sense of security and greater self-confidence. If parents do not have a reasonable educational philosophy and style, the student's personality, psychology and behaviour will be negatively affected.

### **2.2. The Influence of Parental Attachment on Adolescent Suicide Tendency**

The results of the study showed that the parental attachment scores of suicidal students were significantly lower than those of non-suicidal students.[2] This suggests that a good parental attachment relationship can effectively help students improve their psychological condition and reduce their risk of suffering from suicide. It was found that there was a significant negative correlation between maternal attachment and suicidal ideation in both males and females, while paternal attachment showed a negative correlation, but this effect was not statistically confirmed for males. This may be due to the fact that females are more susceptible to parental attachment, as well as the fact that studies have shown that they are more susceptible to depression and thus more prone to negative and pessimistic suicidal behavior.

Studies have shown that the type of family, parental affection, discipline and family income all affect children's suicidal tendencies.[4] Single-parent families, in particular, in which students are more prone to suicidal tendencies, may be due to the complexity and handicap of their family structure, which in turn may cause their personality development to suffer, leading to emotional instability and imperfect self-perception. The emotional state of parents may have a significant impact on the suicidal tendency of adolescents.[6] If there is a disharmonious relationship between parents, they may neglect the development of their children, thus preventing them from getting the support and help they deserve, which in turn puts them in an even more severe predicament. In addition, negative family education can also jeopardize a child's mental health. In poor families, students tend to have negative emotions such as low self-esteem and isolation; while in affluent families, students have more anxiety, fear, loneliness and behavioral deviations.

### **2.3. Discussion**

So far, the sample size is insufficient to determine the causal relationship between parental attachment and suicidal ideation, and the research methodology is limited. In addition, existing studies have often

neglected the effects of cultural and individual differences on the relationship between parental attachment and suicidal ideation. Future studies need to take these factors into account in order to improve the generalizability and applicability of the study.

In the present study, it was found that suicidal students usually had poorer attachment relationships with their parents. Research has shown that family diversity and integrity play a crucial role in reducing suicide risk among adolescents, and that parental love and support have a profound effect on children's spiritual development.[5] The present study also found that the quality of parental attachment relationship has a strong contribution to the development of children's emotional health, suggesting that a good parental attachment relationship is essential for adolescent students on their way to adulthood.[7]

When adolescents maintain a warm attachment with their parents over a long period of time and feel the support of the family, they can experience more positive emotions and are less likely to develop suicidal tendencies.[8]

Nowadays, the proportion of adolescent students with suicidal tendency is increasing, and parental attachment is an important influence on adolescent suicidal tendency, and exploring the link between them can provide more basis for preventing adolescent suicidality, improving the quality of family relationship, and promoting adolescent psychosocial health development. In subsequent studies, we will further investigate the psychological mechanisms of adolescent suicidality and the reasons for the influence of parental attachment on it, and explore the corresponding measures based on specific data and cases.[9] In addition, future studies may explore how to prevent adolescent suicidal tendencies by improving the family environment and the quality of parental attachment.

### 3. CONCLUSION

This study reveals the importance of family environment and parental relationship on adolescent mental health by exploring the relationship between parental attachment and suicidal tendencies among adolescent students. The findings emphasize the role of good parental attachment in reducing the risk of adolescent suicide, while pointing out the effects of family type, parental affection, discipline style, and family income on children's suicidal tendencies. These findings provide valuable guidance for parents and educators to better understand and support their adolescent students, thereby reducing the incidence of suicidal ideation. In addition, this study provides directions for future research, including further exploration of how to prevent adolescent suicidal ideation by improving the family environment and enhancing the quality of parental attachment.

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