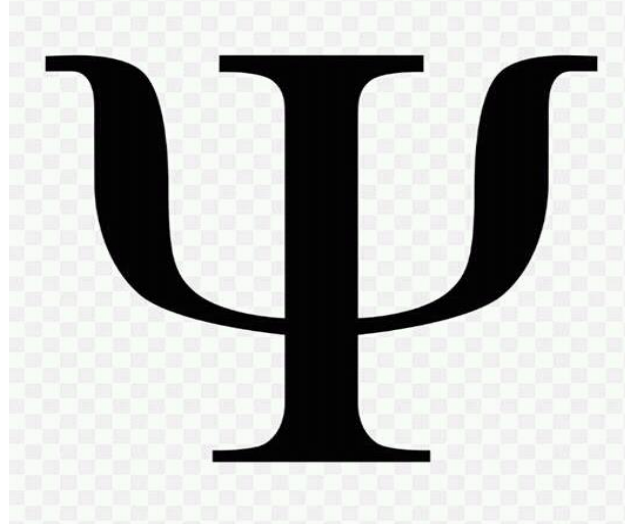




# Sexual abuse and suicidal intention on mental well-being of Nigerian undergraduates



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## Introduction

- University undergraduates experience various life events at different scales, these life events can be potential stressors and could likely interfere with their mental well-being.
- Undergraduates go through a critical transitional phase of emerging adulthood usually between adolescence and early adulthood with social consequences.
- A major factor in their social milieu is sexual relationship which can be violent where it is not properly conceived and managed.
- Of consideration in this research is the influence of sexual abuse and suicidal intention on the mental well-being of final year Nigerian undergraduates in Benue State University, Makurdi, Nigeria.

## Hypotheses

- Sexual abuse will significantly influence mental well-being of final year undergraduates of Benue State University, Makurdi.
- Suicidal intention will significantly influence mental well-being of final year undergraduates of Benue State University, Makurdi
- Sexual abuse and suicidal intention will jointly and significantly influence mental well-being of final year undergraduates of Benue State University, Makurdi

## Method

- Design and Participants: cross-sectional survey design was used. 394 final year students of Benue State University participated in the study. Of this, 266 (67.5%) were females and 128 (32.5%) males with an age range of between 19 to 29 years.
- Instruments – three instruments were used for data collection after validation. The Sexual Abuse Questionnaire by Lock, Levis & Rourke (2005), the Suicide Ideation Scale by Luxton, Rudd, Reger & Gahm (2011) and Stewart-Brown & Jonmohamed (2006)'s Warwick-Edinburgh Mental Well-being Scale.
- The instruments were framed in a questionnaire format and used to test the variables - sexual abuse, suicide intention and mental well-being - respectively.
- Data Analysis: Descriptive and inferential statistics were used to analyse the data. Descriptive analyses were for the personal data while inferential statistics (regression analyses) were used to test the hypotheses using the Statistical Package for the Social Sciences (SPSS).

## References

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## Results

- Result in table 1 shows a significant influence of sexual abuse on mental well-being among final year undergraduates of Benue State University. Showing through the beta value [ $\beta = -.451$ ,  $t = -9.387$ ;  $p < .001$ ] implies that sexual abuse has negative influence on mental well-being, meaning an increase in sexual abuse reduces the level of mental well-being. The result confirms hypothesis 1.
- Result in table 2 shows a significant influence of suicidal intention on mental well-being among final year undergraduates of Benue State University. Also, a view of the beta value [ $\beta = -.182$ ,  $t = -3.593$ ;  $p < .001$ ] implies that suicidal intention has negative influence on mental well-being, meaning an increase in suicidal intention reduces the level of mental well-being. The result confirms hypothesis 2 and thus it is accepted.
- Result in table 3 shows that there was a significant joint influence of sexual abuse and suicidal intention on mental well-being among final year undergraduates of Benue State University. Observation of coefficient of determination [ $R^2 = .221$ ] implying that sexual abuse and suicidal intention jointly and significantly accounted for 22.1% of the variation in mental well-being.

**Table 1: Summary of Simple Linear Regression table showing the influence of Sexual Abuse on Mental Well-being among Final Year Students of Benue State University, Makurdi**

DV	Predictors	R	R <sup>2</sup>	F	df	$\beta$	T	P
Mental well-being	Constant	.451	.203	88.118**	1, 346		5.653	<.001
	Sexual Abuse					-.451	-9.387	<.001

**Table 2: Summary of Simple Linear Regression table showing the influence of Suicide Intention on Mental Well-being among Final Year Students of Benue State University, Makurdi**

DV	Predictors	R	R <sup>2</sup>	F	df	$\beta$	T
Mental Well-being	Constant	.182	.033	12.913**	1, 373		43.789
	Suicidal intention					-.182	-3.593

**Table 3: Summary of multiple regression table showing the joint influence of sexual abuse and suicidal intention on mental well-being of final year undergraduates of Benue State University, Makurdi.**

DV	Predictors	R	R <sup>2</sup>	F	df	$\beta$	T	P
Mental Well-being	Constant	.471	.221	47.785**	2, 336		5.854	<.001
	Sexual Abuse					-.443	-8.612	<.001
	Suicidal Intention					-.066	-1.292	<.001

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