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Suicide risk factors in university students: A review from the literature

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ABSTRACT

The objective of the research is to carry out a review of the literature about suicide risk factors in young university students. The methodology used is quantitative descriptive with a bibliometric approach, under the PRISMA method. The search was carried out in three databases: Clarivate Web of Science, MDPI and Taylor and Francis that had the variables of suicide risk factors. Inclusion criteria were used such as: study variables, years 2019 to 2022, published in Spanish and English, scientific reports research results, research with clinical and non-clinical population. After the application of the Boolean operators, the total sample is (n=10360) and after screening with the PRISMA method (n=45). Results: The United States, followed by China and Bangladesh, are the countries that produce the most on the subject. The most frequent risk factors are: depression, anxiety, stress, academic commitments, lack of opportunities, low income and race. The students with the highest suicide rates are in the health area such as medicine and nursing, in addition, there is more suicide intent in women than in men.

Keywords: Suicide., Youth., Students, University students

Factores de riesgo de suicidio en jóvenes estudiantes universitarios: Una revisión de la literatura.

RESUMEN

El objetivo de la investigación es realizar una revisión de la literatura acerca de los factores de riesgo de suicidios en jóvenes universitarios. La metodología utilizada es cuantitativa de corte descriptivo con un enfoque bibliométrico, bajo el método PRISMA. La búsqueda se realizó en tres bases de datos: Clarivate Web of Science, MDPI y Taylor y Francis que tuvieran las variables de factores de riesgo de suicidio. Se utilizaron criterios de inclusión como: variables de estudio, años 2019 a 2022, publicados en español e inglés, reportes científicos resultados de investigación, investigaciones con población clínica y no clínica. Luego, de la aplicación de los operadores booleanos la muestra total es de (n=10360) y posterior al cribado con el método PRISMA (n=45). Resultados: Estados Unidos, seguido de China y Bangladesh, son los países que más producción en el tema. Los factores de riesgos más frecuentes son: depresión, ansiedad, estrés, compromisos académicos, falta de oportunidades, bajos ingresos económicos y raza. Los estudiantes con más altas tasas de suicidio se encuentran en el área de la salud como medicina y enfermería, además, existe más intención de suicidio en mujeres que en hombres.

Palabras clave: Suicidio., Jóvenes., Estudiantes, Universitarios

INTRODUCTION

Suicide is a public health problem, which has developed around paradigms, taboos, stigmas and myths. An act whose purpose is to end life in a tragic way and that among the most visible signs in the young population is feeling hopeless, fluctuating changes in mood, exacerbation of risk behaviors and the manifestation of variations in personality changes in an abrupt manner(Arenas et al., 2020).

In this way, the human being has different ways of dealing with the problems of daily life, the behavior of damage (suicide) is characterized as a group of movements aimed at injuring oneself, with the aim of ending life. , this is articulated with thoughts and ideas related to suicide. A much more complete and direct notion indicates that suicide is a voluntary resignation of life.(Lien & Zhang, 2020).

Taking into account the data from the World Health Organization (WHO, 2021), there is an approximate number of 700,000 subjects who have given up their lives around the world, that is to say that 78% of the majority of suicidal acts worldwide have the tendency to happen in many low-income countries, it is important to note that inequality and the socioeconomic factor are part of the risk factors, this directly affects the most vulnerable sectors(Gomez et al., 2020).

Likewise, another of the factors with the highest incidence are relationship problems, bullying situations, low self-esteem and family problems that trigger emotional states linked to psychological imbalance. This is evidenced in self-destructive behaviors such as the consumption of psychiatric drugs without the respective medical supervision, the abuse of alcohol and illicit substances that generate problems in physical and mental health. Consequently, disruptive behaviors are generated that trigger risk factors for suicidal ideation with a greater propensity (Serbic et al., 2021).

On the other hand, there is the way of coping with stress, that is, the ways in which a person faces daily difficulties. Thus, having coping skills helps to have greater self-control in stressful situations. On the other hand, when vulnerability has a high degree, there may be a series of maladaptive behaviors, even where mild stress is generated. However, it is important to note that when you have better coping skills, the risk of being in situations of vulnerability will be minimal.(Gallo-Barrera et al., 2022).

According to the contributions ofPerdomo et al., (2020)There is a greater risk of suicidal ideation in young people with gender identity problems, acceptance problems, and a negative relationship with self-esteem. As a result, stress and social pressure are often generated along with stigmatization, leading them to suicidal behavior. University students make up a specific sample of young people determined by their direction to a professional training and better opportunities, socioeconomic and greater job opportunities. Hopelessness plays a fundamental role because it appears as a non-viable way of seeing the world and difficulties that will never have a solution, there is a constant thought of not being able to achieve the objectives, this produces a lot of conformism and abandonment of objectives and desires(Soto et al., 2020)

These difficulties related to the way of thinking and seeing one's own future strengthen biases and generate fractures in information processing, which leaves as a consequence a turtle-dovey distorted reality, this leads to valuing suicide as the only door that generates peace and tranquility Chaparro et al, (2019). Another fundamental factor in these processes is family breakdown, separation of parents, problems between family members, constant fights, mistreatment and abuse, all these situations that are part of family violence and little affection are real risk factors. The absence of affection and the presence of violence within the family are significant situations in the constitution of suicidal behavior, therefore,(Vélez et al., 2019).

METHODOLOGY

The methodology used is quantitative descriptive and under a bibliometric approach from the review of the literature, under the PRISMA method for systematic reviews that allows documenting and managing new advances in the matter of investigative interest. The review includes the proposed checklist which includes the reviews that are constantly updated(Page et al., 2021).

To carry out the search, the approach of the Boolean equations was used as indicated byGutierrez (2017), under the structuring of the operators, which allowed refining the research, focused on the scientific articles arranged in the databases that have open access to information as a criterion. The search was carried out in Clarivate Web of Science, MDPI and Taylor and Francis and distributed under the modality of open resources.

Likewise, the search focused on the review of the articles that had the study variables risk factors, determinants of mental health, mental pathologies that are indicators within the aspects related to the risk factors of suicide in university students.

Inclusion criteria

For the selection of the articles, the development of the study variables was taken into account, as well as an observation window from 2019 to 2022, published in Spanish and English. Likewise, scientific reports, research results, research with clinical and non-clinical population were included.

Exclusion criteria

Documents whose reports were not available in full text or require payment were excluded; likewise, the case studies, editorial notes, letters to the editor and finally the screening of the articles that finally did not include the selected study variables was carried out. Likewise, degree works, systematic reviews, monographs and case reports, book chapters or open access books were excluded.

Search strategy

To carry out the search for information, the approach was made using keywords, formulated under the Boolean operators, taking into account the operationalization of the variables, the typology of the documents, focusing on research articles.

Table 1.

Search Boolean Equations

Factors and risk and suicide or college suicide not adolescents and incidence and factors or Suicide, not children and Risk and factors and suicide or College Students not School and Suicide and risk or factors and university or students not teenagers and Suicidal and risk or college not adults Psychological and predictors or suicidal risk and college or students Prevalence and Symptomatology or Suicide not youngsters

Subsequently, the search was carried out in the databases (Proquest, Wos, Taylor and Francis) using the Boolean operators, and classifying the information by means of the generalized findings as shown below:

Table 2.

Equations in databases

Crosses/databases	request	WOS	taylor and francis	Total
"Factors" and "risk" and "suicide" or "college" "suicide" not "adolescents" "Suicide" and "risk" or "factors" and "university" or "students" not "teenagers"	1527	3952	1127	5079
"Incidence" and "factors" or "Suicide", not "children" "Psychological" and "predictors" or "suicidal" "risk" and "college" or "students"	1057	1105	1586	3748
"Suicide" and "risk" or "factors" and "university" or "students" not "teenagers" "psychological" and "predictors" or "suicidal" "risk" and "college" or "students" "Prevalence" and " Symptomatology" or "Suicide" not "youngsters"	823	165	545	1533
Total	3407	5222	3258	10360

Note. Own elaboration (2022)

Carrying out the information search allowed that when it was carried out separately in the three selected databases, the studies that were later used in the information screening were identified. Breaking it down and facilitating the analysis process that leads to the review as shown below:

Table 3.

Selection of information by crossing variables

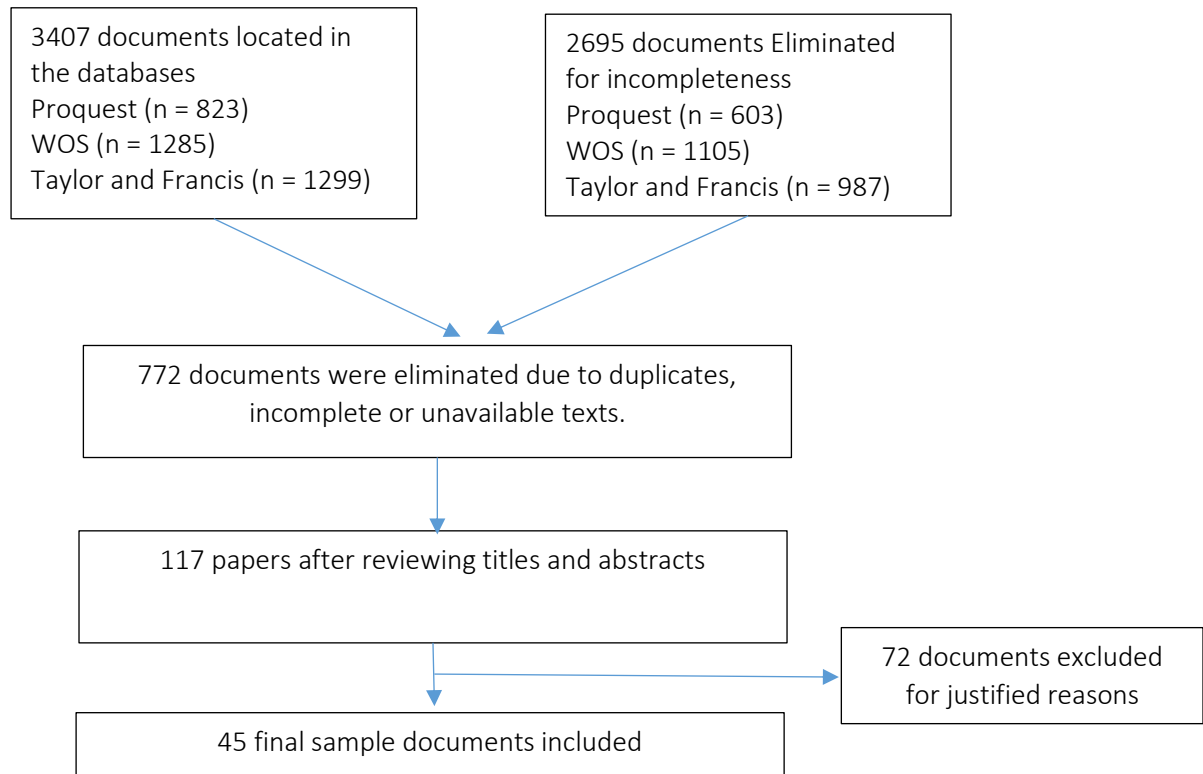
Equation	Databases	Unfiltered	No access	Reviews incomplete duplicates	do not comply Criteria	Selection
"Factors" and "risk" and "suicide" or "college" "suicide" not "adolescents" "Suicide" and "risk" or "factors" and "university" or "students" not "teenagers"	Proquest Wos Taylor and francis	5079	4302	534	243	19
"Incidence" and "factors" or "Suicide", not "children" "Psychological" and "predictors" or "suicidal" "risk" and "college" or "students"	ProquestWos Taylor and francis	3748	2305	1443	1430	14
"Suicide" and "risk" or "factors" and "university" or "students" not "teenagers" "psychological" or "students" "Prevalence" and "Symptomatology" or "Suicide" not "youngsters"	ProquestWos Taylor and francis	1533	979	554	540	12
Total		10360	7586	2521	2213	45

Note. Own elaboration (2022)

The information selection process is indicated below, taking into account the application of the filters, as well as the observation window and the documentary type:

Figure 1.

process flowchart



Note. Own elaboration (2022)

RESULTS

The analysis of the information was carried out by means of a data crossing that was categorized in an analysis matrix, performing the information screening, based on the contributions made by the researchers. Locating in the same way the country where the research studies were carried out.

Boards

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no.	Title	Authors	DOI	contributions	City Country.
1	Prevalence and Predisposing Factors of Suicidal Ideation Among the University Students in Bangladesh: A Single-Site Survey	(Mamun, Rayhan, et al., 2022)	https://doi.org/10.1007/s11469-020-00403-z	Depression, anxiety, stress, addiction to mobile phones and social networks (Facebook) induce suicidal behavior.	Bangladesh
2	Knowledge of Suicide Risk Factors, But Not Suicide Ideation Severity, Is Greater Among College Students Who Viewed 13 Reasons Why	(Chesin et al., 2020)	https://doi.org/10.1080/07448481.2019.1586713	13 Reasons Why can be a platform for psychoeducation about suicide.	USA
3	Associations between depression, anxiety, stress, hopelessness, subjective well-being, Coping styles and suicide in Chinese university students.	(Lew et al., 2019)	https://doi.org/10.1371/journal.pone.0217372	Risk factors for adolescent suicide are depression, anxiety, stress, and hopelessness.	Shandong-China
4	Meaning in life as a protective factor against suicidal tendencies in Chinese University students.	(Lew et al., 2020)	https://doi.org/10.1186/s12888-020-02485-4	The search for meaning in life can be a protective factor against suicidal behaviour.	Hong Kong-China
5	Variation in Suicide Risk among Subgroups of Sexual and Gender Minority College Students.	(Horwitz, Berona, et al., 2020)	https://doi.org/10.1111/sltb.12637	Gender minority students had significantly higher rates of depression, suicidal ideation, and suicide attempts.	Chicago - USA
6	Sex Differences in Prevalence, Risk Factors and Clinical Correlates of Internet Addiction Among Chinese College Students	(Shen et al., 2021)	https://doi.org/10.1016/j.jad.2020.10.054	Internet addiction is common among both sexes and is associated with ADHD, insomnia, and suicidal behavior.	Hunan-China

7	Association between personality traits and risk of suicidal ideation in Chinese university students: analysis of the correlation among five personalities.	(Huang et al., 2019)	https://doi.org/10.1016/j.psychres.2018.12.076	Neuroticism, psychoticism, impulsiveness, and aggressiveness are risk factors for suicidal ideation.	Chongqing-China
8	Prevalence and psychiatric correlates of suicidal ideation in UK university students.	(Akram et al., 2020)	https://doi.org/10.1016/j.jad.2020.03.185	Suicidal ideation is associated with symptoms of depression, mania, psychosis, and stress.	London, United Kingdom
9	Prevalence and correlates of suicidal ideation among college students: A mental health survey in Jilin Province, China.	(Wang et al., 2019)	https://doi.org/10.1016/j.jad.2018.12.055	Family factors were the most influential in suicidal ideation	Jilin-China
10	Suicide of Bangladeshi medical students: Risk factor trends based on Bangladeshi press reports.	(Mamun, Mawa, et al., 2022)	https://doi.org/10.1016/j.ajp.2019.101905	The most frequent reason for suicide was academic distress	Bangladesh
11	Prevalence of problematic internet use disorder and associated risk factors and complications among Iranian university students: a national survey.	(Poorolajal et al., 2019)	https://doi.org/10.15171/hpp.2019.29	One third of medical science students suffered from excessive use of the Internet. 7.4% had suicidal ideas in the last month and 1.7% had attempted suicide in the last year.	9 provinces - Iran
12	Assessing risk factors and impact of cyberbullying victimization among university students in	(Khine et al., 2020)	https://doi.org/10.1371/journal.pone.0227051	Students who are cyberbullied may present suicidal thoughts and attempts.	Magway - Burma

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	Myanmar: A cross-sectional study				
13	Predicting the incidence of non-suicidal self-injury in college students.	(Kiekens et al., 2019)	https://doi.org/10.1016/j.eurpsy.2019.04.002	The college years are a sensitive period for the onset of nonsuicidal self-injury.	Leuven - Belgium
14	Factors associated with emotional distress and suicide ideation among international college students.	(Taliaferro et al., 2020)	https://doi.org/10.1080/07448481.2019.1583655	International students with unmet interpersonal needs, ethnic discrimination were significantly associated with greater emotional distress and suicide.	Wisconsin - USA
15	Suicide in Northern Ireland: epidemiology, risk factors, and prevention.	(O'Neill & O'Connor, 2020)	https://doi.org/10.1016/S2215-0366(19)30525-5	Suicide is related to problems, legacy of violence and consumption of psychoactive substances.	Belfast - Ireland
16	First-onset and persistence of suicidal ideation in university students: A one-year follow-up study.	(Blasco et al., 2019)	https://doi.org/10.1016/j.jad.2019.05.035	Mood, physical or sexual assault, and emotional abuse are associated with suicidal ideation.	Alicante - Spain
17	The incidence of suicide in University students in England and Wales 2000/ 2001–2016/2017: Record linkage study.	(Blasco et al., 2019)	https://doi.org/10.1016/j.jad.2019.09.079	The lack of mental health in university students is the main reason for suicidal acts.	england and wales
18	Psychological Inflexibility Predicts Suicidality Over Time in College Students.	(Gunnell et al., 2020)	https://doi.org/10.1111/sltb.12533	Psychological inflexibility may be a useful mechanism for suicide prevention.	Alaska and Hawaii
19	The interaction of dissociation, pain tolerance, and suicidal ideation in predicting suicide attempts.	(Rabasco & Andover, 2019)	https://doi.org/10.1016/j.psychres.2019.112661	Dissociation is an indicator of greater weight in suicidal behaviors than tolerance to pain and physical damage.	USA

20	Prevalence and Factors Associated with Suicidal Ideation Among University Students in Bangladesh.	(Rahman et al., 2022)	https://doi.org/10.1080/13811118.2020.1833800	Gender, exposure to a stressful academic load, poverty, traumatic experiences, depression, and a family history of suicide are factors associated with suicidal ideation.	Bangladesh
21	Coping and Suicide in College Students. Does Being Optimistic Matter?	(Yi et al., 2021)	https://doi.org/10.1027/0227-5910/a000662	Coping with complex situations and a willingness to be optimistic represent suicide prevention factors.	USA
22	Mental disorders as risk factors for suicidal behavior in young people: a meta-analysis and systematic review of longitudinal studies.	(Gili et al., 2019)	https://doi.org/10.1016/j.jad.2018.10.115	Psychiatric comorbidity is a fundamental risk factor for suicide attempts.	Spain
23	Prevalence and predictors of suicidal ideation, planning, and attempts, in first-year college students with ADHD.	(Eddy et al., 2020)	https://doi.org/10.1080/07448481.2018.1549555	Young people with ADHD are four times more likely to attempt suicide on average.	USA
24	A comparison between American and Chinese college students on suicide-related behavior parameters.	(Lew et al., 2020)	https://doi.org/10.1016/j.ijchp.2020.03.005	Sociocultural factors linked to poverty, values, intra-family communication, help-seeking, gender burdens and/or access to weapons can increase or minimize suicide or its intention in some societies more than in others. .	China and USA
25	The Importance of Coping and Emotion Regulation in the Occurrence of Suicidal Behavior.	(Ong & Thompson, 2019)	https://doi.org/10.1177/0033294118781855	Cognitive reappraisal is associated with reduced risk of suicidal behavior, rather than risk reduction.	Japan
26	Predicting Psychological State Among Chinese Undergraduate Students in the COVID-19	(Disease, 2020)		Anxiety and insomnia in university students are associated as risk factors for developing suicidal ideation.	Beijing - China

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	Epidemic: A Longitudinal Study Using a Machine learning.				
27	The prevalence of depression and associated risk factors among medical students: An Untold story in Vietnam.	(Pham et al., 2019)	https://doi.org/10.1371/journal.puts.0221432	Economy, physical inactivity, academic pressure, and night shifts are associated with self-reported depression, while suicidal ideation is associated with perceived economic burden and non-self-determined motivation profile.	Vietnam
28	Mental Health Problems and Associated Predictors Among Bangladeshi Students.	(Mamun, Hossain, et al., 2022)	https://doi.org/10.1007/s11469-019-00144-8	Poverty, cigarette smoking, and physical inactivity are risk factors for depression. While for anxiety and stress it includes having a relationship.	Bangladesh
29	Predictors of mental health and academic outcomes in first-year university students: Identifying prevention and early-intervention targets.	(Duffy et al., 2020)	https://doi.org/10.1192/bjo.2020.24	Depression, anxiety and suicidal ideation directly affect a negative impact on academic performance.	Canadá
30	Sociodemographic differences in barriers to mental health care among college students at elevated suicide risk.	(Horwitz, McGuire, et al., 2020)	https://doi.org/10.1016/j.jad.2020.03.115	There are barriers to seeking psychological care associated with sociocultural conditions such as: gender, race/ethnicity, and sexual orientation.	USA
31	The Suicide Prevention for College Student Gatekeepers Program.	(Ross et al., 2020)	https://doi.org/10.1027/0227-5910/a000686	The accompaniment of peers trained to notice the signs of suicidal intent contributes to the prevention of suicide in university students.	USA
32	Suicidal Behavior and Associated Factors Among Students in Mettu University, South West Ethiopia, 2019: An Institutional Based Cross-Sectional Study.	(Habtamu & Desalegn, 2022)	https://doi.org/10.2147/PRB.M.S240827	Suicidal intent increases according to certain conditions such as female sex, social isolation, a family history of suicide attempts, alcohol consumption, living in the countryside, and little religious participation.	Ethiopia
33	Suicide attempts and non-suicidal self-harm	(Sivertsen et al., 2019)	https://doi.org/10.1192/bjo.2019.4	Socioeconomic conditions are determinant for suicidal ideation and self-harm among university	Oslo - Norway

	among university students: prevalence study.			students, the factors identified are loneliness, poverty, and immigrant status.	
34	Mediating Effects of Positive Thinking and Social Support on Suicide Resilience.	(Matel-Anderson et al., 2019)	https://doi.org/10.1177/0193945918757988	self-esteem, positive thinking and social support can lead to suicide resilience.	Milwaukee - USA
35	Mental health, suicidal ideation, and experience of bullying among university students in Pakistan.	(Bibi et al., 2021)	https://doi.org/10.1177/1359105319869819	Pakistani students have less mental health and access to treatment than Chinese and German students.	Islamabad - Pakistan
36	Prevalence of suicidal behavior among nursing and midwifery college students in Ghana.	(Quarshie et al., 2019)	https://doi.org/10.1002/nop.2.271	The lack of mental health in university nursing students suicidal acts.	Accra - Ghana
37	Symptoms of Anxiety and Depression and Suicidal Behavior in College Students: Conditional Indirect Effects of Non-Suicidal Self-Injury and Self-Compassion.	(Kaniuka et al., 2020)	https://doi.org/10.1080/87568225.2019.1601048	College students are at particular risk for self-harm psychopathology associated with anxiety and depression.	Michigan - USA
38	Prediction of major depressive disorder onset in college students.	(Ebert et al., 2019)	https://doi.org/10.1002/da.22867	Screening college admissions is a promising strategy to detect students at risk for MSD onset, which may improve the development and deployment of targeted preventive interventions.	Leuven, United Kingdom
39	Suicidal risk factors in major affective disorders.	(Baldessarini et al., 2019)	https://doi.org/10.1192/bjp.2019.167	People with mood disorders (especially violent) with type I BD are at increased risk of suicide.	Cagliari, Sardinia, Italy
40	Physical exercise, mental health problems, and suicide attempts in university students.	(Grasdalsmoen et al., 2020)	https://doi.org/10.1186/s12888-020-02583-3	There is a dose-response association between physical inactivity and poor mental health, self-harm, and suicide attempts.	Norway

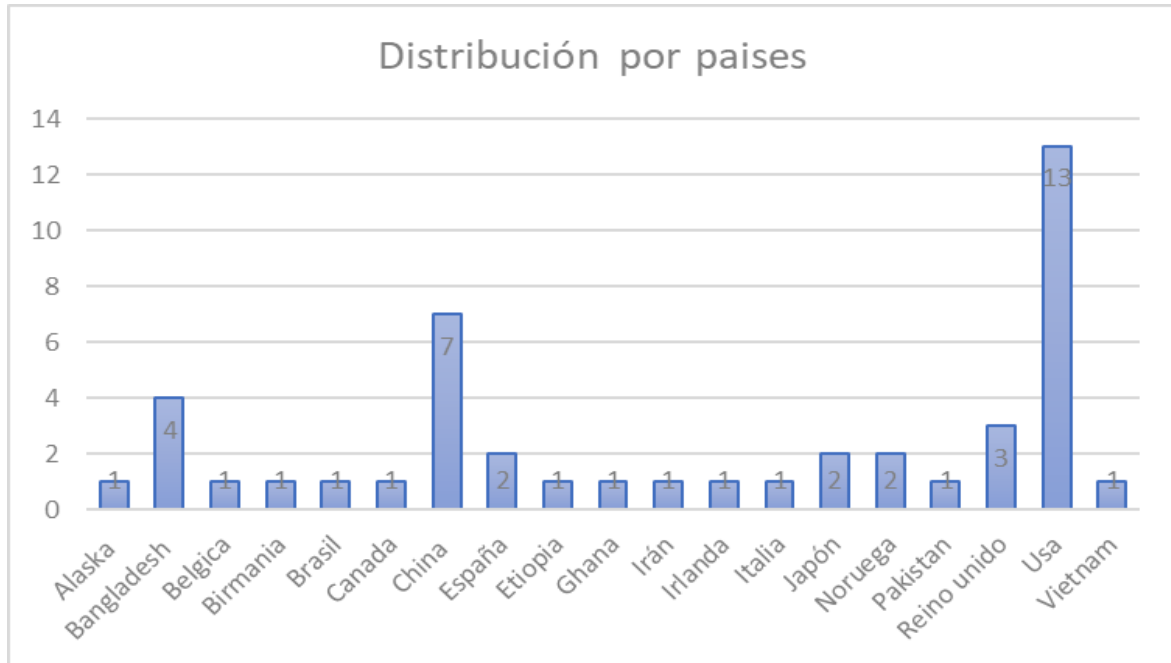
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41	Association between prescription opioid misuse and dimensions of suicidality among college students.	(Davis et al., 2020)	https://doi.org/10.1016/j.psychres.2019.07.002	Prescription opioid misuse can be an indicator of underlying psychological distress and possible suicide.	USA
42	Unhealthy behavior clustering and mental health status in United States college students.	(Jao et al., 2019)	https://doi.org/10.1080/07448481.2018.1515744	Alcohol consumption, substance use and insufficient physical activity are associated with higher rates of mental health impairment in university students.	USA
43	Alice in Suicideland: Exploring the Suicidal Ideation Mechanism through the Sense of Connectedness and Help-Seeking Behaviors.	(Ebert et al., 2019)	https://doi.org/10.3390/ijerph18073681	Informal help seeking is negatively associated with suicidal ideation, while formal help is positive.	Oita, Japan
44	A Randomized Controlled Trial of the Collaborative Assessment and Management of Suicidality (CAMS) Versus Treatment as Usual (TAU) for Suicidal College Students.	(Ebert et al., 2019)	https://doi.org/10.1080/13811118.2020.1749742	Preventive treatments based on collaboration and evaluation of suicide risks have a significant impact compared to usual treatment.	USA
45	Major depressive episode among university students in Southern Brazil.	(Flesch et al., 2020)	http://doi.org/10.11606/s1518-8787.2020054001540	Individual, family and behavioral aspects, as well as academic aspects influence the appearance of depression among university students.	Brazil

The results indicate that concern for mental health is relevant, globally, because suicidal ideation and structuring become relevant at the public health level. Being a determining factor in the context of the preservation of life and in the conditions of maintenance of mental health in young people, due to the exposure and vulnerability to which they are exposed, professional care by the actors is essential. of health and educators as a support network.

Figure 2

Country estimate



Note: Own elaboration (2022).

Based on the results found, it was identified that within the study of the variables the United States, followed by China and Bangladesh, are the countries that report the most production on the subject of risk factors according to the research carried out by means of the equations boolean. This makes it possible to identify that research advances are focused on the levels of risks they represent for young university students. Mainly identifying that young people linked to health careers such as medicine and nursing are more likely to present suicidal ideation and the structuring of suicide.

RESULTS AND DISCUSSION

Within the different difficulties through which a university student goes through depression, anxiety, stress and in some cases the consumption of psychoactive substances may appear as a way out of their difficulties, however cyberbullying is shown due to different cultures Many of the students when they enter a career within a university space when they face academic demands, added to their personal problems related to fractures in the family and in the economy, have a tendency to manifest states of anxiety or mild depression.(Usuga-Jerez et al., 2021).

The manifestation of psychological disorders in university students during exams and academic commitments showed symptoms related to anxiety, however, the academic terror that often exists among the teaching community can also generate depression, this is because the student handles the perception that he is not good at what he studies and shows a catastrophic vision of his future, it is important to note that at times when there are dysfunctional families there is a greater tendency to become affected and not have a stable state of mind and directly their academic performance(Vilaplana-Pérez et al., 2021)

The prevalence with affectations of depression and anxiety in students who are pursuing a career in higher education also suffer from these difficulties due to their gender identity, which leads to having fears to behave as they wish, some students who suffer from dysphoria of gender you have many emotional difficulties to achieve adequate development within the classroom and for fear of being singled out at a social level shows distancing and problems at the level of academic performance which guides you to have suicidal acts or suicidal ideas(Hernández-Flórez, Lhoeste-Charris, et al., 2022)

On the other hand, it is necessary to point out that sometimes states of stress and anguish generate adaptation problems for both new and old students, these mental states tend to affect esteem processes, promoting suicidal ideation that depends on the cognitive structure of the patient. can be consummated, some students at certain moments can overcome the crisis while others can carry out a suicidal act they learn to face the challenges they may face(Nikolic, 2020)

There are university careers with very high levels of demands that guide the student to emotional difficulties where the motivation to continue for the objectives that they have proposed as a life project is lost. University careers such as medicine and nursing have a high impact on young people who are studying, to the point of producing emotional changes due to not being able to respond to such demands, these anxiety situations can become a psychopathological issue, therefore they end up affecting the student's quality of life(Siqueira et al., 2018).

It is important to point out that there are certain stress factors such as certain difficulties in the thinking skills of university students, because the lack of them generates a series of limitations that also shows the fractures in the competences to achieve a greater capacity to adapt to the phenomena that can occur in the university context, therefore one of the moments that produce these failures is the lack of resources and personal capacities, for which thinking skills will play a fundamental role in the development of adaptation(Hernández-Flórez, et al., 2022).

Another element that also leads to suicidal ideas is the lack of opportunities due to socioeconomic difficulties that affect good performance inside and outside the academic context, personal needs can cause anxieties and suicidal ideation due to lack of resources and desired lifestyles. Consequently, it will tend to affect their well-being and the development of skills at a personal and academic level, which show failures in their development as a subject.(Cotonieto et al., 2020).

CONCLUSIONS

University students generally must go through a series of events related to their own evolution, this is because they must face a series of challenges related to changes in daily life, in addition to renouncing to be assisted by their parents, this Independence will define your capabilities, it is a stage you can achieve, altering your emotional balance and your state of mind in certain situations, the decision on how to carry your sexuality.

In the development of cognitive processes, critical judgment capacities related to their thinking skills appear, this constitution is initially oriented towards their family and their social environment, the construction of objectives and goals of their own life, however,

in entering University life allows you to undertake new ways of responding to your responsibilities emotional and cognitive growth to face new challenges independently.

Throughout the university student's journey, he must understand a life system that allows him to adequately adapt to the context and to the changes produced in his context. The loss of economic control, conflicts within the university requirements with teachers and colleagues, situations that generate frustration for not achieving the proposed objectives, errors and defects which will be questioned and will generate confusion and states of ambivalence and often discomfort in against himself, for not responding adequately.

Suicide in university students are elaborated based on suicidal ideas or acts through different ways and elements to achieve the act, risk factors determine suicidal behaviors and the elaborated act, while suicide prevention is a fundamental task that must be carried out in order to take care of mental health, for this reason it is important to develop thinking skills that allow them to respond to the university academic system of teachers.

The affection and the intervention of the parents with the parenting guidelines play a significant role, such as identifying the warning signs, the search for strategies for the adequate management of emotions in order to avoid suicidal ideas and acts, assistance to psychotherapeutic processes will allow the evaluation and reassessment of social and economic circumstances, to improve their responses to different situations that can cause stress, anguish and depression.

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