

VERBAL VICTIMIZATION AND SUICIDAL IDEATION AMONG ADULTS: THE MEDIATING ROLE OF PSYCHACHE

Laiba Saleem*¹, Hira Fatima², Hana Naeem³, Attiqa Sharif⁴

^{1,3,4}Gift University,

²Lecturer GIFT University, Gujranwala

*¹191520127@gift.edu.pk, ²Hira.fatima@gift.edu.pk, ³191520160@gmail.com, ⁴202520001@gift.edu.pk

Corresponding Author: *

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ABSTRACT

The study was designed to investigate the relationship between verbal victimization, with the mediating role of psychache and suicidal ideation among youth. The study was intended to have a detailed mediating role of psychache as a strong predictor of verbal victimization and suicidal ideation. To assess verbal victimization MPVS (Maynard & Joseph) of subscale verbal victimization, the psychache scale (Holden et al., 2001) and suicidal ideation SSI (Beck, 1974) in adults were used. The study was carried out on a sample of 245 young adults $N=245$ ($n=81$ males, $n=161$ females) and analysis was performed through SPSS-23. The psychometric properties of each scale were assessed. The alpha coefficient for each scale and their subscale were computed. Multidimensional peer victimization scale (MPVS) was used to measure the verbal victimization in students along its one dimension verbal victimization subscale ($\alpha=0.73$), the psychache scale was used to measure the mediating role of psychache in adults, the coefficient of this scale was 0.89. that is good which means that the results of all scales were reliable. The Beck suicidal ideation scale was used to measure the suicidal ideation in young, the α coefficient of this scale is 0.89 that shows that the results of scale are reliable. Verbal victimization was significantly positive to suicidal ideation, and psychache had significantly positive relation with suicidal ideation, psychache was also mediating the relations between verbal victimization and suicidal ideation among adults. The present research demonstrated the significant differences in verbal victimization among adult, the findings were the male has high rate of verbal victimization, which also supported the previous literature.

Keywords: Verbal Victimization, Psychache, Suicidal Ideation

INTRODUCTION

Victimization is widely recognized as a significant public health issue that impacts children and adolescents worldwide. In accordance with the findings of the National Academies of Science, Engineering, and Medicine in 2016, bullying is described as a major public health problem. Furthermore, it's crucial to acknowledge that peer victimization has both biological and psychological consequences. Bullying is a complex form of mistreatment that is most commonly observed in educational institutions and workplaces. It involves subjecting an individual to repetitive acts of physical

and/or emotional aggression, which can encompass activities such as teasing, name-calling, ridicule, threats, harassment, taunting, hazing, social exclusion, and the spread of rumors (Srabstein, 2010). Adolescents who have been victimized may resort to self-injury as a means of signaling distress, engaging in self-punishment, or seeking relief from the stress and tension resulting from peer victimization, as noted in studies (Nock, 2010). It is widely acknowledged that a significant proportion of primary and secondary school students are engaged in peer-to-peer bullying, either taking on the roles of

aggressors, victims, or in some instances, both – experiencing victimization while also engaging in harassing behaviors. According to data from the World Health Organization's Health Behavior in School-Aged Children survey (Craig and Harel in 2004), the average prevalence of individuals classified as victims was 11% across the 35 participating countries, while those identified as bullies comprised another 11%. In Pakistan, a study conducted by Shaikh in 2013 found that 41% of a national sample consisting of 4,676 students reported experiencing bullying and victimization. In the previous studies the psychache mediates the relationship between victimization and suicidal ideation, as a proximal cause of suicide. So in the present study the correlation between verbal victimization, psychache and suicidal ideation will be investigated. In the present research we will see the psychological pain mediates between verbal victimization and suicidal ideation. Verbal victimization causes psychological pain in victims that leads them to suicidal ideation or even attempts.

Verbal Victimization

Verbal violence, often characterized by behaviors like cursing and name-calling, involves the use of spoken or written language to inflict harm or distress upon others. It is a form of aggression that may not leave physical marks but can have profound emotional and psychological impacts. Verbal violence can manifest in various contexts, including schools, workplaces, and personal relationships, and understanding its dynamics is crucial for addressing its effects on individuals and fostering healthier, more respectful interactions. Grunbaum et al., (2002) The means of injury in verbal victimization are psychological abuse bullied students frequently go out of their way to avoid going to class by making up excuses like being unwell or missing all out in order to prevent being victimized further (Rivers, 2000).

Groups of Victimization

According to research findings, children can typically be classified into four distinct groups based on their involvement in peer interactions

Bullies. These are children who engage in bullying behaviors, targeting their peers for various forms of aggression.

Victims. Victims are individuals who experience bullying and are the recipients of aggressive behaviors from their peers.

Bully-Victims. This group comprises children who both engage in bullying behavior toward others and,

at the same time, experience victimization themselves.

Uninvolved or Neutral Children. These individuals are not actively involved in bullying dynamics and maintain a neutral or uninvolved stance in peer interactions (White et al., 2005). Understanding these distinct groups is crucial for developing effective strategies to address and prevent bullying in various settings.

Bullying practices differ among cultures. Bullying often occurs in Western nations between older students who mostly use physical and verbal bullying tactics against younger students (Smith, 2004). A more prevalent kind of bullying was discovered to be *wang-ta* in Korea and *ijime* in Japan, which both include social isolation by big groups (Kwak, & Smith, 2008) Numerous factors have been demonstrated to influence the risk of victimization, and specific demographic traits are linked to a higher probability of experiencing crime. In general, males are more susceptible to various forms of violent victimization, with the exception of sexual assault, where females tend to be at a higher risk as reported by the Bureau of Justice Statistics in 2007. Few studies have looked into the phenomenon of school bullying (Hanif & Tariq, 2011), despite the fact that violence, aggression, and behavioral problems in youth have been repeatedly noted and addressed by numerous researchers in Pakistan in a variety of contexts (Quadri, & Aziz, 2014).

Psych ache

Psych ache is a complex and intrinsic psychological state characterized by various forms of mental suffering and pain. It encompasses feelings of hurt, anguish, disapproval, disorder, estrangement, rejection, desolation, and emotional discomfort. This psychological pain is deeply personal and subjective, arising from experiences such as excessive shame, guilt, humiliation, loneliness, fear, angst, dread, or distress related to aging or dying. When someone experiences psych ache, its reality is evident through introspection and self-awareness. Suicide is closely tied to the concept of psych ache, as it occurs when an individual perceives their psychological pain as intolerable. This connection implies that suicide is influenced by individual differences in the capacity to endure psychological suffering, with some people having higher thresholds for enduring such distress. It's important to note that true happiness is distinct

from the mere absence of pain and the presence of material comforts. (Spender, 1988).

Viewing suicide from a psychological perspective, the central element in every case is psychological pain, often referred to as psychache. All emotional states, including rage, hostility, depression, shame, guilt, affectlessness, hopelessness, and more, are pertinent to suicide only insofar as they are connected to unbearable psychological pain. For instance, if someone is experiencing guilt, depression, a troubled conscience, or an overpowering unconscious rage that leads them to contemplate suicide, it is the underlying pain that drives these feelings. If there is no significant psychological pain, these emotions or states of mind become less relevant to the risk of suicide. In essence, no psychache, no suicide. (sheindman,1999).

Edwin S. Shneidman

He is credited as the father of modern suicidology. The Journal of Nervous and Mental Disease, the oldest psychiatric publication in the United States and the publication where Freud's writings first appeared in the nineteenth century, was edited by John Hopkins professor Gene Broder. He sent an invitation to Shneidman (1993a) to submit a paper. Without thinking about it, Shneidman typed on the typewriter, "severe psychological pain," "severe psychological pain," and nothing else. And he said, "That's a winner." Other terms in the discipline (psychological autopsy, postvention, suicidology) have been neologize by him. I can now explain it in five words or whatever, Shneidman said in the essay "Suicide as Psychache." Psychological agony, including personal suffering, upset, and misery, is the leading cause of suicide The term "psychache" describes the suffering, agony, soreness, throbbing, and psychological pain in the mind and psyche. The suffering caused by overly feeling shame, guilt, humiliation, or any other negative emotion is psychological in nature. Its existence is introspectively evident when it happens. Suicide happens when a person feels their mental pain is too much to bear. Accordingly, suicide is also related to individual differences in the capacity to withstand psychological anguish (Leenaars, 1999.)

Suicidal Ideation

Suicidal Ideation can be defined as the thought or desire to be dead or end one's life. Suicidal ideation proceeds suicidal behaviors and it is more common than suicide attempts, (Joiner,2009) According to the WHO (2019), suicide is a major cause of death and injury worldwide and is growing in importance in Pakistan. Despite the fact that stories of successfully completed suicides and suicidal attempts are often highlighted in the media and in newspapers, the prevalence rates from national data underestimate the true suicide rates. The World Health Organization estimates that one successful suicide occurs every 40 seconds worldwide. Suicidal thought precedes suicidal activities and is more prevalent than suicide attempts and suicide loss of life in Pakistan, making it difficult to estimate the incidence of suicidal behaviors there since they are viewed as illegal, religiously forbidding, and socially unacceptable (Joiner and Joiner, 2009). Around 800,000 individuals worldwide commit suicide every year. According to the Centers for Disease Control and Prevention (2010), it was the second major cause of demise for people aged 25 to 34, the third leading cause of death for people aged 15 to 24, and the fourth leading cause of death for people aged 10 to 14. In addition, according to estimates, there are around 18 suicide attempts for every suicide fatality (Moscicki,1997). Suicidal ideations are the repeated ideas of committing suicide or engaging in a way that will end one's life (Shneidman, 1977). According to Glatto, (1999) having suicidal thoughts is a significant risk factor for actually attempting suicide. When examining pathways and mechanisms that may lead to suicide, it is crucial to consider suicidal attitudes and ideation as key antecedents. Understanding these attitudes and thoughts is essential for comprehending the factors that contribute to the development of suicidal behaviors. Suicidal behavior is not limited to the act of suicide itself; it encompasses a spectrum of thoughts and actions related to self-harm and the desire to end one's own life.

Proposed Model

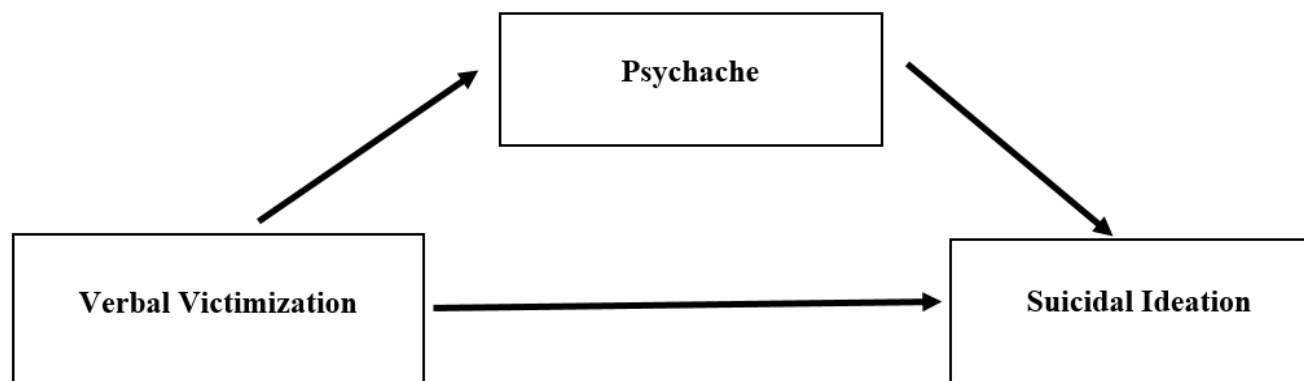


Figure 1 depicts the relationship between verbal victimization (independent variable) and suicidal ideation (dependent variable) will effect for psychache as a mediating variable in this relationship.

Literature Review

Gibb conducted a study aimed at investigating the influence of verbal victimization on changes in children's levels of hopelessness in 2011. The research involved 448 fourth and fifth-grade children who were assessed at two different points in time, six months apart. The study's findings strongly suggest that verbal victimization is associated with an increased risk of developing hopelessness in elementary school children.

In another study by Benas, the focus was on understanding the impact of childhood emotional maltreatment and verbal victimization from peers in 2007. The research aimed to examine the connections between negative childhood experiences, negative and positive automatic thoughts, and depressive symptoms in young adults. The study, which involved 1,200 undergraduates, revealed that negative and positive automatic thoughts played a full mediating role in the link between childhood emotional maltreatment and verbal victimization, and the current levels of depressive symptoms among young adults.

Furthermore a study delved into the pressing concern of school violence. (Schwartz,2006) This research explored the factors associated with indirect and verbal victimization by peers within a school context. The study's sample consisted of 16,604 students in grades 7 through 11, representing a cross-section of schools across Israel. Notably, students from schools with a higher proportion of families in low socioeconomic status were more likely to

experience indirect victimization, whereas they were less prone to verbal victimization. The study highlighted the alarming statistic that 77.3% of students reported experiencing at least one form of verbal victimization by their peers during the previous month.

Campos conducted research in 2019, highlighting the crucial connection between psychological pain and the risk of suicide, particularly in relation to suicidal ideation. The study aimed to examine the relationships between three dimensions of psychological pain and suicidal thoughts. It was found that the avoidance dimension of psychological pain significantly contributed to predicting indicators of suicidal ideation, whereas the cognitive and affective dimensions did not. The research involved 349 young adults under the age of 26, and the results corroborated findings from non-western samples, emphasizing the significance of the avoidance dimension of psychological pain in relation to suicidality.

Another study highlighted the scarcity of information on suicidal behavior in Pakistan, a traditionally conservative South Asian country. To address this issue, they conducted a pilot study to assess the prevalence of suicidal ideation among Pakistani college students. The study focused on medical students enrolled in a 5-year MBBS degree program at a private college in Karachi. The findings revealed that 31.4% of the study population reported suicidal ideation, with no significant gender difference, although a slightly higher percentage of

females (33%) responded positively compared to males (29.2%) (Khokher & Khan, 2005)

Osama conducted a study in 2014 during the early phase of the COVID-19 pandemic to assess suicidal ideation and its predictors among Pakistani healthcare workers (HCWs). The research, carried out through an online cross-sectional survey, involved registered HCWs, including doctors, nurses, and pharmacists in Punjab, Pakistan. The study found that HCWs directly involved in managing COVID-19 patients were 2.25 times more likely to experience suicidal ideation than second-line health professionals.

They conducted research to explore the impact of peer victimization on psychiatric symptoms among adolescents. (Kaiser&Malik,2005) Using a survey research design, they collected data from a purposive sample of 400 adolescents from various government and private schools and colleges in Sargodha. The study utilized the Multidimensional Peer Victimization Scale, consisting of four subscales, and the Depression Anxiety Stress Scale, which assesses depression, anxiety, and stress symptoms. The results indicated a strong association between peer victimization and psychiatric symptoms among adolescents, with notable gender differences, particularly higher mean scores in verbal victimization and social manipulation for males. The conclusion was that peer victimization significantly influenced the development of psychiatric symptoms in adolescents.

A conducted a study in Pakistan to investigate verbal victimization among adolescents. The research aimed to explore the relationship between peer victimization (PV), school connectedness (SC), and mental well-being (MWB) in adolescents. Additionally, the study sought to uncover any gender and school status-based differences in the variables under examination. (Sadia,2005) The second phase of data collection involved 400 school and college-going adolescents, aged 14 to 19 years, through convenience sampling. The findings revealed a negative relationship between PV, including its subscales such as Physical Victimization, Verbal Victimization, Social Manipulation, and Attack on Property, with both SC and MWB.

Another study to investigate risk and protective factors that moderate the links between three different types of bullying victimization (physical, verbal, and relational bullying) and suicide

ideation/attempts in a substantial and representative sample of European adolescents. (Barzilay,2015). The research was based on cross-sectional data collected from 11,110 students across 168 schools in ten European Union countries as part of the saving and Empowering Young Lives in Europe study. Within this sample, the prevalence of victimization was as follows: 9.4% for physical bullying, 36.1% for verbal bullying, and 33.0% for relational bullying. Notably, boys were more likely to experience physical and verbal victimization, while girls were more susceptible to relational victimization. This research aimed to shed light on the complex interplay between different types of bullying victimization and their impact on adolescents' mental well-being and suicidal tendencies.

Jiang conducted a significant study with the aim of investigating whether psychological pain serves as a mediator in the relationship between being bullied and experiencing suicidal ideation, and whether this mediation is influenced by levels of family togetherness and peer support in 2017. The study was conducted using cluster sampling, recruiting 2360 adolescents from two middle schools and two high schools in China. The participants completed questionnaires that assessed their experiences of being bullied, suicidal ideation, psychological pain, family togetherness, and peer support. The research utilized structural equation modeling to explore the interactive effects of being bullied, psychological pain, family togetherness, and peer support on suicidal ideation. The results of the study revealed that out of the 2360 participants in the sample, 48 individuals (approximately 2.03%) were identified as victims of bullying. The study found that the association between being bullied and experiencing suicidal ideation was fully mediated by psychological pain among middle school students, and partially mediated by psychological pain among high school students. In a study conducted by Akhtar and Butt in 2020, the impact of anger on suicidal ideation was explored, with a focus on the mediating role of perceived emotional distress. The study involved 40 late adolescents and emerging adults (24 females and 16 males) who were dealing with psychological problems. The participants' ages ranged from 18 to 25 years, with an average age of 21.65 and a standard deviation of 1.84. The sample was recruited from counseling centers at two public sector universities. To assess the study variables, the

research employed the Positive and Negative Suicide Ideation Inventory (Chiros, 1998), the Perceived Emotional Distress inventory (Moscato, 2011), and the Anger Self-Report (Burney, 2001). The study's results revealed several important findings. First, it was found that anger and emotional distress were significantly and positively related to suicidal ideation, while they were negatively related to protective thoughts and ideation. Additionally, mediation analysis using the Process Macro method showed that perceived emotional distress played a significant mediating role in the relationship between anger and suicidal ideation. Importantly, the study did not find significant gender differences in the study variables. These findings underscore the significance of addressing emotional distress and anger as critical factors in understanding and preventing suicidal ideation, particularly among late adolescents and emerging adults dealing with psychological problems. This research underscores the importance of developing interventions and strategies that focus on managing emotional distress and anger to reduce the risk of suicidal thoughts and behaviors.

Islam & Hussain (2005) conducted research emphasizing the elevated stress levels experienced by medical students compared to their peers in other courses. This higher stress level is associated with an increased prevalence of depression and suicidal ideation among medical students. Their study aimed to assess the prevalence of suicidal ideation among current Pakistani medical students and identify the risk factors that contribute to such ideation. The findings indicated that in the past year, suicidal ideation was reported by 35.6% of the 331 participating medical students.

In 2019, Malik conducted a comprehensive study to investigate the prevalence and various forms of bullying and peer victimization among 817 students in grades 4 through 6, hailing from both public and private sector schools in Lahore, Pakistan. The study employed the Urdu Version of the Olweus Bullying and Victimization Questionnaire (Olweus, 1993) to identify four distinct bullying roles: bullies, victims, bully-victims, and those uninvolved in bullying. The research findings unveiled that verbal victimization was the most frequently reported form of victimization, primarily among victims and bully-victims. Following verbal victimization, rumors and exclusion were also quite common among these groups. On the other hand, bullies and bully-victims

were more involved in various forms of bullying, including verbal, exclusion, and physical. The results further highlighted that more boys in the sample reported experiencing bullying through verbal, racial, and sexual means. Conversely, girls were more frequently involved in excluding others. Boys tended to be more active in verbal, physical, racial, and sexual bullying compared to girls. Additionally, the study noted that cyberbullying was predominantly carried out by boys. This research provided valuable insights into the dynamics of bullying and victimization in the context of Pakistani schools, shedding light on gender differences and the prevalence of various forms of bullying.

The study conducted by (Kamal & Nizami, 2021) had the objective of recording the prevalence of suicidal ideation within the transgender population and assessing the relationship between depression and suicidal ideation. This research adopted a cross-sectional study design. The study group was comprised of 156 transgender individuals residing in Rawalpindi and Islamabad. Suicidal ideation was evaluated using the Scale for Suicide Ideation (SSI), while the Hamilton Rating Scale for Depression (HAM-D) was utilized to gauge the presence and severity of depression among the participants. Additionally, the study explored the relationship between age, smoking habits, family income, illicit substance use, and depression in relation to the presence of suicidal intent within the transgender population of these twin cities. The results of the study indicated that out of the 156 transgender participants, the mean age was 39.26 years, with a standard deviation of 4.28. Among them, 89 individuals (57.1%) reported no suicidal ideation, while 67 individuals (42.9%) acknowledged having experienced suicidal thoughts. This research provided valuable insights into the prevalence of suicidal ideation among transgender individuals and its association with depression and other demographic factors.

Methodology

Study Design

The present research was a cross sectional study design. The cross-sectional study design was a survey design in which a researcher at one time take one or more sections from one population for collecting survey from them and compare them with each other to find difference between their

characteristics. The purposive sampling was done in this research study.

Objectives

1. To investigate the relationship between verbal victimization suicidal ideation and psychache among university students.
2. To determine the mediating role of psychache between verbal victimization and suicidal ideation among university students.
3. To explore the mean differences of gender for verbal victimization.

Hypothesis

H1 Verbal victimization will have positive relationship with suicidal ideation and psychache among university students.

H2 psychache will be mediating the relationship between verbal victimization and suicidal ideation.

H3. Peer victimization will be significantly different among males and females.

Sample

Purposive sampling has been employed. Data was collected from University students. With an age range of (18-34), data was taken quantitatively from Gift university students. The data was taken from 245 students, There were 66.5% students who were aged between 18-22, and 29.8% were between 23-28 and 3.7% were between 29-34. There were 81 males, and 164 females in this study.

Inclusion Criteria

Screened students who had suicidal ideation were included, and the university Students between the ages of 18-34 years were included in this research.

Exclusion criteria.

University students who had not any suicidal ideation were not included, and the university students below and above the age of 18-34 years were not included in this research.

Operational Definitions

Verbal Victimization

Peer victimization, as defined by Olweus (1993), entails the persistent and deliberate misuse of power by one or more peers over an extended period, with the intent to harm or cause distress. This form of abuse is a relatively common occurrence among young individuals, and its prevalence can vary based on factors such as age and gender. Research has indicated that estimates range from 5% to 30% of children and adolescents experiencing victimization (Berger, 2007).

Psychache

Suicide is caused by psychache (sik-ak; two syllables). Psychache refers to the hurt, anguish, soreness, aching, psychological pain in the psyche, the mind. It is intrinsically psychological – the pain of excessively felt shame, or guilt, or humiliation, or whatever. When it occurs, its reality is introspectively undeniable. Suicide occurs when the psychache is deemed by that person to be unbearable. This means that suicide also has to do with different individual thresholds for enduring psychological pain (Shneidman, 1985)

Suicidal Ideation

Suicidal ideation refers to the thoughts and intentions of individuals who currently have plans and desires to take their own lives but have not made any recent explicit suicide attempts (Beck et al., 1972). Given that suicidal ideation typically precedes a suicide attempt or completed suicide, it is important to examine the depth, prevalence, and specific attributes of these thoughts and wishes. This examination helps in assessing the current level of suicidal intention and potentially predicting future suicidal risk.

Research Instruments

The Scale for Suicide Ideation (SSI)

The Scale for Suicide Ideation (SSI) was developed to assess the intensity of current conscious suicidal intent by evaluating different aspects of self-destructive thoughts or desires. Suicidal ideation also includes expressions of "suicidal threats" through overt behaviors or verbal communication with others (Beck, 1974). This 19-item scale comprises items, each containing three alternative statements graded in intensity on a scale from 0 to 2. The reliability coefficient (KR-20) for the 90 cases in this study was found to be .89 (Cronbach, 1951).

The Multidimensional Peer-Victimization Scale MPVS

The Multidimensional Peer-Victimization Scale (MPVS), developed by Mynard and Joseph in 2000, is a widely used assessment tool. It consists of 16 self-report items divided into four subscales Physical victimization, Verbal victimization, Social manipulation, Attacks on property, Participants are asked to rate how often they experienced each of the 16 victimization experiences during the school year using a three-point Likert scale: 0 (not at all), 1 (once), and 2 (more than once). Total victimization scores can range from 0 to 32, with subscale scores

ranging from 0 to 8. Higher scores indicate a higher frequency of peer victimization experiences. Based on recommendations that Cronbach's alpha coefficients be $\geq .80$ in order to be acceptable for basic research tools (Streiner, 2003), The reliability of the MPVS was assessed in terms of internal consistency, with 25 studies reporting Cronbach's alpha coefficient. The generally accepted criterion for Cronbach's alpha coefficients in basic research tools is ≥ 0.80 (Streiner, 2003).

The Psychache Scale

The Psychache Scale, developed by Holden and colleagues in 2001, is a 13-item self-report assessment tool designed to measure psychache based on Shneidman's (1993) definition of psychological pain. Respondents provide answers on a 5-point Likert scale, indicating the extent to which each item applies to them (e.g., "My soul aches"). The Psychache Scale has demonstrated strong psychometric properties, particularly among university undergraduates. It consistently exhibits high internal consistency, with alpha reliability coefficients generally exceeding 0.90 (Holden et al., 2001; Mills et al., 2005). This scale is capable of differentiating between individuals who have attempted suicide and those who have not, and it has also been shown to statistically predict suicidal tendencies, even when the effects of depression and hopelessness are taken into account (Holden et al., 2001).

Procedure

Pilot Study The pilot study was conducted from few students of different colleges and few from university students, after the analysis it was found that university students have more suicidal ideation rates than college students, so university students were the part of whole research as a sample. After pilot study, the screening was done from every participant, after that the screened students who had suicidal ideation were included in this research. Data Collection was accomplished in two-three months

from university students, the researcher communicated with each of the subjects on an individual basis. For the goal of obtaining informed permission, a document called the "Informed Consent" which detailed the rationale, objectives and purpose of the study was utilized. The respondents were given assurances that their information would be kept confidential and that it would be utilized exclusively to achieve the objectives of the study. In the addition to the written instructions that were presented at the beginning of the booklet, the responders were given verbal instructions on how to react to the numerous questions that were included in the booklets. Every participant had between twenty and twenty five minutes at their disposal to finish filling out the questionnaire. The response rate was quite high (about greater than 90%), which can be attributed to the fact that responders were enthusiastic about the topic and were driven to finish the questionnaire. The participants in the study were not financially compensated for their participation, but they did provide their agreement for the study to proceed

Results

In order to achieve the objectives of the study the results In order to achieve the objectives of the study, the results section consisted of a number of statistical analyses. Descriptive statistics were used to summaries the characteristics of the sample and the measurements used in the study. Using alpha reliabilities, the instruments' internal consistencies were estimated. The relationships between the research variables were examined using correlations. Regression analysis was used to investigate the study variables' prediction. All of the above mentioned statistics were computed using SPSS-22 edition. The using Andrew Hayes' Process Macro in SPSS-22, it was determined whether there was an interaction effect (Mediation) of between verbal intimidation, psychache and suicidal ideation in different age group of Pakistani population

Demographic Variables

Table 1

Frequencies and Percentage of Sample of the study (N=300)

Variables	<i>f</i>	%
Age		
18-22	163	66.5
23-28	73	29.8
29-34	9	3.7
Gender		
Men	81	33.1
Women	164	66.9
Education		
Undergraduates	206	84.1
Graduates	34	13.9
Masters	5	2.0
Social status		
Unmarried	171	69.8
Married	55	22.4
Divorced	18	7.3
Residential area		
Rural	69	28.2
Urban	173	70.6

Note .f= frequency of the characteristics.

Table 1 indicates the sample characteristics of sample. Frequencies and percentage of age, gender, social status, education, residential area, socioeconomic status. Sample consisted of 81 males and 164 females, 33.1% and 66.7% respectively. 66.5% were 18-22 years, 29.3 % were 23-28 years and 3.7% were 20-34 years. 69.8% were unmarried, 22.4% were married and 7.3 were divorced.-In terms of education 84.1 were undergraduates, 13.9 were graduates and 2.0% were from masters. 28.2% were from rural area and 70.6 were from urban area.

Psychometric Properties of Scales Used for Study Variable

Internal Consistency of the study measures was computed by using Cronbach's Alpha Coefficient for reliability. The psychometric properties of study variables are presented in the tables below.

Table 2

Descriptive statistics and sample reliability for the main study variables (N=245)

Scales	<i>K</i>	<i>M</i>	<i>SD</i>	α	<i>Range</i>
Screening	5	8.9673	1.46788	.773	4-10
Verbal intimidation	4	2.7837	2.53462	.736	0-8
Psych ache	13	29.8082	13.33306	.892	13-69
Suicidal ideation	21	7.7160	7.815191	.897	0-31

Note. K= no. of items, M= mean, SD= standard deviation, α = reliability coefficient.

Table 2 shows the mean, standard deviations, and reliability measured by Cronbach's alpha for the research instruments and the corresponding subscales used in the current study. The above mentioned table shows that all of the subscales' reliability fall within normal ranges.

Relationship between the Study Variables

In the current study, zero order bivariate correlations were computed to identify the patterns of relationships between the studied variables. The patterns of relationship between the study variables are shown in Table 3. All the variables have both significant, positive correlations.

Table 3

Variable	1	2	3
1.VV	-	.291**	.238**
2.P	-	-	.455**
3 .SI	-	-	-

Note. ** $p < .01$, VV= verbal victimization, P=psychache, SI= suicidal ideation.

The relationship between verbal intimidation, psych ache and suicidal ideation is showed in the table 3. The relationship between verbal intimidation and psych ache is positive and significant($r = .291$, $p < .01$) and significantly positively relation with suicidal ideation($r = .238$, $p < .01$). Findings also show that psychache is significantly positively related to suicidal ideation($r = .455$, $p < .01$).

Role of Demographic Factors

Table 4

Mean, standard deviation and t-test statistics of study variation (N=245)

	Men		Women		<i>t(df)</i>	<i>p</i>	<i>Cohens d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
SI	8.88	8.26	7.11	7.54	241	.114	-
VV	3.61	2.53	2.37	2.43	243	.00	5.3

Note. *M*= mean, *SD*= standard deviation, SI= suicidal ideation, VV= verbal victimization* $p < 0.05$, ** $p < 0.01$

Table indicates that there is significant gender difference in verbal victimization $t(245) = .297 = p > 0.05$. Men ($M = 3.6173$, $SD = 2.53$) has high level of verbal victimization than women ($M = 2.3720$, $SD = 13.93$).

Role of Psychache as a Mediator

Table 5

Psychache as a mediator between verbal victimization and suicidal ideation (N=245)

Mediator		Verbal victimization		
		effect	R ²	F
Psychache	Total B	.73**	.056	14.42**
	Direct B	.35	.218	33.63**
	Indirect B	.37**		
		95% CI[.1956..5766]		

Note * $p < 0.05$, ** $p < 0.01$

Table indicates the mediating role of Psychache on the relationship between verbal victimization and suicidal ideation. Results revealed that verbal victimization significantly positively predicted psychache [$\beta = .2907$, * $p < .05$]. Psychache significantly positively predicted suicidal ideation [$\beta = .4212$, * $p < .05$]. Mediation results revealed that verbal victimization increases suicidal ideation by an increase in Psychache. [$\beta = .3770$, 95% CI = [.1956, .5766].

Summary of the Results

In order to achieve the objectives of the study the number of statistical analysis were computed using SPSS-23 edition and Andrew Hayes macro process were used for mediation analysis. Table 1 indicates the sample frequencies and percentages of gender (male= 33.1% female=66.9%, age (18-22=66.5%, 23-28=29.8%,29-34=3.7%), education (undergraduates = 84.1%, graduates=13.9%, masters=2.0%) marital status (unmarried=69.8%, married= 22.4%,

divorced=7.3%) residential area (urban =70.6%, rural =28.2%) the results of the analysis indicated that study variables are significantly related to each other. Verbal victimization were significantly positive with suicidal ideation and psychache is significantly positive to suicidal ideation. While verbal victimization and suicidal ideation were significantly related to each other, also there are gender differences in study variables. Mediation revealed that psychache fully mediated the

relationship between verbal victimization and suicidal ideation.

Discussion

The study was designed to investigate the relationship between verbal victimization, with the mediating role of psychache and suicidal ideation among youth. The study was intended to have a detailed mediating role of psychache as a strong predictor of verbal victimization and suicidal ideation. To assess verbal victimization MPVS (Mynard & Joseph) of subscale verbal victimization, the psychache scale (Holden et al., 2001) and suicidal ideation SSI (beck 1974) in adults were used.

The study was carried out on a sample of 245 young adults N=245(n=81 males, n=164 females) and analysis was performed through SPSS-23. The psychometric properties of each scales were assessed. The alpha coefficient for each scales and their subscale were computed. Multidimensional peer victimization scale (MPVS) was used to measure the verbal victimization in students along its one dimension verbal victimization subscale ($\alpha=0.73$), the psychache scale was used to measure the mediating role of psychache in adults, the coefficient of this scale was 0.89. that is good which means that the results of all scales were reliable. The Beck suicidal ideation scale was used to measure the suicidal ideation in young, the α coefficient of this scale is 0.89 that shows that the results of scale are reliable.

The frequency of age, gender, social status, socio-economic status, residential area, education. Finding illustrates that 33.1% males and 66.9% females with an age of the sample between 18-34 years are participated. The education wise 84.1% were undergraduates, 13.9% were graduated and only 2.0% were masters student. In the terms of marital status 69.8% were unmarried, 22.4% and divorced 7.3% were married people participated in this research. People from rural area 28.2% and urban area 70.6% participated. The study variables mean and standard deviation were calculated. The mean and standard deviation of verbal victimization subscale was 2.78 and 2.53 respectively. The mean and standard deviation of the psychache scale was 29.80 and 13.33 respectively, the mean and standard deviation of the suicidal ideation scale was 7.71 and 7.81 respectively.

The purpose of the present study was to examine how verbal victimization increases suicidal

ideation in young adults. The present study investigates the correlation between verbal victimization, psychache and suicidal ideation.

Verbal victimization is defined the repeated verbally abuse by peers in order to hurt someone emotionally over a period of time by the intention to deliberately discomfort someone. (Olweus, 1993) the psychache is a feeling of psychological pain with negative emotions like guilt, shame, hurt, anguish when exceeds it becomes unbearable pain called as psychache, when it becomes unbearable for an individual, the individual try to escape and idealize suicide or suicide attempts. (Sheindman, 1993) The suicidal ideation is a wish to be dead or end ones life and desire to just not live anymore in this world.

It was hypothesized that verbal victimization has positive relationship with psychache. Results of this studies revealed that dimensions of victimization specifically verbal victimization has significant positive relationship with psychache among university students. These findings are consistent with previous literature that shows that, the verbal victimization has positive correlation with psychache. Being subjected to peer victimization typically leads to feelings of degradation (Yosick, et al 2010) and may trigger responses such as avoidance or retaliation (as observed in the research of (Monti, & Miernicki, 2014), along with enduring psychache. (Costello, 2013).

It was hypothesized that psychache has the significant positive relationship with suicidal ideation among youth. The results of this study revealed that psychache is significantly positive to suicidal ideation, past studies have also supported this findings. According to shenidman model of psychache, the psychological factors leads to psychache with the name of psychological pain which leads to suicidal ideation, and suicide in humans. Psychache is a stronger and more reliable predictor of suicidal thoughts among college and university students than depression or hopelessness (Troister & Holden, 2010). Psychache is positively linked to suicidal ideation in youth.

It was hypothesized that verbal victimization has positive relationship with suicidal ideation. The study findings has investigated the significant positive relationship between verbal victimization and suicidal ideation. It was hypothesized that there is significant positive relationship between verbal victimization and suicidal ideation. The results of

this study proved the positive correlation between verbal victimization and suicidal ideation. Teenagers may consider suicide for a variety of reasons, but verbal abuse or bullying has been repeatedly related to child and teen suicide (Moore et al., 2017).

The objective of this study was to explore the differences among females and males in rate of verbal victimization, and it was hypothesized that there is a mean difference in both genders regarding verbal victimization, the present research demonstrates the significant differences in verbal victimization, the findings are that male has high rate of verbal victimization, the previous studies have also supported that male has been victimized more than the females in school or workplaces. Male students were more likely to be physically and verbally victimized, whereas girls were more prone to relational victimization. (Shria,2017)

Another additional objective of this study was to determine the predicting effect of psychache between verbal victimization and suicidal ideation, and it was also hypothesized that verbal victimization will be a positive predictor of suicidal ideation and psychache among young. The results of this study concluded that verbal victimization has significantly positive predicting the both variable psychache and suicidal ideation among young university students. Previous researches concluded that verbal victimization increases the psychache and suicidal ideation.

The current study had another aim to explore the mediating effect of psychache between verbal victimization and suicidal ideation among young. The findings accepted that hypothesis that psychache is fully mediating the effect between verbal victimization and suicidal ideation. The past researches have also supported that psychache is a mediator in the link between emotional abuse and suicide ideation (sheindman,1999).

Conclusions

The purpose of the present research was to examine the effect of verbal victimization increases in the suicidal ideation increases among young. The findings of current study were similar with the findings of previous studies, with shows that verbal victimization increases the suicidal ideation among university students. Verbal victimization have significant positive relationship with psychache and suicidal ideation. Moreover, the psychache and suicidal ideation have significant positive

relationship with eachother's. the finding also indicate that effect of mediating variable psychache, verbal victimization or suicidal ideation became significant. While the direct effect of verbal victimization on suicidal ideation through mediator psychache was found non significant. This shows that relation between verbal victimization and suicidal ideation are fully mediated by psychache.

Implications

The study has following implications

- The findings of this study support the importance of psychoeducational intervention programs in schools to reduce and prevent victimization
- Teachers and mental health professionals should engage parents much more in interventions related to bullying among adolescents.
- Suicidal ideation is becoming an issue among young, this can be alarming for university students, and this research can provide evidence for school psychologists to take care of better mental health of students.

Limitations

The following are the limitations of this study

- Our study is based on cross-sectional data, and therefore, we cannot conclude any causal relationship between victimization and suicidal ideations.
- Our data was not taken equally from males and females, still male had high suicidal ideation than females, but to see the generalizability of gender Data should be taken equally from females and males to find the desired gender differences in rate of suicidal ideation.
- Data on victimization the higher the risk, Our results emphasision was based on self-reports, therefore the participants were defensive to share their data
- As suicidal ideation is a sensitive topic in Pakistan and it is considered as taboo, many of the participant were reluctant while filling the questionnaire.

Recommendations

Following are the recommendations of this study;

- Future studies should use longitudinal data to establish causal associations.
- Future studies should examine the impact of verbal victimization and suicidal ideation with parental support.
- Future studies should collect data from different geographic regions to ensure that the findings can be applied to the entire population of Pakistan.

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