

tionship between suicide and problem-solving skills show that people having suicide attempt have less diversity of problem-solving methods, have more avoidant approach on problems, and create less appropriate solutions for their problems (Orbach et al., 1990; Pollock & Williams, 2004).

Besides individual risk factors, marital adjustment can be seen as a relational risk factor of suicidal behavior. Findings show that there is a strong relationship between marital problems and various mental health situations including suicidal behavior (Fincham & Beach, 1999; Qin et al., 2003). It's also known that economic hardship is one of the important variables that causes marital problems.

The aim of the current study was to determine the mediating role of perceived stress, marital adjustment, and problem-solving skills in the relationship between the economic hardship perceived by married individuals and the suicide probability. In addition, determining the relationship between demographic variables such as gender, education level, and suicide probability is the second aim of the study.

METHODS

307 married individuals between the ages of 20 and 60, who live in various provinces, constituted the sample group. 173 (56.4%) of the participants are women and 134 (43.6%) are men. Data were collected using the Economic Hardship Scale, Suicide Probability Scale, Problem Solving Skills Inventory, Marital Adjustment Scale, and Perceived Stress Scale.

RESULTS

It has been found that problem solving skills, marital adjustment, and perceived stress have a partial mediating role both in the relationship between total monthly income and suicide probability, and in the relationship between economic pressure and suicide probability. The relationship between gender and education level and the probability of suicide was also examined, and no significant difference was found in terms of gender. However, suicide probability scores of primary and high school graduates were found to be significantly higher than those who had university education and above.

DISCUSSION

In this study it was aimed to study on both individual and relational risk factors of suicide together.

Economic hardship contains low total monthly income and economic pressure. Economic pressure includes situations such as having difficulties in paying the bills in the last year, not being able to raise money at the end of the month, cannot afford the needs such as clothing and nutrition, and working extra or overtime to cover the expenses (Kishi & Kathol, 2002). As a result of the analysis, it was determined that there was a negative relationship between total monthly income and suicide probability, and a positive relationship between economic pressure and suicide probability. In other words, the probability of suicide increases as the monthly income of individuals decreases and economic pressures increase. The fact that individuals live in constant financial difficulties causes feelings of insecurity, uncertainty, and hopelessness about their future (Drentea, 2000; Mirowsky, 2013). It is also thought that when people lose their job and face to economic pressure, they have to spend their resources for other expenses instead of health expenses. All of these situations lead to some mental health problems including depression, anxiety, and suicidal ideation (Stuckler et al., 2009).

When the results of mediation analysis are examined, it is seen that problem-solving skills, marital adjustment, and perceived stress partially mediate both the relationship between total monthly income and suicide probability, and the relationship between economic pressure and suicide probability. According to this, as problem solving skills of both people with low monthly income and those under economic pressure decrease, their marital adjustment decreases, their perceived stress level increases, along with this, the probability of suicide of these people increases. It can be thought that living in disadvantaged economic conditions increases the stress level of people and limits their opportunities to develop effective solutions to the problems they encounter. Studies report that people who report high levels of life stress and low levels of interpersonal problem-solving skills have high hopelessness levels and more suicide attempts (Batıgün & Şahin, 2003; Eskin et al., 2006; Şahin & Batıgün, 2009; Şahin et al., 2008).

Researches also show that as the economic level rises, marital adjustment increases and an adjusted marriage protects people from having mental illnesses (Conger et al., 1990). However, the way in which the economic problems encountered in marriage are resolved can determine how these problems will affect the marriage. Variables such as hierarchical relationships and decision-making mechanisms within the household may affect the

marital adjustment of couples facing the same problems differently. Therefore, in order to carry the findings of the current study forward, it is thought that working with variables regulating the relationship between economic difficulties and marital adjustment in future studies will make significant contributions to the literature.

In the current study, the probability of suicide was also examined in terms of demographic variables such as gender and education level. No significant difference was found in terms of gender. Studies examining the relationship between gender and suicide probability show different findings (Langhinrichsen-Rohling et al., 2009; Thomas et al., 2002). The reason for these differences may be that there are other variables that mediate or moderate the relationship between suicide probability and gender. In terms of education level, it is seen that the suicide probability of individuals who have both primary and high school education is higher than those who have a university or higher education level. This finding is consistent with other studies in the field, showing that the probability of suicide decreases as the level of education increases (Batgün, 2005; Devrimci-Özgüven & Sayıl, 2003; Steen & Mayer, 2003; Zhang et al., 2005).

It can be thought that these findings provide valuable clues for experts working in the field of mental health. For example, it is important to examine the economic situation of a client who is thought to be at risk of suicide. For clients who apply to the clinic with economic difficulties and are at risk of suicide, it can be aimed to enable them to effectively cope with their problems arising from these disadvantaged situations. In this direction, it seems very important to plan trainings that provide people with effective problem-solving skills and methods of coping with stress. Similarly, spouses of individuals who have problems in their marriages as well as their economic difficulties can be included in the treatment program. Additional intervention methods can be tried with couples therapy or family therapies. It is thought that all the findings obtained in the current study are important in terms of formulation of the problem of a client applying for treatment, determining the treatment stages, providing a new perspective in terms of considering risk factors, and providing a foresight for multiple forms of intervention.

Compliance with Ethical Standards This study was approved by Ankara University Ethical Committee (No: 85434274-050.04.04/4697).

Conflict of Interest The authors declare that they have no conflict of interest.

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