

## **Resilience, Suicidal Ideation Depression among Adolescents and ways to Build Resilience**

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### **Abstract**

Suicidal ideation and Depression is becoming prevalent factor among college students. The number of cases of suicide and depressing among college students is founding frequently and rising strongly in college campuses. Keeping this view present study is designed to study the resilience, suicidal ideation and depression among adolescents. Fostering to build resilience among them, Eighty participants 40 male 40 female age range 18 to 22 were administered to study copy student were asked to solved Bharti har university Resilience Scale. Suicidal Ideation Scale(SIS) and depression Scale Result reveled that there is significant correlation found between resilience and suicidal ideation. Resilience but surprisingly no gender difference was found on suicidal ideation and depression among adolescents.

**Keywords :** *Resilience, Suicidal Ideation. Depression and Adolescents.*