

## ABSTRACT

**Name of Institution:** De La Salle University - Dasmariñas  
**Address:** Dasmariñas, Cavite  
**TITLE:** TO BE OR NOT TO BE: Personality Types and Their Relation to Suicidal Attempts Among Selected Students of De La Salle University - Dasmariñas  
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**DATE STARTED:** June, 1996 **DATE COMPLETED:** March, 1997  
**OBJECTIVES OF THE STUDY:**  
A. GENERAL  
To find out if there is a relationship between personality types and suicidal attempt.  
B. SPECIFIC  
To point out what personality types are more prone to suicide by taking into consideration other contributory factors and indicators of suicidal personality.  
**SCOPE AND COVERAGE:**  
This study focused on the personality types in relation to suicidal attempts among six selected students of De La Salle University - Dasmariñas.  
**METHODOLOGY:**  
The researchers made use of the quasi-experiment with a combination of case study (N=1). They used five personality tests, wherein these tests were grouped into projective tests such as Thematic Apperception Test, Draw-A-Person Test, and Sachs Sentence Completion Test; and structured personality tests such as the Myers Briggs Type Indicator and 16 Personality Factors. Prior to the administration of the different tests, background check and interview were conducted.

The six respondents were chosen by the researchers using purposive sampling method, and certain criteria were established: (1) Respondents should be a bonafide student of De La Salle University - Dasmariñas, (2) they could be either male or female, and (3) their suicidal attempts should not be more than a year ago.

#### MAJOR FINDINGS:

From the data collected, the researchers came up with the following findings:

1. Out of the eight personality types [Avoidant, Antisocial, Compulsive, Dependent, Histrionic, Narcissistic, Passive-Aggressive, and Schizoid] as presented by Millon, five emerged to be vulnerable to suicide attempt. The histrionic and dependent personality types emerged to be the major personality types that are prone to suicide attempts. They are followed by compulsive and avoidant personality types. Passive-aggressive is the least personality type that is vulnerable to suicide attempts.

2. The researchers had discovered that there were certain contributory factors that greatly determine one's suicidal vulnerability. Three of the respondents gave the reason of being broken hearted, while two of them had family problem. One respondent was provoked to attempt suicide because of failure in her studies.

3. From the interview, the researchers had come up with the nine indicators of suicidal personality: Sad and unhappy moods, feelings of hopelessness and worthlessness, loss of appetite, sleep problems, crying and/or inability to cry, recurrent thoughts of suicide, trouble thinking and concentrating, loss of interest, and talking about suicide.

#### CONCLUSIONS:

Based on the findings and analysis of the data gathered, the researchers concluded the following:

1. That there was a relationship between personality types and suicidal attempt.

2. The use of structured personality tests such as MBTI and 16 PF; and projective/unstructured personality tests such as DAPT, TAT, and Sachs Sentence Completion Test, were effective in coming up with the personality types that are prone to suicide, and/or in showing the relationship between personality types and suicidal attempt.

3. This thesis became more effective when the results of the different tests were compared and counter-checked with the results in the background check and the unstructured interview.

#### RECOMMENDATIONS:

Since suicide is a very sensitive topic, it was recommended to the future researchers that proper rapport and connection must first be established. A bigger number of sample was also encouraged to improve the study.

Administration of Rorshach, Millon Test, and Minnesota Multiphasic Personality Inventory can serve as a more precise measure in detecting suicidal behavior.

It was also recommended that a basic knowledge in counseling must be employed. Most importantly, the purpose of the study must be made very clear in a way that the respondents would understand that the study was not geared towards treating them like 'guinea pigs' but in helping those who have shared the same fate understand what Camus considers as the most serious philosophical problem-- Suicide.