

Impact of Financial Pressure on Suicidal Ideation Among Young Men

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Abstract

Financial pressures are increasingly being recognized as a significant factor influencing mental health, particularly among young men. This study investigates the effect of financial stress on suicidal ideation in this demographic. According to the findings, financial instability caused by unemployment, low income, and unexpected expenses contributes significantly to emotional distress. The majority of participants reported feeling overwhelmed by financial responsibilities, with half admitting that financial struggles had a negative impact on their mental health. Society's expectations of masculinity and success exacerbate the situation, with more than half recognizing the increased stress caused by these norms. Furthermore, a weak but significant positive relationship between financial stress and suicidal ideation was discovered. The study emphasizes the need for integrated interventions that combine financial literacy with mental health strategies. Respondents were optimistic about these approaches, with 60% agreeing on their potential efficacy. However, access to adequate support systems remains a concern, with the majority of participants believing resources for managing financial stress were limited. Nearly half of the participants reported that traditional masculine norms were a barrier to seeking help. Research emphasizes the need to address financial stress as a public health priority. To alleviate the burden of financial stress and its psychological impact, comprehensive solutions must include both financial education and mental health support. The findings advocate for systemic policy interventions, such as debt relief, unemployment benefits, and stigma reduction, to promote economic stability and mental health in young men.

Keywords: Financial Pressure, Suicidal Ideation, Mental Health, Economic Challenges, Young Men, Coping Strategies

Introduction

Financial pressures have become a growing concern in today's fast-paced, economically volatile world. Financial insecurity and mental health have emerged as critical areas of concern, particularly among young men. With economic challenges ranging from unemployment and debt to low income and unexpected expenses, financial stress is reshaping the mental health landscape. This study investigates the impact of financial pressure on suicidal ideation among young men to shed light on the psychological consequences of economic insecurity and identify potential sources of support.

The issue of financial pressure and its relationship to mental health is not new, but its importance has grown significantly in recent years. According to the World Health Organization (WHO), financial stress is a major contributor to mental health issues, with young men being especially vulnerable due to societal and cultural expectations of masculinity and success (WHO, 2021). These pressures frequently manifest as feelings of inadequacy, isolation, and, in severe cases, suicidal ideation. The COVID-19 pandemic exacerbated these issues, as economic downturns resulted in widespread job losses, increased debt, and increased financial uncertainty (McIntyre et al., 2021).

Understanding Financial Pressure

Financial pressure is the stress individuals feel when they cannot meet their financial obligations or maintain financial stability. Debt, unemployment, unexpected expenses, or a lack of income contribute to this stress. For young men, societal expectations of success and provision can exacerbate the impact of financial difficulties, leading to feelings of failure and shame (McIntyre et al., 2021). Financial stress has been linked to a range of negative mental health outcomes, including anxiety, depression, and suicidal ideation (Hayhoe et al., 2000). According to research, financial stress can take many forms. Hayhoe et al. (2000) identified indicators such as the inability to pay bills, save for emergencies, or purchase basic necessities. These financial stressors not only interfere with daily life but also contribute to long-term mental health issues. For example, the cumulative burden of financial strain has been shown to increase the risk of suicide attempts, especially among people dealing with multiple stressors such as unemployment and personal debt (Elbogen et al., 2019).

The Link Between Financial Pressure and Suicidal Ideation

Suicidal ideation refers to thoughts about ending one's life, which can range from fleeting thoughts to detailed plans. Financial stress is a significant contributor to suicidal ideation in young men. Elbogen et al. (2020) discovered that people experiencing severe financial stress were up to 20 times more likely to have suicidal thoughts than those who did not face such difficulties. This alarming statistic highlights the critical need to address financial stress as a public health priority.

Social norms and expectations make Young men particularly susceptible to financial stress. Traditional masculinity frequently values financial success as a measure of self-worth, which can lead to feelings of inadequacy during times of economic hardship. McIntyre et al. (2021) found that cultural pressures discourage men from seeking help, exacerbating their mental health issues. The stigma surrounding mental health and financial failure exacerbates the

problem, leaving many young men without the support they require.

Economic Context and Its Impact on Mental Health

The broader economic environment influences financial pressures and their mental health consequences. Economic downturns, such as recessions and the COVID-19 pandemic, have been linked to increased suicide rates among the young men (McIntyre et al., 2021). During such times, unemployment rates skyrocket, debt levels rise, and financial instability becomes widespread. According to research, individuals who experience a combination of these stressors are significantly more likely to have suicidal thoughts (Kauffman et al., 2022).

Unexpected expenses, such as medical emergencies or car repairs, exacerbate financial difficulties. These expenses can quickly turn into unmanageable debt for people with low or unstable incomes. Studies have shown that cumulative financial strain predicts suicide attempts, emphasizing the importance of interventions that address the underlying causes of financial stress (Elbogen et al., 2019). To address these issues holistically, effective interventions must combine financial literacy and mental health support (VA Mental Health, 2021).

Societal Pressures and Help-Seeking Behavior

Young men's perceptions and reactions to financial hardship are greatly influenced by cultural norms and societal influences. The pressure to perform stereotypically masculine behaviors often keeps men from talking honestly about their issues or asking for help. Bevan (n.d.) discovered that many young men view seeking help as a sign of weakness, which can lead to feelings of isolation and exacerbate mental health problems. This reluctance to seek help is especially concerning given the strong association between financial stress and suicidal ideation.

Efforts to address these issues must consider the unique challenges young men face. Interventions encouraging open discussion about mental health and financial difficulties can help reduce stigma and increase help-seeking behavior (McIntyre, R.S. et al., 2021). For example, community-based programs that combine financial counseling and mental health support have shown promise in reducing the effects of financial stress (VA Mental Health, 2021). Policymakers and mental health professionals must collaborate to create supportive environments encouraging young men to seek help without fear of being judged.

The Importance of Financial Literacy

Financial literacy is critical for mitigating the effects of financial pressure. Financial literacy programs can help reduce the risk of financial stress and its associated mental health consequences by providing individuals with the knowledge and skills they need to manage their money effectively. According to research, incorporating financial literacy into broader mental health interventions is critical for providing comprehensive support to individuals facing economic challenges (Elbogen et al., 2020). Financial literacy programs for young men must address debt management, savings, and unemployment challenges. These programs should consider the cultural and societal factors that influence financial decisions. Such initiatives, which promote a better understanding of financial management, can help young men regain control of their financial situations and improve their overall well-being.

The Role of Policy and Research

Addressing the impact of financial pressure on mental health necessitates a collaborative effort among researchers, policymakers, and mental health professionals. Research sheds light on the link between financial stress and suicidal ideation, allowing for the identification of risk factors and the development of interventions. Policymakers can use this evidence to create targeted strategies that address the underlying causes of financial stress, such as unemployment and debt.

Policies that promote economic stability, such as unemployment benefits and debt relief programs, can help to reduce financial stress and its mental health consequences. Additionally, investments in mental health services and community-based programs can support individuals facing financial difficulties. By combining these efforts, stakeholders can develop a comprehensive approach to dealing with financial pressure and its impact on mental health (Kauffman, J. et al., 2022).

Conclusion

The intersection of financial pressure and mental health is a critical public health issue that requires immediate attention. For young men, societal and cultural expectations of financial success exacerbate the psychological toll of economic hardship, increasing the risk of suicidal ideation. Addressing these issues necessitates a multifaceted strategy that includes financial literacy, mental health support, and policy interventions.

This study aims to add to the growing body of research on the subject by investigating the effect of financial pressure on suicidal ideation in young men. This study aims to inform strategies that promote economic stability and mental health by identifying key risk factors and potential solutions. Finally, addressing financial pressure is not only an economic policy issue but also a critical step toward improving young men's mental health and quality of life worldwide.

Methods and Materials**Research Questions**

1. What are the most frequently reported financial stressors among young men?
2. What is the prevalence of suicidal ideation among young men within a specific population?
3. What is the correlation between financial pressure and the occurrence of suicidal ideation among young men?

Research Objectives

4. To identify Financial Pressures among young men.
5. To examine the suicidal ideation among young men.
6. Examine the Relationship Between Financial Pressure and Suicidal Ideation

Hypothesis:

There is an association between financial pressure and suicidal ideation among young men.

Population, Sample, and Sampling Technique

The study focuses on young men of age 22 to 38. A sample of 60 young men within this age

group will be selected using convenience and snowball sampling methods.

Research Tool

The research tool in this study was a survey questionnaire. The questionnaire was created using insights from the literature review to ensure alignment with the research objectives and study's focus. The questionnaire comprises 15 questions over three themes: 'Financial Pressure, Suicidal Ideation, and Coping Mechanisms'. To ensure its validity, experts in the field reviewed the tool and provided feedback to refine and improve the quality of the statements to make them more meaningful.

Data Collection

The data for this study were gathered through an online survey created with Google Forms. The survey link was distributed to participants via various channels, including social media and personal networks, with the goal of reaching young men aged 22 to 38. Responses were gathered using convenience and snowball sampling techniques. Participants filled out the survey voluntarily, and their confidentiality was maintained throughout the process.

Data Analysis

The collected data was analyzed with SPSS version 26.0. The data were summarized using descriptive statistics such as standard deviation, means, and frequencies. Furthermore, Pearson correlation analysis was used to investigate the links between financial pressure and suicidal ideation in young men. This approach provided insights into the dataset's patterns and associations.

Ethical Considerations

Ethical standards were strictly followed throughout this study. Participants were informed about the study's purpose and given their consent before completing the survey. Participation was completely voluntary, and participants could withdraw at any time without penalty.

The confidentiality and anonymity of the participants were maintained by not collecting any personally identifiable information. The collected data was only used for research purposes and was securely stored to prevent unauthorized access.

Results

Table: Frequency of Perceptions of Financial Pressure, Suicidal Ideation, and Coping Mechanisms

Sr No.	.Statements	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Financial Pressure						
1.	I often feel overwhelmed by my financial responsibilities	8 (13.3%)	6 (10%)	6 (10%)	40 (66.7%)	

2.	My current financial situation negatively affects my mental well-being.		18 (30%)	12 (20%)	30 (50%)	
3.	Unemployment has significantly increased my financial stress.		12 (20%)	12 (20%)	28 (46.7%))	8 (13.3%))
4.	Unexpected expenses frequently disrupt my financial stability.				40 (66.7%))	20 (33.3%))
5.	Low income limits my ability to meet basic needs.		12 (20%)	10 (16.7%)	38 (63.3%))	
Suicidal Ideation						
6.	Financial stress has caused me to experience frequent thoughts of hopelessness.	6 (10%)	28 (46.7%)	6 (10%)	20 (33.3%))	
7.	Economic challenges have influenced my overall mental health.		6 (10%)	4 (6.7%)	50 (83.3%))	
8.	I find it difficult to discuss my financial issues with others.		6 (10%)	12 (20%)	34 (56.7%))	8 (13.3%))
9.	Societal expectations regarding success amplify my financial stress.		6 (10%)	18 (30%)	36 (60%)	
10.	My financial struggles have contributed to feelings of isolation.		22 (36.7%)	18 (30%)	20 (33.3%))	
Coping Mechanisms and Support						
11.	I have sought help or advice to manage financial stress.		24 (40%)	18 (30%)	18 (30%)	
12.	There are limited resources available to help me handle financial challenges.		12 (20%)	4 (6.7%)	44 (73.3%))	
13.	Traditional masculine norms make it harder for me to seek support during financial crises.		12 (20%)	12 (20%)	28 (46.7%)	8 (13.3%))
14.	Integrating mental health strategies with financial literacy could reduce my stress.		6 (10%)	18 (30%)	36 (60%)	
15.	Economic instability in society significantly affects my emotional well-being.			4 (6.7%)	50 (83.3%))	6 (10%)

Data Interpretation

The data highlights significant concerns related to financial pressure, mental health, and coping mechanisms among respondents. A majority (66.7%) feel overwhelmed by their

financial responsibilities, with many agreeing that unexpected expenses (66.7%) and low income (63.3%) disrupt their financial stability and limit their ability to meet basic needs. Unemployment further exacerbates financial stress, with 46.7% agreeing it has had a significant impact. Half of the respondents (50%) also recognize that their financial situation negatively affects their mental well-being.

Financial stress is closely linked to mental health challenges, including feelings of hopelessness (33.3%) and isolation (33.3%). Economic challenges are reported to negatively impact mental health by 83.3% of respondents, while societal expectations about success amplify financial stress for 60%. More than half (56.7%) find it difficult to discuss financial issues with others, highlighting a sense of stigma or discomfort in seeking support.

The responses reveal a mixed picture when it comes to coping mechanisms. While 40% have sought help or advice to manage financial stress, 73.3% feel limited resources are available to support them. Traditional masculine norms further complicate seeking help, as noted by 46.7% of respondents. However, there is optimism regarding integrating mental health strategies with financial literacy, with 60% agreeing it could reduce stress. Additionally, 83.3% of participants see society's economic instability as a significant emotional stressor.

Overall, the findings underscore the profound impact of financial pressures on mental health and the importance of accessible resources and support systems to address these challenges.

Table: Financial Literacy Correlate With Suicidal Ideation

Correlations		Financial Pressure	Suicidal Ideation
Financial Pressure	Pearson Correlation	1	.295*
	Sig. (2-tailed)		.022
	N	60	60
Suicidal Ideation	Pearson Correlation	.295*	1
	Sig. (2-tailed)	.022	
	N	60	60

Correlation is significant at the 0.05 level (2-tailed).

Interpretation of the Correlation Table: Financial Literacy Correlate With Suicidal Ideation

The table presents the Pearson correlation coefficient between Financial Pressure and Suicidal Ideation.

Pearson Correlation: The correlation coefficient between Financial Pressure and Suicidal Ideation is 0.295, which indicates a weak positive correlation between the two variables. This suggests that as financial pressure increases, suicidal ideation tends to increase slightly, although the strength of this relationship is not very strong.

Significance (Sig.): The significance value is 0.022, which is below the 0.05 threshold. This indicates that the correlation is statistically significant at the 0.05 level (2-tailed). This means that the relationship between financial pressure and suicidal ideation is unlikely to be due to random chance.

N (Sample Size): The sample size for both variables is 60. This number of observations is

adequate to draw meaningful conclusions about the relationship between the two variables.

Conclusion:

There is a statistically significant weak positive correlation between financial pressure and suicidal ideation. This implies that people experiencing higher financial pressure may be somewhat more likely to experience suicidal thoughts, but the correlation is not strong. Further research may be needed to explore this relationship further and determine the underlying factors.

Table: Descriptive Statistics of Financial Pressure and Suicidal Ideation (n=60)

	Mean	Std. Deviation
Financial Pressure	17.8000	1.61350
Suicidal Ideation	16.6000	3.03203

The table above displays descriptive statistics for the constructs of Financial Pressure and Suicidal Ideation based on responses from 60 participants. The main findings are:

1. **Financial Pressure:** The participants reported high financial pressure, with a mean score of 17.80. The standard deviation of 1.6135 indicates that the responses are closely clustered around the mean, implying that participants' levels of financial pressure are consistent.
2. **Suicidal Ideation:** Participants reported suicidal ideation, with a mean score of 16.60, slightly lower than financial pressure. The standard deviation of 3.03203 indicates more variability in participants' responses, implying a broader range of experiences with suicidal ideation.

These findings show that financial pressure is a common concern and may contribute to varying levels of suicidal ideation among participants. The higher variability in suicidal ideation suggests that factors other than financial stress, such as individual coping mechanisms or social support, may influence these experiences.

Financial Pressure And Coping Mechanisms And Support.

Table: Pearson correlation coefficient between Financial Pressure and Coping Mechanisms and Support.

Correlations		Financial Pressure	Coping Mechanism And Support
Financial Pressure	Pearson Correlation	1	.404**
	Sig. (2-tailed)		.001
	N	60	60
Coping Mechanism And Support	Pearson Correlation	.404**	1
	Sig. (2-tailed)	.001	
	N	60	60

Correlation is significant at the 0.01 level (2-tailed).

Interpretation of the Correlation Test: Financial Pressure and Coping Mechanisms and Support.

The table presents the Pearson correlation coefficient between **Financial Pressure** and

Coping Mechanisms and Support.

Pearson Correlation: The correlation coefficient between Financial Pressure and Coping Mechanisms and Support is **0.404**, indicating a **moderate positive correlation** between the two variables. As financial pressure increases, individuals report more use of coping mechanisms and support.

Significance (Sig.): The significance value is **0.001**, which is **below the 0.01 threshold**. This indicates that the correlation is statistically significant at the 0.01 level (2-tailed). This means that the observed relationship between financial pressure, coping mechanisms, and support is improbable to have occurred by chance.

N (Sample Size): The sample size for both variables is **60**, which provides sufficient data for robust analysis.

Conclusion:

A statistically significant moderate positive correlation exists between financial pressure and coping mechanisms and support. This implies that as individuals experience higher levels of financial pressure, they are more likely to utilize coping strategies and seek support. The strength of this correlation suggests a meaningful relationship, indicating that coping mechanisms and support may be important factors in managing financial pressure. Further research could explore how specific coping strategies are employed in response to financial stress.

Table: Descriptive Statistics of Financial Pressure and Coping Mechanism And Support (n=60)

Descriptive Statistics		
	Mean	Std. Deviation
Financial Pressure	17.8000	1.61350
Coping Mechanism And Support	17.5000	1.87309

The descriptive statistics shed light on the overall trends in participants' responses to financial pressure and coping mechanisms/support. Here is the interpretation:

Financial Pressure: Mean (17.8): Participants reported moderately high agreement or experience with statements about financial pressure. Standard deviation (1.61350): This low standard deviation indicates that participants' responses were tightly clustered around the mean, implying less variability in how they perceive financial pressure.

Coping Mechanisms and Support: Mean (17.5): The average score for coping mechanisms and support is slightly lower than financial pressure, indicating that while participants recognize coping strategies, they may not be used as effectively. Standard deviation (1.87309): This slightly higher standard deviation indicates more significant variability in participants' perceptions of coping mechanisms and support, reflecting a wider range of experiences or access to support systems.

These findings clearly show that financial pressure is a common concern among participants, with widespread agreement. Perceptions of coping mechanisms and support are more variable, which may indicate differences in access to or effectiveness of these strategies. The means are close, implying that financial pressures and coping mechanisms are inextricably

linked, and participants may struggle to balance both.

Findings

These findings emphasize the critical need for integrated interventions, combining financial education, mental health support, and policy measures to address the multifaceted challenges of financial pressure.

High Prevalence of Financial Pressure: Financial pressure is a significant issue, with 66.7% of participants feeling overwhelmed by their financial responsibilities. Unexpected expenses (66.7%) and low income (63.3%) further exacerbate financial instability, impacting daily living and overall well-being.

Financial Pressure and Mental Health: Financial stress has a substantial impact on mental health, with 50% of respondents acknowledging that their financial situation negatively affects their mental well-being. Economic challenges also contribute to feelings of hopelessness (33.3%) and isolation (33.3%), highlighting the emotional toll of financial insecurity.

Correlation Between Financial Pressure and Suicidal Ideation: A weak but statistically significant positive correlation ($r=0.295, p<0.05$) exists between financial pressure and suicidal ideation. This suggests that individuals facing higher financial stress may experience increased suicidal thoughts, though other factors may also play a role.

Impact of Societal Norms and Limited Support: Societal expectations and traditional masculine norms intensify financial stress, as noted by 60% of participants. Additionally, 73.3% of respondents reported a lack of resources to handle financial challenges, with stigma further discouraging help-seeking behavior.

Coping Mechanisms and Financial Pressure: A moderate positive correlation ($r=0.404, p<0.01$) was observed between financial pressure and the use of coping mechanisms/support. This indicates that individuals are more likely to seek support as financial stress increases, though effectiveness may vary. Integrating financial literacy and mental health strategies could reduce stress, as 60% of participants agreed.

Discussion

This study emphasizes the importance of financial pressure on mental health, particularly in young men. The findings show that most respondents are overwhelmed by their financial responsibilities, with low income and unexpected expenses being significant stressors. Half of the participants admitted that their financial situation hurts their mental health, with economic challenges adding to feelings of hopelessness and isolation. These findings highlight the critical need to address the link between financial stress and mental health in this demographic.

The findings are consistent with previous research, which has emphasized financial pressure as a predictor of mental health outcomes. Financial stress, according to the World Health Organization (WHO, 2021), is a significant driver of mental health disorders, particularly among young men, who are frequently burdened by societal expectations of financial success and provision. The study's finding that the majority of respondents are overwhelmed supports McIntyre et al. (2021), who noted the increased financial instability caused by the

COVID-19 pandemic, which has exacerbated existing vulnerabilities. This period saw an unprecedented increase in economic challenges, exacerbating the mental health crisis among young men.

The findings also build on the insights of Hayhoe et al. (2000), who identified the inability to pay bills, save for emergencies, or afford necessities as key indicators of financial stress. According to this study, financial instabilities not only disrupt daily life but also increase the risk of mental illness. Elbogen et al. (2019) found a statistically significant weak positive correlation ($r = 0.295$, $p < 0.05$) between financial pressure and suicidal ideation. These correlations highlight the significant emotional toll of financial insecurity, particularly in people who have limited coping resources.

Societal expectations exacerbate the problem. The majority of respondents reported that traditional masculine roles, which emphasize financial success and self-reliance, added to their stress. These findings are consistent with McIntyre et al. (2021), who argued that traditional masculine norms stigmatize help-seeking behaviors, discouraging young men from seeking assistance. This dynamic is reflected in the study's findings, which show that nearly half of respondents identified societal expectations as barriers to seeking help. Similarly, Bevan (n.d.) associated perceptions of help-seeking as a weakness with feelings of isolation and shame, echoing the one-fourth of participants in this study who reported isolation due to financial difficulties.

The study's finding of a weak but significant correlation between financial pressure and suicidal ideation highlights the complex interplay between economic stress and mental health. This connection necessitates multifaceted strategies that address both financial and psychological issues. Elbogen et al. (2020) stated that financial literacy programs combined with mental health interventions can provide people with practical coping mechanisms. Such initiatives have the potential to reduce stress and prevent it from progressing to suicidal ideation, which is consistent with the findings of this study, which found that 60% of respondents believe combining financial literacy with mental health strategies can reduce stress.

The emotional toll of financial insecurity, as reported by half of participants who suffered negative mental health consequences, reflects broader societal issues. Financial stress is frequently accompanied by feelings of hopelessness and isolation, as reported by participants. These experiences are consistent with the findings of Hayhoe et al. (2000), who stated that financial insecurity undermines financial well-being and emotional resilience. Addressing these challenges requires a comprehensive approach that considers the financial and emotional aspects of people's lives.

Furthermore, societal norms require reevaluation. The stigma associated with mental health and financial struggles creates significant barriers to seeking help. McIntyre et al. (2021) proposed that community-based programs could promote open discussions, reducing the isolation felt by people experiencing financial stress. These programs should break down traditional stereotypes, encouraging young men to seek help without fear of being judged. This viewpoint is consistent with the study's findings, which showed respondents emphasized the need for accessible and judgment-free resources to deal with financial difficulties.

The researchers argue that breaking the stigma surrounding mental health and financial

struggles is critical for addressing the challenges that young men face. Ahmedani, B. K. (2014) proposes community-based interventions to provide safe spaces for individuals to share their experiences and seek support. These programs should combine financial literacy education with mental health strategies, providing people with the tools to manage stress effectively. The study's findings show that more than half of respondents believe they have limited resources to deal with financial difficulties, emphasizing the need for targeted interventions. Addressing the link between financial stress and mental health requires a multifaceted approach. Policymakers and mental health professionals must work together to develop comprehensive strategies that address the underlying causes of financial stress while offering accessible support systems. Elbogen et al. (2020) propose that integrating financial literacy programs with mental health services empowers people to navigate financial challenges and build emotional resilience. This dual approach has the potential to alleviate the adverse effects of financial stress and prevent it from progressing to more serious mental health consequences. The study's findings also highlight the importance of developing resilience in young men facing financial stress. Resilience-building programs that combine financial education and emotional support can assist individuals in developing coping strategies for dealing with economic challenges. These initiatives should reduce the stigma associated with help-seeking behavior, encouraging people to seek help without fear of being judged. The role of societal norms in perpetuating stress and isolation must be addressed through public awareness campaigns and community-based initiatives that promote inclusive and supportive environments.

The researchers agree with the literature that financial instability is a widespread problem that requires systemic solutions. The study's findings highlight the urgent need for interventions that address the financial and emotional aspects of people's lives. Policymakers and mental health professionals can create a supportive framework that empowers people to navigate financial challenges while building emotional resilience by combining financial literacy education and mental health strategies. This comprehensive approach could reduce the adverse effects of financial stress and improve mental health outcomes for young men under economic pressure.

Finally, this study emphasizes the importance of financial pressure on mental health in young men. The findings reveal a complex relationship between economic stress and mental health, emphasizing the importance of comprehensive strategies that address both financial and emotional dimensions. By combining financial literacy programs with mental health interventions, policymakers, and mental health professionals can create a supportive framework that enables individuals to navigate financial challenges while building emotional resilience. This two-pronged approach could reduce the adverse effects of financial stress and improve mental health outcomes for young men under economic pressure.

Implications for Policy and Practice

The findings highlight the importance of policies promoting economic stability, such as unemployment benefits and debt relief programs, as Kauffman et al. (2022) recommended. Such measures could alleviate the mental health consequences of financial stress by addressing the underlying causes. Investing in accessible mental health services and financial literacy programs is equally important. Tailored interventions that take into account cultural and

societal factors influencing young men's financial behavior could have a significant impact. Furthermore, targeted campaigns to normalize help-seeking and reduce stigma are necessary. The researchers advocate for initiatives that combine financial counseling with mental health support, resulting in a comprehensive framework for dealing with financial stress. Collaborations among policymakers, mental health professionals, and educators can drive systemic changes, fostering resilience in young men facing financial difficulties.

Conclusion

This study emphasizes the profound impact of financial pressure on mental health, specifically its role in increasing suicidal ideation in young men. The findings highlight the critical need for integrated interventions that include financial literacy, mental health support, and policy measures. Addressing these issues holistically improves individual well-being and benefits societal health.

By shedding light on the psychological consequences of financial insecurity, this study highlights the importance of addressing financial stress as a public health priority. The researchers encourage further investigation of this intersection, advocating for novel solutions that enable young men to navigate economic challenges without risking their mental health. Future research should expand on these findings, exploring diverse populations and intervention strategies to build a more comprehensive understanding.

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