

## Can Satisfy with Life People be Unwilling to Live?

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### Abstract

Positive psychology is an umbrella term for models and exploration about what makes life most worthy living. Even though positive experiences such as a satisfied life are among the central concerns of positive psychology, no studies were conducted to evaluate whether people, who express unwillingness to live, still can experience positive emotions and states, for example, gratitude, compassion, or happiness. Many countries in the world are considering legislation on suicide with help, and there is an opinion that a person who chooses death can reflect on his situation constructively, and he is still capable to experience positive emotions. From psychological point of view, could it be said that people unwilling to live should have a right not to live (even more, should be helped not to live) as they still can judge critically and their decisions are not emotionally biased? According to the latest statistics (2012) from the World Health Organization, 61, 3 men and 10, 4 women per 100,000 inhabitants commit suicide in Lithuania annually. Therefore, we have chosen highest suicide rates in Europe manifesting Lithuanian population as a target group; moreover, Lithuanians' cognitions towards life and death as well as unwillingness to live still have not been explored thoroughly. This paper presents some results of the survey (representative sample, n=1002) which was conducted in Lithuania in February – April 2014. Based on the findings of various authors, the research aimed at exploring the link between unwillingness to live, certain attitudes towards life and emotional states. The present study showed that unwillingness to live is statistically significantly related to negative emotional states and cognitions. Therefore, regarding the suicides with help, the opinion that a person who chooses death can reflect on his situation constructively, and he is still capable to experience positive emotions, is not evidence – based. Nonetheless, supplementary research is needed to explore further the different factors contributing to unwillingness to live which is a sign of diminished psychological wellbeing.

**Keywords:** unwillingness to live, emotional states, suicides

### 1. Introduction

Positive psychology is an umbrella term for models and exploration about what makes life most worthy living (Seligman & Csikszentmihalyi, 2000). Even though positive experiences such as a satisfied life are among the central concerns of positive psychology (McCullough & Snyder, 2000; Seligman, 2002), no studies were conducted to evaluate whether people who express unwillingness to live, still can experience positive emotions and states, for example, gratitude, compassion, or peace. Many countries in the world are considering legislation on suicide with help, and there is an opinion that a person who chooses death can reflect on his situation constructively, and he is still capable to experience positive emotions. Is that really so? Could it be said that a person who is unwilling to live still can judge constructively about life and make critical decisions? Wouldn't these decisions be emotionally biased? Life satisfaction reflects the individual's appraisal of his or her life as a whole (Diener, 2000). Could a person, who is satisfied with life, be unwilling to live? Could this person keep positive attitudes towards life? Research shows that high life satisfaction correlates with the absence of psychological problems such as depression (e.g., Furr & Funder, 1998; Lewinsohn, Redner, & Seeley, 1991).

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Furthermore, individuals who are satisfied with life are good problem-solvers, and tend to be more resistant to stress (Frisch, 2000; Beethoven, 1989). Therefore, from psychological point of view, could it be said that people unwilling to live should have a right not to live (even more, should be helped not to live) as they still can judge critically and their decisions are not emotionally biased? According to the latest statistics (2012) from the World Health Organization, 61, 3 men and 10, 4 women per 100,000 inhabitants commit suicide in Lithuania annually. Therefore, we have chosen highest suicide rates in Europe manifesting Lithuanian population as a target group; moreover, Lithuanians' cognitions towards life and death as well as unwillingness to live still have not been explored thoroughly. Based on the findings of various authors we aimed at exploring the link between unwillingness to live, certain attitudes towards life and emotional states. Furthermore, we aimed at analyzing socio-demographic variables related to unwillingness to live.

## 2. Aim

This study aimed to explore how Lithuanians' unwillingness to live is associated with positive life perceptions (statements) and different emotional states.

## 3. Method

### 3.1. Samples and Procedure

This study used a test design utilizing a heterogeneous random sample of 1002 persons representing Lithuanian population. All the participants were personally asked to participate in the study and were personally interviewed at their home in February – April 2014. This research was funded by the European Social Fund under the Global Grant measure (No. VP1-3.1-ŠMM-07-K-03-032). The interview of one person on average took up to 60 minutes. The sample was selected in a multiscaled probabilistic way so that every citizen of Lithuania might have an equal probability to be interviewed. The data were collected in 20 cities and 29 villages of Lithuania. The subjects of the study were 469 men (46,8 percent) and 533 (53,2 percent) women. Additional demographics of the sample included a mean age of 49.29 years (Minimum – 18 years old, Maximum – 90 years old, Std. Deviation – 16,206). The majority of the participants were married (48,9 percent), some respondents lived with a partner (9,7 percent), some indicated they are separated (12,2 percent), some were widows (13,8 percent) or lived alone (12 percent). The mean height of the respondents was 170, 93 cm (Minimum – 142 cm, Maximum – 205 cm, Std. Deviation – 8,99), and the mean weight was 77,37 kg. (Minimum – 42 cm, Maximum – 270 cm, Std. Deviation – 16,699); the mean BMI of Lithuanians in this research was 26.33. The majority of respondents have a higher education (51,4 percent), but some have just primary (2,7 percent) or secondary (6,5 percent) education. The income of the interviewed Lithuanians per family is distributed as follows (not including taxes): the income of the majority of the sample (44,7 percent) is just 500 dollars or less per month, some (37,4 percent) get 501-1000 dollars per month, some (13,3 percent) get 1001-2000 dollars per month, and just a minority (2,2 percent) get more than 2000 dollars per month, with some of them (0,1 percent) reaching up to 6500 dollars per month.

### 3.2. Measures

The measures used in this study included:

- 1) *Positive, Negative and Suicidal risk related states scale*. To assess specific states of Lithuanian population, we have created a 22-item modified version of the PANAS (Watson, Clark, Tellegen, 1988; Watson et al., 1994). Representative sample of 1002 subjects rated themselves using Past Week instructions. All responses were anchored on a 6-point Likert scale, ranging from "never" to "always". An important step in validating the Lithuanian Positive, Negative and Suicidal states scale was to demonstrate that it captures the underlying higher order dimensions adequately. Therefore, a set of positive and negative states descriptors was subjected to principal components analyses (with varimax rotation). A representative solution is shown in Table 1.

**Table 1: Varimax-Rotated Factor Loadings of the Positive, Negative, and Suicidal States**

(Past Week Instructions, n = 1002)

		Negative states	
Pique		,734	
Anger		,774	
Anxiety		,776	
Psychological pain		,677	
Guilt		,513	
Sadness		,706	
Fear		,604	
Stress		,690	
			<b>Suicidal risk related states</b>
Unwillingness to live			,854
Hopelessness			,808
Helplessness			,747
Meaninglessness			,801
Shame			,486
	<b>Positive states</b>		
Joy	,816		
Gratefulness	,826		
Enthusiasm	,869		
Trust	,867		
Confidence	,880		
Compassion	,711		
Hopefulness	,878		
Happiness	,889		
Peacefulness	,801		

Rotation Method: Varimax with Kaiser Normalization.

*Positive, Negative and Suicidal risk related states* scale's subscales demonstrated acceptable reliability in this study: *Positive states* subscale's (9 items) Cronbach's alpha for this sample was = .94, *Negative states* subscale's (8 items) Cronbach's alpha for this sample was = .90, *Suicidal risk related states* subscale's (5 items) Cronbach's alpha for this sample was = .89 (n=1002).

2) *Life Perceptions scale*. To assess Lithuanians' attitudes towards life, we have created a 8 – item questionnaire based on the works of positive psychology scholars (Diener, 1994; Diener, 2000, Diener, 2003; Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener, 2010; Diener, Oishi, & Lucas, 2003; Diener, Seligman, 2002; Diener, Emmons, Larsen, & Griffin, 1985; Fredrickson, 2001; Frisch, 2006; Parducci, 1995; Ryan & Deci, 2000; Ryff, 1996; Seligman, 2002; Tov & Diener, 2009; Sirgy, 2009; Sirgy et al., 2012; Warburton, 1996; Veenhoven, 2003). It involves questions, rated on a Likert-type scale including 6 – point response options ranging from “totally disagree” to “totally agree”. Some sample items for Life Perceptions scale included the following: “I have clear goals in life”, “Life is pleasant”, “Life is meaningful”, “Life is worthy living”, “I am satisfied with life”. Life Perceptions scale demonstrated acceptable reliability in this study: Cronbach's alpha for this sample was=.87 (n=1002).

#### 4. Results

Table 2 displays frequencies of unwillingness to live during the last week of Lithuanian population's representative sample (n=1002). Almost 70 percent of respondents never experienced unwillingness to live during the last week, but more than 7 percent felt this way from "often" to "always and very strongly".

**Table 2: Frequencies of Lithuanian Population Representative's Sample Unwillingness to live during the last week (n=1002)**

	N	%
Never	694	69,3%
Almost never	149	14,9%
Rarely	79	7,9%
Often	38	3,8%
Almost always	17	1,7%
Always, very strongly	16	1,6%
Not answered	9	,9%
Total	1002	100,0%

Table 3 displays frequencies of unwillingness to live during the last week of Lithuanian population's representative sample (n=1002) in relation to gender, age, living area, marital status, and children. The results show that unwillingness to live was more expressed in women than in men. To compare with other age groups, it was higher in 70 and more year's age group. Unwillingness to live was most expressed in cities (from 5000 to 80000 citizens), it was mostly typical for people living alone and having no children.

**Table 3: Frequencies of Unwillingness to live during the last week of Lithuanian Population's Representative Sample (n=1002) in Relation to Gender, age, Living area, Marital Status, and Children**

			Never	Almost never	Rarely	Often	Almost always	Always, strongly	Not answer-red	Total
<b>Gender</b>	Male	N	325	76	33	14	9	6	6	469
		%	69,3%	16,2%	7,0%	3,0%	1,9%	1,3%	1,3%	100,0%
	Female	N	369	73	46	24	8	10	3	533
		%	69,2%	13,7%	8,6%	4,5%	1,5%	1,9%	,6%	100,0%
<b>Age</b>	Up to 29 yrs.	N	116	14	9	6	1	1	1	148
		%	78,4%	9,5%	6,1%	4,1%	,7%	,7%	,7%	100,0%
	30-39 yrs.	N	106	20	11	3	2	2	1	145
		%	73,1%	13,8%	7,6%	2,1%	1,4%	1,4%	,7%	100,0%
	40-49 yrs.	N	144	23	9	6	5	6	2	195
		%	73,8%	11,8%	4,6%	3,1%	2,6%	3,1%	1,0%	100,0%
	50-59 yrs.	N	154	39	22	11	2	3	1	232
%		66,4%	16,8%	9,5%	4,7%	,9%	1,3%	,4%	100,0%	
60-69 yrs.	N	96	25	20	3	3	3	3	153	
	%	62,7%	16,3%	13,1%	2,0%	2,0%	2,0%	2,0%	100,0%	
70 and more yrs.	N	78	28	8	9	4	1	1	129	
	%	60,5%	21,7%	6,2%	7,0%	3,1%	,8%	,8%	100,0%	
<b>Living area</b>	Countryside, rural area (less than 3000 citizens)	N	200	55	28	13	3	6	3	308
		%	64,9%	17,9%	9,1%	4,2%	1,0%	1,9%	1,0%	100,0%
	Village (from 3000 to 5000 citizens)	N	14	4	1	2				21
		%	66,7%	19,0%	4,8%	9,5%				100,0%
	City (from 5000 to 80000 citizens)	N	121	45	31	14	7	5	3	226
		%	53,5%	19,9%	13,7%	6,2%	3,1%	2,2%	1,3%	100,0%
	Kaunas, Klaipėda, Šiauliai, Panevėžys	N	216	36	12	6	3	3	2	278
%		77,7%	12,9%	4,3%	2,2%	1,1%	1,1%	,7%	100,0%	
Vilnius (capital, >400000 citizens)	N	143	9	7	3	4	2	1	169	
	%	84,6%	5,3%	4,1%	1,8%	2,4%	1,2%	,6%	100,0%	
<b>Marital status</b>	Married	N	358	70	34	12	9	5	2	490
		%	73,1%	14,3%	6,9%	2,4%	1,8%	1,0%	,4%	100,0%
	Lives with a partner	N	73	11	6	3	2	2		97
		%	75,3%	11,3%	6,2%	3,1%	2,1%	2,1%		100,0%
	Divorced	N	74	24	10	7	3	3	1	122
		%	60,7%	19,7%	8,2%	5,7%	2,5%	2,5%	,8%	100,0%
	Widowed	N	84	27	13	5	1	5	3	138
%		60,9%	19,6%	9,4%	3,6%	,7%	3,6%	2,2%	100,0%	
Lives alone	N	79	13	12	11	2	1	2	120	
	%	65,8%	10,8%	10,0%	9,2%	1,7%	,8%	1,7%	100,0%	
Other	N	20	3	4				1	28	
	%	71,4%	10,7%	14,3%				3,6%	100,0%	
<b>Children</b>	No children	N	484	115	63	33	13	13	9	730
		%	66,3%	15,8%	8,6%	4,5%	1,8%	1,8%	1,2%	100,0%
	1 child	N	134	20	10	3	1			168
		%	79,8%	11,9%	6,0%	1,8%	,6%			100,0%
	2 children	N	53	11	6	1	2	3		76
		%	69,7%	14,5%	7,9%	1,3%	2,6%	3,9%		100,0%
	3 and more children	N	23	3		1	1			28
%		82,1%	10,7%		3,6%	3,6%			100,0%	

Given the focus of the study, correlation analysis of study variables was determined to be the appropriate statistical technique. Table 4 displays means, standard deviations and correlations for study variables: Lithuanians' emotional unwillingness to live during the last week, and the intensity of negative emotions experienced during the last week.

**Table 4: Means, Standard Deviations, and Correlations of Lithuanians Emotional Unwillingness to live and Negative Emotions during the Last Week (n=1002)**

	M	SD	1	2	3	4	5	6	7	8	9
Emotional unwillingness to live during the last week	1,64	1,282	1								
Pique	2,65	1,647	,475**	1							
Anger	2,75	1,570	,422**	,643**	1						
Anxiety	3,03	1,565	,417**	,551**	,576**	1					
Psychological pain	2,47	1,587	,553**	,660**	,545**	,623**	1				
Guilt	2,16	1,442	,558**	,529**	,463**	,529**	,611**	1			
Sadness	2,97	1,558	,488**	,569**	,537**	,633**	,650**	,545**	1		
Fear	2,40	1,563	,552**	,525**	,472**	,615**	,631**	,597**	,613**	1	
Stress	3,05	1,695	,331**	,476**	,505**	,513**	,496**	,396**	,461**	,477**	1

\*\* - Correlation is significant at 0,01 level (2-tailed).

The results demonstrated statistically significant strong relationship between emotional unwillingness to live during the last week and negative emotional states: pique ( $r=.47, p<0,01$ ), anger ( $r=.42, p<0,01$ ), anxiety ( $r=.41, p<0,01$ ), psychological pain ( $r=.55, p<0,01$ ), guilt ( $r=.55, p<0,01$ ), sadness ( $r=.48, p<0,01$ ), fear ( $r=.55, p<0,01$ ), stress ( $r=.33, p<0,01$ ). As it could be observed in Table 4, experiences of various negative emotional states were correlated as well. Interestingly, the highest correlations could be observed between psychological pain during the last week, and the lately experienced pique ( $r=.66, p<0,01$ ), guilt ( $r=.61, p<0,01$ ), sadness ( $r=.65, p<0,01$ ), fear ( $r=.63, p<0,01$ ), anxiety ( $r=.62, p<0,01$ ). Furthermore, we analyzed relationship between emotional unwillingness to live during the last week and other suicidal–risk related states such as hopelessness, helplessness, meaningfulness. Table 5 displays means, standard deviations and correlations for study variables: Lithuanians' emotional unwillingness to live during the last week and other suicidal –risk related states.

**Table 5: Means, Standard Deviations, and Correlations of Lithuanians Emotional Unwillingness to live and other Suicidal –Risk Related States during the Last Week (n=1002)**

	M	SD	1	2	3	4	5
Emotional unwillingness to live during the last week	1,64	1,282	1				
Hopelessness	2,02	1,493	,735**	1			
Helplessness	2,25	1,553	,650**	,753**	1		
Meaninglessness	2,11	1,484	,719**	,754**	,794**	1	
Shame	1,95	1,479	,487**	,472**	,419**	,442**	1

\*\* - Correlation is significant at 0, 01 level (2-tailed).

The results demonstrated statistically significant strong relationship between emotional unwillingness to live during the last week and suicidal – risk related emotional states: hopelessness ( $r=.73, p<0, 01$ ), helplessness ( $r=.65, p<0, 01$ ), meaninglessness ( $r=.71, p<0,01$ ), shame ( $r=.48, p<0,01$ ). As it could be observed in Table 5, experiences of various negative emotional states were correlated as well. Interestingly, the strongest correlation could be observed between meaninglessness and helplessness ( $r=.79, p<0, 01$ ). As this study is based on theoretical framework of positive psychology, we have also analyzed Lithuanians' emotional unwillingness to live during the last week and positive states such as compassion, gratefulness, hopefulness. Table 6 displays means, standard deviations and correlations for study variables: Lithuanians' emotional unwillingness to live during the last week and positive states.

**Table 6: Means, Standard Deviations, and Correlations of Lithuanians Emotional Unwillingness to live and Positive States during the Last Week (n=1002)**

	M	SD	1	2	3	4	5	6	7	8	9
Emotional unwillingness to live during the last week	1,64	1,282	1								
Joy	4,00	1,527	-,146**	1							
Gratefulness	3,94	1,536	-,067*	,709**	1						
Enthusiasm	3,58	1,635	-,025	,662**	,664**	1					
Trust	3,74	1,605	-,102**	,607**	,631**	,770**	1				
Confidence	3,91	1,524	-,154**	,634**	,603**	,705**	,746**	1			
Compassion	3,84	1,621	,000	,425**	,534**	,500**	,551**	,561**	1		
Hopefulness	3,89	1,555	-,145**	,625**	,593**	,735**	,696**	,737**	,549**	1	
Happiness	3,93	1,548	-,132**	,533**	,559**	,551**	,563**	,624**	,461**	,608**	1

\*\* . Correlation is significant at 0, 01 level (2-tailed). \* .Correlation is significant at 0, 05 level (2-tailed).

The results demonstrated statistically significant negative relationship between emotional unwillingness to live during the last week and positive emotional states: joy ( $r=-.146$ ,  $p<0, 01$ ), gratefulness ( $r=-.067$ ,  $p<0, 05$ ), trust ( $r=-.102$ ,  $p<0, 01$ ), confidence ( $r=-.154$ ,  $p<0,01$ ), hopefulness ( $r=-.145$ ,  $p<0,01$ ), happiness ( $r=-.132$ ,  $p<0, 01$ ). As it could be observed in Table 6, the last week experiences of various positive states were correlated as well. Interestingly, the highest correlations could be observed between gratefulness and joy ( $r=.70$ ,  $p<0, 01$ ), trust and enthusiasm ( $r=.77$ ,  $p<0, 01$ ). Furthermore, we analyzed the link between perceptions of life and emotional unwillingness to live. Table 7 displays means, standard deviations and correlations for study variables: Lithuanians' emotional unwillingness to live during the last week and life perceptions.

**Table 7: Means, Standard Deviations, and Correlations of Lithuanians Emotional Unwillingness to live during the Last Week and Life Perceptions (n=1002)**

	M	SD	1	2	3	4	5	6	7	8	9
Emotional unwillingness to live during the last week	1,64	1,282	1								
I have clear goals in life	4,21	1,214	-,173**	1							
My life is fulfilled	4,14	1,178	-,242**	,530**	1						
Life is worthy living	4,77	1,204	-,305**	,370**	,452**	1					
Life is pleasant	4,08	1,123	-,212**	,426**	,604**	,596**	1				
Life is meaningful	4,38	1,253	-,294**	,478**	,561**	,662**	,660**	1			
Any experience, even painful, is meaningful	3,59	1,424	-,068*	,195**	,278**	,307**	,325**	,400**	1		
I am satisfied with my life	4,08	1,154	-,231**	,438**	,604**	,563**	,833**	,632**	,309**	1	
I will be happy with my life in 10 years	3,94	1,417	-,200**	,390**	,481**	,505**	,576**	,591**	,332**	,568**	1

\*\* - Correlation is significant at 0, 01 level (2-tailed). \* .Correlation is significant at 0, 05 level (2-tailed).

As it could be observed in Table 7, emotional unwillingness to live during the last week was statistically significantly negatively related to positive statements about life. We have found negative correlations between unwillingness to live and positive life perceptions: "I have clear goals in life" ( $r=-.173$ ,  $p<0, 01$ ), "My life is fulfilled" ( $r=-.242$ ,  $p<0, 01$ ), "Life is worthy living" ( $r=-.305$ ,  $p<0,01$ ), "Life is pleasant" ( $r=-.212$ ,  $p<0,01$ ), "Life is meaningful" ( $r=-.294$ ,  $p<0,01$ ), "Any experience, even painful, is meaningful" ( $r=-.068$ ,  $p<0, 05$ ), "I am satisfied with my life" ( $r=-.231$ ,  $p<0,01$ ), "I will be happy with my life in 10 years" ( $r=-.200$ ,  $p<0, 01$ ). As it could be observed in Table 7, various positive life perceptions were strongly correlated, and the correlations were statistically significant.

Interestingly, the strongest correlation could be observed between statement “Life is pleasant”, and statement “I am satisfied with my life” ( $r=.833$ ,  $p<0,01$ ). In order to determine the relationship between negative emotional states (pique, anger, anxiety, psychological pain, guilt, sadness, fear, hopelessness, helplessness, meaninglessness, shame) and unwillingness to live (dependent variable was unwillingness to live), we used linear regression analysis procedure (Enter model). The results of regression analysis are presented in Table 8.

**Table 8: Linear Regression Analysis (n=1002)**

**Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	,798 <sup>a</sup>	,636	,632	,778	,636	157,371	11	990	,000

a. Predictors: (Constant), pique, anger, anxiety, psychological pain, guilt, sadness, fear, hopelessness, helplessness, meaninglessness, shame. b. Dependent Variable: Unwillingness to live.

**ANOVA<sup>b</sup>**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1046,467	11	95,133	157,371	,000 <sup>a</sup>
	Residual	598,472	990	,605		
	Total	1644,939	1001			

a. Predictors: (Constant), pique, anger, anxiety, psychological pain, guilt, sadness, fear, hopelessness, helplessness, meaninglessness, shame. b. Dependent Variable: Unwillingness to live.

**Coefficients<sup>a</sup>**

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Correlations		
		B	Std. Error	Beta			Zero-order	Partial	Part
1	(Constant)	,067	,061		1,110	,267			
	Pique	-,006	,023	-,007	-,249	,803	,475	-,008	-,005
	Anger	,028	,022	,035	1,282	,200	,422	,041	,025
	Anxiety	-,114	,024	-,139	-4,770	,000	,417	-,150	-,091
	Psychological pain	,014	,026	,017	,546	,585	,553	,017	,010
	Guilt	,101	,025	,114	4,080	,000	,558	,129	,078
	Sadness	-,003	,024	-,004	-,142	,887	,488	-,005	-,003
	Fear	,074	,024	,090	3,113	,002	,552	,098	,060
	Hopelessness	,295	,029	,343	10,204	,000	,735	,308	,196
	Helplessness	,034	,029	,041	1,153	,249	,650	,037	,022
	Meaninglessness	,282	,031	,327	9,205	,000	,719	,281	,176
	Shame	,086	,021	,099	4,192	,000	,487	,132	,080

a. Dependent Variable: Unwillingness to live.

The analysis demonstrates that the regression is statistically significant ( $p = 0,00$ ), and coefficient of Pearson shows strong relationship of variables ( $R = 0,79$ ). Coefficient of regression analysis explains that in linear regression model the relationship found between dependent and independent variables is stronger than medium ( $R^2 = 0,63$ ). As it can be observed in Table 8, the linear regression analysis implies that emotional states of anxiety, guilt, fear, hopelessness, meaninglessness, and shame leads to unwillingness to live ( $p = 0,00$ ). This implies that the rates of unwillingness to live heightens in regard to the rates of lately experienced strong anxiety ( $t = 4,47$ ;  $p = 0,00$ ), guilt ( $t = 4,08$ ;  $p = 0,00$ ), fear ( $t = 3,11$ ;  $p = 0,02$ ), hopelessness ( $t = 10,20$ ;  $p = 0,00$ ), meaninglessness ( $t = 9,20$ ;  $p = 0,00$ ), and shame ( $t = 4,19$ ;  $p = 0,00$ ).



To sum up, unwillingness to live is statistically significantly related to negative emotional states, and statistically significantly negatively related to positive states and life perceptions in the representative sample of Lithuanian population.

## 5. Conclusions

The clear answer to the question whether unwilling to live people can be satisfied with life, as showed our research results, is: no, unwilling to live people are not satisfied with life, they feel miserably and cannot think about this life as meaningful, worthy living, purposeful, pleasant, fulfilled. The study complements research done in other countries (Andres, Collings, Qin, 2010; Brown, Beck, Steer, & Grisham, 2000; Arria et al., 2009; Brown et al., 2000; Khan, Leventhal et al., 2002; Sareen, Cox, Afifi, de Graaf, Asmundson, et al., 2005; Have, de Graaf, van Dorsselaer, Verdurmen et al., 2009; Crump, Sundquist, Sundquist, Winkleby, 2013; Ishtiak-Ahmed, Perski, Mittendorfer-Rutz, 2013). The present study showed that:

- 1) Unwillingness to live was more expressed in Lithuanian women than in men. To compare with other age groups, it was higher in 70 and more year's age group. Unwillingness to live was most expressed in cities (from 5000 to 80000 citizens), it was mostly typical for people living alone and having no children.
- 2) The results demonstrated statistically significant strong relationship between emotional unwillingness to live during the last week and negative emotional states: pique ( $r=.47$ ,  $p<0,01$ ), anger ( $r=.42$ ,  $p<0,01$ ), anxiety ( $r=.41$ ,  $p<0,01$ ), psychological pain ( $r=.55$ ,  $p<0,01$ ), guilt ( $r=.55$ ,  $p<0,01$ ), sadness ( $r=.48$ ,  $p<0,01$ ), fear ( $r=.55$ ,  $p<0,01$ ), stress ( $r=.33$ ,  $p<0,01$ ).
- 3) The results demonstrated statistically significant strong relationship between emotional unwillingness to live during the last week and suicidal – risk related emotional states: hopelessness ( $r=.73$ ,  $p<0,01$ ), helplessness ( $r=.65$ ,  $p<0,01$ ), meaninglessness ( $r=.71$ ,  $p<0,01$ ), shame ( $r=.48$ ,  $p<0,01$ ).
- 4) The results demonstrated statistically significant negative relationship between emotional unwillingness to live during the last week and positive emotional states: joy ( $r=-.146$ ,  $p<0,01$ ), gratefulness ( $r=-.067$ ,  $p<0,05$ ), trust ( $r=-.102$ ,  $p<0,01$ ), confidence ( $r=-.154$ ,  $p<0,01$ ), hopefulness ( $r=-.145$ ,  $p<0,01$ ), happiness ( $r=-.132$ ,  $p<0,01$ ).
- 5) The results demonstrated statistically significant negative correlations between unwillingness to live and positive life perceptions: "I have clear goals in life" ( $r=-.173$ ,  $p<0,01$ ), "My life is fulfilled" ( $r=-.242$ ,  $p<0,01$ ), "Life is worthy living" ( $r=-.305$ ,  $p<0,01$ ), "Life is pleasant" ( $r=-.212$ ,  $p<0,01$ ), "Life is meaningful" ( $r=-.294$ ,  $p<0,01$ ), "Any experience, even painful, is meaningful" ( $r=-.068$ ,  $p<0,05$ ), "I am satisfied with my life" ( $r=-.231$ ,  $p<0,01$ ), "I will be happy with my life in 10 years" ( $r=-.200$ ,  $p<0,01$ ).
- 6) The rates of unwillingness to live heightens in regard to the rates of lately experienced strong anxiety ( $t = 4,47$ ;  $p = 0,00$ ), guilt ( $t = 4,08$ ;  $p = 0,00$ ), fear ( $t = 3,11$ ;  $p = 0,02$ ), hopelessness ( $t = 10,20$ ;  $p = 0,00$ ), meaninglessness ( $t = 9,20$ ;  $p = 0,00$ ), and shame ( $t = 4,19$ ;  $p = 0,00$ ).

This study confirmed that unwillingness to live is related to negative emotional states and cognitions, and this Lithuanian research complements the previous studies done in various countries. Psychological pain, defined as the introspective experience of negative emotions in suicide actors, has been confirmed to manifest a suicidal mindset (Cavanagh, Carson, Sharpe, Lawrie, 2003). Moreover, growing evidence has suggested that suicide can be conceptualized as motivated by the desire to escape from unbearable psychological pain (Durkheim, Spaulding, & Simpson, 2010). In depressed individuals, the decreased ability to experience pleasure in combination with a strong motivation to relieve pain can lead to maladaptive behavioral disinhibiting and an increased likelihood of suicide attempts. Furthermore, hopelessness, or believing future outcomes will be negative rather than positive, is one of the most prominent cognitive factors associated with depression (Abramson, Alloy, 1998; Abramson, Metalsky, & Alloy, 1989; Romens, Abramson, & Alloy, 2009; Hawton, Casanas, Haw, Saunders, 2013) and suicidality (Harris, Barraclough, 1997; Gili-Planas, Roca-Bennasar, Ferrer-Perez, Bernardo-Arroyo, 2001; Christensen, Batterham, Soubelet, & Mackinnon, 2013). Therefore, regarding suicides with help, the opinion that a person who chooses death can reflect on his situation constructively, and he is still capable to experience positive emotions, is not evidence – based. Nonetheless, supplementary research is needed to explore further the different factors contributing to unwillingness to live which is a sign of diminished psychological wellbeing.

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