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Research Article

Effect of Sexual Harassment on Suicidal Ideation: Moderating role of Interpersonal Support and Resilience

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Abstract

Background. Recently, there has been numerous cases of sexual harassment reported by Pakistani female university students. Among the consequences of harassment, suicidal ideation is the most prominent one. However, interpersonal support or resilience among the survivors might act as protective factors against suicidal ideation. This study examines the effect of sexual harassment on suicidal ideation and role of interpersonal support and resilience as moderators among female university students of Pakistan.

Method. This study is a cross-sectional correlational research. A convenient sample of 180 female university students who scored high on sexual harassment are selected from different institutions of Pakistan. Sexual Experiences Questionnaire, Interpersonal Support Evaluation List-12, Brief Resilience Scale, and Suicidal Ideation Scale are used to assess sexual harassment, suicidal ideation, interpersonal support, and resilience.

Results. Inter-correlations provided significant relationships between the study variables. Sexual harassment predicted suicidal ideation. While, regression analysis proved that both interpersonal support and resilience did not act as moderators between sexual harassment and suicidal ideation.

Conclusions. Findings of this study underscores the importance of conducting more researches on harassment and suicidal behaviors in order to predict both protective and risk factors.

Keywords. *Female university students, interpersonal support, resilience, sexual harassment, suicidal ideation.*

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Introduction

Sexual harassment has been very common in Pakistan. At least 50 % of the Pakistani women interviewed in a study were sexually harassed (Ashfaq, 2020) and one of the common consequences of sexual harassment is suicidal behavior (Alvarez-Alonso et al., 2016). Particularly in educational institutes of Pakistan harassment of female students has been frequently reported (Yousafzai, 2020). Interpersonal support or resilience among such survivors may act as protective factors against suicidal thoughts (Nrugham et al., 2010; Trujillo et al., 2017).

Equal Employment Opportunity Commission (2020) defined sexual harassment as; unwelcome lewd gestures, demands for sexual courtesies, and other vocal or physical behavior of a sexual kind creates harassment; 1. When in employment's contract compliance to such behavior is made necessary, 2. Complying or dismissing of such behavior is utilized as a reason for work choices influencing such individual, and/or 3. Such behavior has the reason or impact of nonsensically meddling with a person's work execution or making a threatening, or hostile workplace environment. A study was conducted on Hispanic working women in America. The results showed that the association between sexual harassment and job satisfaction was moderated by interpersonal support (Cortina, 2004).

According to Luiselli et al. (2008) interpersonal support is a type of care that an individual receives from family, friends, teachers, and members of his/her community, which consequently increases his or her relational skills for interactions with other people. He et al., (2018) found in a study on cancer patients that higher resilience and interpersonal support predicted low level of anxiety and depression among them.

Resilience according to the American Psychological Association (2012) is the way toward adjusting admirably notwithstanding difficulty, injury, misfortune, dangers or even noteworthy sources of stress.A study conducted by Cleverley and Kidd (2010) demonstrated that perceived resilience indicated lower level of suicidal ideation among homeless youth.

The term suicide refers to deliberate self-destruction by an individual to such an extent that their bodies cease to function, resulting in death.

It is the action of finishing one's life and is characterized as being the only solution in times of despair, nevertheless, it may be attributed to various underlying reasons (Hawton & Heeringen, 2009). A number of researches have reported the relationship between sexual harassment and suicidal ideation in different population including adolescents and young adult students (Frank et al., 2006; Goodemann et al., 2012). Students who have been harassed sexually are significantly more likely to have increased rate of hopelessness, isolation, and suicidal ideation (deLara, 2012; MacKusick & Minick, 2010). Likewise, females with sexual abuse history are more vulnerable to have suicidal thoughts (Martin et al., 2004). Similarly, Frank et al. (2006) explained how medical students who have been sexually harassed were more prone to suicide attempts. The sample of the study was total 2316 students. These students were harassed by their professors, patients, residents and fellow students.

Social or interpersonal support have been found to play an important role in moderating psychological issues caused by harassment, violence or discrimination (Trujillo et al., 2017). As indicated by a study, interpersonal support was reported to be of great importance to suicidal attempts and ideations in individuals with sexual harassment and abuse history. The sample of the study was juvenile delinquent. Regression analysis showed that interpersonal support moderated the suicidal behavior whereas childhood exposure to sexual violence predicted the tendencies towards suicidal behavior (Esposito & Clum, 2002).

Similarly, in a study to find the association between sexual harassment and problematic consequences such as drinking and suicidal behavior among adolescents; a total of 42,568 pupils were part of the study. Both girls and boys were studied individually. The findings showed that increased interpersonal support from family, most importantly parents, reduced the problematic behaviors; drinking and suicidal attempts. Therefore, interpersonal support from the parents of such adolescents moderated the effect of sexual violence on suicidal ideation and binge drinking (Luster et al., 2002).

Opposite to low interpersonal support, Coker et al. (2002) conducted a study that showed; greater the interpersonal support provided to the sexually, physically, and psychologically abused women lower the suicidal actions would be present in them.

Correspondingly, Chioqueta and Stiles (2007) in a study of 314 university students including 243 female students and 71 male students examined how in order to minimize the ideas relating to suicide perceived interpersonal support is important.

Likewise, sexually harassed pupils have low chances to receive emotional support from family, friends, significant other, and relatives (Golding et al., 2002). Hence less social support predicts greater risk of suicidal attempts and thoughts (Arria et al., 2009).

Just like interpersonal support, several studies have found the role of resilience as a moderator in relation to sexual harassment and suicidal ideation (Yoon et al., 2014; Youssef et al. 2013). A longitudinal study was conducted in early adulthood of adolescents who were victims and witnesses of violence to check their resilience level and suicidal attempts. It was reported that presence of low resilience in these victims was directly related to suicidal ideations (Nrugham et al., 2010).

Another study was conducted among veterans and military persons to check the consequences of trauma exposure and how resilience performs its role in suicidal behavior and depression. The results found that resilience as a moderator was negatively correlated with suicidal behavior (Youssef et al., 2013).

Correspondingly, a study was conducted on depressed patients; sexual harassment, decrease level of resilience, and increased level of depression and anxiety directly related to suicidal ideation were the variables of the study. The result reported that greater resilience predicted to be protective against mild to severe level of suicidal ideation. It was mentioned that peril of depression/anxiety on suicide was controlled by resilience (Yoon et al., 2014).

In another exploratory research conducted in Dhaka, Bangladesh; adolescent homeless girls' experience of sexual violence and the presence of resilience was assessed in order to find out their perception of life and their future. The study was concluded by stating that most of these girls experienced sexual violence but still had hope for a good life. Hence, presence of resilience predicted to be a protective factor against limited reasons for living or hopeless life (Kaiser & Sinanan, 2019).

In Pakistan, there has been increased harassment cases recently in several universities among female students (Bukhari, 2020; Gabol, 2020; Sultan, 2020; Yousafzai, 2020). Harassment in university can be experienced from several individual such as class fellows, professors, other officials etc (Gabol, 2020). Therefore, the sample of female university students was selected from co-universities to explore this area in our study.

Interpersonal support was taken as a moderator as it is said that only few survivors of sexual harassment receive it in Pakistani society depending upon their cultural background (Anwar et al., 2019). Most of the girls are asked to stay quiet and not to talk about it, hence the role of interpersonal support on sexual harassment and suicidal ideation is an important part of our study.

Resilience as a moderator was very less explored in female Pakistani students with respect to sexual harassment and suicidal ideation. Thus, this study is basically an effort to find out the role of resilience on association of sexual harassment and suicidal ideation.

Therefore, the present study was conducted to examine the effect of harassment on suicidal ideation and moderating role of interpersonal support and resilience among female university students of Pakistan. As, to the best of our knowledge, there was a limited literature available on the variables and sample of the study in Pakistani context i.e., published research on the study variables, of the current research, were not really found in Pakistani setting. Therefore, this study tried to investigate the relationship between the study variables specific to the Pakistani culture.

Lastly, it can contribute in the field of abnormal psychology in understanding the risk of deviant behaviors and the preceding steps towards more perilous conditions like suicide. It can also help in the field of positive psychology in strengthening the positive aspects of personality that is resilience and support: playing the preventive role in suicide. Additionally, it will provide assistance in future studies on sexual harassment with respect to suicidal ideation, resilience and interpersonal support in different cultural contexts.

Objectives

1. To investigate the relationship between sexual harassment, interpersonal support, resilience, and suicidal ideation among female university students.

2. To explore the moderating role of resilience and interpersonal support on the relationship between sexual harassment and suicidal ideation among female university students.

3. To examine the effect of demographic variables: age, marital status and education on the study variables among female university students.

Hypotheses

1. Sexual harassment and suicidal ideation are positively correlated among female university students.

2. Resilience is negatively correlated with suicidal ideation among female university students.

3. Interpersonal support is negatively correlated with suicidal ideation among female university students.

4. Resilience acts as a moderator between sexual harassment and suicidal ideation among female university students.

5. Interpersonal support acts as a moderator between sexual harassment and suicidal ideation among female university students.

6. There is a difference between undergraduate and graduate female university students on sexual harassment, interpersonal support, resilience, and suicidal ideation.

7. There is a difference between single and married female university students on sexual harassment, interpersonal support, resilience, and suicidal ideation.

Method

Research Design. This study was a cross-sectional correlational research design. The data was collected from several educational institutions to identify and investigate the correlations among the study variables of the sample.

Participants. A sample of (*N*=180) female university students was selected for the current study. The participants' age ranged from 18 to 27 years. The sample was selected through the technique of convenient sampling and no distinctions were made on the basis of participants' socioeconomic status, religious affiliations, educational institutes, and regional classification.

Assessment Measures

Demographic Sheet. The demographic information including age, name of institute, qualification, city, and marital status was obtained with the help of a demographic sheet.

Sexual Experiences Questionnaire (SEQ). To assess Sexual harassment among students, SEQ was used. This scale was developed by Fitzgerald et al. (1988). This revised instrument consists of 19 items, 18 of which are from the subscales Gender harassment, Unwanted Sexual attention, and Sexual coercion. The items are answered on a 5-item Likert scale ranging from "never" to "most of the time". The last item "have you ever been sexually harassed" is a criterion item which is not scored rather it is used to measure the perception of the subject. The minimum score on scale is 18 whereas the maximum score is 90. High sexual harassment rate is indicated by high scores on scale and vice versa. The total α reliability of the scale is 0.89.

Interpersonal Support Evaluation List- 12 (ISEL-12). In order to measure the interpersonal support; ISEL-12 was used. This scale is a shortened version of the original ISEL (40 items; Cohen & Hoberman, 1983). It has three subscales that measures three dimensions of perceived social support; Appraisal support, belonging support, Tangible support. These dimensions are measured by 4 items each on a 4-point scale ranging from "Definitely true" to "Definitely false". Item 1, 2, 7, 8, 11, 12 are reverse scored. The minimum score is 12 while the maximum score is 48. The high score on this scale would indicate high interpersonal support and vice versa. The total α reliability of the scale is 0.77.

Brief Resilience Scale (BRS). The participants' resilience was measured using BRS. It has 6 items. These 6 items are measured on a 5 Likert scale; 1 indicates "strongly disagree" while 5 indicates "strongly agree". Items 2, 4, and 6 are scored reversely. Score ranges from 6-30. The internal consistency of BRS ranges from 0.80 to 0.91 (Smith et al., 2008).

Suicidal Ideation Scale (SIS). Suicidal ideation was assessed through SIS developed by Rudd (1989). It is a self-report questionnaire that has 10 items. Each item is gauged on a 5-point Likert scale where 1 denotes "Never" and 5 denotes "Always". The score ranges from 10-50. The total α reliability of the scale is .86. Items are scored in positive direction where high scores specify greater indication of presence of suicidal thoughts.

Procedure

This research was carried out on a convenient sample of 180 female university students having age range between 18-27 years from different universities of Pakistan. Sexual Harassment, Interpersonal support, Resilience and Suicidal ideation were used as variables in the present study for the proposed sample.

The instruments were administered in the form of booklets and Google form. After taking the consent and establishing rapport, participants were assured that the information provided by them would be kept confidential and would be used for research purposes only. They were asked to read each statement carefully and then respond according to the written instruction on each scale. There was no time limit and the subjects were given maximum time to fill out the questionnaire without any pressure although the average time taken by the respondent was 10 to 15 minutes. After the completion of questionnaires, participants were thanked for their participation and cooperation.

Results

Table 1

Percentages and Frequencies of Demographic Variables of the Study (*N*=180).

Variables		Frequency (*f*)	%
Education	Undergraduate	155	86.1
	Postgraduate	25	13.9
Age	18 - 22	136	75.6
	23 - 27	44	24.4
Marital Status	Single	163	90.6
	Married	17	9.4

Table 1 shows the sample of (*N*=180) of female students. Among these female students 86.1% belonged to undergraduate programs and 13.9% were from non-medical programs. The focused age ranges were from 18-27 years where the majority falls in 18-22 age group i.e., 75.6% while 24.4% belonged to 23-27 category. The sample consisted of a vast majority of single individuals i.e., 90.6% and just a few of them i.e., 9.4% were married.

Table 2

Descriptive Statistics, and Psychometric Properties of the Scales of Study (*N*=180)

Scales	k	M	SD	α	Range		Skewness	Kurtosis
					Potential	Actual		
Sexual Harassment	18	36.60	8.04	0.73	18 -90	23 -69	1.32	1.98
Interpersonal Support	12	32.58	6.10	0.73	12 -48	15 -48	0.16	0.08
Resilience	06	17.77	3.73	0.75	6 -30	6 -30	0.08	1.73
Suicidal Ideation	10	15.90	5.80	0.93	10 -50	10 -34	1.15	0.60

Table 2 shows the psychometric properties of the variables of study. The measure of each variable on specific scales show high sexual harassment and interpersonal support, and less resilience and suicidal ideation on average. The alpha reliability of each individual scale was satisfactory as calculated by analysis of data. The data is moderately skewed, which means that the sample is representative of the entire population.

Table 3

Inter-correlations among Study Variables (*N*=180)

	Variables	1	2	3	4
1	Sexual Harassment	-	-.14	-.06	.29**
2	Interpersonal Support	-	-	.15*	-.21**
3	Resilience	-	-	-	-.35**
4	Suicidal Ideation	-	-	-	-

Note:$p < .05$. **$p < .01$.

In table 3, Inter-correlations among study variables show that there is a significant positive correlation between sexual harassment and suicidal ideation (*r*= .29) and a non-significant negative correlation of sexual harassment with interpersonal support (*r*=-.14) and resilience (*r*=-.06) Interpersonal support also has a significant positive correlation with resilience (*r*=.15) and is significantly negatively correlated with suicidal ideation (*r*=-.21). Moreover, resilience has a significant negative correlation with suicidal ideation (*r*=-.35). The sexually harassed female students having less interpersonal support and resilience are more inclined towards having suicidal ideations and behavior.

Table 4

Moderating Effect of Interpersonal Support on Relationship between Sexual Harassment and Suicidal Ideation (*N*=180).

		R^2	ΔR^2	B	*B*	*t*	*P*
1	Constant			8.06		4.16	.00
	Sexual harassment	.09	.08	.21	.29	4.15	.00
2	Constant			13.88		4.44	.00
	Sexual Harassment	.12	.11	.19	.27	3.84	.00
	Interpersonal support			-.16	-.17	-2.36	.00
3	Constant			14.15		4.39	.00
	Sexual harassment			.19	.27	3.73	.00
	Interpersonal support			-.17	-.17	2.37	.02
	Sexual harassment * Interpersonal support	.12	.10	-.17	-.03	.37	.04

Table 4 indicates regression analysis showing moderating effect of interpersonal support between sexual harassment and suicidal ideation. The R^2 value of moderation interaction is .12 which explains 12% variance brought by the moderating role of interpersonal support between sexual harassment and suicidal ideation. There is positive relationship between sexual harassment and suicidal ideation (*B*=.29) and interpersonal support is negatively correlated with suicidal ideation (*B*=-.17).

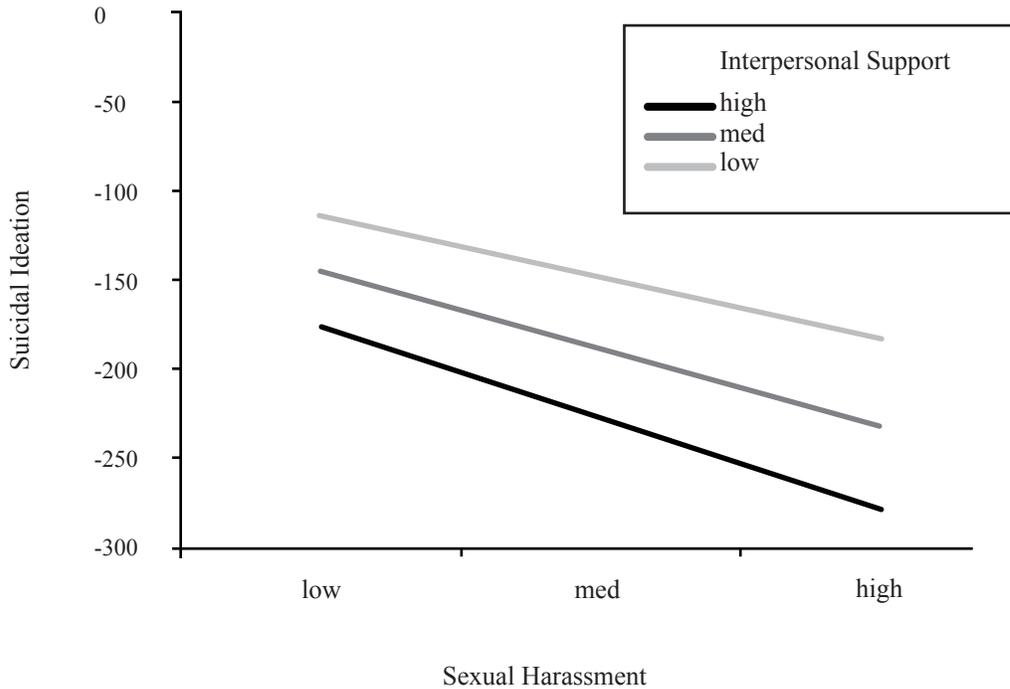Figure 1. Mod-Graph with Moderating Effect of Interpersonal Support between Sexual Harassment and Suicidal Ideation

Suicidal Ideation

Interpersonal Support
high
med
low

0
-50
-100
-150
-200
-250
-300

low   med   high

Sexual Harassment

Table 5

Moderating Effect of Resilience on Relationship between Sexual Harassment and Suicidal Ideation (*N*=180).

		R^2	ΔR^2	B	*B*	*t*	*P*
1	Constant			8.06		4.16	.00
	Sexual Harassment	.09	.08	.21	.29	4.15	.00
2	Constant			17.89		6.70	.00
	Sexual Harassment	.20	.19	.20	.28	4.13	.00
	Resilience			-.53	-.34	-5.02	.00
3	Constant			5.56		.67	.51
	Sexual harassment			.55	.77	2.40	.02
	Resilience			.18	.12	.40	.01
	Sexual harassment * Resilience	.21	.20	-.02	-.66	-1.56	.01

Table 5 indicates regression analysis showing moderating effect of resilience between sexual harassment and suicidal ideation. The R^2 value of moderation interaction is .21 which explains 21% variance brought by the moderating role of resilience between sexual harassment and suicidal ideation. There is positive relationship between sexual harassment and suicidal ideation (*B*=.29) and resilience is negatively correlated with suicidal ideation (*B*= -.34).

Figure 2. Mod-Graph with Moderating Effect of Resilience between Sexual Harassment and Suicidal Ideation.
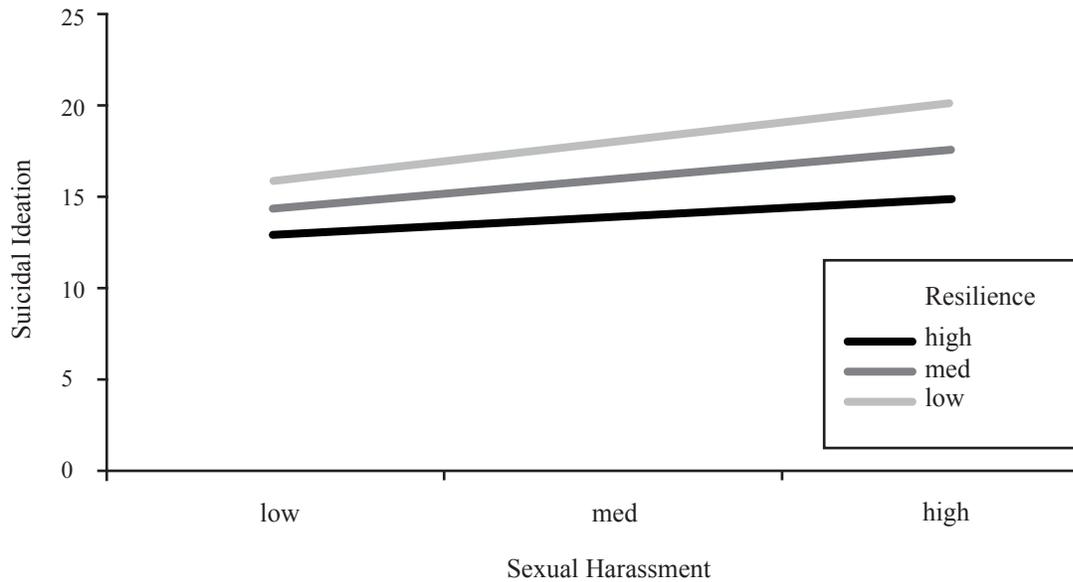
Table 6

Means, Standard Deviations and t Values for Undergraduate and Postgraduate Female Students among Study Variables (N=180).

Variables	Undergraduate (n=155)		Postgraduate (n=25)		t(178)	p	95% of CI		Cohen's d
	M	SD	M	SD			LL	UL	
Sexual Harassment	36.30	7.96	38.48	8.43	1.25	.21	-5.59	1.23	0.26
Interpersonal Support	32.58	6.30	32.60	4.86	.15	.98	-2.62	2.58	0.00
Resilience	17.72	3.87	18.12	2.74	.49	.62	-1.99	1.19	0.11
Suicidal Ideation	15.88	5.80	16.04	5.88	.12	.90	-2.63	2.31	0.02

    Table 6 shows the non-significance differences between undergraduate and postgraduate female students on sexual harassment, interpersonal support, resilience, and suicidal ideation.

Table 7

Means, Standard Deviations and t Values for Single and Married Female Students among Study Variables (N=180).

Variables	Single (n=163)		Married (n=17)		t(178)	P	95% of CI		Cohen's d
	M	SD	M	SD			LL	UL	
Sexual Harassment	36.33	8.01	39.17	8.12	1.38	.16	-6.87	1.19	0.35
Interpersonal Support	32.46	6.03	33.76	6.90	.83	.40	-4.38	1.77	0.20
Resilience	17.77	3.65	17.76	4.54	.02	.98	-1.87	1.89	0.00
Suicidal Ideation	15.67	5.68	18.11	6.61	1.66	.09	-5.34	.46	0.39

    Table 7 shows the non-significance differences between single and married female university students on sexual harassment, interpersonal support, resilience, and suicidal ideation.

Discussion

The present study examined the relationship between sexual harassment and suicidal ideation and the moderating role of interpersonal support and resilience. The sample of (*N*=180) female university students was used to assess the degree of relationship among study variables. Regression analysis did not prove the moderating role of interpersonal support and resilience. Moreover, no such significant differences were observed among the demographic variables of the study such as age, marital status, and education.

The results of the research are consistent with the first hypothesis that is sexual harassment is positively correlated with suicidal ideation among female university students (Table 3). The results are supported by a research conducted by Ullman and Brecklin (2005) where sexually harassed women were more inclined towards suicidal behaviors hence creating a positive correlation between the two. Another study found out that sexual harassment experienced by females in working environment was positively related with suicidal behavior i.e., both suicide and suicidal attempts (Hanson, 2020).

In accordance with second hypothesis, the present study suggested that there exists a negative relationship of resilience with suicidal ideation (Table 3). Zhang et al., (2020) found that resilience correlated negatively with suicidal ideation in association with loneliness among senior home residents. Another research conducted by Ariapooran et al. (2018) concluded that women who experienced loss of death were less prone to suicidal behavior if they received resilient based therapies. Therefore, stating that resilience buffers against suicidal attempts.

Third hypothesis of the study is supported by the analysis of the data that interpersonal support is negatively correlated with suicidal ideation (Table 3). The result of this current study supports the previous literature as Zhang et al. (2020) when conducted a research on residents of assistance home in China found that social support clearly lessened the suicidal thoughts and behaviors in the residents. Ariapooran et al. (2018) also concluded in their research how interpersonal support provided by family, friends, and others was negatively associated with suicidal ideation among bereaved women.

Contrary to the fourth hypothesis, the present study did not explore the moderating role of interpersonal support between sexual harassment and suicidal ideation (Table 4). Interpersonal support did not seem to moderate the relationship between sexual harassment and suicidal ideation. The results can be justified by analyzing the results. One of the reasons can be that social support might not have been perceived as a coping strategy by the participants of the study as explained by Bal et al. (2003) in their comparative study on both sexually abused and non-abused adolescents. They found that the abused adolescents were more prone to adverse life events symptoms such as PTSD and suicidal ideation compared to other adolescents as the abused ones tried to use avoidance strategy rather than perceiving and utilizing social support as coping technique.

As the sample consisted of university students, the reasons of interpersonal support not acting as moderator between the study variables could be due to the presence of several other extraneous variables such as educational stress, difficulty in managing social, personal, and academic life (Osama et al., 2014). Small sample size, specific age group, and similar life stressors can also affect the moderating role of interpersonal support between sexual harassment and suicidal ideation (Quin et al., 2003).

The results of the current research did not come in accordance with the fifth hypothesis that is the moderating role of resilience between sexual harassment and suicidal ideation (Table 5). Resilience did not act as a moderator in this study as supported by Fedina et al., they explored the role of resilience as moderator in sexual violence and its mental health outcomes such as suicidal ideation in a cross-sectional study using women as sample. Their study concluded that resilience significantly did not moderate the association between violence and suicidal thoughts. Cultural and ethnic differences can also be taken in to consideration in order to justify the results as the same variable might act as a moderator in a specific culture (Low et al., 2017). Nevertheless it did not act like one in Pakistani culture.

Several Other reasons can justify the findings, such as the sampling technique. Convenient sampling technique was employed in the research which might not have represent the whole population. Also, the findings could be validated due to somewhat same life issues experienced by the subjects of the study, definite age ranges, and small sample size (Qin et al., 2003).

Current pandemic situation has also affected the mental health of people causing their resilience to deteriorate all around the world which could also rationalize the results of the present study where resilience significantly did not seem to moderate the relationship of harassment and suicidal behavior (Ho et al., 2020).

The sixth hypothesis of the research that stated that there is a significant difference between undergraduate and postgraduate female university students among the study variables was not in line with the results (Table 6). Several reasons can justify the results such as current pandemic, difference between the two groups, small sample size, sampling technique etc (Ho et al., 2020: Qin et al., 2003). Hypothesis seventh of the study which stated that there exists a significant difference between single and married female university students among study variables was not validated by the findings of the research (Table 7). Possible reasons include difference between the two groups as both groups were not equal in quantity. Small sample size could also influence the findings (Qin et al., 2003).

Limitations and Suggestions

Convenient sampling was used to gather the data which might not be representative of the whole population. Random sampling may overcome this limitation. Data was gathered mostly online due to COVID-19 pandemic which as a result may not provide the certainty of the true responses. Sample size was relatively small and was focused only on female university students. A larger sample with face to face administration method and diverse population can overcome the limitations of this study. Hence, making the future researches more generalizable and representative of the population.

Implications

This study is a literature contribution in the field of abnormal, clinical, cognitive and social psychology as the study variables (sexual harassment, interpersonal support, resilience, and suicidal ideation) to some extent touch the premises of all such fields of psychology.

This study also highlights the effect of sexual harassment, risk factors of suicide, and to some extent entails interpersonal support and resilience's relation with suicide. Hence it can be of great assistance in arranging and organizing awareness campaigns, seminars and conferences to help people specifically women understand the perils of harassment and the protective factors required to overcome them.

In clinical field clinicians, counsellors, psychologists, psychiatrist, and even doctors can get awareness regarding the variables of the study in order to formulate appropriate interventions, treatment and techniques to help people enhance their coping strategies and move on with their life in an optimistic way.

Lastly, this study's findings can assist future researchers to study harassment and suicide with other protective and risk factor therefore aiding in the treatment and awareness process. Moreover, it opens the door for more researches to be conducted on this topic as harassment and its perils have been making rounds in Pakistan as well as all around the world.

Conclusion

The current study provides the evidence of a significantly positive relationship between sexual harassment and suicidal ideation among female university students. Interpersonal support and resilience were studied as moderators between the two. However, they were not validated as moderators but still found to have significantly negative correlation with both sexual harassment and suicidal ideation. All in all, the research has explored the study variables in the university student population specifically female university students of Pakistan.

Declaration

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