

SUICIDE CASE IN INDIA

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Abstract:

In the past three decade Suicide rate in India has increased by 43%.The majority age group committing suicide are below the age of 44.Some studies reveal that suicidal behaviours are much more prevalent then what is officially reported .Suicide has being increasing day by day .Some of the common methods of committing suicide are Poisoning ,hanging and jumping off heights.Physical and mentall illness ,nemployment,disturped interpersonal relationship and economic difficulties were some of the major reason for suicidal.

Key words:suicide,India,Risk Factors

INTRODUCTION

Suicide is the final outcome of complex interactions of biological, genetic, psychological, sociological and environmental factors. It is an increasingly important public health issues.Suicide is the last stage of self harming. India today face with lost of suicide case .The daily average case of suicide in INDIA is 381,majority of the case comes from depression , stress, anxiety, mental illness, unemployment etc....

Suicide is defined as the act of intentionally causing one's own death. There are many factorn that plays a role in influencing whether someone decides to commit suicide. People are most driven to suicide when their current situation as being completely hopeless and feel as if they have no way to change things for the better .

METHODOLOGY:

The following datas were collected or extracted from papers,data of publication,definition of suicide and correlation of suicide .

OBJECTIVES:

1.To study the reason behind suicide case in India .

- 2.To identify the factors responsible for suicide in India.
- 3.learn the basics suicide risk assessment.

CONTENT OF PAPER :

COMMON CAUSES OF SUICIDE

MENTALL ILLNESS

ANXIETY:

Anxiety is a health disorder which is characterised by feeling of worry or fear.

Having generalized anxiety, social phobia, panic attack or obsessivecompulsive disorder(OCD) can drive a person crazy. Some form of anxiety makes it extremely difficult to maintain friendship, finish school or hold down a stedy job. The combination of loneliness and fare can lead a person to contemplate suicide.

BIPOLAR DISORDER:

Bipolar Disorder is a stage where a person's mood swings very quickly,it mostly leads to depression.The persons mood change so quickly ,making it difficult for the person to keep up with the society or the environment .A person with this disorder face lots of difficulties in socialising with the people in and around him/her.This disorder may also lead the person to cause self harm or the people around him or her ,it is best to keep the person happy and close to someone she or he knows well.

• DEPRESSION:

Major depression is a leading cause of suicide throughout the world. People that do not treat their depression symptoms have a greater risk for following through with suicide. Individuals with major depression has very high chances of committing suicide,since depression is one of the major cause of suicide in India. Depression mainly cause due to over thinking of something ,abuse,etc...a person who does not know how to tackle with this things or do not treat their depression symptom are most likely to have depression which may lead to suicidal and cause tragedy .

PSYCHOLOGICAL STRESSORS:

There are several stages of Psychological stressors that associates with suicides which includes interpersonal differences, financial problems, domestic violence, work-related problems, academic difficulties, etc....

The analysis of this various psychological stress has high risk factor of suicide. An Individual with any of the psychological stress has high chances of causing suicide because of social stigma or stress, mental illness. People should never make fun or look down to someone have this type of psychological stress because it may lead to cause huge tragedy and lose of life. Therefore the people should help them feel better and help the fight in everyway possible.

SOCIOECONOMIC STATUS:

A person with low economic or socioeconomic status reports with higher suicide rates. On the other hand person with low economic status faces great challenge like looking after the family, resources, education system etc... were an independent risk factor of suicide. Poverty is a major cause in India and everyday people are dying because of food, lack of medical facilities and money. After the pandemic started, low income workers and temporary workers who lose their job face huge difficulties which cause many to commit suicide because of stress, no food, shelter, and medical facility etc...

SUICIDAL RATE DURING COVID-19:

COVID-19 has emerged as one of the pandemic health menace. Low income migrants are frequently employed in temporary jobs. Those who lose their jobs are likely to experience difficulty in finding alternative jobs in the adverse economic climate triggered by COVID-19. Many people in India and all over the world lose their jobs, livelihood, not getting enough money to support the family, etc... causing the person anxiety, stress, which may lead to suicide or mental illness. About 41.0% and 29.3% of the participants reported being depressed and anxious, respectively, whereas suicidal behavior after the pandemic's inception was found to be 6.5%.

UNEMPLOYMENT

Unemployment is also a major factor responsible for suicide because being unemployed means the person will have difficulty in getting food and shelter

and good medical facility and also will be having trouble supporting the family. Hence, leading the person to face stress and depression.

During the pandemic many people all over the world become unemployed because of total lockdown, not allowing any factories, industries or shops to open. People become unemployed overnight facing the risk of not being able to pay the rent, food etc... which leads the people to go homeless, losing hope, giving up on life and many people around the world faced difficulties and caused suicide

AGE:

The age between 19 to 45 are reported to be the age group with high suicide rate. The age group includes both male and female, the age between 19 to 45 are the age group where an individual face the most difficult times of his or her life because age between 19 to 45 is the age where an individual has to work and earn money for his or her family, go to school or colleges and pressurised for the work given to the person by the schools or colleges. This much of works make a huge burden to the person's life making the person to stress out and again to depression which is the most dangerous factor. A prospective 5 year study reported that the age specific male to female ratio of suicide rates ranged from 0 to 14 in younger age groups to 45 to 54 age group. It is reported that anywhere from 60% to 70% of suicide case in India is between the age of 19 to 45. A study states that this age 19 to 45 group face so much pressure, burden, worried etc.. making this age group the high suicide rate world wide.

METHODS OF SUICIDE:

Hanging was the most frequently used method of suicide. Second most frequently use method was self-poisoning. Other method of suicide includes Jumping off heights and run over by train and use of firearm. These are some of the most frequently used methods when it comes to suicide. Some other methods include, self-burn and drowning etc..

OBSERVATION:

Suicide is a major challenge face by the country. My observation based on the given topic is based on how and why an individual or a person tend to cause such tragedy and have found countless answers but some of the main reasons are, mental pressure, stress, unemployment and anxiety etc.. all this due to lack of awareness and paying less attention to it. It was found that, nowadays, due to the awareness of suicide tendencies among children parents are taking a huge step towards guiding and educating their children about the same. Not only that

awareness from social media is also playing a major role in this case. It is also observed that lack of awareness and lack of communication are also a major reason for suicide.

CONCLUSION

To conclude, mental well-being is the most important thing. Mentally fit person is physically fit. One should always treat his or her mental health carefully and also help others do so.

Suicide is a growing Public health problem that is not given much attention to it both by the government and the society.

We should always help the person facing difficulties in his or her life. Having all this different kinds of disorder will not be easy for a person whereas the person looking after them, we should always support them in every way possible in order to make them feel better and secure around us.

It is our duty to create awareness, make people know about the different types of disorder if not all at least one or two so that they can also help others.

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