



Reflections on intensifying Youth Suicides – Prevention strategies - A Sociological Approach

Dr. Shashikumar, Assistant Professor & HOD, Department of sociology, Government college for women, Hassan -573201, Karnataka state

Abstract : India is a youthful country with nearly 65% of the population in the age bracket of 15-45 years. India accounts for nearly 30% of the deaths. India is leading the suicide chart. Indian youth have been failing to cope up with current academic scenario which pressurizes them to study all the time to keep in pace with their counterparts. The peer pressure, the parent pressure, the academic pressure combined together is creating ambiguous scene for the youth. Besides the youthful bad habits are leading them towards the critical edge. The youth are seeking pleasure outside their academic world & are falling prey to evils of drugs, drinks & deals. When they fail to cope up with the situation, they succumb to suicide. This paper examines the causes, symptoms & the considerations revolving round youth suicide & addresses the role of society in preventing suicidal behaviour in youth

Key words: Youth suicide, causes, behavioral symptoms, considerations to prevent, societal interventions

Introduction – India is earning a bad name as the suicidal capital of the world, where Suicide is the third main cause of deaths among young people between 12-24 in India every 3 suicides in 15 minutes a suicide is reported out of that

one is an youth every 90 minute, a teenager dies by suicide.

Causes ; The major causes for suicides are classified by medical scientists as direct & indirect. The following chart (1) list the causes for suicide among youth

sl no	problems	% of suicide
1	family problems	21.7 %
2	health problems	18.0 %
3	marriage problems	5.1%
4	love affairs	3.9%
5	drug abuses	2.3%
6	indebtedness	1.9%
7	failure in exams	1.8%
8	unemployment	1.6%
9	poverty	1.2%

Source : The Report of the National Crime Records Bureau (NCRB) 2014



All most all states in India are undergoing the problems of youth suicide. Excepting Bihar & Mizoram , all states are being pressurized to intervene in youth issues. The following chart (2) shows that the state of Maharashtra ,which is the most progressive states in India tops the list.

sl no	description	state
1	states with maximum suicides	Maharashtra
2.	city with maximum suicides	Chennai

Source : The Report of the National Crime Records Bureau (NCRB) 2014

A study on gender listing of the suicides the national ration as shown in table (3) , provides information on the increasing suicide deaths of men as against women.

sl no	gender	ratio %
1.	men suicides	67.7
2.	women suicides	32.3

Source : The Report of the National Crime Records Bureau (NCRB) 2014

A study conducted to review the factors influencing youths to suicide listed following factors (4)

1	pre marital sex	18.9%
2	absent from college	78.0%
3	self faulty decisions	12.1%
4	physical abuse at home	00.9%
5	sexual abuses	10.1%
6	mental disorders	8.1%
7	illegal affairs	5.6%
8	wrong stimulation	4.67%

Source : The Report of the National Crime Records Bureau (NCRB) 2014

Methods of suicide : youth think of suicide in the following manner as shown in table (5)

1	hanging	35%
2	jumping	25%
3	sleeping pills	15%
4	gun using	12%
5	cutting / stabbing /piercing	0.3%
6	burning	0.3%
7	other methods unidentified	10.0%

Source : The Report of the National Crime Records Bureau (NCRB) 2014



Symptoms of suicide among youth - The primary symptoms of suicide among youth can be classified as under

1. Disinterest in class
2. Absenteeism
3. Indifferent attitude towards academics & friends
4. Apathy towards campus issues
5. Lethargic attitude
6. Depressive behaviour

Other causes which show symptoms of depression & suicide can be classified as

1. Loss of interest in previously pleasurable activities
2. Giving away prized possessions
3. Problem behaviour and substance misuse
4. Lack of care (apathy) about dress and appearance, or a sudden change in weight
5. Sudden and striking personality changes
6. Withdrawal from friends and social activities
7. Increased 'accident prone' incidents and self-harming behaviors.

Need for intervention- There are several scientific studies on youth suicides which show that a planned intervention can evaporate such attempts & fill the youth with courage & self Confidence.

1. Regular listening and encouraging them to talk & share their views & opinions.

2. Showing them that there are persons who are taking their concerns seriously & attend to their needs
3. Enlightening the youth that their wards / peers / friends really care for them
4. Acknowledging their fears, despair or sadness with soft advices
5. Providing reassurance, but do not dismiss the problem
6. Asking if they are thinking of hurting or killing themselves, and if they have a plan of type & informing them that attempts may lead to hurried consequences
7. Pointing out the consequences of suicide for the person
8. Making the youth aware of the situation after they leave the world
9. Ensuring they do not have access to lethal weapons or medications is very important because easy access to these would create more harm.
10. Staying along with the person if they are at high risk of suicide & consoling them that they are not left alone in a room / place
11. Immediately tell someone else, preferably an adult
12. Getting help from professionals ,counselors, therapists, psychologists about the behavioral change
13. Offering medical & nonmedical support through immediate channels



14. Letting them know that they can get other help from channels which are prepared to help them in such situations
 15. Providing supportive contact numbers and assisting them to call if necessary / or in need without hesitation
 16. Keeping good contact with the person in trouble
 17. Supporting the person with good food & nourishments
 18. Aiding the person to take on good hobbies & motivating him to cultivate good time management skills
3. **A national suicide intervention programme** -A national suicide intervention programme has to be conceived .The behavioral analysis of suicides among youth reflects wider range of factors responsible for the dastardly act. There are wider ranging causes being motivating the youth to succumb to suicide. But a national suicide intervention programme can minimize the death notes.
 4. **Rescheduling school education-** schools which are the main targets of stress have to reschedule their pattern of teaching
 5. **Need for psycho- therapies** - combining therapies to cope up with stress management is needed. Schools & colleges campuses need resident psycho therapists to stimulate the youth towards stress management awareness.

Consideration for prevention-

1. **Need for legislative intervention for media-** The media including social media is making repetitive telecast of the suicides taking place with weird language. This itself is a very dangerous situation as teens, adolescents & youth are stimulated to follow the methodology of death as frequently shown TV in front of them. Hence a legislative intervention on TV telecasting of incidents which leave a negative impact on youth mind is needed.
2. **need for parenting counseling-** Parents need personal counseling as they are the primary recipients of accusations. Parents often pressurize their children to achieve all round accolades in academics . They often prevent their children from playing & relaxing. Hence the parents need good counseling .

The sociological influence- Society plays a major role in setting standard for youth. The society gives several affirmative & supportive stance for the youth. The elders/ parents & wards need to observe ethical ways. The standards set by peers & parents have positive effect on youth. Society has to be free from all vices & the family tradition has to be a role model for the youth.

But peers / friends / parents have to re think their strategy & think twice before giving any final verdict. giving out quick judgments, panicking , showing temper , helplessness, telling further harmful instances , jumping to quick decisions, spreading the news among relatives & friends, seeking advice from every tom dick & hardy has to avoided.



Conclusion – Thus a society can set standards through developing positive relationships with youth, helping youth to develop and practice appropriate social skills, building on strengths and reinforcing positive behaviors such as sharing, cooperating, caring for materials, and joining in activities, encouraging children and youth to resolve their own conflicts, when possible and appropriate, responding consistently to issues, recognizing signs of boredom and redirecting as needed and modeling appropriate behavior by interacting with other personnel in a positive, respectful manner. Society needs legality, honesty, sincerity, faith, loyalty, quality & character building. Society should set model of ethics & morality in its members. This can happen only when society is nurtured towards moral structure. A strong society with strong foundational structure is the only hope to prevent suicides among youth.

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