



Factors Influencing Young Adults to Attempt Suicide in Rural Area of Tamilnadu – A Hospital Based Study

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ABSTRACT

BACKGROUND:

A suicide attempt is a cry for help that should never be ignored. Most of the people who commit suicide do not really want to die; they just want their pain and suffering to end. Young adults are more commonly affected because they are the most sensitive population. As young adults form the economically productive age group, it is ideal to conduct studies on suicide especially in this vulnerable age group to know the magnitude of the problem in the community so that measures can be initiated to handle this at an earlier stage to prevent these deaths.

METHODOLOGY:

Young adults of age group 15-25 yrs (100) who attempted suicide attending the Psychiatric OP of Government Tirunelveli Hospital and who were willing for the study were selected and various factors which forced them to attempt suicide were analysed.

RESULTS:

Of the suicide attempts, about 55% were attempted by females.

- 72% of the suicide attempts were due to relationship problems,
- 8% of the attempts were due to physical illnesses,
- 2% of the attempts were due to mental illnesses.
- 17% of the suicide attempts were due to social causes like unemployment etc.
- 1% of them were miscellaneous causes.

KEYWORDS

Young adults, suicide attempts

INTRODUCTION:

Young adults of today are more demanding and being reared alone in nuclear families, their emotional needs, beliefs, attitudes, values, patterns and problems are equally complex. They are of special interest as they are concerned with the growth and development of the country. Despite the considerable attention focused on this problem, much remains to be understood about the potential risk factors for suicide by these young adults. It has been well established that suicide is a complex phenomenon associated with a host of biological, social and psychological factors. Another set of studies focus on the psychological and situational causes of suicidal behaviors. It is known that a wide variety of stressful events may serve as a trigger for suicide. For instance, interpersonal problems with family members or other intimates are a typical stressor experienced by those who made serious suicide attempts. There are many features of family life that impact on suicidal behavior. Abuse of children, both physically and sexually, appears to result in an increase in later suicidal behavior as well as other psychiatric disorders and symptoms. This study focuses on the factors so as to throw light on the measures that can be initiated to prevent these deaths.

METHODOLOGY:

Study Design:

Hospital based cross-sectional study

Study Population:

Young adults of age group 15-25 yrs(100) who attempted suicide and attending psychiatric OP for counseling for 3 months from January 2015 to March 2015 and who were willing for the study were selected randomly.

Methodology:

After obtaining informed consent from those who were will-

ing for the study, a semi-structured questionnaire was administered and information regarding social, economic and family details were obtained and factors commonly provoking them for attempting suicide were analysed.

Ethical clearance was obtained from the institution.

RESULTS:

Number of participants were 100.

Of these 55 of them were females and 45 of them were males

- 2% of them were illiterates,
- 55% of them have completed primary education.
- 41% of them have completed secondary education.
- 2% of them are degree holders.

EMPLOYMENT STATUS:

- 29% of them were unemployed,
- 20% of them were fulltime employed.
- 16% of them were part time employed.
- 11% of them were temporarily employed.
- 11% of them were full time students.
- 13% of them were housewives

The provoking factors were:

Relationship problems- 72%. 65% of the females attempted because of the relationship problems which were love failures and marital problems mainly.

Physical illnesses-8%. Abdominal pain being the commonest cause (80%) especially among females.(30%)

Mental illnesses-2%. Depression and schizophrenia were the main causes. work stress was another cause.

Social causes -17% .Unemployment among males and dowry problems among females were the main reasons.sexual harassment in the work places and gender bias in the families were affecting females especially Miscellaneous causes-1% instinctly as to adventure or as threatening.

CONCLUSION:

The study clearly shows the genderbias and illiteracy which are still prevalant in the society inspite of the various schemes and programmes which are focused for this group by the government. The need for vocational studies in the curriculum, counseling for young female students in the schools, and family oriented appraisal to improve the mental stability of the future generation is well seen in this study.

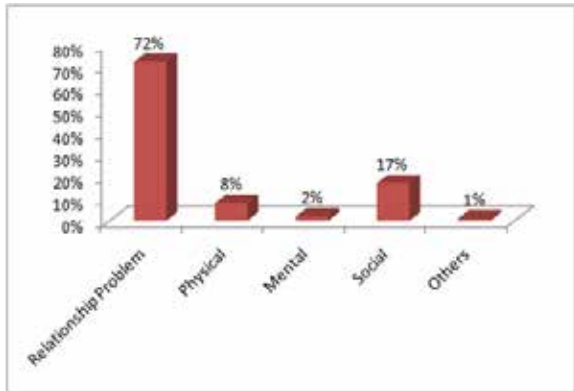


FIG 1: COMMON CAUSES LEADING TO ATTEMPT SUICIDE

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