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SUICIDE IS A PERMANENT SOLUTION TO A TEMPORARY PROBLEM. PHIL DONAHUE

KEY WORDS:

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ABSTRACT

In the year of 2019 On first of February a student from IIT Hyderabad killed himself by jumping off his hostel building. In January 2019 a medical student killed herself due to examination stress. According to one estimate more than 46,000 suicides take place every year in the age group 15 to 29. Suicide is the most serious problem of mental health. When an individual can not tolerate the stress generated by different problems, he commits suicide. Suicide rate is increasing substantially all over the world every year. It is reported that one person commits suicide every 40 seconds. Male female ratio is 2:1. World health organization has predicted that in 2020, approximately 1.53 million people will die due to suicide.

INTRODUCTION :

According to world health organization, India is one of the leading countries here suicide rate is highest. 17% of world's total suicides are committed in India. Suicide is an act of intentional cessation. It results from perception of problems as impossible to solve and unbearable to cope with leading to anguish and worthlessness. Multiple disciplines like psychology, sociology, medicine, genetics, anthropology, and philosophy are involved in understanding the factors responsible for suicide and saving the individual.

It is a multi dimensional and multidisciplinary problem. The individual kills himself as a cumulative effect and complex and complicated interaction of genetic, biological, psychological, familial, economic, social, environmental, cultural, professional, or academic problems. It may also include factors like mental health disorders, terminal diseases, and addictions or natural calamities.

The individual wants to get rid of the situation as there is no solution according to him.

Meaning And Definitions:

Sui is self and cide is murder. Suicide is defined as ' death caused by self directed injurious behavior with an intent to die'(Crosby, Ortega, and Melanson 2011). All definitions focus on intent to end one's life and self directed harm. It is deliberate self harm. Some definitions include related phenomenon like ambivalence.

Shneidman (1973) has focused on ambivalence which means there is a wish to die and wish to live which are present simultaneously. On one hand the person consumes poison or sets fire to his own self and on the other he wants someone to help him out and save his life.

Suicidal act is performing the act with an intention to die but may or may not result in death. Suicide ideation is thinking, perceptions, beliefs, and other cognitive processes regarding intentionally ending one's life.

Suicide rate :

Incidence of youth suicide is the highest all over the world. The age range between 15 to 29 years is reported to be the most vulnerable. Suicide attempts are 20 times more than actual deaths due to suicide. Lifetime suicide ideation is reported to be approximately 14 % in general population. Attempted suicide is also called as parasuicide or pseudocide. It is a nonfatal, self inflicted, potentially harmful behavior with an intention to die. Attempted suicide is unsuccessful suicidal act where the individual is saved. It is

observed that approximately 10 % of these individuals commit suicide in next few years. If we consider Indian situation, incidence is substantially high. Per day 200 people commit suicide. More Indian women committing suicide consume poison and men use firearms. It is reported by researchers that less married men commit suicide than married women. Higher rate among medical professional is seen due to intense stress and more accessibility of drugs.

Difference Between Attempted Suicide And Suicidal Gesture.

Suicidal gesture is overtly an attempted suicide, however, the individual never wants to die. he may die due to accidental death. Attempted suicide is more common in women.

An adolescent who wants to purchase a costly mobile immediately and may threaten his parents **what if they do not give it, he would commit suicide. Just to threaten them he may prepare a scene as if he is really going to hang himself accidentally really is killed.**

Reasons For Suicide:

Suicide is committed to get rid of unbearable pain and anguish. Intense feeling of hopelessness resulting from pain and anguish leads to suicide ideation. To start with individual just thinks about it, then plans it but rethinks as is afraid of death. Gradually he tries to increase his tolerance to physical unbearable pain and finally tries to actually kill himself. Researchers have reported that suicide ideation is more among females than males. Even suicide attempts are more in females than males in western countries. However, impact of culture can not be underestimated.

Generally suicide is linked with emotional instability and weakness. Almost 90% individuals suffer from some clinical disorders. This percentage is seen in western countries, but in India it is much less that is 30 % approximately. There are individuals who commit suicide with full awareness and understanding. In Indian culture, sati, jauhar, samadhi or burying oneself alive, prayopweshan or fasting till death are known for generations. Currently, immolation or setting fire to self in public place for attracting attention of the authorities to injustice, and even suicides to express loyalty to the dead leader are seen.

Four Types Of Individuals Who Commit Suicide Are:

1. Death Initiator:

terminally or chronically ill patients like AIDS patients want to get rid of all the sufferings and to speed up the process of death and avoid loss of quality of life and unwanted dependence on others.

2. Death seekers: individuals who want to seriously die, their attempt is fatal.
3. Death ignorers : some individuals believe that there is better life after death, hence they want to die.
4. Death darers: some individuals are interested in betting one's life or taking risk in which there are chances of death. This results in death.

CONCLUSION:

Some rare cases are such that the person survives after a sincere attempt to kill himself. These individuals feel extreme shame, guilt, hatred and other negative emotions like perplexity and all sorts of confusion: cognitive and emotional. Here, post-vention is essential to save the individual from negative thoughts and recurrence of the suicidal attempt. It is essential to develop these programs with reference to Indian culture, socialization practices, values and emotional needs. Including suicide ideation in prevention program may make it more effective.

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