

A Study on Socio-Economic and Psychological Causes of Suicide Among Youths in India

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Abstract

Over the last few years, the number of suicide cases in India has increased at a significant level, thereby influencing the youth in a negative way. There are several reasons that can be considered as potential causes of suicide that, include depression, financial loss, poor academic performance, and many more. These reasons influence the mind of young individuals that then becomes the reason for suicide attempts. Each year, there are almost 8 lakh people that lose their lives due to the reason of suicide. This study focuses on the increase in the suicide rates over a certain time period in India. The rate of mortality is considered high and the intervention studies have remained minimal.

Keywords: Suicide, Risk Factors, Intervention Models, Suicidal thoughts, Depression.

Introduction

The World Health Organization has stated that there are about 1 million people who died from the effects of suicide every year. Suicide attempts are almost 20 times more as compared to other life-threatening activities. Suicide rates among people that are young have increased to an extent that it has been ranked as the third most life-threatening activity in the world. It is the second reason for deaths among individuals that are aged between 15 to 19 years, this includes one lakh adolescents. Bureau of National Crime Records has reported that in 2011 there are around one lakh persons that have committed suicide. Among them are the victims that include children of age 14 years with 35 % of victims within the age group of 15 to 29 years. Adolescents that have attempted the act of suicide belong to a heterogeneous group. Risk factors that are associated have been identified that include clinical and socio-demographic variables. This study focuses on identifying the factors of physiological risks in suicide attempting the prevention of society and families from such kind of losses. There are patients that have been assessed according to the condition of their medical stability. Study nature has been explained to the patients and those who have medical complications have been removed from this study. Instability in the socioeconomic factors has been associated with the factors of suicide rates. These may include financial losses, unemployment, and certain unfavorable conditions in most of the countries including India. In terms of mental disorders, depression is considered the primary reason for suicides among most youths. Doctors and scientists believe that the reason for being suicidal and feeling depressed could be due to a serotonin level decrease in the brain. This study has examined different trends in the factors of completed suicides in parts of Northern India over the last ten years.

Literature Review

Suicidal factors in India among the youths

This study is based on the factors of suicide in India, based on the last four decades' duration. There were a total of 270 articles that have been collected from different electronic databases such as PubMed, Ovid, and many more. This has been done by using related research terms such as suicidal ideas, thoughts, and self-harming deliberately. There are other articles that contain different dimensions such as sex, age, religion, and a dynamic approach [1]. This information has been collected from different sources that are reliable such as WHO, NMHS, and NIMH. These results have been cross-checked several times for the purpose of reducing bias. These articles have been collected and analyzed with the help of experts for reducing the suicide rates. An individual's moderate and high suicide rate is approximately 0.9% and the process of deliberately harming oneself is about 0.7% as have been discussed in NMHS of 2016. Risk factors that are associated with these studies have shown the aggression traits and impulsivity, especially in the purpose of mental illness and anxiety. The suicide of different farmers has covered a large portion of the suicide news in the Indian market [2]. These factors have been associated with the slow output and high rate of unemployment among the suicide victims. During the study and research of this article, there were approximately 4000 cases of suicide, out of which 190 cases have been identified as children. In terms of gender, it has been observed that suicidal intentions among the girls are more as compared to the boys. The present study has a large number of females that are committing suicide more than the total number of males. Among them, there are adolescents that face peer pressure, and academic stress in different stressful situations that are faced by adolescents [3]. These stressors often lead to severe health and mental problems that include depression, and suicide.

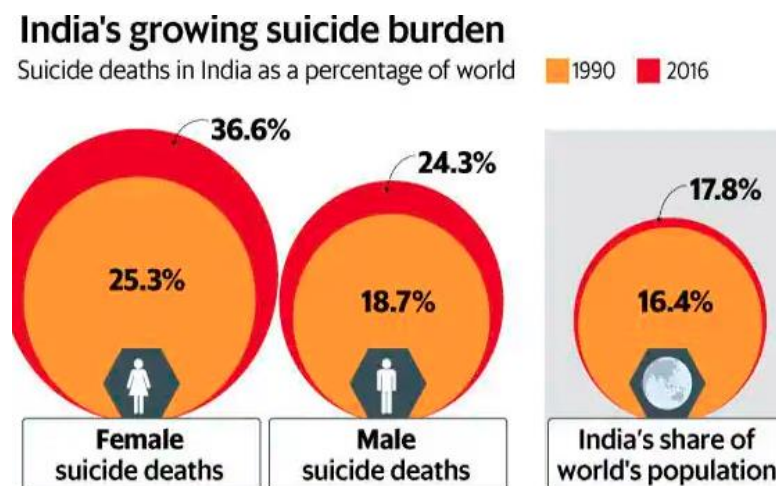


Figure 1: Percentage of suicide populations in India

(Source: [3])

Evidence suggesting a cause of suicide among individuals in India

There are several pieces of evidence that have occurred within the environment and demonstrate the clustering of time-space in the industry. These studies have shown that point clusters are common among the adolescents and have been demonstrated among the countries that are publicized in the suicide coverage [4]. The most common process of literature in the young suicide cases has been supported moderately in the behaviors and suicidal thoughts. An impulse of traits that have been assessed typically predicts the rate of suicide attempts among the young adults. Most studies have focused on different areas that include changes in climate and suicides related to agriculture. In India, there are several factors of risk that lack protective factors in the management and prevention of suicide. Several studies have been conducted on the survivors of suicide that state that severe depression has been the primary reason behind their suicide. Apart from that, there are few studies that have been conducted on these victims of suicide for understanding their phenomenon in the prevention of suicide management. There are different researchers that have mentioned different strategies in the management and prevention of suicide crises.

Establishing a suicide prevention centre helps in reducing the number of suicide cases among individuals [5]. Proper counseling needs to be done for those who are experiencing suicidal thoughts in order to prevent them from influencing those thoughts.

Burden Globally in the Youth Generation

The project notifies the reason and the condition of the youth people in India who are committing suicide. Every day it is normal to have one similar news of suicide and most of them are from the age group of 10 to 24. The world population, there are about 1.8 billion people unprecedented, and make up over a quarter of the world population [6]. The maximum portion of the youth people is living in middle and low-income countries and India has the highest population of youth with 356 million which is more than the other countries. It is good to have this huge population of youth in the country as they are the future of the country. Youth can do more things than the elders and they live in the future more than the present as they are busy with the new things in the world. Unfortunately, maximum youths are living in poverty and it affects their lives to be as others.

Youths are not comfortable in the condition and there are 500 million youth who are 15-24 age living cost less than \$2 dollar in one day. They are living in unhygienic conditions and also neglected by the family as poverty has made them. Apart from that, there are more burdens on the youth that have been noticed as the fragile status and hence well-being of the youth people, and each and every sphere is critical in life. The main reason for depression is the lower income of the family and youths are depends on their families. India has a culture to have many children in one family and this is the source of the problem that makes poverty and children getting neglected by their families [7]. Youths are getting distracted from their path and get into the wrong places and wrong habits. In this age, they are not worthy to think wisely and also not mature to take correct decisions. These reasons are helping them to take wrong decisions and they are committing suicide to avoid these burdens. Committing suicide is setting them free from these burdens and in this way, thousands of children and youths are hampered in their lives.

Educational Stress, Social Inequality, and Mental Health of Youth People

Poverty and social inequality are including the aspects of non-monetary such as denial of opportunities, vulnerability, and many things. As per the report of WHO on the development of poverty, mental health shows that people with low status have a risk of schizophrenia and the effects of the risk is poorer in the society [8]. Many authors have described poverty interaction and the mental health condition as poor and it increases social exclusion, stress levels, and increase the level of violence and it causes suicides. The situation increased the worst outcome of negativity and violence that makes mental disorders of youths. In India, youths are focused on advanced things and they are trying to have all the things in their lives. Poverty does not allow them to live their life in their ways.

The major factor of poor mental health is social exclusion and it is causing educational stress. The education system of this country is vast and tough and this brings pressure and stress on the youth's minds. Extra-ordinary education stress makes them helpless and it makes them out of the mind sometimes [9]. The system of education should be changed in this country and the process of international institutions should be included in the education process. The students of Asia are having academic burdens and low satisfaction that hamper the youths and make them convinced to attempt suicide. Youths are in the stage of immature, disability, and unwise decisions that is making them more confident to take these types of decisions. Mental stress is not healthy for people and all of them are not able to deal with that. Parents are not cooperative with youths and that is a problem for the generation as they are not comfortable with their parents [10]. This is making a gap between them and their families and gives the space to youths to take wrong decisions and go through this. Parents should be serious about their children and also they should think as their children are thinking that can change the rate of suicide in the youth generation in India.

Methodology

The methodology defines the way of making the project and the elements that have been used in the project. There are two types of data collection procedure which is primary quantitative data collecting methods and the secondary qualitative data collection procedure. However, in this research article secondary data collection procedure will

be applied and. For this reason, the descriptive research design will be applied in this study paper. Methodology expressed the motive and the objectives that have been made by the researcher before making the project [11]. The methodology helps the study to make the proper structure of the project. The study has been divided into reasons for suicide that are making the decisions on youths.

The study has introduced the condition and the stress of the youth people that pressure them to take wrong decisions in their lives. India is increasing the number of suicide of people between the ages of 10 to 24 young generations. Several news, journals, and reports are providing data about the condition of the youth in the country [12]. Various sources are providing reports about the death rates of the people and it is increasing gradually. The newspapers are covering the suicide news every day as the rate of suicide is grabbing the news sector. The methods of the study depend on the sources that help and guidance to understand the reason for the problem and the condition that affects the youth generation. The Government of India needs to be more conscious of the condition and Government should focus on this generation as they are the future of the country and stand with the country as a pillar.

Findings and Discussion

The study identifies the fact and the reason for suicide in the youth generation and the effects of these decisions on others. It analyzes the ultimate condition that has been made by stress, poverty, wrong decisions, confusion, and many things. \youth are not applicable to face any type of tough decisions or conditions that dear is working in themselves. The majority of the attempters are committing suicide at the age of 17-19 years and they are thinking this is their life. Many negative things and decisions are going in their minds and it can happen for many reasons.

Stressful Life Events

Youths are serious in their life and each decisions and incidents are valuable for them. The scale of their lifestyle showed a high difference between controls and cases. It has been seen that recent incidents that occurred the worst condition in life and make them bound to take the decision [13]. Most of the time it has been seen that the incidents at least three months before affect the people and they are committing suicide in this case. Sometimes, one incident and sometimes more than one affects their minds. That can be related to any type of reason and 16% of cause's one incident and 76% for many incidents take the decision to commit suicide.

Family Issues

Many of them are facing the problems of their families as that affects them badly. People are neglected by their families and that causes suicide and sometimes bad condition in their life. Family issues about 18% cause suicide and sometimes family problems are making mental misbalance in this generation. However, looking at those familiar issues such as family, depression, anxiety and substance disorders are making the risk of attempting suicide much rapidly [14]. Suicide for family issues is happening 12% and no controls and care has been seen from the families. Earlier observation of suicide is visible and the family can understand in deep observation that some changes have been seen in the victim's body and face.

Trying to attempt suicide repeatedly

In some cases, youth people are having previous records to attempt suicide and have been rescued by someone. Observation and controls depend on the basis that helps them to recover from the condition. The previous attempt appears the risk factor that can make this the next attempt. Sometimes people are having psychological problems that affect their minds [15]. Poorer coping skills, mental disorder, disbalance in minds, and psychiatric disorders from family history are making it possible to take decisions in their lives such as committing suicide.

Present Attempt

In different parts of India suicides are happening in different ways, it has been seen insect poisoning is the commonest way followed by the victims. Insecticides using *organophosphorus* compounds are contributing to the factors that are rampant use in committing suicide [16]. Apart from that, youth age people are knowledgeable about many things that can cause death and harmful effect on the body parts. Technologies are really affecting on

the youth people's life and using these technologies is making a different world that makes them totally different from the real world.

Findings

In this study, the country India has increased the percentage of committing suicide in the present condition. The youth generation is committing suicide most of the time for personal and other reasons. The study has found the reason for suicide and the effects of suicide on other youths. Socio-economic and psychological problems are occurring stress and depression and the result is committing suicide. Youths are not mature enough and they are not worthy to think wisely and the result is committing suicide. In many things, the pressure is on the head of the generation. Social economy affecting in many stages of life and psychological problems are not in control which can make any decision as committing suicide.

Conclusion

In this study, it has been discussed the morality of suicide attempts in the youth generation of India. Analyzing the different parts of the fact and also the reason for the fact has been described in this study. The rate of suicide in the youth generation increasing gradually and several issues has been generated in this generation. The study has covered the reasons and the types of ways that appears suicides. Particularly the age of youth is complicated in their lives and things are related to family issues, personal issues, and other issues. Apart from issues, many are affected by mental imbalanced and disorder conditions. Poverty is another reason and effective for the people and their poor lifestyles. Poverty creates stress, depression, and dissatisfaction that make them devoted to committing suicide. The study has analyzed the previous condition of suicide attempts and the mental condition of the victim at the time of the poor condition. India is a country of overpopulation and many of them are living in poverty condition. In this way, youth are living their life with dissatisfaction and they are not having all the necessary things in their life.

People are having problems in many parts of their lives and carry with the problems they are living their lives. Families are not connected to each other and that is making the gap and enlarging the space between the relations. Many things are causing them to take horrible decisions in their lives who do not understand the meaning of life. There are some common reasons that make them ready to take the decision of suicide and some decisions are totally different and unknown. These are happening as new technologies are making a different world for the youths and making the distance from everything of the real world. They don't understand when they are separated from everything. Loneliness and understanding gaps make them weak and lock all the doors of solutions to their lives. Youth age is the most effective age in the entire life as it can assume positive things and negative things also. It is dependent on the person how to live in life and lead on this.

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