

Coping Strategies in Suicidal Thought – A Study

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Abstract

Suicide is a primary reason for the death ratio hike in this modern world. And also, one of the main reasons why young people die is suicide. Stresses from life and school might lead to self-harming ideas and behaviors, so it's critical to comprehend the function of coping mechanisms. After adjusting for sociodemographic and mental health factors, it was found that some coping mechanisms—active coping and positive reframing—were negatively associated with suicidality, while others—self-distraction, substance abuse, behavioral disengagement, venting, and self-blame—were positively associated with suicidality.

Teaching and encouraging young people to recognize and use adaptive coping mechanisms to handle stress in life may assist to lessen suicidal ideas and behavior. This paper examined the relationship between various coping mechanisms and suicidality.

Suicide is a determination to end their life. It is the consequence of stress and depression. Suicide is a result of incompetent feeling of an individual. It is a disastrous reaction of a person who leads a stressful and frustrating life. Suicide is a kind of word which many people avoid to use because of its negativity. When a person hears a word suicide,

- 1) They will have to think of their friends, family or neighbors who decided to end their life by committing suicide.
- 2) A normal person with simple problems in life also think like what will happen if we commit suicide?

Philip Donahue said, "*Suicide is a permanent solution to a temporary problem*". Definitely suicide is not a permanent solution because human mind changes accordingly. So, no human is steady, every human slips and changes in some situation. So to revive people's mind, there are many coping strategies that are explained in this research paper. One taking one's own life is a direct violence at themselves. The psychological state of them should be analyzed by the environmental people who are close to them and make them jump out of the suicidal thoughts. Some intentions causing intentional death is not a permanent solution. Ending life does not bring a solution.

Many survive than dying. Suicide prevention is a prior thing, which one should be taught, to develop courage to face problems and to overcome is not a big deal. Suicidal thoughts come to a person due to lack of affection, depression, loneliness and many more to line up.

Every human in this world thought about committing suicide at least once in their lifetime whether they have major or minor problems in their life. The world can be seen that it is full of busy people and they are running towards the development of the career. People may represent themselves as they are busy with their responsibilities but deep inside, they are experiencing fear (how to achieve it) and depression (what will happen if we fail).

Fear, depression and ineffectual handling of the hardest part of life are some of the main reasons for suicide. Suicidal Ideation is nothing but having the idea of committing suicide and process of thinking to give a try. Ineffectual behavior while counting the barriers of achieving something will end up in failure. Situation decides people's mindset. People think of suicide at some hard situation. That might be anything like the person he or she is unable to tackle the situation. However, some people have learned how to come out from the suicidal ideation and some people have learned to dwell with it. The reason is that they would have never tried to overcome their difficulties and win the challenges in life. Feeling powerless, inability and the loss of loved ones are some of the causes for this action. It is the disastrous action of unanticipated and Intention Determination. The people who lost themselves in suicidal thoughts constantly thought about the misfortunes and troubles, during the journey of

success. And also, they are stuck between the suppression and guilt.

One of the fundamental causes of the people's decision to commit suicide is Inferiority Complex. Also, it has been found that engaging in various motivating and stress-relieving activities helps the youth to develop more effective coping strategies and lowers their levels of suicide ideation and sadness.

Review of Literature

Varne et.al (2016), reported Gender Difference in coping. Girls report more frequent use of broader range of coping pattern than males. Girls scored higher, an eight of the twelve coping patterns. This difference was significant for four which related to their coping efforts to manage life problems by interpersonal relationships with friends and others. This may reflect differential socialization emphasizing more affiliative behavior of girls compared to boys. These findings are consistent with reports of women's greater use of social support, which appears to offer an advantage as a better in the face of life stressors & strains.

NCHA Survey (2012), results had revealed that a significant difference between coping strategies used by male & female. During depression, females were mostly used Emotion- focused coping strategies, in contrast males were used Appraisal- focused strategies specially denial.

REPSSI's Study (2011), this study was aimed at evaluating and developing results-based intervention program focused on the interface between psychosocial wellbeing and livelihood. In addition, the study identified particular risk and protective factors for the psychosocial well-being of orphan adolescents. Findings are derived from a longitudinal (2008- 2010) controlled study in 5 communities of Kafue District, Zambia. Main findings are: -

- Normal grief is associated with recent bereavement, being a double orphan, and other mental health challenges.
- Time has a "healing effect" for normal grief. Children who have recently lost a parent (< 2 years) show higher levels of grief than children who have lost a parent some years ago (> 2 years). However, the level of grief at two years after parental death does not decrease any further with time.
- Double orphans show higher levels of grief than single orphans. However, the difference is small and does not contribute to explaining ongoing, complicated grief.
- There is a linear relationship between levels of grief, depression and suicidal thoughts. Orphans with higher levels of grief showed higher levels of depression and suicidal thoughts than children with lower levels of grief.

Coping strategies of suicidal thoughts

Many ways are there in order to skip the suicidal thoughts. We people come across many pains, shames in our life and some unacceptable happenings, which makes us to feel upset, angry and even down, believing that this feeling never comes to an end. However, it is important to keep in mind that they will not continue, everything will vanish one day. Whatever we are going through and experiencing now, will not continue the same way, changes will happen. Coping is, making a mindful determination to unravel the individual and relational difficulties and try to manage, lessen, bear stress or struggle. Efficiency coping exertions be contingent on the individual's kind of stress or conflict and situations. Coping is a very complex process that varies by many variables such as situation, evaluation of the situation and available resources.

Life is not easy for everyone, we should move on and tackle. Standing in the circle changes nothing. Many coping strategies are there to come out of the suicidal thoughts. First one is fear, if a person fears, he or she stops doing or thinks deeply. Karl A Menninger, "*Fears are educated into us and can, if we wish be educated out*". The person with fear, stops the activities and slowly thinks of the consequences which may happen.

Emotional support of some person is also important for the person who is having suicidal thoughts. When there is a place to share the pain, feeling, thoughts we feel free and safe. When an emotional supporter is a trust worthy person, there their communication develops and they can change the mentality of the person and make one to think in a clear way. An emotional supporter might be anyone like a family member, a friend, a companion or a pet. So emotional supporter can help finding a way or cope up with their feelings and emotions, and not leaving them alone. To cope up with suicidal thoughts, engaging oneself into some works helps them to get out of it. When occupied with works more toxic thoughts doesn't enter into our mind, we are able to overcome any kind of situation that's running in our mind.

Everyone's feeling is valid, we just need a right person to listen. Sometimes people need a hand to rise up and ear to listen when they are down. Teal Swan, "*Having a support network in your life and being a part of other people's*

support networks, means you can add their energy and their mental, emotional and physical resources to your measure of resiliency”.

To move on from an unpleasant situation and risk, we can build relationship with people not only loving a person but also some precious relationship lies in this world. Moving on to a different precious circle makes our mind to think beyond.

Karl A Menninger, *“love cures people - both the ones who give it and the one's who receive it”* this explains us that love makes everything not only beautiful but also changes the life of the person, where they start to live in their own Cosmos. Not only is the one giving glowing, it also makes the receiver divinely blessed.

At a point of suicidal thought, at least once the person thinks about the family, the loved ones and the consequences faced by them without him/her. At the time he/she might consider being in a better tomorrow with their foster ones who make them comfort. They believe in them, the person replaces the thoughts and deeply thinks to sustain. Later furnishes to change their life by changing their thoughts. Sometimes thinking absently drags us to a good decision. Changing thoughts and pondering is a fine solution or choice according to Confucius.

When anger rises, think of the consequences. If there is a problem there is a solution. Rather, anger conceals our brain to think. But cultivated people's line advises us to think the consequences that may happen later, as we might suddenly react and take decisions. A small stable decision shapes us to the destiny. However, more thoughts running into our mind is tangled, which can be untangled with the correct companionship or own self, where the time and stability decide every moment of human life. Listening to someone's speech can also change the mind of desolate people. Life becomes desolate, dry like desert but there should be some hope to cope up with the dryness.

To avoid stressful thoughts, doing activities that entertain us help us to transform ourselves towards positivity. There are some activities to swap our worries and feelings. There are some circumstances that pushes us to bad endings, coping up those are challenging. A change of the mental state helps us to cope up with what we are facing currently. Poor communication with family and environment should be avoided. Managing to do work helps us to come out of suicidal thoughts. Seeking help is a better way to make a better life.

Little communication with people will also lead to a problematic decision, to get out of the stressful situation. Crying is also a best coping strategy, where you pour out yourself to someone or to own self, where we get some relaxation and our heart becomes weightless. Every evil thought vanishes in tears. The emotions are also expressed by tears, it might be happy or sad. Tears have always been a way of expressing our emotions and letting out our emotions from our heart and mind.

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