

## RESEARCH ON SUICIDAL DEATH AND THEIR PRIMARY CAUSES IN YOUNG INDIAN ADULTS AND ADOLESCENTS

**S. Shandeep Jagan<sup>\*1</sup>, Senthil Kumar Srinivasan<sup>\*2</sup>, Aziza Seitova<sup>\*3</sup>,  
Aigul Momunova<sup>\*4</sup>, Nurlan Kurmanaliev<sup>\*5</sup>, Begimai Abdieva<sup>\*6</sup>,  
Tursunbek Orozbek Uulu<sup>\*7</sup>, Abhay Raj Chauhan<sup>\*8</sup>**

<sup>\*1</sup>Student, 3<sup>rd</sup> Year, OSH State University, International Medical Faculty, OSH, Kyrgyzstan.

<sup>\*2</sup>Teacher, Government High School Balan Nagar, Puddukkottai.

<sup>\*3</sup>Senior Lecturer, Department Of Pathology, Basic And Clinical Pharmacology, OSH State University, International Medical Faculty, OSH, Kyrgyzstan.

<sup>\*4</sup>Assoc. Prof., Head Of Pathology, Basic And Clinical Pharmacology Department, OSH State University, International Medical Faculty, OSH, Kyrgyzstan.

<sup>\*5</sup>Lecturer, Department Of Surgical Disease With Traumatology Course, OSH State University, International Medical Faculty, OSH, Kyrgyzstan.

<sup>\*6</sup>Lecturer, Department Of Pathology, Basic And Clinical Pharmacology, OSH State University, International Medical Faculty, OSH, Kyrgyzstan.

<sup>\*7</sup>Lecturer, Department Of Anatomy, Histology And Normal Physiology, OSH State University, International Medical Faculty, OSH, Kyrgyzstan.

<sup>\*8</sup>Student 2<sup>nd</sup> Year, OSH State University, International Medical Faculty, OSH, Kyrgyzstan.

### ABSTRACT

Death is inevitable. However, the certainty of death is related to some other causes: murder, self-harm, and suicide. Suicide is the foremost reason for certain deaths. There is an urgent need to focus on suicide prevention for young people aged 15 to 25, as suicide rates in this age group are five times higher than the Canadian average. Thirty-eight percent of Indians are under the age of 15, while 58 percent are under the age of 25, which means that a large number of Indian children are entering the years of self-destructive behavior, or, in other words, the greatest risk for suicide.

### I. INTRODUCTION

This paper attempts to focus on the research on the causes of suicidal death in young adults and adolescents. Sad feelings can lead to addiction and suicide. To prevent this, we want to deal with their hopelessness and despair. The foremost reason for their despair is, as we commonly know, their surroundings, mainly their loved ones, friends, and family.

Unfortunately, the everyday living conditions of the adolescents are marked by despair and hopelessness. According to my survey, every teenager is facing stress, which causes anxiety and leads to despair. This despair may have resulted from their economic crisis. Teenagers are the age of motivation. Most of the teens are motivated to make money, which is the significant cause of child labor. In this scenario, if they are unable to make money, they will come to know that they are economically unworthy, so they will give importance to the words of their surroundings. As they started feeling unworthy, they also started to think about self-harm.

The character of a teenager is influenced by their surroundings, but they must also be strong in their character building and decision-making. These two qualities influence their lives.

### II. METHODOLOGY

There are various kinds of suicides methods. In India, it is reported that hanging (25%), drowning (5.2%), and fire and self-immolation (3% each) are the most prominent modes of suicide. If we reduce poverty, we can prevent 45 percent of suicides. And social awareness for suicide must be in full swing; every school and college must conduct a suicide awareness program monthly.

In last few decades it is being found that suicide rate in housewives are increasing, it accounts 20% of the suicide population. While the overall numbers remain high, the trend shows some decline in the last five years. In comparison, farmers accounted for 12 percent of all suicides over the last five years. The latest data reports farmer suicides accounting for less than 10 percent of all suicides in India.

The remaining distribution of suicides in India is across professional categories such as private sector employees, self-employed individuals, public sector employees, and students. If we study the trends carefully, while most categories show a decline over time, private sector employees and students in India are reporting high suicide rates over time. With respect to the student community in India, we found clusters that are related to the examination and result timing.

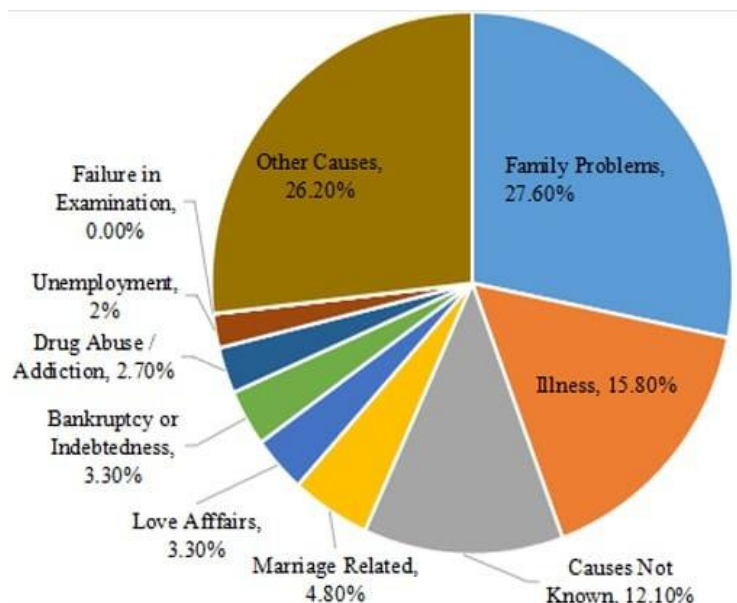
### III. RESULT DISCUSSION

The thought starts when they feel trapped by something they have come across. They are being preoccupied by death, dying, or violence. Having mood swings, such as being emotionally high one day and deeply discouraged the next, they withhold social contact from their loved ones, and this is because their minds will work like they are going to leave the world soon. Getting depressed over little things is a significant reason, which I came to know after my research.

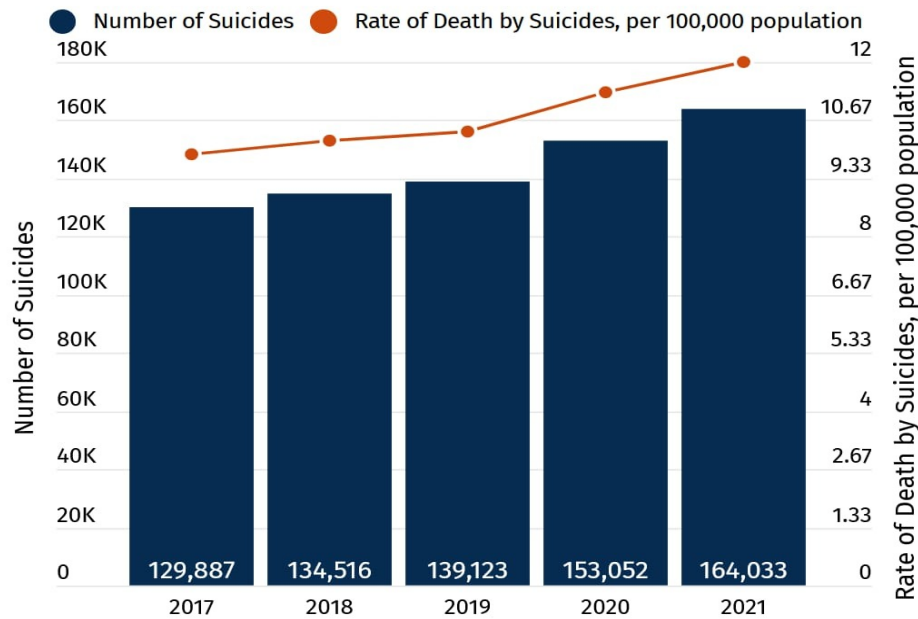
We all know about the suicide prevention centers and toll-free helplines across the world. But most of the victims who are attempting suicide are not willing to take therapy, which is also free, and their minds will disconnect them from that thought. They simply have one formula: "one way, one day." They believe they have no choice but to live and that the process of putting their idea into action will be completed in a single day.

As far as we know, the main reason is the withdrawal of social connections with our community, but the background of those thoughts is compiled with many unknown emotions. These unknown emotions are the findings of my research. The significant unknown emotion is despair with regard to their economic background. A young, adolescent boy or girl with a great economic background will not have a good sound over poverty, but the opposite is true: a boy or girl with a poor economic background will have a good sound over poverty. So it can lead to self-harm and, at last, suicide.

The cause of individual suicide is complicated, but the American Association of Suicidology reports that over 90% of suicide victims have a significant psychiatric illness at the time of their death. These are often not diagnosed, untreated, or both. People who become suicidal in response to recent events generally have significant underlying problems. My research indicates that during the period immediately after a death by suicide, grieving family members or friends have difficulty understanding what happened. The main concern is that dramatizing the impact of suicide through descriptions and pictures of grieving relatives or community expressions may encourage a potential victim. This is what perpetuates suicide contagion. And in the India case, this appears to be the case among the farming and student communities.



## 12 Deaths Per 100,000 People In 2021



Source: [Accidental Deaths and Suicides in India, 2021](#)

Share



### IV. CONCLUSION

According to the literature on evolutionary psychology, a sense of burdensome toward kin or family may encourage suicide by eroding the motive of self-preservation. It implies that feeling responsible for one's family is a precursor to suicide. Therefore, it is crucial to avoid oversimplifying causes and sensationalizing the issues. This requires responsible and sensational reporting by the media. In the Indian case, the data clearly shows that even among the farming community, health is the largest reported cause of suicide.

### V. REFERENCES

- [1] Robert B. Cialdini(1993).influence; the psychology of persuasion.NEWYORK:Marrow,336.
- [2] Srijit Mishra(2006 b);suicide Mortality Rate across States of India.
- [3] Harvard Book for Psychiatry(1999).
- [4] Center for Disease Control Recommendations for a community Plan for the preventive and containment of suicide Clusters, MMWR 37(S-6);1-2;Publications date;04/22/1994.
- [5] Suicide Contagion and the reporting of suicide and recommendations from a National Workshop.
- [6] Kapoor. M and S. Ravi (2007);Farmer suicide in India.
- [7] Mortality arates in Indian suicide [https://journals.lww.com/indianjpsychiatry/Fulltext/2022/64100/Startling\\_suicide\\_statistics\\_in\\_India\\_\\_Time\\_for.1.aspx](https://journals.lww.com/indianjpsychiatry/Fulltext/2022/64100/Startling_suicide_statistics_in_India__Time_for.1.aspx)