



# A STUDY ON THE INCREASING TREND OF SUICIDE AMONG TEENAGERS AND ROLE OF THE FAMILY, TEACHER AND THE SOCIETY

SMRITI REKHA DAS

Lecturer, DIET, Morigaon, Assam

## ABSTRACT

Suicide is a subject that is not talked about often. Suicide is the some leading cause of death among college students and third leading cause of death for teen ages between 15 and 24. A teenager would commit suicide due to something that has occurred in his or her life or because the teen is going through a series of emotions. The main two causes in teen suicide is the mental disease of depression and family problems.

Now-a-days, teenage suicide is a very big problem. The researcher wants to study this topic to know the main causes which is responsible for teenager suicide.

**Keywords:** - Teenage, Suicide, Depression, Family, Problems, Emotions

**DOI Number:** 10.48047/nq.2022.20.2.NQ22353

**NeuroQuantology** 2022;20(2):591-596

591

## INTRODUCTION:

Suicide is the act of intentionally causing one's own death. Risk factors include mental disorders such as depression, bipolar disorder, schizophrenia, personality disorders and alcoholism or substance misuse. Others are impulsive acts due to stress such as from financial difficulties, troubles with relationship or from bullying. Those who have previously attempted suicide are at higher risk for future attempts. Suicide prevention efforts include limiting access to method of suicide, such as firearms and poisons, treating mental disorders and substance misuse, proper media reporting of suicide and improving economic conditions. Although crisis hotlines are common, there is little evidence for their effectiveness. The most commonly used method of suicide varies between countries and is partly related to the availability of effective means. Common method includes hanging, pesticide poisoning and firearms. Suicide is a criminal offence, it has

been used on rare occasions as a form of protest and suicide bombing have been used as a military or terrorist tactic. The word is from the Latin *suicidium*, which means 'the killing of oneself'. Assam witnessed around 15000 suicides in the last 5 years, most of the cases involving men aged between 30 and 44 years and women between 15 and 29 years. In 2008 most men committed suicide out of frustration on being unable to meet rising financial needs. Most women, on the other hand, took the extreme step following emotional problems. Between 2008 and 2012, 146 boys aged between 10 to 14 years committed suicide along with 99 girls of the same age groups.

## WHAT IS ADOLESCENCE?

Generally, the stage of adolescence comprises between 12 years and 18 years of age. It is a period of rapid physical growth. Attendance of puberty gives the reproductive capacity and fertility of the sex gland.



Heterosexuality is a remarkable characteristic of adolescents. It is said to be the most important and critical period of human life. According to Stanelly Hallm, "Adolescence is a period of great stress and strain, storm and strife." Rapid physical, emotional, social, intellectual and sexual development accompanies this stage of adolescence. Adolescents are not free from problems. It is known as a period of storm and stress. Their problems remain not merely confined to them but may affect the society as a whole. Some of the vital problems are sex problems, emotional problems, social problems, educational problems, problems of leisure, problems of delinquency etc.

#### **OBJECTIVES OF THE STUDY:**

The objective of study are pointed below-

1. To study the causes of growing trend of teenage suicide.
2. To study the role of parents, teacher and society and to find out the ways of prevention of teenage suicide.

#### **WHICH TEENS ARE AT RISK FOR SUICIDE?**

It can be hard to remember how it felt to be a teen, caught in that gray area between childhood and adulthood. Sure, it's a time of tremendous possibility, but it also can be a period of stress and worry. There's pressure to fit in socially, to perform academically, and to act responsibly. Adolescence is also a time of sexual identity and relationship and a need for independence that often conflicts with the rules and expectations set by others.

Factors that increase the risk of suicide among teens include:

- A psychological disorder, especially depression and other mood disorders, schizophrenia and social anxiety.
- Substance abuse and alcohol disorders.
- History of abuse or mistreatment.
- Family history of suicide.
- Feelings of hopelessness.
- Physical illness.
- Impulsive and aggressive tendencies.
- Financial or social loss.

- Relationship loss.
- Isolation or lack of social support.
- Easy access to methods/means of suicide.
- Exposure to others who have committed suicide.

#### **IS DEPRESSION LINKED TO SUICIDE?**

If one want to prevent suicide, it's important to understand depression. Depression is often used to describe general feelings of helplessness, worthlessness and hopelessness. When teens feel sad or low, they often say that they are depressed. While most of them feel sad or low sometimes feelings of depression are longer lasting and often more serious. A mental health professional such as a psychologist or psychiatrist diagnoses and treat as depression. Depression is diagnosed when someone has at least five of the following symptoms:

- Feeling down, depressed or sad most of the day; feeling irritable and angry.
- Loss of interest in daily activities.
- Significant weight loss or weight gain; a decrease or increase in appetite.
- Difficulty sleeping or sleeping too much.
- Feeling very nervous and hyper; feeling sluggish.
- Fatigue or no energy.
- Feeling worthless or unnecessarily guilty.
- Difficulty concentrating and indecisiveness.
- Either recurrent thoughts of death without a specific plan or a suicide attempt or a specific plan for committing suicide.

#### **CAUSES OF TEENAGE SUICIDE:**

When a suicide occurs, people want to know why teens commit suicide. Some people consider their teenage years the happiest years of their life, so a teen suicide just doesn't make sense to them. But teens can suffer real pain and be in terrible situations and this can cause teen suicide. The reasons behind the teenage suicide or attempted suicide can be complex.



Although suicide is relatively rare among children, the rate of suicide and suicide attempts increases greatly during adolescence. Some causes of suicide among the adolescents are presented below

1. **Stress:** - Pressure at school to get good grades and pick a carrier at such a young age agitates teens and becomes too much for them after a certain point. This pressure is increased by parents and families to live up to a certain standard. Maintaining this is not always easy since everyone is born with different talents and likings. When the pressure gets too much many teens decide to take the pressure off once and for all.
2. **Depression:** - Depression leads people to focus mostly on failures and disappointments. To emphasis the negative side of their situations and to downplay their own capabilities or worth. Depression affects a person's thought in such a way that the person does not see how he can overcome a problem. It is as if the depression puts a filter on the person's thinking that distorts things. That is why depressed people do not realize that suicide is a permanent solution to a temporary problem in the same way that other people do. A teen with depression may feel like there is no other way out of problems no other escape from emotional pain or no other way to communicate a desperate unhappiness. People with condition called bipolar disorder are also more at risk for suicide because their condition can cause them to go through times when they are extremely depressed as well as times when they have abnormally high energy.
3. **Cyber Bullying:** - In this era technology occupies most of their time. Teens look online for recreation and friends and as this may have a lot of pros; it also comes with its cons. A lot of teens get

made fun off and mocked online for various reasons, even for the things they like or dislike and their believes. This leads to having low self-esteem and eventually a whole list of other problems associated with it. Many work into depressions and other mental disorders and eventually take their own lives because of the mean and demeaning things told to them. After repeatedly being told how worthless they are, they start to be believe and many times it is just a downhill battle from there on out.

4. **Emotional Causes:** - Most teens who have been interviewed after a suicide attempt say that what causes teen suicide are feeling of hopelessness and helplessness. Suicidal teens often feel like they are in situations that have no solutions. The teens can see no way out but death. The teens feel like they have no control to change their situations. Other emotional teen suicide causes stem from trying to escape feelings of pain, rejection, hurt, being unloved, victimization or loss. Teens may feel like their feelings are unbearable and will never end, so the only way to escape is suicide. Teens may also be afraid of disappointing others or feel like they are a burden to others, such as parents and these can be additional causes of teen suicide.
5. **Environmental Causes:** - Situations often drive the emotional causes of suicide. Bullying, cyber bullying, abuse, a detrimental home life, loss of a loved one or even a severe break up can by contributing causes of teen suicide. Often, many of these environmental factors occur together to cause suicidal feelings and behaviors.
6. **Mental Illness as a Cause of Teen Suicide:** - While all the above are driving factors of teen suicide, often the underlying issue is one of a mental illness. Most teens who attempt suicide



do so because of depression, bipolar disorder or borderline personality disorder. These disorders amplify the pain a teen may feel. It is because of this that any suicidal teen should be treated by a medical professional.

7. **Sexual Abuse:** - Many teens grow up with being sexually abuse, some experience sexual abuse later in their teens. Whatever the case is, sexual abuse has more than just long lasting physical damages; it is extremely emotionally damaging as well. The unimaginable pain the person is going to leads them to take their own life with frustration. In places like India, the rape victim also becomes the community's outcaste. Being raped is already more damaging and does not need to the added baggage of societies hypocrisy.
8. **Emotional Neglect:** - Parents these days seemed to be involved in their own lives with no concern for their teen age children. In doing this they sometimes ignore the signs of suicide. Emotional neglect leads to the teen feeling forgotten about and alone. They feel like they are existence makes no real difference and if they were to end their lives no one would even notice their absence. This emotional neglect has a worse effect then some people can imagine.
9. **Domestic Abuse:** - Some teens are victim of domestic abuse. Over the years they have been physically and mentally abused by one or more members of their family. This has a long lasting damaging effect on people. Sometimes if they are not victims then they are witnesses to act of domestic violence, which has an equally damaging effect on people. A lot of the time the abusers blame the teens for whatever may be wrong- big or small. Believing that they are the cause of every problem in their household can be very demeaning for the person.

Some survive t have healthy adult lives, some go on to experience more violence from their spouses in the future; others decide to end their lives there and then, believing no good can ever come from their existence.

10. **Drug and Alcohol Abuse:** - It is in the teen years that people discover the effects of alcohol and drugs. It starts out as just experimenting turns into a fully fledged addiction. Being young and impressionable, these teens, spurred on by their friends find it hard to kick the addiction. Some tend to go overboard this is when they overdose and most do not survive. With alcohol their liver and internal organs start failing till one by one they end slowly end up taking their own lives. Some overdose on drugs and alcohol because of their various problems at home or in schools- not everyone comes equipped to handle tough situations.

594

#### **ROLE OF PARENTS, TEACHERS AND SOCIETY:**

The investigators find out some roles of parents, teachers and society which are presented below:

##### **Role of Parents:**

Every day about 12 youth die by suicide. For every adolescence death by suicide about 25 suicide attempts are made. Parents can help prevent suicide by recognizing warning signs, identifying risk factors (characteristics that may lead a young person to engage in suicidal behavior), promoting protective factors (characteristics that help people deal with stress and reduce their chances of engaging suicidal behaviors) and knowing how to talk to their children and seek mental health services. Every parent should take the responsibility by following some steps which are

1. **Knowing the Facts:** - Information is power and too much misinformation about suicide can help tragic consequences. Separating myth from fact can empower one to help the teen a distress.



2. **Recognize the Warning Signs:** - Studies who that 4 out of 5 teen suicide attempts are preceded by clear warning signs, so make sure to know them. A warning sign does not mean the child will attempt suicide, but do not ignore warning signs. Respond to the child immediately, thoughtfully and with loving concern.
3. **Know the Risk Factors:** - Parents should recognize certain situations and conditions that are associated with an increased risk of suicide like previous suicide attempts, mental health disorders, alcohol and other substance abuse, feeling of hopelessness, loss of interest in friends, hobbies or activities previously enjoyed, aggressive behavior etc.
4. **Know the Protective Factors:** - These factors have been shown to have protective effects against teen suicide like skills in problem solving, conflict resolution and handling problems in a non-violent way, strong connections should be maintained with family, friends and community support. Cultural and religious believe that discourage suicide and support self-reservation.
5. **Take Preventive Measures:** - Parents can guard their teen against the possibility of suicide. They should interact with their teen positively; increase his/her involvement in positive activities. Appropriately monitor the teens' online activities (facebook, twitter, texting) with the goal of promoting safety.

#### **Role of Teachers:**

Teachers play an especially important part in prevention, because they spend so much time with their students. Along with holding parent-teacher meeting to discuss teen age suicide prevention, teachers can form referral networks with mental health professionals. They can increase students' awareness by

introducing the topic in health classes. Student should learn how to identify those at risk of suicide, how to intervene with good listening and communication skills and where to turn for help. Some particular precautions that a teacher may need to ensure are:

- Provide activities that are pleasurable and enjoyable and encourage the students' participations.
- Help the child to achieve success in tasks and activities.
- Be encouraging and supportive.
- Engage the students in long term class room project so that they will always have something to look forward to the next step.
- Provide situations where the student can build relationship with other classmates.

#### **Role of Society:**

Society and culture play an enormous role in dictating how people respond to and view mental health and suicide. Many organizations are available today to prevent teenage suicide. Teenage needs attention from the elder members of the society as they want to be a responsible member of their society so they should be given recognition. When teens have suicidal thoughts or depression they think that no one cares to hear what they era feeling or what they have to say, they feel isolated. In the functions of society the other members should involve the teen in a large way and give them opportunity to mould their thoughts in a creative way.

#### **CONCLUSION:**

After studying the causes of teenage suicide investigator can forward some suicide protecting factors are thinks that reduce the potential for suicidal behavior. They include:

- Psychological and clinical care for physical, mental and substance abuse disorders.
- Restricted or limited access to methods/means of suicide.
- Family and community support.



- Support from medical and health care personnel.
- Developing problem solving and conflict resolution skills.
- Religious and cultural belief systems that discourage suicide.

The family, teachers and society have great role to play in preventing the trend of teenage suicide. Suicide is now become the burning problem of the society. So the severe problem of society is to be handled collectively. The schools, the family and other social and religious institutions have a great role to play to short out this problem.

#### **REFERENCES**

1. "Youth Suicide Risk and Preventive Interventions: A Review of the Past 10 Years". Research Update Review.
2. Kastenbaum, Robert J.(2012). Death, Society and Human Experience. Boston: Pearson. P. 198. ISBN 978-0-205-00108-8.
3. "Suicide among Youth| Gateway to Health Communication| CDC".  
[www.cdc.gov](http://www.cdc.gov).Retrived2016-10-26
4. Woodward, John (2005). Teen suicide. Greenhaven: Szumski.p.10.ISBN 0-7377-2428-5
5. [www.nap.edu/read/10398/chapter/8](http://www.nap.edu/read/10398/chapter/8)
6. [www.ncbi.nlm.nih.gov/pmc/articles/pmc3400318/](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3400318/)

