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# Suicidal Psychology: A Study of Noxious Mental Degradation in Students

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## ABSTRACT

*Suicidal thoughts and behaviors in students are not fully understood as of now; however, it is certain that it results from the complex interaction of various factors. This research paper deals with understanding various factors associated with student's suicide in India. It deals with recognizing what suicide is and what are the current trends across the world in regards to student's suicide emphasizing on psychological factors particularly? What leads these kids to take this step and what can we do to combat this issue?*

*For the same purpose the authors have used the empirical research methodology wherein a survey was conducted using survey monkey other than that various previously conducted researches have been taken into accounts also research papers journals etc. have been considered.*

## I. INTRODUCTION

In this research paper, the authors have described the key factors that lead to the emergence of suicidal thoughts and behaviors emphasizing the central importance of psychological factors such as personality and individual differences, cognitive factors, social aspects, and negative life events etc are the key contributors to suicidal behavior amongst students. In addition, it can be said that most students struggling with suicidal thoughts and behaviors do not receive treatment. Suicidal thoughts and methods are very easily available to these potential students making them more vulnerable.

However, some evidence suggests that different forms of cognitive and behavioral therapies can reduce the risk of suicide, but there is hardly any evidence. The development of innovative psychological and psychosocial treatments needs urgent attention. Also the materialistic and unhealthy competitive nature of the society needs to change.

## Review of Literature

1. Suicide Ideation among College Students: A Multivariate Analysis<sup>2</sup>

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<sup>1</sup> All the author are student at Alliance University, India.

<sup>2</sup>Arria, A., O'Grady, K., Caldeira, K., Vincent, K., Wilcox, H. and Wish, E., 2009. Suicide Ideation Among

This research paper is aimed at developing a multi-dimensional model that might explain college suicide ideation.

## 2. A Survey of Suicidality and View on Suicide in an Indian Sample of Adults<sup>3</sup>

This research paper is aimed to study the suicidal cognitions and behavior in a sample of adults in India along with views about suicide.

## 3. Religio Medici<sup>4</sup>

Religio Medici (The Religion of a Doctor) by Sir Thomas Browne is a spiritual testament and early psychological self-portrait. Published in 1643 after an unauthorized version was distributed the previous year, it became a European best-seller which brought its author fame at home and abroad.

### **Research Problem**

What are the main reasons for increasing student suicide rates across the world and what can be don't to combat this issue?

### **Objective of the Study**

- Understanding the psychology behind student suicide.
- Accessing fluctuations between suicide rate trends.
- What are the available treatments and epidemiology

### **Hypotheses of the Study**

The main reason for student suicide is believed to be stress anxiety and loss of hope and lack of support, also most students have thought about suicide and quite a lot have attempted it. This mental condition can be resolved by proper communication and treating students in a better way, such that it generates a sense of understanding and belongingness.

### **Research Methodology**

Empirical research methodology has been used to fulfill the requirements of this research project. Wherein a survey of about 100 respondents was conducted. Various research papers, journals, books and proffers etc. were consulted.

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College Students: A Multivariate Analysis. *Archives of Suicide Research*, 13(3), pp.230-246.

<sup>3</sup>Kar, N. and Thirthalli, J., 2015. A survey of suicidality and views on suicide in an Indian sample of adults. *Indian Journal of Social Psychiatry*, 31(2), p.100.

<sup>4</sup>Browne, T. and Sanna, V., 1958. *Religio Medici*. Cagliari: Univ.

## II. EPISTEMOLOGY

### (A) What is suicide?

The word suicide<sup>5</sup> comes from the Latin language, it means 'killing' or 'the act or conduct that damages or destroys the agent himself' and commits suicide as 'the act of voluntarily taking life'. This means that suicide is voluntary, intentional and a planned attempt of killing oneself. Suicidal thoughts and ideation<sup>6</sup> varies from student. It would be foolish to think that all suicidal thoughts are identical and as they do not respond to the same situation. Student suicide<sup>7</sup>, as of now is not considered a mental disorder, yet however it is believed to have various ranges including students who thinks of death or develops the idea of suicide; and students who have reflected on the this idea of suicide, and has designed a plan to carry it out and is focused on ending his life; the first suicidal thought will seem less light and less likely to commit suicide, and the second will alarm us much more and the authors interpret it as more dangerous and alarming and so on.

However, it is noted that the complexity of this type of thinking is not based on a simple specificity of its seriousness, which is why it has to be categorized into various segments. Suicidal behavior<sup>8</sup> refers to talking about or taking actions related to ending one's own life. Suicidal thoughts and behaviors should be considered a psychiatric emergency. There are many reasons why teens become suicidal. A suicide rarely has just one cause.

- Suicide occurs when someone purposely takes his or her own life.
- A suicide attempt occurs when someone tries to take their own life but does not succeed. The person who survives may have serious injuries such as brain damage, broken bones, and organ failure. The survivor may also have depression<sup>9</sup>. Or other mental health issues.
- Suicidal ideation occurs when someone is thinking about taking their life.

One of the most prominent classification of suicides by León Fuentes in 1996<sup>10</sup> is elaborated

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<sup>5</sup>Dictionary.cambridge.org. 2020.*SUICIDE | Meaning In The Cambridge English Dictionary*. [online] Available at: <<https://dictionary.cambridge.org/dictionary/english/suicide>> [Accessed 27 May 2020].

<sup>6</sup>Medicalnewstoday.com. 2020.*Suicidal Ideation: Symptoms, Causes, Prevention, And Resources*. [online] Available at: <<https://www.medicalnewstoday.com/articles/193026>> [Accessed 27 May 2020].

<sup>7</sup>Dictionary.cambridge.org. 2020.*SUICIDE | Meaning In The Cambridge English Dictionary*. [online] Available at: <<https://dictionary.cambridge.org/dictionary/english/suicide>> [Accessed 27 May 2020].

<sup>8</sup>Verywell Mind. 2020. *What Is Suicidal Ideation?*. [online] Available at: <<https://www.verywellmind.com/suicidal-ideation-380609>> [Accessed 27 May 2020].

<sup>9</sup>Arria, A., O'Grady, K., Caldeira, K., Vincent, K., Wilcox, H. and Wish, E., 2009. Suicide Ideation Among College Students: A Multivariate Analysis. *Archives of Suicide Research*, 13(3), pp.230-246

<sup>10</sup>Its Psychology. 2020. *How To Treat Suicidal Thoughts | Its Psychology*. [online] Available at: <<https://itspsychology.com/how-to-treat-suicidal-thoughts/>> [Accessed 27 May 2020].

below, wherein the author very aptly indicated the categories and variations of such suicidal ideations.

1. According to its etiology

Not all suicidal thoughts are based on the same bases, depending on the origin can be divided into 4 different types:

- Psychotic: when the thought of death is constituted by delirium and psychotic cognitions.
- Neurotic: when they are caused by a mental illness that distorts rational thinking, without it becoming delusional.
- Psychodisplastics: when the person suffers a psychopathic personality alteration and attacks himself.
- Philosophical: when suicidal thinking is originated by a feeling of existential void or depressive states.

2. According to his intentionality

It should be borne in mind that, although a suicidal thought holds the idea of dying, it can have a myriad of intentions.

- Intent to die: when thinking is based on doing a behavior that ends with life and gets death.
- Escape from an unsustainable situation: when suicidal thinking aims to get out of a situation that produces high levels of discomfort, through death.
- Risk behavior: When suicidal behavior is subject to risky thoughts and dangerous activities.
- Ordain intentionality: when what is desired is suicide in itself, not death.
- Suicide as a rematch: when the act of committing suicide is intended to emotionally harm someone.
- Existential balance suicide: when suicidal thinking appears after making an assessment of the advantages and disadvantages of doing so.

3. According to the results obtained

A suicidal thought can have different effects.

- Consummate suicide: when you try and you succeed in carrying out the suicide.

- Frustrated suicide: when suicidal behavior<sup>11</sup> is achieved but the goal of dying is not achieved.
- Suicide attempt: When attempting to carry out suicidal behavior but not achieved.
- Idea of suicide: when you think of suicide but it does not take place.
- Idea of death: when thinking about death but not on the act of committing suicide.

#### 4. According to severity

According to the seriousness of suicidal thinking, it can be classified as fatal if the suicide has been consummated, very serious if the suicide<sup>12</sup> has not been consummated but has put (or can put) a high danger the life of the patient, and slight when suicidal thinking does not imply a self-political act.

#### 5. According to the attitude

Finally, the person with suicidal thinking can adopt an active attitude towards killing or a passive attitude.

The word ‘Suicide’ firstly reckoned by “Sir Thomas Brown”<sup>13</sup> in 1642 in his “Religio Medici”<sup>14</sup> The document has provoked a mixture of reactions in public minds. These reactions differ from anger, grief, scorn, nervousness, stress, dread, depression and disgrace. Suicide<sup>15</sup>, if it is attempted, completed or considered, is also a situation<sup>16</sup> where obtainable options and future potential are never considered before the act. All the way, through history, the statement of ‘Suicide’ has had different meanings to different people<sup>17</sup>. A variety of meanings accredited to the term include “The murder of oneself”, “nothing 2 less than a (soft of) exit”, “an end to psychic conflicts”, “a conscious act of self-inflicted cessation”; “an act of despair of which the result is not known, occurring after a battle between an unconscious death wish and a desire to live better”, “to love and be loved”, “to live or not to live” and

<sup>11</sup>Nami.org. 2020. *Suicide Prevention For College Students | NAMI: National Alliance On Mental Illness*. [online] Available at: <<https://www.nami.org/Blogs/NAMI-Blog/September-2019/Suicide-Prevention-for-College-Students>> [Accessed 27 May 2020].

<sup>12</sup>Arria, A., O'Grady, K., Caldeira, K., Vincent, K., Wilcox, H. and Wish, E., 2009. Suicide Ideation Among College Students: A Multivariate Analysis. *Archives of Suicide Research*, 13(3), pp.230-246

<sup>13</sup>Encyclopedia.com. 2020. *Sir Thomas Browne | Encyclopedia.Com*. [online] Available at: <<https://www.encyclopedia.com/people/literature-and-arts/english-literature-1500-1799-biographies/sir-thomas-browne>> [Accessed 27 May 2020].

<sup>14</sup>Browne, T. and Sanna, V., 1958. *Religio Medici*. Cagliari: Univ.

<sup>15</sup>Verywell Mind. 2020. *What Is Suicidal Ideation?*. [online] Available at: <<https://www.verywellmind.com/suicidal-ideation-380609>> [Accessed 27 May 2020].

<sup>16</sup>Nami.org. 2020. *Suicide Prevention For College Students | NAMI: National Alliance On Mental Illness*. [online] Available at: <<https://www.nami.org/Blogs/NAMI-Blog/September-2019/Suicide-Prevention-for-College-Students>> [Accessed 27 May 2020].

<sup>17</sup>Kar, N. and Thirhalli, J., 2015. A survey of suicidality and views on suicide in an Indian sample of adults. *Indian Journal of Social Psychiatry*, 31(2), p.100.

others. In whatsoever means the word is distinct and understood, indisputably, it is an act of self-destruction and a most important loss to society. In Erikson words, individuals attempt to resolve the issue of identity versus role confusion throughout the period of teenage. Teenagers reply to the question “Who am I” in order to set up uniqueness in context to communal, sexual, philosophical as well as occupational realms.

Adolescents frequently face substantial strain in the diversity of circumstances because adolescents challenge themselves to counterfeit the identity. For instance, the altering sexual roles of male and female may strengthen confusion in identity. In adding, ecological stresses i.e. stress in parents for educational attainment, relatives ‘agility, drug accessibility and pressure may steer to depression. Suicide is an irrational desire to die. Irrational because no matter how bad a person’s life is, suicide is a permanent solution to what is nearly always a temporary problem. Suicide is considered to be a symptom and sign of serious depression<sup>18</sup>, stress and anxiety. Which are all treatable disorders, but often the treatment takes time, energy and effort on the part of the person who’s feeling depressed, stressed, anxious etc.

### **(B) Suicide Rate of Students around the World**

In 2016, the number of suicides in India has increased to 230,314. Suicide was the most common explanation for death in both the age groups of 15 to 29 years and 15 to 39 years. Nearly 800,000 people die by suicide worldwide; of these 17% are residents of India, a nation with 17.5% of world population. Between 1987 and 2007, the rate of suicide increased 7.9 to 10.3 per 100,000 with higher suicide rates in southern and eastern states of India. Suicide in men has been described as a “silent epidemic”. Greenland I’d the most suicidal<sup>19</sup> country in the entire world. In 2012, Tamil Nadu, Maharashtra and West Bengal had the very best proportion of the suicides. The Male to female suicide ratio has been about 2:1. The data which had been said by WHO, the age standardized suicide rate in India, is 16.4 per 100,000 for women (6th highest in the world) and 25.8 for men (22nd ranking). The government of India classified a death as a suicide if it meets the following criteria:

- When it is an unnatural death
- The intention made or originated within the person to die
- The reason may be specified in a suicide note or unspecified.

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<sup>18</sup>Nami.org. 2020. *Suicide Prevention For College Students | NAMI: National Alliance On Mental Illness*. [online] Available at: <<https://www.nami.org/Blogs/NAMI-Blog/September-2019/Suicide-Prevention-for-College-Students>> [Accessed 27 May 2020].

<sup>19</sup>Arria, A., O'Grady, K., Caldeira, K., Vincent, K., Wilcox, H. and Wish, E., 2009. Suicide Ideation Among College Students: A Multivariate Analysis. *Archives of Suicide Research*, 13(3), pp.230-246.

If these criteria's aren't met, then it may be classified as a death because of illness, murder or in another statistical. On an average, the Male suicidal<sup>20</sup> rate is twice the suicidal rate of females. Men are likely to kill themselves for social or economic reasons<sup>21</sup>, while women are likely with private causes or emotional causes.

India is ranked 4th highest worldwide for committing suicide of ladies while the men suicidal position is 46th.

The NCRB<sup>22</sup> survey shows that 10,159 students died by suicide in 2018, a rise from 9905 in 2017 and 9478 in 2016. The state which has the highest number of suicides in 2018 is Maharashtra with 1448, almost 4 suicides everyday followed by Tamil Nadu with 953 and Madhya Pradesh with 862. Between 1999 and 2003, 27,990 students ended their lives.

Between 2004 and 2008, 28,913 students ended their lives.

Between 2009 and 2013, 36,913 students ended their lives.

The period between 2014-18 has witnessed a 26% jump from the preceding 5 year period to 46,554 suicides amongst the students.

It also noted that those students who have previously attempted to commit suicide are at an increased risk of committing a fatal one again, at any time, in future. Rates of completed suicides are generally higher among men in comparison to women. Suicide is more common among those over the age of 70.

However, in certain countries, those aged between 15 and 30 are at very high risk. There are an estimated 10 to 20 million non-fatal attempted suicides per annum<sup>23</sup>. Non-fatal suicide attempts, which are even higher in number, may cause injury and long-term disabilities.

### **(C) Warning Signs of Suicide**

Student suicides usually occur due to loss of hope and the feeling of excessive pain that might seem intolerable in that moment. This could be due to a stressful life event with friends, family or at school. Before thinking or trying to attempt suicide these kids usually look for support or the feeling of acceptance, this need can be easily observed in their actions. When ignored students start to show the following signs which can be considered the signs of

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<sup>20</sup>Browne, T. and Sanna, V., 1958. *Religio Medici*. Cagliari: Univ.

<sup>21</sup>Kar, N. and Thirhalli, J., 2015. A survey of suicidality and views on suicide in an Indian sample of adults. *Indian Journal of Social Psychiatry*, 31(2), p.100.

<sup>22</sup>Kar, N. and Thirhalli, J., 2015. A survey of suicidality and views on suicide in an Indian sample of adults. *Indian Journal of Social Psychiatry*, 31(2), p.100.

<sup>23</sup>Kar, N. and Thirhalli, J., 2015. A survey of suicidality and views on suicide in an Indian sample of adults. *Indian Journal of Social Psychiatry*, 31(2), p.100.



suicidal ideation<sup>24</sup>.

- Suicidal ideation (thinking, writing, drawing or talking about suicide, death, dying or the afterlife)
- Dependence on alcohol or drugs
- Lack of a sense of purpose in life
- Trouble focusing or thinking clearly
- Increased withdrawal from family, friends, school, jobs and society.
- Poor grades may be a sign that the child is withdrawing at school.
- Lack of interest in favorite activities
- Reckless or risk-taking behaviors
- Rash, bizarre or violent behavior
- Changed eating or sleeping patterns (such as being unable to sleep or sleeping all the time)
- Deep feelings of grief, uncontrolled anger, anxiety, shame, hopelessness, guilt or anxiety

#### **(D) Evolution of Suicidal Thoughts**

Knowing how to identify a suicide risk is a requirement that all mental health professionals must know. As we have seen, the motivations, intentions and attitudes of a suicidal thinking can be very diverse; therefore it is important to evaluate the patient adequately to be able to detect its presence. The objective of the evaluation<sup>25</sup> is to estimate the risk of suicide in order to immediately implement the intervention plan that guarantees the safety of the patient's life. This evaluation should be performed through a clinical interview, which will allow identifying specific factors, signs and symptoms that may increase or decrease the risk of suicide. It must have four sections:

##### 1. Psychopathological exploration

The appearance and general behavior of the patient (appearance, hygiene, clothing, expression, etc.), level of contact, level of consciousness, alterations of attention and alterations of memory should be collected. Likewise, speech and language should be

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<sup>24</sup>Medicalnewstoday.com. 2020. *Suicidal Ideation: Symptoms, Causes, Prevention, And Resources*. [online] Available at: <<https://www.medicalnewstoday.com/articles/193026>> [Accessed 27 May 2020].

<sup>25</sup>Kar, N. and Thirhalli, J., 2015. A survey of suicidality and views on suicide in an Indian sample of adults. *Indian Journal of Social Psychiatry*, 31(2), p.100.

explored, the speed of motor movements, the expressions of mood and affectivity<sup>26</sup>, suicidal impulses and the level of tolerance to frustrations. In this way, one should not be afraid to ask directly for ideas of suicide if one connotes indications that they can exist, and the answers given by the patient must be evaluated taking into account the form and the content of his thought. In the case of suicidal thoughts, the role of the patient should be explored (active or passive), their motives, their idea of suicide, their suicide plans, and their degree of development.

## 2. Assessment of risk factors

Those factors that may indicate an increased risk of suicidal thoughts and behaviors should be evaluated. These are: chronic medical illnesses, advanced age, male sex, existence of a mental illness (especially major depression, alcoholism, schizophrenia, and borderline personality disorder), previous suicide attempts and difficulties sleeping. Other aspects such as being single, having no job, having recently been discharged, impulsive traits, chronic stress, body wounds, death or loss of loved ones increase the risk of suicide.

## 3. Protection Factors

However, other factors can reduce the likelihood of suicidal thoughts and behaviors, these are: The feeling of personal value and self-esteem<sup>27</sup>, having meaningful relationships and activities, being religious, being a woman and being pregnant, having a social support network, having a good social integration, having a tensile style of thinking, having children and having control skills.

## 4. High Suicide Profile

The people most likely to commit suicide have the following characteristics: They are depressed or have a major psychiatric disorder, are over 45 years old, are separated, divorced or widowed, are retired or unemployed, have chronic medical illnesses, personality disorder, have previously attempted suicide, have suffered from alcoholism and have poor support psychosocial.

### III. VARIOUS FACTORS THAT LEAD TO DEVELOPMENT OF SUICIDAL THOUGHTS

#### (A) Survey Results

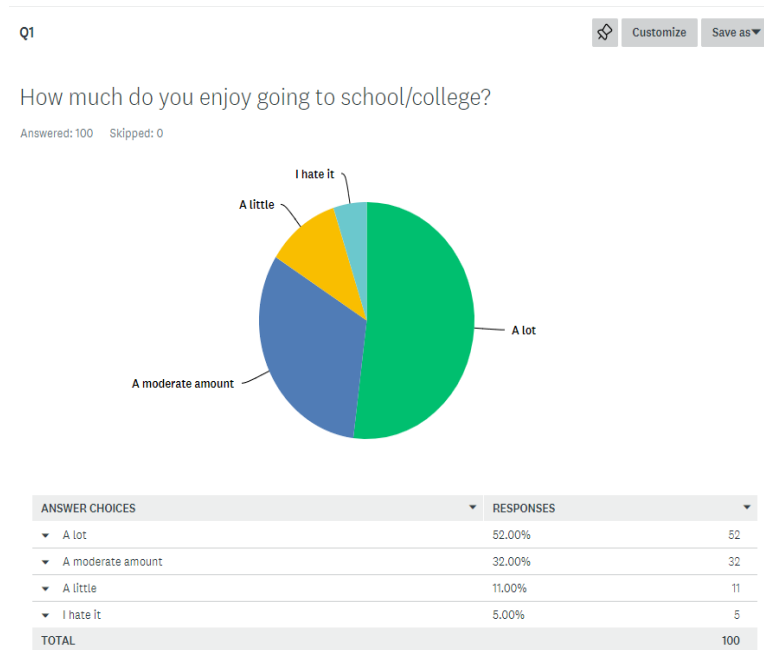
This survey was conducted using 'surveymonkey', which is an online survey platform. A

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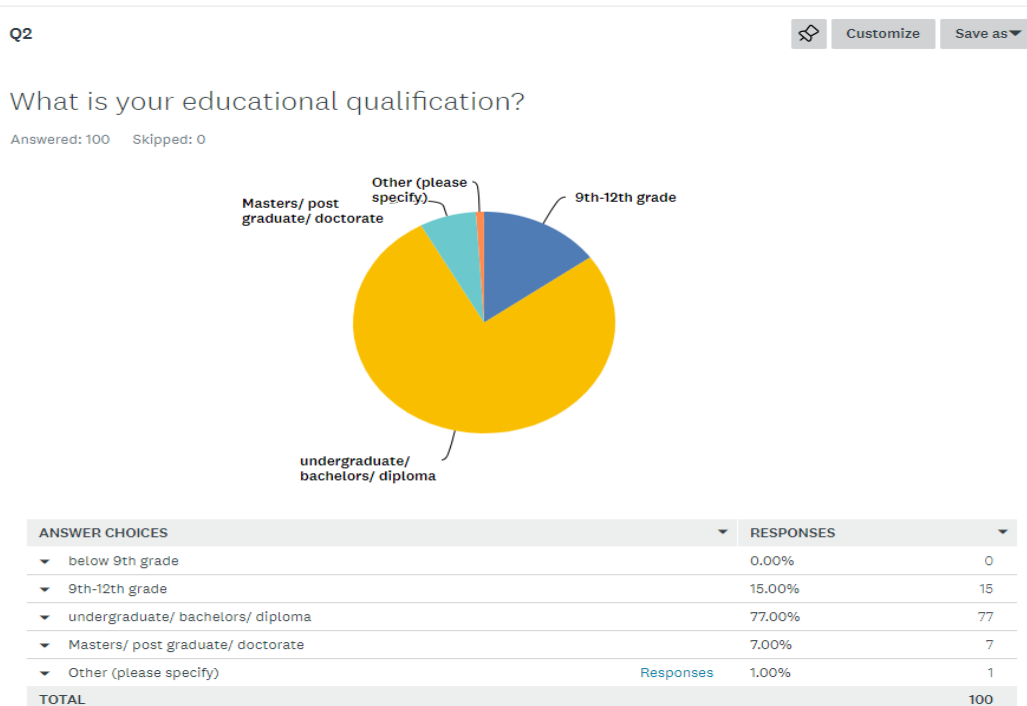
<sup>26</sup>Writers, S., 2020. *Student Suicide & Depression Awareness Guide | Learnpsychology.Org*. [online] LearnPsychology.org. Available at: <<https://www.learnpsychology.org/suicide-depression-student-guidebook/>> [Accessed 27 May 2020].

<sup>27</sup>Medicalnewstoday.com. 2020. *Suicidal Ideation: Symptoms, Causes, Prevention, And Resources*. [online] Available at: <<https://www.medicalnewstoday.com/articles/193026>> [Accessed 27 May 2020].

total of about 100 students took the survey; all of these were Indian students from various states of the country. The results were as follows:



As per the conducted survey about 52% students enjoy going to school and college, 32% are very neutral about it. Then there comes this bunch of students that do not find going to school/ college as an amusing task these make about 11% and then the remaining 5% of students who say that they hate it are the ones at the greatest risk. Due various reasons.



The educational qualification of the students who attempted the survey was as follows: There

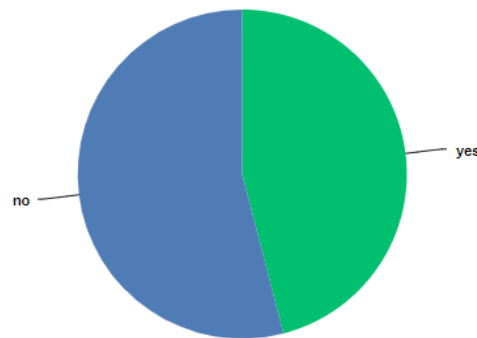
were zero students from below 9th grade, 15% students were between 9th grade - 12th grades. The largest category of students that is 77% of students were from college undergraduate/ bachelors/ diploma level and this is the group we call the active youth. Then were masters/ postgraduate/ doctorate level students about 7% students.

Q3

Customize Save as

have you ever thought about killing yourself?

Answered: 100 Skipped: 0



ANSWER CHOICES	RESPONSES
yes	46.00% 46
no	54.00% 54
<b>TOTAL</b>	<b>100</b>

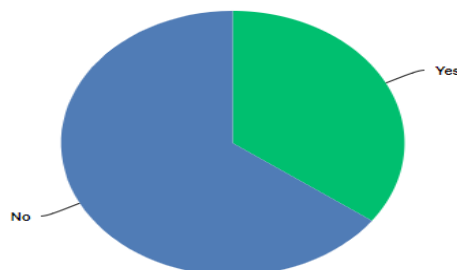
The survey shows that out of 100 students who took the survey about 46 students that 46% students have considered suicide in their life they have thought about killing themselves, which clearly indicates the risk factors, and the remaining 54 % students have not thought about suicide as an option.

Q4

Customize Save as

have you ever attempted to harm yourself

Answered: 100 Skipped: 0

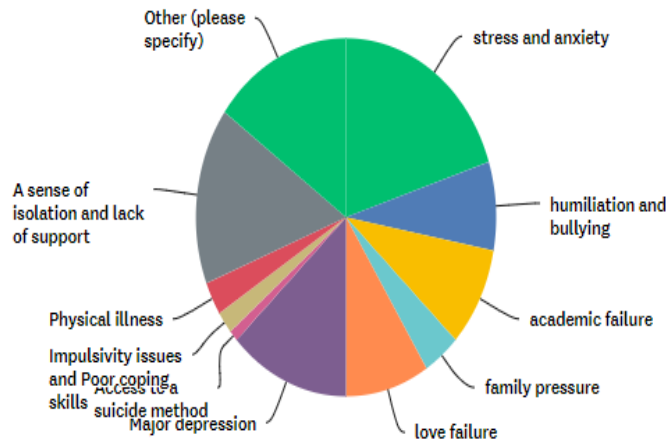


ANSWER CHOICES	RESPONSES
Yes	35.00% 35
No	65.00% 65
<b>TOTAL</b>	<b>100</b>

As per the conducted survey about 35% students that are 35 out of 100 students have attempted to kill themselves, that is an unsuccessful or non-fatal attempt to suicide, these students are at an increased risk of committing suicide. The remaining 65 percent of students have not ever tried to harm themselves. And these pupils can be saved at this point.

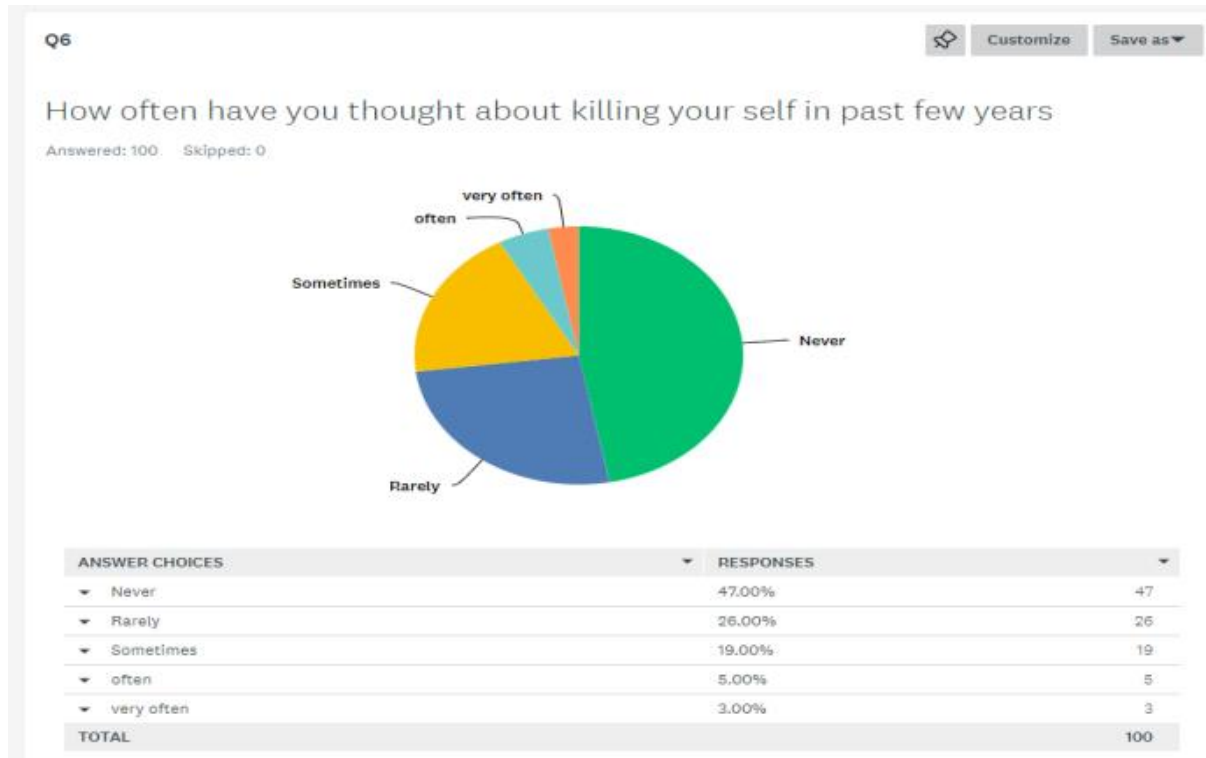
### What is the reason for you to consider suicide?

Answered: 100 Skipped: 0

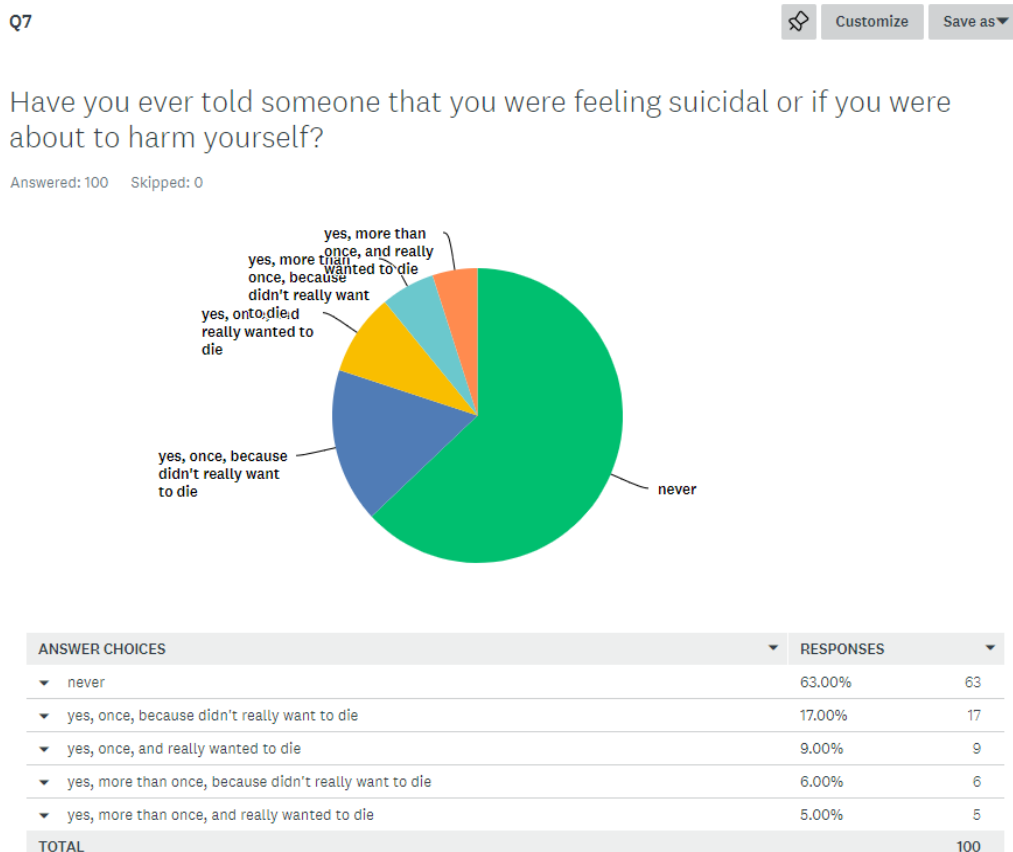


ANSWER CHOICES	RESPONSES
stress and anxiety	20.00% 20
humiliation and bullying	8.00% 8
academic failure	9.00% 9
family pressure	4.00% 4
love failure	9.00% 9
Major depression	13.00% 13
Access to a suicide method	1.00% 1
Impulsivity issues and Poor coping skills	2.00% 2
Physical illness	3.00% 3
A sense of isolation and lack of support	16.00% 16
Other (please specify)	Responses 15.00% 15
<b>TOTAL</b>	<b>100</b>

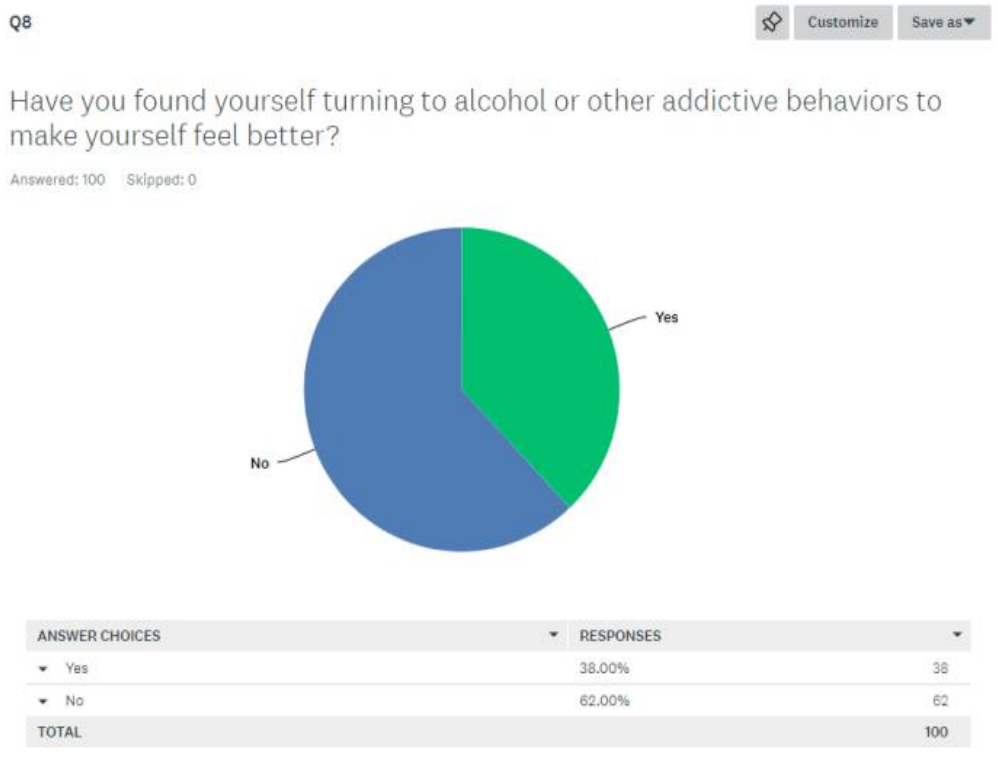
There may be various reasons for a person to commit or to think about suicide, the main reason as per the survey is stress and anxiety for 20 out of 100 students which is the highest. Then there is a sense of isolation and lack of support in about 16% students; then comes major depression in about 13% students; 9% students state failure of love as the reason, another 9% state academic failure. The 8% state humiliation and bullying: 4% due to family pressure: 3% blame their physical illness: 2% say impulsivity issues and poor coping skills: 1% say they had access to suicide methods. Remaining 15% they did not conduct suicide anyway.



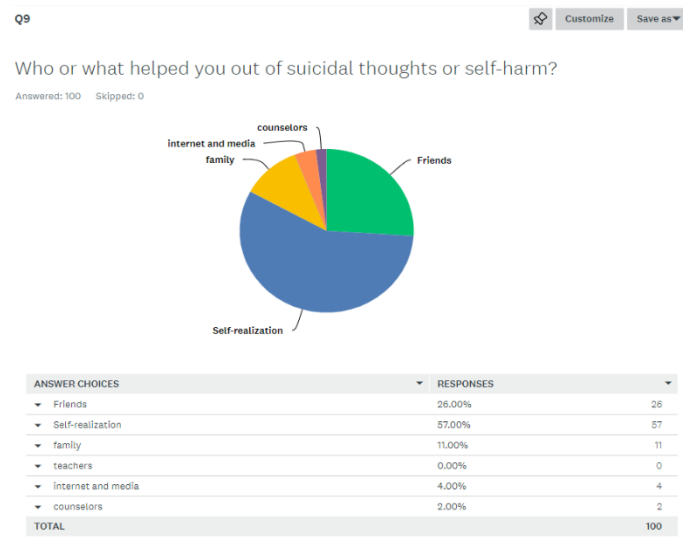
As per the survey 47% did not think about suicide in last few years, where in 26% have rarely thought about it, : about 19% say they think about it sometimes about 5% say they have thought about it quite often, then the remaining 3% say very often, that is they think about suicide a lot of times these 8% (3+5=8) are the students at the greatest risk.



As per the survey about 63% students never even spoke about the thought of suicide then 17% say that they told once and but did not really want to die at that moment; then 9% say they told once when they really wanted to die; 6% say they told more than one time but did not really want to die, and then the least 5% people have cried out there pain to people more than once and they really wanted to die.



As per the survey about 38% students have found themselves turning to alcohol for or other addictive behaviors to make themselves feel better, or to avoid suicidal thoughts and depression, then there are about 62% people who have turned themselves into any such thing that might be addictive in nature.



As per the survey about 57% percent students improved their condition through self-realization 57%; then about 26% with the help of their friends and fellow mates; about 11% say they could get over this with the help of their family; 4% due to internet and media; 2% with the help of counselors and doctors and zero students with the help of teachers or mentors.

Apart from talking to a suicidal person and encouraging him or her to go for counseling what else can we do to prevent suicide?

Answered: 100 Skipped: 0

RESPONSES (100) WORD CLOUD TAGS (0) Sentiments: OFF

Apply to selected Filter by tag Search responses

Showing 100 responses

<input type="checkbox"/>	Just be there for them and talk to them, listen to their problems and before giving your thoughts observe them.	5/20/2020 2:17 AM	<a href="#">View respondent's answers</a>	<a href="#">Add tags</a>
<input type="checkbox"/>	You can't	5/20/2020 12:28 AM	<a href="#">View respondent's answers</a>	<a href="#">Add tags</a>
<input type="checkbox"/>	Social awareness	5/20/2020 12:10 AM	<a href="#">View respondent's answers</a>	<a href="#">Add tags</a>
<input type="checkbox"/>	Try to make them happy with what they have	5/19/2020 11:39 PM	<a href="#">View respondent's answers</a>	<a href="#">Add tags</a>

Last question on the survey was to collate suggestion from various students as to what should be done to prevent suicide most of these 100 attempters said talking, merely talk can help the ones with suicidal ideation and prevent the loss other say that creating a feeling of love and understanding can help them overcome this state of mind.

### (C) Survey Analysis

Suicide, as previously discussed is an intentional act of causing one's own death. Mental disorders, including depression, manic depression, autism, schizophrenia, personality disorders, anxiety disorders, and substance abuse and excessive use of alcohol. Some suicides are impulsive acts, due excess stress from financial difficulties, relationship problems like



breakups or bullying. There may have been no clear warning signs, and you may wonder what clues you might have missed. Often, many factors<sup>28</sup> combine to lead a person to the decision to take their own life. It's often an act made during a storm of strong emotions and life stresses rather than after careful consideration. Listed below are a few factors that contribute to suicidal ideation in students based on the conducted survey:

### **1. Stress and Anxiety<sup>29</sup>**

About 20 out of 100 students say that they wanted to commit suicide due to stress and anxiety.

Any student who has ever had a traumatic experience in life such as childhood sexual abuse, rape, physical abuse, or unhealthy or stress filled household/ work culture, is at a huge risk of suicidal ideation.

Post-Traumatic Stress Disorder (PTSD)<sup>30</sup> or repetition or a cluster of various traumatic events contribute in increasing the risk even further. Such conditions add on to a feeling of helplessness and hopelessness that lead to suicidal ideation.

### **2. A Sense of Isolation and Lack of Support<sup>31</sup>**

About 16% of students that is 16 on 100 students say that the reason behind their suicidal ideation was a sense of isolation or lack of support. There may be various reasons that can contribute to social isolation of a student, like losing a close friend or a spouse; separation or divorce; illness, physical or mental; social anxiety or internal factors such as lack of confidence; low self-esteem; etc. Leading to loneliness, lack of support and depression, thus contributing to development of suicidal thoughts.

### **3. Major Depression**

About 13% of 100 students who answered the survey state that it was a sense of major depression that led to suicidal ideation. It is noticed that most students make the decision of suicide well before impulsively attempting it. Depression makes vulnerable students feel great emotional pain and loss of hope, hampering their thought process and forcing them to end the pain by ending their own life.

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<sup>28</sup>Verywell Mind. 2020. *What Is Suicidal Ideation?*. [online] Available at: <<https://www.verywellmind.com/suicidal-ideation-380609>> [Accessed 27 May 2020].

<sup>29</sup>Healthline. 2020. *Stress And Anxiety: Causes And Management*. [online] Available at: <<https://www.healthline.com/health/stress-and-anxiety>> [Accessed 27 May 2020].

<sup>30</sup>Mayo Clinic. 2020. *Post-Traumatic Stress Disorder (PTSD) - Symptoms And Causes*. [online] Available at: <<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>> [Accessed 27 May 2020].

<sup>31</sup>Lifeline.org.au. 2020. *Loneliness & Isolation*. [online] Available at: <<https://www.lifeline.org.au/get-help/topics/loneliness-isolation>> [Accessed 27 May 2020].

#### 4. Other Factors

Other than to previously mentioned reasons there can be a lot of other reasons that may contribute to suicidal ideation in the student. Some of these are listed below.

- Substance Use and Impulsivity
- Loss or Fear of Loss
- Ending a romantic relationship or close friendship
- Losing a job or being unemployed and unable to find a sufficient source of steady income
- Financial problems
- Losing social position
- Losing your living situation due to financial reasons or the ending of a relationship
- Academic failure
- Losing social or family acceptance due to revealing your sexual orientation
- Bullying, shaming, or humiliation, including cyberbullying
- Being arrested or imprisoned
- Chronic Pain and Terminal Illnesses
- Chronic Disease and Mental Health

All of these lead to hopelessness, making students feel worthless, as if they have lost all hope and that they are incapable to change their current situation, or as if the world would be better without them in it. This feeling overshadows the good things in a student's life, making suicide<sup>32</sup> appear as the most viable option.

#### IV. TREATMENT AND EPIDEMIOLOGY

Firstly, it must be taken into account that in those cases that the patient's safety cannot be guaranteed, the patient should be admitted to a hospital to start treatment under control. Subsequently, most serious suicidal thoughts<sup>33</sup> require pharmacological treatment<sup>34</sup>. When

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<sup>32</sup>Dictionary.cambridge.org. 2020.*SUICIDE | Meaning In The Cambridge English Dictionary*. [online] Available at: <<https://dictionary.cambridge.org/dictionary/english/suicide>> [Accessed 27 May 2020].

<sup>33</sup>Writers, S., 2020.*Student Suicide & Depression Awareness Guide | Learnpsychology.Org*. [online] LearnPsychology.org. Available at: <<https://www.learnpsychology.org/suicide-depression-student-guidebook/>> [Accessed 27 May 2020].

<sup>34</sup>Nami.org. 2020.*Suicide Prevention For College Students | NAMI: National Alliance On Mental Illness*. [online] Available at: <<https://www.nami.org/Blogs/NAMI-Blog/September-2019/Suicide-Prevention-for-College-Students>> [Accessed 27 May 2020].

selecting the drug should take into consider the mental disorder underlying the idea of suicide. Most are usually diagnosed with major depression, so they are usually treated with antidepressants. In cases where suicidal thoughts are accompanied by large impulsive features or psychotic symptoms, atypical antipsychotics should be given. The remaining patients are usually treated with benzodiazepines. Also, in very severe depressions<sup>35</sup> or with psychotic symptoms, electroconvulsive therapy is usually an effective technique.

As far as psychological therapy is concerned, the role that the therapist acquires is fundamental for the proper approach to suicidal thoughts.

The main foundations that the therapist must have are:

1. Activity: The therapist must be active so that the patient feels that something is happening. This aspect is fundamental to reestablish in the patient the feeling that he is important.
2. Authority: The therapist must accept authority and lead the patient on a short-term basis. A patient with suicidal ideas will find himself in a situation where he is not able to find solutions, so the therapist must guide him empathically.
3. Involvement of others: people close to the patient will be keys to help you rebuild your feelings of self-esteem and self-confidence.

Likewise, to treat suicidal thoughts the following objectives must be achieved:

- Reduce the unbearable psychological pain experienced by the patient through understanding and empathic listening.
- Take into account the frustration of psychological needs and accept them as real.
- Give the subject an chance to manifest his situation and understand that for him the solution is suicide.
- Provide emotional support.
- Recognize the symptoms of hopelessness and not combat them with pessimistic expressions.
- Look for positive alternatives to the patient's possible ambivalence.
- Always be alert to the messages of intent to commit suicide.

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<sup>35</sup>Writers, S., 2020. *Student Suicide & Depression Awareness Guide | Learnpsychology.Org*. [online] LearnPsychology.org. Available at: <<https://www.learnpsychology.org/suicide-depression-student-guidebook/>> [Accessed 27 May 2020].

To achieve these goals, the therapist can perform the following psychological interventions<sup>36</sup>:

1. Work the “tunnel vision”

The patient has a narrow and rigid vision of reality on all its negative aspects, fact that causes that only sees a solution, the suicide. Therefore, it is important to show them that there are other options. To do this, self-registrations will be made and work will be done: Test the veracity of your thoughts in order to value your certainty and not automatically accept them. Provide a system of beliefs or alternative schemes that offers explanations and visions different from yours. Educate the patient to understand the emotional<sup>37</sup> and situational nature of their cognitive distortions and their thoughts of suicide.

2. Negotiate for a delay

The therapist must have built a good relationship<sup>38</sup> with the patient to allow him to delay suicidal behavior. In this way, the stress of suicide will reduce without the need for it to be carried out, and the therapist will acquire time to work with the patient in a calmer environment.

3. Working with cognitive factors

People with suicidal thoughts have a negative view of themselves, the world and the future, so these three spheres must be worked out to get more neutral thoughts. For this you can use:

- Cognitive techniques: detection of thinking, problem solving, understating, advantages and disadvantages, and exaggeration or paradox of thoughts.
- Behavioral techniques: activity programming, domain and pleasure assessment, task assignment, social skills training and assertiveness, role play therapy and behavioral testing.

## V. CONCLUSION

It can be said the preset hypothesis has been appropriately verified, as the main reason for student suicide is stress anxiety and loss of hope and lack of support, also most students have thought about suicide and quite a lot have attempted it. This mental condition can be resolved by proper communication and treating students in a better way, such that it generates a sense

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<sup>36</sup>Lbb.in. 2020.5 *Suicide Prevention Helplines In India You Need To Know About*. [online] Available at: <<https://lbb.in/delhi/suicide-helplines-india/>> [Accessed 27 May 2020].

<sup>37</sup>Writers, S., 2020. *Student Suicide & Depression Awareness Guide | Learnpsychology.Org*. [online] LearnPsychology.org. Available at: <<https://www.learnpsychology.org/suicide-depression-student-guidebook/>> [Accessed 27 May 2020].

<sup>38</sup>Kar, N. and Thirhalli, J., 2015. A survey of suicidality and views on suicide in an Indian sample of adults. *Indian Journal of Social Psychiatry*, 31(2), p.100.

of understanding and belongingness. Above mentioned methods can be used to prevent this awful incident. Sometimes people attempt suicide not so much because they really want to die, but because they simply don't know how to get help. Suicide attempts are not a cry for attention but a cry for help. It becomes a way to demonstrate to the world just how much they are hurting.

Unfortunately, these cries for help may sometimes prove to be fatal if the person misjudges the lethality of their chosen method. People who make a failed attempt are also at a much higher risk of trying again, and their second attempts are much more likely to be lethal.

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