

# SUICIDES ARE PREVENTABLE

## Abstract

Suicide and suicide attempt both are different, but both are same as in one one lost life and in another life was not lost but the interest to live in the world was lost. As it is affecting our community as a whole so it has to be one of the public concern to know the sign and symptoms of suicide to prevent one's life and our community from this. By developing a community with full of happiness and prosperity we have to change our perspective of mind from not be healthy only physically but to be healthy by mentally and spiritually which ultimately helps a life to live with more hope.

**Keywords:** Suicide, suicide attempt, mental health, emotion

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## I. INTRODUCTION

**Suicide** is when one harming oneself with the goal of ending the life, and loss of one's life occurred as a result. A **suicide attempt** is when people harm oneself with the goal of ending the life, but no loss of one's life occurred as a result.

Regarding suicide the “The World Health Organization’s key facts say, in 2021

- **More than 700 000 people die due to suicide every year.**
- For every suicide there are many more people who attempt suicide.
- A prior suicide attempt is the single most important risk factor for suicide in the general population.
- Suicide is the fourth leading cause of death among 15-19 year-olds.
- **77% of global suicides occur in low- and middle-income countries.**
- **Ingestion of pesticide, hanging and firearms are among the most common methods of suicide globally.”**

When someone really feels low and nothing is possible like no hope in the future and no meaning of life, feeling of guilt and feeling of neglected from the significant person of one's life the as a result self harm is the emotional response comes into the person's life as a result suicide occurs.

At that time the one is not able to calculate the meaning of self for the self and for others to whom he/she is not considering.

Even if the one can't decide this is a temporary feeling and why I am choosing this as a final solution against my problem. So **control of emotion** is becoming a necessary asset of life which should attach to our children's curriculum. As per today's demand of society, nuclear family norms, individualization, less cultural attachment and less family and social systems, more demand of works and working hours may affecting the human beings to live some frustrated years and adding this if any more demand or crisis or transitional demandable situation is coming then it is becoming like now I can't manage, or this is worst life that I have better to stop all these permanently with suicide.

## II. INCIDENCE RATE OF SUICIDE

According to The World Health Organization ‘suicide is an emerging and serious public health issue of India.’ Around 1,64,033 Indians committed suicide in 2021 where 1,53,052 suicides were reported in the year 2020 with 10.00 % increase rate compare to 2019.

As per NCRB report 2021 ‘Suicides during 2021 increased by 7.2% in comparison to 2020 with India reporting highest number of suicides in the world.’

According to accidental deaths and suicide in India 2019 report Maharashtra reported the highest number of suicides at 18,916, followed by Tamil Nadu, West Bengal, Madhya Pradesh and Karnataka. These five states collectively contributed to 49.5% of India's suicides in 2019. Nagaland reported only 41 suicides in the year. Maharashtra, Tamil Nadu, West Bengal, Madhya Pradesh and Karnataka have consistently accounted for about 8.0% (or more) suicides in India across 2017 to 2019.

Among the Union Territories, Delhi reported the highest number of suicides followed by Puducherry, Lakshadweep reported zero suicides. Bihar and Punjab reported a significant increase in the percentage of suicides in 2019 over 2018.’

Below in the table no. 1 the rank wise data of the year 2020 regarding the different states of India on suicide rate was presented.

**Table 1: The Rate of Suicide of Different State of India of the Year 2020**

<b>Rank of State</b>	<b>Name of the State</b>	<b>Suicide Rate Per 1 Lakh Population of 2020</b>
1	Sikkim	42.5
2	Chhatisgarh	26.4
3	Kerala	24.0
4	Tamil Nadu	22.2
5	Telengana	21.5
6	Tripura	20.9
7	Goa	19.9
8	Karnataka	18.4
9	Mandhya Pradesh	17.4
10	Maharashtra	16.1
11	Haryana	13.7
12	West Bengal	13.4
13	Andra Pradesh	13.4
14	Odisha	12.2
15	Gujarat	11.6
16	Himachal Pradesh	11.6
17	Arunachal Pradesh	10.5
18	Assam	9.3
19	Mizoram	8.9
20	Punjab	8.7
21	Uttarakhand	8.3
22	Rajasthan	7.2
23	Meghalaya	6.9
24	Jharkhand	5.6
25	Nagaland	2.2
26	Uttar Pradesh	2.1
27	Manipur	1.4
28	Bihar	0.7
UT 1	Andaman and Nicobar Islands	45.0
UT 2	Puducherry	26.3
UT 3	Delhi	15.5
UT 4	Dadra and Nagar Haveli and Daman and Diu	15.0
UT 5	Chandigarh	10.7
UT 6	Ladakh	4.0
UT 7	Lakshwadeep	2.9
UT 8	Jammu and Kashmir	2.2

### III. METHODS OF SUICIDE

#### 1. The most common Methods of suicide are;

- Suffocation/hanging
- Poisoning / drug overdose
- Shooting
- Jumping
- Cutting / stabbing
- Drowning
- Starvation and dehydration
- Collision with a vehicle
- Untreating any disease
- Stopping important vital medication
- Electrocution
- Fire
- Hypothermia
- Indirect methods like provoking others (suicide by cop)

#### 2. Causes of suicide: Here are some causes for suicide like that I found

- Emotional turmoil
- Unexpected demand from the environment
- Unexpected demand from the family members
- Unexpected demand of self
- Some psychiatric disorders like major depressions, schizophrenia, drug or alcohol abuse, dementia, delirium, personality disorders
- Some physical incurable, painful chronic disorders like cancer, AIDS
- Some psychosocial factors like failure, dowry, marital issues, loss, isolation, discrimination, financial difficulties, occupational difficulties, abuse, high expectations etc

#### 3. Risk factors of suicide: Now comes to those, who are vulnerable to suicide

- Male gender
- Females of 55 years above
- Unmarried
- Divorced
- Widowed
- Separated
- Extra marital or extra affairs
- History of suicide attempts
- Recent losses
- Presence of any intolerable illnesses
- Continuous disturbances in working area
- Fear of Loss of dignity
- Poverty
- Disturbed family pattern
- Unemployment
- Others

**4. Warning signs of suicide:** How we can help a person, which is a great matter to know. By which one can save a life of another and we can make suicide preventable. For this we need to know about the **warning signs of suicide** mention below; someone is;

- **Talking about that me:**
  - Want to die
  - Has Great guilt or shame
  - Became a burden to others
  
- **Feeling that I am:**
  - Hopeless, trapped, or having no reason to live, empty
  - Extremely sad, more anxious, agitated, or full of rage
  - Having Unbearable emotional or physical pain
  
- **With changing behavior, such as:**
  - Making a plan or researching ways to die
  - Withdrawing from friends, meeting all significant figures of life, saying goodbye, giving away important items, or making a will
  - Forgiving the hated person or the one he/she does not want to talk
  - Risk taking dangerous tasks such as driving extremely fast
  - Displaying extreme mood swings
  - Eating either more or less
  - Sleeping more or less
  - Using addictive substances like addictive drugs or alcohol more often

This all are related to manage or prevent primarily the attempted suicide cases. Now comes to the point how we can manage the family, friends and the persons who face suicide of a person in their family or surroundings.

#### **5. Suicide prevention strategies**

- **General strategies of prevention of suicide:**
  - Increase access to health care facilities
  - Decreasing stigma related to suicide
  - Promoting mental health and its importance in every sector of community
  - Promoting mental health information and education in the community
  - Avoidance of drug use and its availability
  - Restricting access to complete suicide
  - Media to raise awareness on available mental health services
  - Repeated supervision of mental health organizations and services
  - Strengthening the mental health facilities by the Government
  
- **Individual strategies of suicide prevention**
  - Leave the danger place
  - Change your focus with a distraction
  - Do deep Breathing exercise
  - Do yoga and meditation
  - Involve self with spirituality
  - Stay away from addictive substances like alcohol and drugs
  - Assess and took the help of your friends or someone who really cares for you

- If not possible then go to psychiatrist, counselor for help immediately
  - If not possible then took the immediate help from suicide helpline no. of your area
  - Take a break from work or from the distress
  - Spend time for self and think about the importance of your life for self
- **Suicide-prevention measures for a psychiatric hospitalized client are:**
    - Improve and implement a comprehensive outpatient treatment plan prior to the individual being discharged from IPD.
    - All firearms and other weapons to remove from patient environment
    - The sharp objects and potentially lethal medications to be locked up as a result of the attempt.
    - Continuous and strong treatment of the underlying psychiatric disorders is important in decreasing short-term and long-term risk.
    - Adequate staff and continuous serious observation in the IPD by self and family members to the risk and vulnerable one.

#### IV. CONCLUSION

Suicide is a serious public health problem that can have long-lasting effects on individuals, families, relatives and communities. The good thing is that suicide is preventable. Preventing suicide requires strategies at all levels from individual to society. Everyone can help to prevent a suicide by learning the warning signs, promoting mental health awareness and resilience, and a committing to social change of attitude towards suicide and about the importance of self for self not for others.

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