

## **Suicidal Tendency Among Indian Students and Role of Parents**

**Dr. MD. Zakir Hussain**

*Assistant Professor*

*Department of Education*

*BES College of Education-Bidar*

*Email: hussain-zakiravailable@gmail.com*

### **Abstract**

*More than 34 students died by suicide per day in India. There was an alarming increase of 21 percent compared to the previous year. The data analysis since 1995 shows that India lost more than 1.8 lakh students to suicides, and the maximum number of deaths were recorded in 2020, Times of India reported. In this article I have covered the factors contributing to student's suicide, symptoms of suicidal thoughts, when to approach a doctor, the risk factors associated, I have done the analysis of the collected data, in the end, I have suggested the duties to the parents of victims to combat suicides.*

### **Keywords**

*Suicide, suicidal thoughts, suicidal tendency.*

Reference to this paper should be made as follows:

**Dr. MD. Zakir Hussain,**

**Suicidal Tendency Among Indian Students and Role of Parents,**

Vol. XII, No.2  
Article No.31,  
pp. 242-250

<https://anubooks.com/jgv-vol-xi-no-1-jan-june-2021/>

<https://doi.org/10.31995/jgv.2021.v12i01.031>

## Introduction

The Government of India classifies a death as suicide if it meets the following three criteria<sup>16</sup>

- It is an unnatural death,
- The intent to die originated within the person,
- There is a reason for the person to end his or her life. The reason may have been specified in a suicide note or unspecified.

If one of these criteria is not met, the death may be classified as death because of illness, murder, or in another statistic.

Suicide means ending your own life. It is sometimes a way for people to escape pain or suffering. When someone ends their own life, we say that they “died by suicide.” A “suicide attempt” means that someone tried to end their life, but did not die.

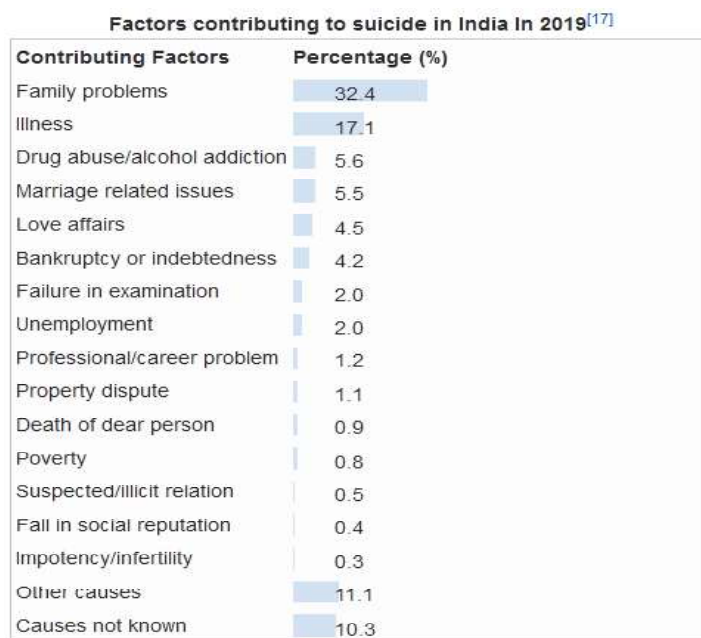
About 800,000 people die by suicide worldwide every year<sup>2</sup> 1, 39,123 Indians committed suicide in 2019 and the national suicide rate was 10.4 (calculated per lakh of the population)<sup>3</sup> According to the World Health Organization, in India, suicide is an emerging and serious public health issue<sup>4</sup>.

Suicide rates in India have been rising over the past five decades<sup>5</sup>. Suicides during 2019 increased by 3.4% in comparison to 2018<sup>6</sup>. India’s contribution to global suicide deaths increased from 25.3% in 1990 to 36.6% in 2016 among women, and from 18.7% to 24.3% among men.<sup>7</sup>In 2016, suicide was the most common cause of death in both the age groups of 15–29 years and 15–39 years.<sup>8</sup>Between 1987 and 2007, the suicide rate increased from 7.9 to 10.3 per 100,000, with higher suicide rates in southern and eastern states of India.<sup>10</sup>

In 2019, Maharashtra recorded the highest number of deaths by suicide followed by Tamil Nadu, West Bengal, Madhya Pradesh, and Karnataka.<sup>11</sup> These five states together accounted for almost half of the total suicides recorded in India in that year.

The male-to-female suicide ratio in 2019 was 70.2: 29.8.<sup>12</sup>

Estimates for number of suicides in India vary. For example, a study published in *The Lancet* projected 187,000 suicides in India in 2010,<sup>13</sup> while official data by the Government of India claims 134,600 suicides in the same year.<sup>14</sup>Similarly, for 2019, while NCRB reported India’s suicide rate to be 10.4, according to WHO data, the estimated age-standardized suicide rate in India for the same year is 12.9. They have estimated it to be 11.1 for women and 14.7 for men.<sup>15</sup>



### **Symptoms of Suicidal Thoughts**

Suicide warning signs or suicidal thoughts include:

- Talking about suicide — for example, making statements such as “I’m going to kill myself,” “I wish I were dead” or “I wish I hadn’t been born”
- Getting the means to take your own life, such as buying a gun or stockpiling pills
- Withdrawing from social contact and wanting to be left alone
- Having mood swings, such as being emotionally high one day and deeply discouraged the next
- Being preoccupied with death, dying, or violence
- Increasing use of alcohol or drugs
- Feeling trapped or hopeless about a situation
- Changing normal routine, including eating or sleeping patterns
- Doing risky or self-destructive things, such as using drugs or driving recklessly
- Giving away belongings or getting affairs in order when there’s no other logical explanation for doing this
- Saying goodbye to people as if they won’t be seen again

- Developing personality changes or being severely anxious or agitated, particularly when experiencing some of the warning signs listed above

Warning signs aren't always obvious, and they may vary from person to person. Some people make their intentions clear, while others keep suicidal thoughts and feelings secret.

### **When to See a Doctor**

If you're feeling suicidal, but you aren't immediately thinking of hurting yourself:

- Reach out to a close friend or loved one — even though it may be hard to talk about your feelings
- Contact a minister, spiritual leader, or someone in your faith community
- Call a suicide hotline
- Make an appointment with your doctor, other health care provider, or a mental health professional.

### **Risk Factors**

Although attempted suicide is more frequent for women, men are more likely than women to complete suicide because they typically use more-lethal methods, such as a firearm.

You may be at risk of suicide if you:

- Attempted suicide before.
- Feel hopeless, worthless, agitated, socially isolated, or lonely.
- Experience a stressful life event, such as the loss of a loved one, military service, a breakup, or financial or legal problems.
- Have a substance abuse problem — alcohol and drug abuse can worsen thoughts of suicide and make you feel reckless or impulsive enough to act on your thoughts.
- Have suicidal thoughts and have access to firearms in your home.
- Have an underlying psychiatric disorder, such as major depression, post-traumatic stress disorder, or bipolar disorder.
- Have a family history of mental disorders, substance abuse, suicide, or violence, including physical or sexual abuse.
- Have a medical condition that can be linked to depression and suicidal thinking, such as chronic disease, chronic pain, or terminal illness.
- Are lesbian, gay, bisexual, or transgender with an unsupportive family or in a hostile environment.

### **Children and Teenagers<sup>16</sup>**

Suicide in children and teenagers can follow stressful life events. What a young person sees as serious and insurmountable may seem minor to an adult — such as problems in school or the loss of a friendship. In some cases, a child or teen may feel suicidal due to certain life circumstances that he or she may not want to talk about, such as:

- Having a psychiatric disorder, including depression.
- Loss or conflict with close friends or family members.
- History of physical or sexual abuse.
- Problems with alcohol or drugs.
- Physical or medical issues, for example, becoming pregnant or having a sexually transmitted infection.
- Being the victim of bullying.
- Being uncertain of sexual orientation.
- Reading or hearing an account of suicide or knowing a peer who died by suicide.

**Methodology:** Collection of secondary data from various resources like a journal, periodicals, reputed websites, government surveys and reports and doing in-depth analysis.

### **Students' suicides over the years**

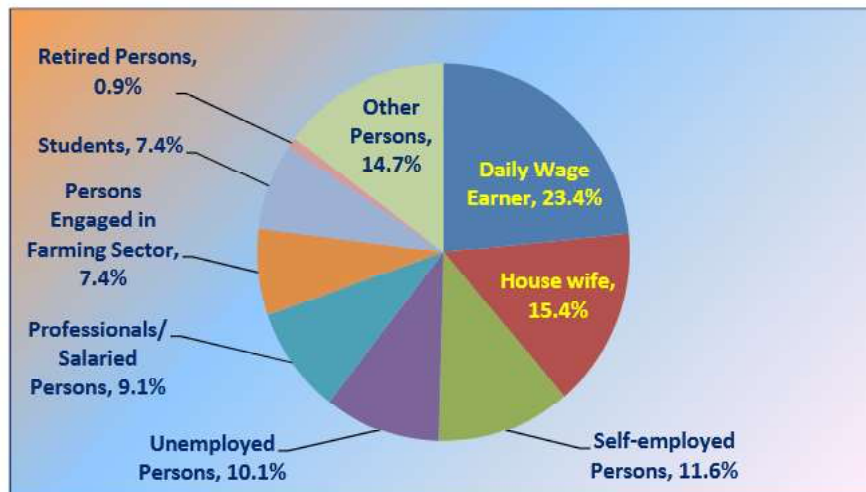
<b>Period</b>	<b>Suicides</b>	<b>% Increase*</b>
1995 to 1999	27,359	
2000 to 2004	27,880	2
2005 to 2009	30,064	8
2010 to 2014	38,220	27
2015 to 2019	48,537	27
<b>Total</b>	<b>172,060</b>	

## States with largest number of suicides

State	No. of Suicides
Maharashtra	1,487
Madhya Pradesh	927
Tamil Nadu	914
Karnataka	673
Uttar Pradesh	603

(Source: NCRB-2019)

Percentage Distribution of Suicide Victims by Profession During 2019



(Source: NCRB-2019)

### Analysis & Discussion:

In 2019, at least one student died by suicide every hour in India. The year recorded the highest number of student suicides, 10,335, in the past 25 years for which data is available. Between January 1, 1995, and December 31, 2019, India lost more than 1.7 lakh students to the suicide of these, nearly 52% were reported in the past decade while the remaining 85,824 were reported between 1995 and 2008, according to the National Crime Records Bureau (NCRB).

While 2019 saw the highest number of student suicides in absolute terms, this category accounted for 7.5% of overall suicides (1.39 lakh), which is marginally less compared to 7.6% in 2017 which saw 9,905 cases. However, the overall number of suicides in 2017 was more than 7% lower than in 2019.

Child rights activists also point out that many students, especially those above the age of 10 or 12 years, struggle to find avenues to vent their anxiety, which makes stress management difficult. Between 1995 and 1999, student suicides accounted for more than 5.2% on average, with 1995 (6.6%) being the worst year. In five years between 2000 and 2004, only one year saw student suicides making up 5.5% of the total suicides, while it was fewer than 5% in four years and 5% in 2001. From here, the next five years also saw such cases make up more than 6% of the total. From there, every year has seen such cases account for more than 6%. In the past four years, such cases account for more than 6%. In the past four years, such cases have accounted for more than 7% of the total suicides.

#### **Parent's Role in Preventing Suicide<sup>17</sup>**

- Form a good relationship with Your Youth providing a stable, safe physical and emotional home environment.
- Spending quality time with young people.
- Listening to teenagers, not only to what is being said, but also to the covert messages.
  - Being supportive and not intrusive.
  - Encouraging the appropriate expression of emotions
  - Early intervention in stressful situations
  - Take suicidal threats seriously
  - Early detection and management of psychiatric illness.
  - Appropriate intervention after a suicide attempt.
  - Be vigilant of changes in behavior.
  - Seek advice or help from professionals if in doubt.

**Teacher's role in preventing suicide:** The role of teacher is very important in preventing the suicide

**Recognizing the Warning Signs:** Here are some signs that a young person may be at risk for suicide:

- A suddenly deteriorating academic performance.
- Self-mutilation.
- Unhealthy peer relationships.

- Volatile mood swings or a sudden change in personality
- Indications that the student is in an unhealthy, destructive, or abusive relationship.
- Risk-taking behaviors.
- Signs of an eating disorder
- Difficulty in adjusting to gender identity
- Bullying.
- Depression.

#### **Responding to the Warning Signs**

- Ask the tough Questions
- Be persistent
- Be prepared to Act
- Do not leave a student at imminent risk of suicide alone
- Get help when needed
- Use your school's support system
- Connect with parents or guardians

#### **Conclusion**

Suicide is a large and growing public health problem. Teach students coping and problem-solving skills. Promote connectedness . Students are considered as future leader of the country their life is precious. The problems of the students should address. The parents, teachers and the community members should help in solving the problems of students.

#### **References**

1. (2019). Accidental Deaths and Suicides in India (2019-NCRB)
2. (2012). World Health Organization
3. ncrb.gov.in. Retrieved 7 September 2021.
4. who. int. Retrieved 7 September 2021.
5. Swain, Prafulla Kumar. (2021). Tripathy, Manas Ranjan; Priyadarshini, Subhadra; Acharya, Subhendu Kumar (29 July)
6. ncrb.gov.in. Retrieved 7 September 2021.
7. Dandona, Rakhi., Kumar, G. Anil., Dhaliwal, R. S., Naghavi, Mohsen., Vos, Theo., Shukla, D. K., Vijayakumar, Lakshmi., Gururaj, G., Thakur, J. S., Ambekar, Atul., Sagar, Rajesh. (1 October 2018).
8. Lancet. 1 October 2018. Retrieved 20 October 2018.
9. Vijaykumar L. (2007).



10. Polgreen, Lydia (30 March 2010).
11. ncrb.gov.in. Retrieved 7 September 2021.
12. ncrb.gov.in. Retrieved 7 September 2021.
13. Patel, V., Ramasundarahettige, C., Vijayakumar, L., Thakur, J. S., Gajalakshmi, V., Gururaj, G., Suraweera, W., Jha, P. (2012).
14. The Registrar General of India, Government of India (2012).
15. WHO. Retrieved 8 September 2021.
16. <https://www.mayoclinic.org/diseases-conditions/suicide/symptoms-causes/syc-20378048>
17. <https://suicideprevention.nv.gov/>