

REASONS BEHIND SUICIDE AMONG COLLEGE STUDENTS

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Objectives:

The main aim of this study is to find out various reasons for suicides. As suicides are more frequent among students, the survey is done among students pursuing B.Tech from different universities. With these reasons, solutions can be found and suicides can be prevented to some extent.

Introduction:

The term suicide has become very well known among the people .now-a-days people who are having problems think that suicide is the ultimate solution for them.in recent times the number of suicides has increased greatly, especially in the teenagers. There are many reasons for the suicides in the college student's i.e... Love failure, a lot of stress etc....

We all know that life is not that easy as it sounds, it is filled with pros and cons .but suicide must not be an option if we are not able to overcome our problems. Sadly most of the teenagers are choosing suicide as their only option to free from all their problems.

According to the 2016 National Centre for Health Statistics Brief, "suicide is an important public health issue involving psychological, biological, and societal factors" .there are also surveys which stated that most of the suicides among teenage girls were mainly due to sexual harassment .but when it comes to men they are more prone to get suicidal thoughts due to physical abuse rather than emotional abuse.

Suicide ideation among college students may have a unique ideology because of developmental transitions that occur in college and young adulthood, including changes in family relationships, peer contexts, and increased opportunities for alcohol and drug use. In addition to this alcohol has its effects in

implicating suicidal behavioural students and include disinhibition and emotional problems such as dysphoria and aggression.in these paper college students are mainly focused as there is a large increase in the number of suicides in college students, and also the main reasons for getting the thought of suicide in them.

Statement of the problem:

Suicide is one of the trending causes for the death of many students in our country. Most of the people who commit suicide are undergraduate students and belong to an age group of 20-35. Youngsters who are the backbone of a country's future are committing suicide because of various reasons despite being stronger physically and having a great will power than any other age groups. It is the age where we will face many obstacles, build a foundation for our future and we are actually promoted to the next part of our life. We have to defend all the problems and use the failures like experience but should not be afraid of it. In this period of time, we will be given a preface to the book of the second part of our life.

Research question:

This question is answered in this paper:

What are the warning signs of suicide?

Significance of the study:

Students need to be strong enough to face the entire life but should not end their lives in the middle of the journey. This study signifies on students from various colleges and gives a better idea about the mind-set of students. This study is done to get various reasons for suicides in order to get better alternatives and solutions for

a healthy future of students which leads to brighter future of a country and conveys that suicide is not an option.

Literature review:

Rosalie muertigue, department of social science, the university of Fiji; has listed out all the reasons of suicide and mainly focused on the reason for suicides in Fiji. It also includes “*the study of HIPPLE identified the characteristics of the suicidal student*”, which is comprised with top reasons I.e. .helplessness, hopeless, confused, isolated, ambivalence, etc...

Muehlenkamp, J.J.MARRONE, s.gray and brown d.l (2009).”A collage suicide prevention model for American Indian students. “Professional psychology: research and practice. This describes the development and preliminary effectiveness of a campus suicide prevention program designed for American Indian (AI) students who are at higher risk for suicide compared with the general population and along with suggestion for disseminating this AI-specific prevention program to other universities

Doris carovivi,MD;” perspectives on college students suicide”, this article he gave perfect surveys and their result of suicides occurrence and in a term of past 10 years, it also includes the data on “*the American collage health association* “,and mainly stressed on how overwhelming anxiety causes suicidal behaviour

p.mortier,p.cuijpers,g.kiekens,r.p.aurbach,k.de mttenaerl,j.g.green,r.c.kelver,m.k.noch and r.briffort gave a brief look on “*the prevalence of suicidal thoughts and behaviours among college students: a meta –analysis*”.it has reports on 36 college students samples that met the inclusion criteria and a total of 25 samples on lifetime suicidal attempts in the north American high schools

Becky wanjiku wanyoike,mount Kenya university; “*suicide among university students in Kenya :causes ,implications and interventions*”.as per this article ,it mentions that suicidal behaviour is against the law in kenya.so existence of such a behaviour in society is a major issues and must be looked into with a lot of concern. It is a study made up on both qualitative and quantitative methods of data

collection and analysis .in this the target population was drawn from Kenya universities and mental health practioners around the universities, to make the research more accurate

2. RESEARCH METHODOLOGY:

The survey is done by circulating a questionnaire with 10 questions. It consists of 9 closed questions and 1 open question. The questionnaire is done by using Google form and circulated through WhatsApp to more than 50 students from different universities.

a. Participants:

The participants are more than 50 students from different universities. They responded through the link they received through WhatsApp and gave their respective choices and answered all the questions. The participants are not from the engineering sector but also from different sectors like CA, medical so as to get a complete domain for the research.

b. Instruments(Questionnaire):

The questionnaire is the only instrument used for the research. The questionnaire consists of two types of questions namely open and closed type questions. In our questionnaire, we used 9 closed and 1 open questions. This covers questions from different points of view to get an overall response.

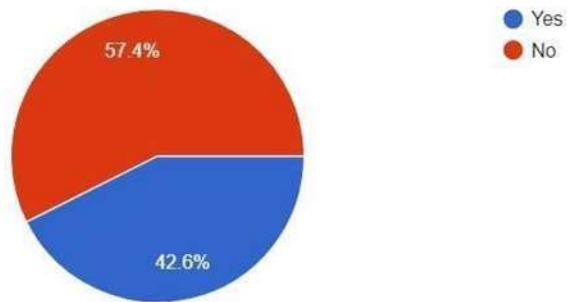
c. Procedure(Google Form):

We sent the link for the questionnaire through WhatsApp and asked to go through the link when they are free. To get the conclusions in the form of a pie chart, we chose Google form which is very accessible to get an overall conclusion. More than 50 students reacted from different colleges.

DATA ANALYSIS AND INTERPRATION:

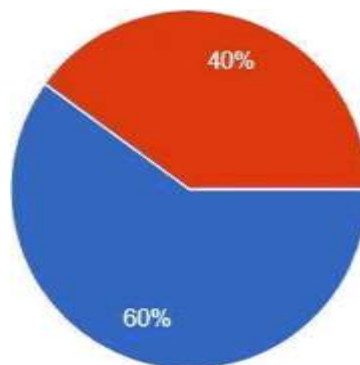
Can the risk for suicide be inherited?

54 responses



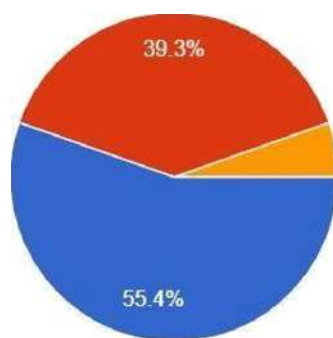
People attempt suicide to

55 responses



prove something get sympathy

If you ask someone about suicide, does it put the idea into their head?

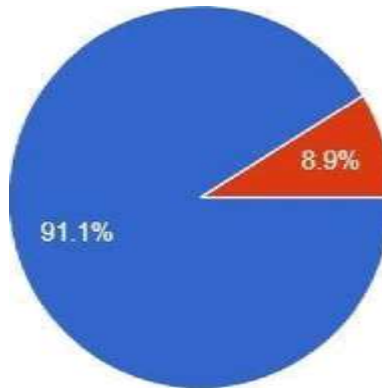


@ Depends on their mental strength

@ Based on circumstances

& No influence on them

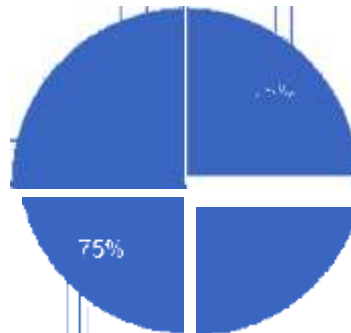
Alcohol and other drug abuse increase the risk for suicide.



@ Apree

@ Disagree

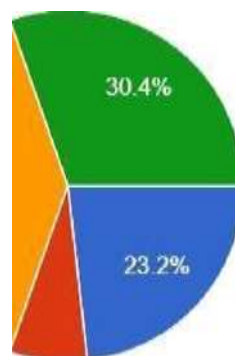
Certain groups of people are at higher risk of suicide than others.



@ Yes

No

When you fail to perform in public, you feel

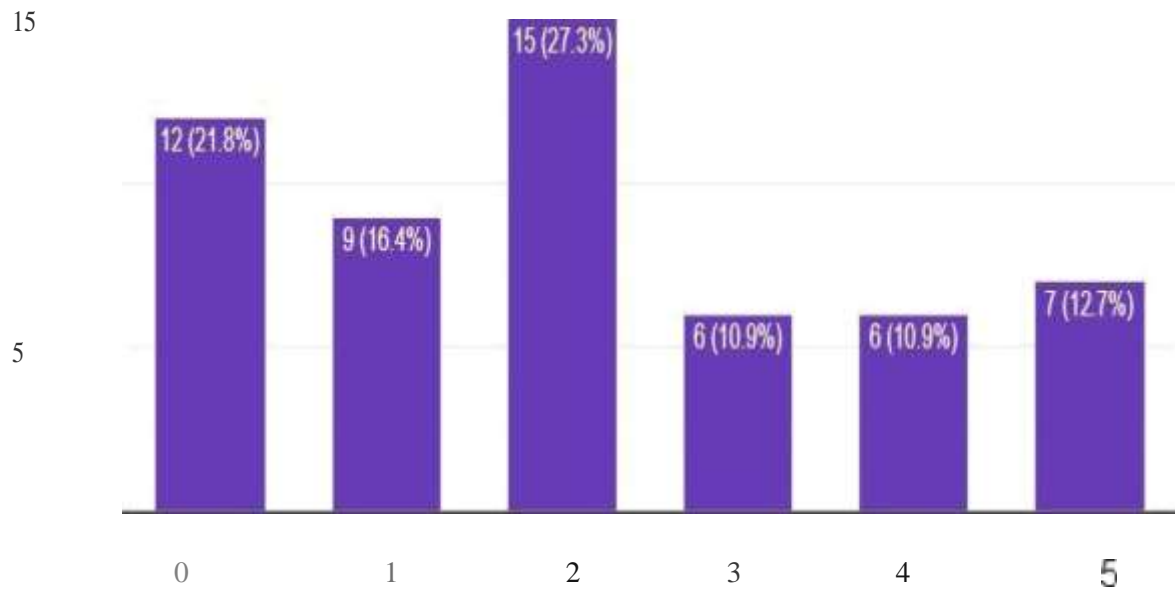


@ depressed

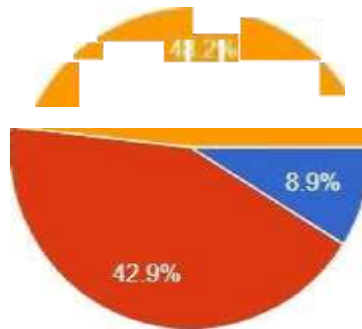
@ isolated work on it

@ wait for next chance

Is 'loosing relationship' the first reason that strikes for a suicide?



Have you ever felt depressed due to pressure from your parents?

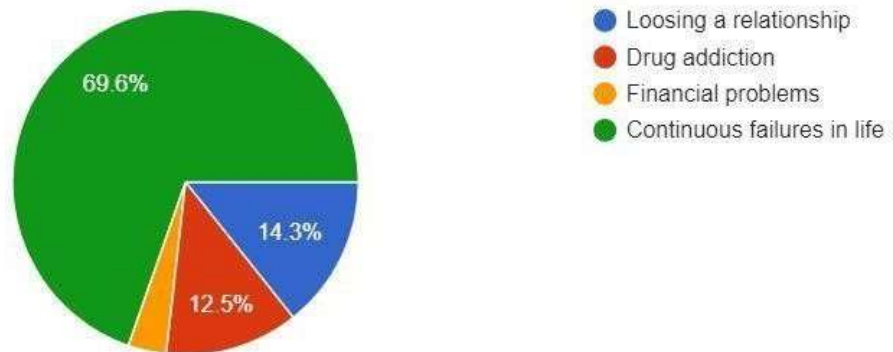


Yes No

⌘ Sometimes

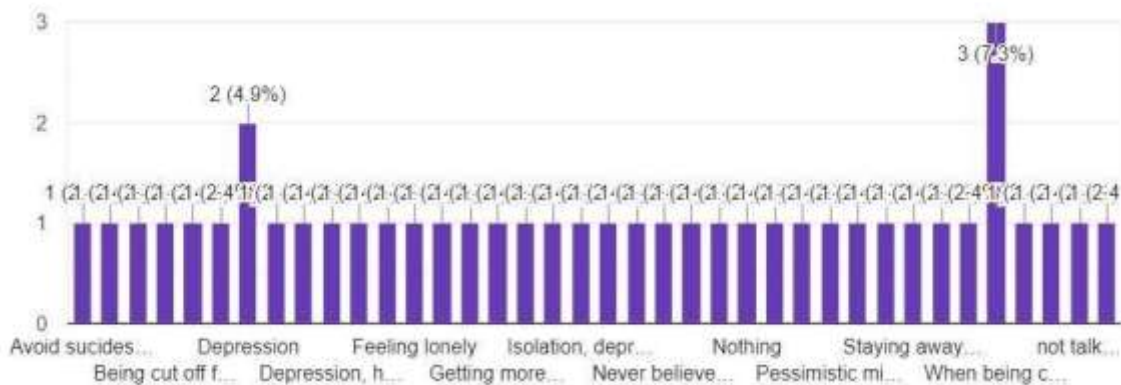
What may be the cause to commit suicide according to you?

56 responses



What are the warning signs of suicide in your perspective?

41 responses



Findings:

From the results of the questionnaire, we found the following .The feeling of suicide is not inherited and is caused by self.

.Majority of students say that alcohol and drug abuse do not increase the risk of suicide.

.People commit suicide to prove something than to get sympathy.

.Certain groups of people are at higher risk of suicide than others.

.The idea of suicide does not influence only a few percent’s of the students if they were asked about it. Remaining are influenced by that.

.Loosing relationship may be the first reason for

suicide.

.When he/she failed to perform an activity in public, they work on it rather than feeling depressed.

.The pressure from parents sometimes causes severe depression among students.

.People commit suicide when they face continuous failures in their life.

.People feel alone, hopeless, pessimistic, talk about death, moody when they decide to commit suicide. Those are the warning signs of suicide according to the respondents.

Conclusion:

This research clearly proves the facts that the number of suicides increases, it also depicts the majority of reasons for the suicidal behaviour, which helps in avoiding in major cases. The responses we have got for the questionnaire from different branched of college students .Shows that most of them are aware of all the warning signs and even most of them are not having suicidal thoughts .if we implement new methods to prevent suicides among the college students, this leads to prevention and mentally healthy teenagers for better future for our country .finally suicide must not be an option for the teenagers or people of any other age groups to solve their problems in life

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APPENDIX:

GOOGLE FORM LINK:

https://docs.google.com/forms/d/1qAa6bB5bXcWUctER2xrArcJMPyCKzZ0gFpVfH0_1CM/edit?usp=drivesdk

- 1) Can the risk for suicide be inherited? A .Yes
B .No
- 2) Alcohol and other drug abuse increase the risk for suicide. A .Agree
B .Disagree
- 3) People attempt suicide to A .prove something
B .get sympathy
- 4) Certain groups of people are at higher risk of

suicide than others. A .Yes

B ..No

5) If you ask someone about suicide, does it put the idea into their head? A .Depends on their mental strength

B .Based on circumstances C .No influence on them

6) Is 'loosing relationship' the first reason that strikes for a suicide? Scale from 1 to 5

7) When you fail to perform in public, you feel A .depressed

B .isolated

C .work on it

D .wait for next chance

8) Have you ever felt depressed due to pressure from your parents? A .Yes

B .no

C .Sometimes

9) What may be the cause to commit suicide according to you? A .Loosing a relationship

B .Drug addiction

C .Financial problems

D . Continuous failures in life

10) What are the warning signs of suicide in your perspective?