

Suicide & Its Prevention

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Abstract

Suicide is the intentional infliction of death on oneself. It is the leading cause of death on the planet. Suicide is the third leading cause of death among 15 to 19-year-olds. 79 percent of global suicides occur in low- and middle-income countries. Ingestion of pesticides, hanging, and the use of firearms are among the most common methods of suicide in the world. India's suicide rate increased to 230,314 in 2016. Suicide was the leading cause of mortality in both the 15–29 and 15–39 year age groups. Over 800,000 people die by suicide every year around the world, with 135,000 (17%) of them being Indian citizens, who make up 17.5 percent of the global population. Every year, significantly more people try to commit suicide than actually do so. A past suicide attempt is the single most important risk factor for suicide in the general population. In 2012, Tamil Nadu had the highest suicide rate (12.5%), followed by Maharashtra (11.9%) and West Bengal (10.1%). (11.0 percent). In 2012, Tamil Nadu and Kerala had the highest suicide rates per 100,000 people among states with large populations. Male suicides outnumber female suicides roughly 2:1 in India. Suicides are estimated to number in the millions in India. For example, a study published in *The Lancet* predicted 187,000 suicides in India in 2010, despite the Indian government's official statistics claiming 134,600 suicides in the same year. According to WHO data, India's age-standardized suicide rate for women is 16.4 per 100,000 (6th highest in the world) and for males is 25.8 per 100,000 (22nd).

Keywords: Suicide, prevention, strategies, government of India.

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INTRODUCTION

In India, about 46,000 suicides occurred in the age groups of 15–29 and 30–44 in 2012, accounting for almost 34% of all suicides. Poisoning accounted for 33% of suicide attempts in 2012, while hanging accounted for 26% and self-immolation accounted for 9%. In India, 89 percent of suicide victims were literate in 2012, which was greater than the country's overall literacy rate of 74%. There were 19,120 suicides in India's 53 largest cities. Chennai leads the way with 2,183 suicides, followed by Bengaluru (1,989), Delhi (1,397), and Mumbai (1,397). (1,296). Suicide rates were nearly four times higher than the national average in Jabalpur (Madhya Pradesh) and Kollam (Kerala), at 45.1 and 40.5 per 100,000, respectively.

Suicide rates in Indian cities fluctuate a lot from one year to the next. As a result of the financial problems, suicide rates have soared in Punjab. On average, male suicide rates are double those of females. However, there is a lot of variation in this ratio at the regional level. With 6,277 female suicides and a male-

to-female suicide ratio of 4:3, West Bengal recorded the highest number of female suicides in India. Farmers' suicides, which account for 11.2 percent of all suicides in India, are likewise a big concern. Every three seconds, someone attempts suicide, and every 40 seconds, someone dies from suicide. Suicide attempts are the most common cause of suicide death.

Predisposing factors include:

- Easy access to suicide techniques (e.g., pesticides or firearms).
- Suicide attempts are more likely when a person's social, economic, or cultural stress levels rise.
- A disaster-prone combat situation

What is Suicide?

The Indian government classifies a death as suicide if it meets three criteria: it is an unnatural death; the person's desire to die is developed within them; and there is always a cause to die. The motive could have been specified or left unsaid in a suicide note.

Causes of suicide:

1. Marriage related issues (dowry, extra marital affairs, etc.)
2. Failure in examination.
3. Incurable chronic illness.
4. Indebtness and monsoon failure (in case of farmers suicide)
5. Family issues.
6. Substance abuse.
7. Mental issues.
8. Means of suicide:
 - Ingestion of pesticide (most common mean)
 - Hanging.
 - Firearm.

Suicide prevention and control:

The World Health Organization (WHO) has established a mental health action plan for the years 2013-2020, which includes the following goals:

The goal is to lower suicide rates by 10% in each country by 2020.

The following are some prevention strategies:

1. Precautions that are universal:
 - Improve access to health-care services.
 - Promotion of mental wellness.
 - Restrict access to suicide techniques and limit your alcohol consumption.
 - early identification, treatment, and care of people with mental and substance use disorders, chronic pain, and acute emotional distress;
 - implementation of alcohol legislation to reduce harmful alcohol use;
2. Selective precautions (for people who are especially at risk):
 - People who have survived a disaster or have been abused in any way should be given special attention.
 - People who have tried suicide in the past are given special care.
 - There should be a HELPLINE available for persons who require counselling during a difficult period in their lives.
3. Action Recommendations:
 - Improving the health-care system's ability to prevent and manage suicide

The National Suicide Prevention Strategy is made up of six parts.

1. Surveillance.
2. Communication, education, and information.
3. Information for the media.
4. Restriction in terms of financial resources.
5. Stigmatization is lessened.

6. Health-care providers, teachers, police officers, and parents should all be educated.

Actions made by the government to prevent farmer suicide:

- The government established the KRISHAK Ayog to investigate farmer suicide.
- A debt-forgiveness programme for farmers was established.
- Irrigation infrastructure that is subsidised.
- Pradhan Mantri Fasal Bima Yojana;
- Pradhan Mantri Sinchayee Yojana.

CONCLUSION

Suicide is a complex issue that necessitates coordination and collaboration from a range of sectors, including health, education, labour, agriculture, business, justice, law, defence, politics, and the media. Because no single strategy can make a difference in such a complex subject as suicide, these efforts must be multifaceted and linked.

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