

Increasing Suicidal Tendency among Youth: A Sociological Study (with particular reference to School going Girls)

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Abstract— As a study of society, sociology studies the various aspects of the prevalent social problems in the society. The present research attempts to analyze of the current and dominant social problem- a problem that concerns every thinking person. It has been argued that youngsters commit suicide more frequently because this is a manifestation on what we call the gender bias against the girl child in Indian culture and Indian society. They are driven to it when families fight, or they fail in the exams, or they cannot fulfil their love life, or sometimes when the girls feel they are a financial burden and other causes behind this emerging dilemma. School students particularly girls are important element of the youth population of a country. The youth of a country are of special interest to all those who are concerned with the growth and development of the country. The adolescents grew up in a rapidly changing social milieu which has had no parallels in the past. Their emotional needs, beliefs, attitudes, values, patterns and problems are equally complex and changing as the society in which they grew up. May be the girls feel control over their lives. With increase in young girl's suicide rates in Kanpur city, there is an immediate need to address academic, emotional and psychological attributing factors faced by the girls.

Keywords— depression, suicide, youth, Teen dilemma.

I. INTRODUCTION

FOR this research I have collected data from 300 School going girls of 5 different schools of Kanpur city of Uttar Pradesh District,INDIA. From each School 60 girls of certain age groups were selected by using random sampling method. To know what the major responsible cause for increasing suicidal tendency in youth and to find out the best solution to this problem was a typical task. The increasing tendency among the youth to commit suicide has awakened the slumbering conscience of the society and this cause has directly motivated the research. The present study approaches this problem in the following method. The question has been devised to collect the matter directly from the youth of the society. There were thirty two questions related to Family, Social, economical and psychological reasons behind suicidal tendency among youth. The questionnaire has been distributed among 300 girls of 5 different schools of Kanpur city to collect the facts regarding the same. To know the exact causes of suicide in youth I have first ask them few questions related to Family reasons responsible for developing Suicidal

tendency then few questions were asked related to Impact of Social & Economic System in Increasing Suicidal Tendency and several questions related to Psychological Factors responsible for Increasing Suicidal Tendency.

There are many features of family life that impact on suicidal behavior. Abuse of children, both physically and sexually, appears to result in an increase in later suicidal behavior as well as other psychiatric disorders and symptoms. When asked questions related to family reasons responsible for developing Suicidal Tendency, following conclusion has been drawn on the basis of facts collected.

73.34% girls interview during this ressearch accepted the fact that Sexual Harassment is one of the cause of Suicide among youngsters. They said the victims of sexual harassment were unable to cope with the social surroundings which filled them with frustration and depression, one of the basic cause of suicide. According to 100% girls if youngsters get full support of their family for their future it will reduce the number of suicide in youth. They said if the youth get full support of their family then they won't even think of suicide. 90% girls accepted the fact that Interference by the family members in a youth's decision is oppressive. Today's youth is unable to tolerate any interference in their decision, they thought whatever they decided was right for them and they won't allow anyone to put any kind of objection on it. 80% of the 300 girls interviewed accepted the fact that Unquestioning economic support by the family members given to the youth will encourage them to do well in life. They said the family must provide youth whatever the economic support they ask for. Today's youth wanted to be economically strong they want their all requirements to be fulfilled and when such thing doesn't happen they felt depressed and thought of ending their life. 98.33% respondents admits that and fearless inter personal relationship among the family members is conducive for boasting their morale. According to the data specified above, it is clear that the most of the respondents believes that family plays a vital role in framing youth mentality towards his/her life. So the complete mental and economical support of family is essential to curb increasing suicidal tendency among youth. Socio- economic factors such as unemployment, poverty, homelessness, and discrimination may trigger suicidal thoughts. Poverty may not be a direct cause but it can increase the risk of suicide, as it is a major risk group for depression.

95% girls accepted that **the socio economic conditions are greatest impediments / obstacles in personal progress of youth. 93.33% of the 300 girls are of the view that today's**

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youth can change the socio economic conditions and achieve their goal. Only 33.33% respondents out of 300 interview have had accepted the fact that without money one can never be happy, but majority of the respondents believes that money doesn't buy happiness. 93.33% respondents admits that nowadays youngsters are very ambitious which is one of the cause of increasing suicidal tendency among youth. They said today's youngsters are very serious in achieving their ambitions, failing which leads them to depression. According to 33.33% respondents youth get depressed when relationship break up occurs which can be one of the cause of suicide in youth.

When asked I asked 300 respondents that do you think **Loss of self valued relationship is one of the causes of suicide in youth** then 63.33% respondents accepted this. It depicts the importance of self valued relationship in today's youths life. 70% of the girls interviewed accepted the fact that sexual abuse and harassment sometimes leads to suicide. They said for a girl her self esteem is everything and when someone try to molest her or sexually abuse her it completely shattered her which result in thought of ending her life to get relieve from this pain. 63.33% girls accepted that Suicidal behaviour is more common among adolescents who have poor problem solving skills and who tend not to seek social support when they are feeling troubled. it is clear that the majority of the respondents believes that Socio economic factors plays a vital role in framing youth mentality towards his/her life. It is necessary for today's youth to adapt with its socio economic conditions for better performance in life.

Psychological Factors that are linked to or can lead to suicide. Ideation - sometimes it's carried out under the sway of a highly distorted or psychotic idea. Substance Abuse - increasing alcohol or drug use. Purposelessness - expressing no reason for living; no sense of purpose in life. Anxiety - anxiety, agitation, inability to sleep or sleeping all the time. Trapped - feeling trapped - like there's no way out. Hopelessness - hopelessness and despair. Withdrawal - withdrawing from friends, family and society (social isolation). Anger - rage, uncontrolled anger, seeking revenge, aggressive tendencies, anger linked to frustration, anger linked to ideas of unfairness. Recklessness - acting recklessly or engaging in risky activities, seemingly without thinking, Impulsive. Mood Change - dramatic mood changes. following conclusion have been drawn by asking few questions related to Psychological Factors responsible for Increasing Suicidal Tendency among youth which clarifies that only 13.33% girls accepted the fact that failure in examination leads youth towards depression which compels them to think about suicide as a solution. Majority of respondents said the pressure of family and society regarding the youth study is so high but it doesn't mean that one should end his/her life if one fails in examination. One must retry with sheer hard work and sincerity to achieve good marks in next attempt. When asked is the attempt of suicide is right in certain circumstances?, 83.34% respondents doesn't approve this fact. It shows majority of youth value their life and are not of the view of attempting suicide in any circumstances. Majority of girls interviewed accepted the approach of youngsters towards their life is

rational. 86.66% girls agreed that today's youngsters are having rational attitude towards their life. 13.34% respondents admits that **today's youth find themselves unable to accommodate with the changing social values**. 98.33% respondents believes that **today's youth learn various methods of attempting suicide via media**. 98.33% girls accepted the fact that emotionally weak youngsters attempt suicide more than others. They said suicidal thought is an emotional decision and only the youth who is emotionally weak could be able to take such extreme step. 60% of the girls accepted the fact that Some youngsters who commit suicide show some signs of their intentions. 96.66% girls said that Suicide attempts happen impulsively, in a moment of feeling desperately upset. According to the data specified above, it is clear that the majority of the respondents believes that psychological factors plays a vital role in framing youth mentality towards his/her life.

II. CONCLUSION

So on the basis of above mentioned details we can say today's youth is educated due to which their psychological values are changing. Day by day they are progressing in their views, they are giving value to their life, able to face changing social and economic values and are adaptable to the changing society, they welcome new ideas and ready to introduce their ideas too. But few of the youth have negative thoughts regarding their social and economic environment, making them psychologically weak, they are unable to accommodate with changes and not ready to face failure. They got depressed, if things go against them, instead of making things favorable they thought of ending their life.

III. SUGGESTION

After analyzing the collected data I suggest following methods to decrease the number of suicidal cases in youth:

- Parents are required to deal with their teenager children tactfully keeping their wishes in mind.
- Highly ambitious parents sometimes put lot of mental pressure on their children, who are not capable to fulfill their desires.
- Parents can play an important role to build self confidence in growing children by monitoring their daily activities, whether it is related with studies or other social activities.
- Over expectations and comparisons between other teenagers are important factors which parents required to ignore in the child who Lack confidence.
- Parents and other elderly people of the family must understood the day to day problems of their child which he or she is facing in school or at such other places where he or she spending sufficient time.
- Unusual behavior, lack of interest in day to day affairs, irritations are few indications in the child which are required to pay attention by parents seriously.
- Regular motivation of parents is necessary to watch every little activity of their teenage child while they are with their friends or at home.

- Interaction with the friends' circle of teenagers may be helpful to know the weakness of your child and also other positive things prevailing in the child.
- Besides studies, teenagers should be engaged in other curricular activities of their choice which may be helpful in their personality development.
- At Government level, broadcasting of serials related with crime and other social evils should be banned.
- There must be a psychologist in every school to observe the children who behave abnormally. The psychologist is supposed to suggest the his/her treatment to their respective parents and advice them as and when it is necessary.
- Government should impose heavy penalty as well as severe punishment to those who are involved in the sexual crimes of girls. Strict law implementation is required by law enforcement agencies.
- Special training is required for the teachers to deal with the teenagers lacking self confidence.

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