

TEENAGE SUICIDE: IS IT A TREND

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ABSTRACT

This paper reviews that why suicides happen and what to do about it. In this paper we will discussing about the teenager that what prompts them to do suicides over even think of it. Most suicide happens due to depression, stress, peer pressure, over regular uses of unadvised drugs and many more factors. It's starting to become a trend among the teenagers that if things don't go their way, the only way left is thn "SUICIDE". This paper also deals with the preventive measures including emergency hotline numbers, effective treatment of suicide attempters, serious punishments to people involve in sexual abuse, introduction of awareness campaigns but there is a clear need for more effective research to manage this high risk group.

Keywords – *depression, suicide, awareness*

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Introduction

Today the population of the world is over 7 billion, 70% of that comprises of youth. They are considered the future of any country, but these days due to stressful and fast life, these teenagers are under a lot of pressure from their families, friends etc. The pressure can be of studies, it can be of a relationship, it can be peer pressure. These teenagers are sometime unable of handling such pressure due to their inexperience and they start harming themselves, it includes drugs use, less sleep and sometimes when the situation is to drastic, they tend to go in depression and think that there is no way now except suicide. In this paper, we will be discussing different causes, effects and solutions how to deal with this problem.

Causes of Suicide

Suicide is the second leading cause of death among teenagers after accidents. The teen years are an anxious and unsettling period as boys and girls face the difficulty of transition into adulthood. Girls generally attempts suicide more often than boys but they use less lethal weapons and less harmful methods than boys.

Causes of suicides are as follows

Divorce in Family

This is one of the biggest reasons why a teenager considers suicide. The kid sees his parents always fighting, which very much disturbs his developing mind. The worst situation happens when it is a single kid because then he have no one to share his thoughts and feeling. The kid gets frustrated with such kind of happening in his house starts feeling lonely and scared and are tend to do suicide.

Drug Abuse

Drug abuse is one of the biggest issue today's youth is facing. When they feel they are stressed or under any pressure, they start doing drugs. Drugs include cocaine, heroin, cannabis, ecstasy and methamphetamine, these are a rage among teenagers. One other reason is that teenagers

follow each other. If one kid uses drugs, others tend to follow him because they think it's cool and show some sort of status symbol.

Depression

About 80% of suicide happens these days due to depression. A teenager can get depressed because a lot of reasons, due to less marks in exam, peer pressure, excessive use of drugs, due to emotional neglect by his family. Symptoms of depression in youth is often overlooked or passed off as being typically "adolescent turmoil" [1].

Reach

This is also one of the reasons that kids tend to do suicide that is easy access to firearms, drugs, motor vehicles etc. Around 30% of suicides involve firearms and of all firearms death, most of them are suicides.

Physical or Sexual Abuse

Physical or sexual abuse is one of the biggest problem present world is facing. Teenagers are the biggest victim of this problem. If some teenager becomes the victim, he or she feels gets depressed and tend to do suicide as they feel like suicide is the only option left because a lot of thoughts are going through their minds that how they are going to face the society now, what people will say etc.

Domestic Violence

Domestic violence includes two thing, one is that the teenager is a physical victim of this and in the other one, the teenager is a mental victim of this where he sees hisparents fighting on the daily basis, the effects the mental development of the kid.

SUICIDAL TENDENCIES

Suicidal tendencies don't just appears out of the blue, people show a number of behavioral changes some of them are like withdrawal from family and peers technically it means emotional

disconnect, difficulty concentration in school works which eventually led to bad grades which takes their confidence deep down low, loss of interest in previously pleasurable activities, sadness and hopelessness, changes in sleep pattern, general lethargy and lack of energy, changes in eating pattern, such as weight loss or gain.

Though many suicidal teens appear depressed or downcast, others hide their problems underneath a disguise of excessive energy. If an adolescent starts displaying uncharacteristic agitation and hyperactivity, it may also signal the existence of an underlying problem. This restlessness may take the form of confrontational or aggressive behavior [2].

SOLUTIONS

As it is a rising problem among the teens, there is a need to take serious steps.

Support

It is important that we take suicidal behavior of a teen seriously and get him proper medical treatment as required and keep him realized that he is not alone and there are people their to take care of him. Good support should be shown to teenagers who have suicidal tendencies. Good support means showing them that we are there to listen to them they are not alone. A person should be assured there is always a second chance and suicide is not the only solutions. Also have a heart to heart talk with people having suicidal tendencies and make the person feel less alone.

Restricting the access

Restriction access to firearms and different means of equipment's that can harm the teen, is also one of the important step need to be taken [3].

Professional help

It's very important to seek professional help for the adolescent which may be suicidal. Counselor at school and crisis centre should be there for the teens. Hotline number can be introduced and telephone counselling can be introduced at a very large groups. Different social groups can come in action and introduce different plays and dramas to inspire the youth.

Research and development

Antidepressants should be more effective and more work should be done in the research and development department such that the side effects of antidepressants can be reduced.

Another place to go during a crisis or in a suicidal state is the emergency ward of a hospital. Receiving the aid of trained professionals will help an adolescent deal with the emotional roller coaster that often leads to suicide. Short term and long term care can minimize the risk of suicide.

CONCLUSION

A detailed discussion about teenage suicide is covered in this paper. We discussed about why teenagers do suicide and what are their behavioral changes and new methods to prevent teenage suicide in India. The conclusion of the paper is the mindset of the youth the basic reason behind suicide is the mindset of the people. They commit suicide because most of them lose self-confidence, self-esteem and think this is the only solution left. We should believe in the fact there is always a solution to any problem, let's not lose hope.

Reference

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