JDSS Journal of Development and Social Sciences
www.jdss.org.pk

RESEARCH PAPER

Determinants of Suicide and People's Perception towards Suicide: A Case Study in Jatoi, District Muzaffargarh

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ABSTRACT

Suicide is a complex and multidimensional phenomenon. Suicide has a wide range of interrelated determinants including social, economic, psychological and religious factors. This study examine the key determinants contributing to suicidal attitude, highlighting the socio-economic role and mental health disorder such as isolation, familial relationships, unemployment, poverty, hopelessness, depression and anxiety. The qualitative study explores the determinants of suicide through in-depth interviews, focus group discussion and observatory tools with suicide committers and family members of affected individuals in Muzaffargarh, Punjab. This study mainly focus on the life after suicide attempt, the role of community and people perceptions towards suicide. Society perceived differently the phenomenon of suicide and consider the committer as dead after attempt but study have second face of survival of committers. It needs to provide healthy and non-isolated environment to the stressed individuals and gaming activities should be helpful for strong mental health capabilities to cope up with social, economic stressing factors.

Introduction

According to international suicide statistics (2013) suicide attempting is very common issue and thousands of people committing suicide per day all over the world. One million people die by suicide every year. In average, one person dies after every 40 seconds and this ratio is increasing day by day. The ratio of suicide is high in Russia as 34.2% and 100,000 people die over every year. In Pakistan, the ratio of suicide is low as compared to other countries as 1.10 % people die over 100,000 people per year. A few decades ago, Pakistan has to face such type of challenges but now this problem is controlled.

World Health Organization (2010) claimed that some reasons are attached behind suicide like as Social factors, Psychological factors, cultural factors or some stigmas are attached. Sometimes parents repudiate their children's from property due to their odd behavior or sometimes someone is depressed due to their basic needs as unemployment etc then they got this step. Cultural factors and stigmas of society play a very important role in suicide attempting as friendship of boys and girls is consider as crime in rural areas. (Collins English, WHO Report for Suicide 2010)

Technology changes the way of suicide as in earlier time suicide was done through tie with a tree or electric shots while now a day's methods for suicide attempting are also changed due to technology as now people use pesticides, black stone, rat killer medicines etc for suicide attempting and have to face stomach disorder and poisoning problems, some of them go to hospital for the treatment and some of them refuse for their treatment. Mobile phone technology is also threat for small hearted people as when they listen any shocking news then they cannot control on that situation which may cause of their suicide.

Emile Durkheim talked about suicide in his book "Durkheim's study of suicide" that "Action is shaped by society". In the given quote of Durkheim, he describes the condition of

suicide and interference of society. He said that most of the individuals are compelled by the society in order to committing suicide. Behind the suicide of individual, there are many hands which force patient to take this step and there are many reasons behind the suicide attempting. Society cannot give basic rights to people which lead the people towards suicide.

Emile Durkheim talked about the different types of suicide as given below;

- Altruistic Suicide
- Anomic Suicide
- Fatalistic Suicide
- Egoistic Suicide

In altruistic suicide, people have too much integration with the society or country that they become ready to sacrifice their lives and this activity is mostly perform in India. The major cause of suicide is an anomic suicide, as sometimes society does not regulate the equal rights for everyone then it becomes the cause of suicide. Another type of suicide is fatalistic suicide and this is a situation when society or some social groups restricts to individuals to do something. When this situation is happened more than one time than individuals feel very odd behavior and that's why this type is known as fatalistic suicide. In the last, the Egoistic suicide; in this kind of suicide there is low social interaction or sometimes the people who committed the suicide are not strongly supported by society (Durkheim's study of suicide by Emile Durkheim).

Literature Review

It was a grand study of two years about attitudes towards suicide in South America. It was predicted that individuals are more approving of suicide when they are taught negative attitudes toward suicide (social learning theory), or have low social control and weak attachments to society (social control theory). Due to negative attitudes and loneliness they got very depressed. That's why individuals are more close to attempt suicide (Tonooka, 1999).

Moreover the study of Vietnam demonstrated that the rate of youth suicide was positively influenced by the divorce rate, the violent crime rate and the Vietnam War. It was the brighter aspect of the research; negatively influenced by the percent of the total population composed of those ages 15-24 (Cebula & Zelenskaya, 2006).

Furthermore Depression, stress, family, and peer factors that impinge on adolescents and predispose them to suicide are reviewed. It means there is logic behind suicide attempt and this act is pre-decided. The role of professionals in prevention efforts is examined and a practice paradigm for identifying helping suicidal adolescents is outlined. Here is also a solution of suicide prevention that suicide rate can be controlled through helping the suicide attempters (Wodarski & Pamela, 1987).

Suicide is a major problem of society but there is no rule and other techniques to control this upraising problem. Writers said that suicide is committed in prematurity. Writer pointed out that committer do not gave information to anyone but writer said that they gave information to police to control that problem and it will be helpful for the future policy making process as policy makers understand the needs of people through which their desires will be fulfilled. Furthermore writer said that in earlier time people have the death certificates but now they have not death certificates to investigate their relation **(**Lewis & Sloggett, 1998).

According to Lewis and Sloggett (1998), Suicide is a major cause of premature mortality and is increasing in young men Unemployment was associated with a doubling of the suicide rate in data from the Office for National Statistics longitudinal study there was

little or no association between suicide and measures of socioeconomic status such as social class and housing tenure once the association with unemployment had been taken into account this study could not adjust for some potential confounders but provides strong support for the possibility that reduction in unemployment would also reduce rates of suicide **(**Lewis & Sloggett, 1998).

Continuous increases in the cost of higher education may further limit opportunities for social and economic integration. After several years of decline, frequency of drug use among high school students is increasing again at alarming rates. The drug addiction in childhood is very sensitive and may cause of several disease (Freeman, 1998).

This is a study on suicide of a famous Hong Kong celebrity conducted in 2003. To rule out the possibility that the influence of celebrity suicide indirectly exerted an effect on suicidal ideation that is, whether it was mediated by other risk factors for suicide anxiety symptoms, hopelessness, reasons for living, impulsivity, irrational values, prior suicidal behavior, received psychiatric treatment and negative life events (abuse history, debt problem, health problem and interpersonal conflicts) were entered into the model as control variables at step(King-wa Fu and Paul S F Yip, 2003).

Furthermore, a research study was conducted by public health policy and practices in Australia and Switzerland in 1979 that how media can play a role in the prevention of suicide. Than the writer pointed out that the greater amount of coverage of suicide in the media, the greater the increase in suicide rate. Suicide prevention organizations can change the quantity and/or quality of news reporting on suicide. Hence the media may contribute to the reduction of suicide. Through changing the mode of media coverage on suicide, the suicide rate was also affected (Stack, 2003).

According to the writer, there are different reasons which may cause of increase in suicide rate as First, this may be a sign of a general fall in cultural integration. Second, a decline in religious integration signals, from a functionalist perspective, the need for alternative sources of integration such as work, political involvement, the family, and leisure activities such as sports. The decline in integration in many of these other institutions may be predictive of a general increase in suicide. Such behavior is measurable in relation not only to suicide but to alcoholism and accident rates (Stack, 1981).

Promoting resistance to suicide is the ultimate goal of prevention forts. Resistance to suicide is especially important for teens, which are at high risk. If they can survive the roller coaster of years, they often become accustomed to life's ups and downs, and becomes a less viable option, at least until they reach the advanced of their lives. Resistance efforts could focus on cognitive deterrents, behavioral and emotional deterrents to suicide (Range, 1993).

Material and Methods

The study population was the suicide committers and their family members from Muzaffargarh. This was qualitative study, focusing on case studies from government hospitals. The reason for selecting this group was ease to access to the group as author based there. Another reason for selection was that the subject were in range of 16-35, considered as most vulnerable group for suicidal behaviour. An informal questionnaire was generated and focus group discussion session were conducted. Data collection was on eight month duration from March to October having 86 (Male 42, Female 44) suicide commit case studies. Convenient sampling and snowball sampling technique were used to collect accurate data. The data was collected from public institution and cases were directly involved in cases, this is how data shows its reliability and validity.

Results and Discussion

Suicide is multifaceted phenomenon and increasing day by day. The study identified multiple key determinants of suicide, highlight the complex interconnection of socioeconomic, psychological and environmental factors. A significant portion was adult and uneducated with notable prevalence of suicidal ideation. Psychological assessment revealed a strong correlation with mental health disorder, depression and suicidal thoughts. Friendly environment and cooperation was missing and intensive environment was increasing which become cause of anxiety and depression. Individuals have to live in isolation and depressive mental health leads to suicidal ideation.

Poverty is major issue of our society and careers are smashed due to poverty. Mostly people cannot seek knowledge because they cannot bear and afford expenses of education. Poor people prefer daily wages on education. Society has to face different problems. Now a new trend in society is running as to give money on interest. Constrained person fall in this critical situation and receive money on interest. Unfortunately, sometimes people cannot return the money and interest rate increased. This thing makes them depressed and sometimes it leads someone towards attempt to suicide. During this research, Researcher founded a person who has to face such problem.

Conflict between family members becomes a very common issue in rural society. Some families live happily and enjoy their life. On the other hand some have hard problems and issues in their family. As common problems are poverty, fight between wife and husband, conflicts between daughter-in-law and mother-in-law etc. All these troubles are bad for society future because whole society effected due to such type of behavior. Individuals cannot perform well and getting depressed. Her depression increased day by day and his/her mind quit to work to which leads him to commit for suicide.

Lack of fun-amusement places is common thing and people gave no attention towards this. Then the mostly young generation involve in extra activities which are strictly prohibited in society like as sexual interaction between bachelors, stealing and robbery. If individuals harassed for sex, initially they try to secure themselves. But If they cannot handle the situation then try to do something wrong with themselves. Societies consider that this crime is too much longer as compared to kill someone. If female is married than she has to face divorce and if she is unmarried than she has to face different problems. If situation must solve through any way or by the help of any person then nobody become ready to marry with her, in this situation male can handle this problem through any means, while on the other hand most of females commit suicide.

In current era, money is playing the role of backbone in human life. Sometimes people needs money to fulfill their basic needs and sometimes people have to face very critical situations for example if the daughter or son of poor man who depends upon daily wages, are sick and father have no money for the treatment then they cannot see such terrible situation of their children and ready to take risky steps or sometimes they attempt suicide to end their life. Here is very interesting debate which was done during discussion. During the time of research, flood season was on their high level. Male members of effected community were wondering on the upper canal (Sipper Band). Researcher reached near to them and people move towards me. Researcher had daily dairy with him and people consider him as representative of any NGO because different NGO's representatives visit there locations for the flood survey. When researcher told about his research than some people move back but one of them said *"Meda Puttar, Hukoomat spray peevan aaly koon chokhy paisy daindi pae a"*, It means an old man asked Researcher that "My Son, How much money government gave to the spray drinker". That was very strange question and researcher was struck for the moment to answer their question.

Suicidal behavior is increasing day by day. Basically suicide have double meaning phenomenon as firstly suicide committer died and secondly suicide committer survived. But if we talk about suicide in society, people directly relate it to death. In Pakistan thousands of people attempt suicide and several hundred of the people die every year. Some social stigmas lead a person towards suicide. Suicide committers show different reasons of their act of suicide, while in fact reality is something else. Another major reason behind suicide is sexually harassment of females to meet their needs and cover their expenses. They leave different impacts on culture and society as formal and religious education is affected from suicide and also create a very bad image of family in front of society because members of society try to be cut off from that family.

Conclusion

Suicide is prevailing and smashing the morals of society. Suicide is multifaceted phenomenon. Family Conflicts are the major reasons of suicide. Incompleteness of desires is an issue of high range in developing communities and this issue frustrate the individuals and cause of depression. In this situation, a stage comes where suicidal ideation start and it resulted in shape of suicide attempt. Furthermore, lack of social integration and weakening in religious integration leads a person to loneliness which may cause of depression. Moreover, Children demands different things from parents and parents could not fulfill their wishes and refuse to accept. Than they threat to their families by committing suicide. They blackmail their family and blackmailing culture is prevailed, which may harmful for the society, family, and society.

Suicide left different impacts on society. In social impacts, if parents accept the demands of their children than many of the others also try to copy that style and threat to their parents to commit suicide. It left negative impacts on society. While in the economic impacts, due to suicide attempt, the number of labor decreased and income of family disturbed. The nature of decline in integration level among society members becoming cause of depression and loneliness of the members of society increased. When they evolved with negative attitudes toward suicide, or have low social control and weak attachments to society. Due to negative attitudes and loneliness, they got very depressed. That is why individuals are more close to attempt suicide.

Lastly, society and the government must frame some principles to run the society in better way. People must tolerate on their minor issues and they should obligate the teachings of Islam. Teachers corporate and give awareness to the peoples that act of suicide is not good for the society and act of suicide left bad impact on society. On the other side, government must facilitate to members with basic needs of education, mental health facilities.

Recommendations

Suicide is an evil deed which is prevailing in society. Education is basic tool to eradicate the evil of suicide and it will help the people to understand the issues and how to cope up with these problems. Education will be helpful for being positive part of society. Education will help on strong mental health capabilities. Furthermore, parents should nurture their children in friendly way. The environment within family must be easy that the children have no hesitation to discuss their issues with parents and parents have no issues on discussing any sort of problems with their children's. They must organize outing trips for relaxation yearly. Such tours will help the depressed people. The elder members of society must counsel the youth of society and they must create some sort of plans, which may keep them busy in their work because if they will be busy they have no time for suicidal ideation.

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