iMedPub Journals
www.imedpub.com

Journal of Neuropsychiatry
ISSN 2376-0419

2021
Vol.3 No.S1

The lure of death: Changing trends and challenges ahead in the prevention of suicide

Sanjay Kumar
Dr. Harisingh Gour Univerity, India

Abstract

The current worldwide pandemic arose against an already dire mental health landscape that saw mental health conditions rise across the globe. WHO (2018) states that every 40 seconds, someone dies by Suicide. Annually, this represents over 800 000 people who die by Suicide, more than people dying by war and homicide. Suicide is the second leading cause of death among 15 to 29-year-olds, while 79% of global suicides occur in low and middle-income countries, including India. Recent data released by the National Crime Record Bureau, India, have shown that Suicide is increasing day by day. Suicide is preventable for sure, but timely identification of suicide risk factors matters the most.

Objective: This study's foremost objective is to identify the suicide risk factor among emerging (17-25 years) adults who are highly vulnerable than any other population. **Methods: Design:** This study employed a qualitative design where semi-structured interviews were conducted to identify the significant reasons behind Suicide.**Sample:** 220 participants (100femalese and 120 males) were selected through convenient sampling methods d to participate in this study. **Results:** the interviews were transcribed to make it compatible with the analysis using thematic analysis methods. Five major themes and approximately ten sub-themes were identified. Major suicide risk factors, i. e., depressive tendencies, physical and mental illnesses, the pressure of parents/families, poverty/unemployment, failure in the goal achievement, high competitiveness, relationship difficulties, physical-emotional abuse, and blind religious practices/other addictive behaviors were identified as the major themes. **Conclusion:** In a country with a pluralistic culture like India, various reasons may increase the risk of Suicide. Hence, various vigilant measures need to be taken simultaneously to reduce the risk of Suicide, particularly in Indian conditions.

Biography

Dr.Sanjay Kumar (Ph.D.) is an Assistant Professor in the Department of Psychology, Doctor Harisingh Gour Univerity, Sagar, Madhya Pradesh, India, since 2013. He is an assertive trainer and a recognized counselor in the “MANODARPAN” scheme run by the Govt. of India to provide counseling services to the school, college, and University students. Dr. Sanjay is also a coordinator and head counselor in the student's counseling center set up on the University premises. He has provided counseling services to more than 200 students and teachers through the center to date.