

Teen Suicide-Risk Factors & Prevention Strategies

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Abstract: This paper focuses on issues relating to escalating number of teen suicide. India accounts of high number of suicide deaths among the youth. It is estimated that nearly every minute a youth is becoming prey to suicide. This is a very significant number which is making .The reason for such a high number is attributed to lack of economic, social, emotional, resources. But the decaying family values are also contributing to the fatalities. The teens are suffering from academic & parental pressures. Even though school learning has been made easy with multi-media learning facilities & semester learning, there are pressures from the parents to achieve more & more in academic performances. The burden of urbanization adds to their grievances. Researchers have shown that reinstating family values & addressing teen depression with integrated policies can be highly supportive to avoid teen suicides.

Keywords: Teen suicide, risk factors, prevention strategies, challenges

I. Introduction

Increasing urbanization & breakdown of emotional support systems have become a significant cause for youth fatalities . 90% of the youth suicide is attributed to family problems. The teens are suffering from academic pressures, urbanization related issues , break down of emotional support system are the other causes for youth suicide.

In 2015, Maharashtra reported most student suicides of any state: 1,230 of 8,934 (14%) nationwide, followed by Tamil Nadu (955) and Chhattisgarh (625). Maharashtra and Tamil Nadu are among India's most advanced states, and their high rate of suicides could reflect the pressures of economic growth. Sikkim, the state with India's highest suicide rate, offers future warning for India. Sikkim is India's third-richest state (after Delhi and Chandigarh), by per capita income, and its literacy rate is seventh highest. But it also records the second-highest unemployment rate. About 27% of the state's suicides were related to unemployment and found to be most common among those between 21 and 30 years of age.

Youth are undergoing pressures which are classified as

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| 1. | family issue s |
| 2. | academic pressures including tuition tensions |
| 3. | social pressures |
| 4. | ultra modernization of urban centers |
| 5. | relationship concerns |
| 6. | breakdown support system |

The following researches on youth suicide have shown that urbanization and the breakdown of the traditional large family support system are the main cause for teen suicide.

1. **Peter Meyer -Suicide & society in India** (2014) reports in India about 123,000 people take their own lives each year, the second highest total in the world. There is a suicide death in India almost every 4 minutes, and it is the leading cause of death for rural Indians especially women in early adulthood. This book presents a comprehensive analysis of suicide in India based on original research as well as existing studies, and looks at the issue in an international, sociological and historical context.

Clash of family values- India is moving with the global economic rise which has lead to mega urbanization & monetization. Families which were once big & joint have now become small & unitary. There is a clash of values within families. Young Indian are being secluded form the family values as the number of unitary families are rising. Families are become very lean Youth are facing clash of values with respect to studies, career, financial independence, marriage, age premarital sex, rehabilitation, There is a clash of values within families. Young Indian are being secluded form the family values as the number of unitary families are rising.

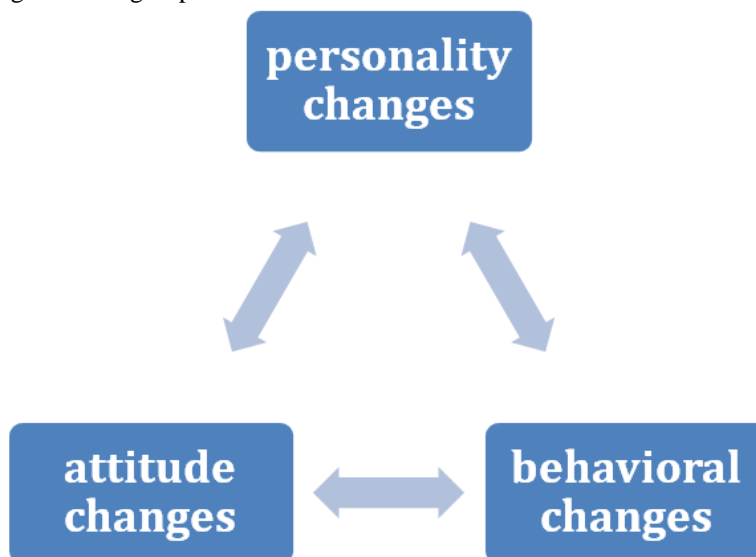
Families are become very lean Youth are facing clash of values with respect to studies, career, financial independence, marriage, age premarital sex, rehabilitation, teen suicide is a growing health concern it is the second main cause for death.

Issues of falling mental health & other health concerns – Now a day’s youth suffer from psychiatric disorder including depression & dejection.

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| 1. | Loss of contact with close friends or family members. |
| 2. | physical sexual abuse or exposure to sexual violence |
| 3. | physical issues caused by sexually transmitted diseases becoming pregnant early , |
| 4. | accidents |
| 5. | besides the cause for youth suicide is by harassment by friends such as mal treatment , ragging |
| 6. | youth are also surface problems by seeing accidentals deaths in their homes or neighboring homes |

Symptoms of suicide-

Warning signs- The following are the warning signs of teen suicide one can prevent suicide before . The table shows the warning signs can be grouped as



1. Most significant warning signs observed by psychologists are the teens started talking about suicide they repeatedly speak about killing themselves or they may repeatedly say I won’t be a burden for you any longer or they may say often I will leave all of you & go beyond reach etc
2. Researches on teen behaviour on depression indicate that the teens suddenly break their relations with outer world. They close themselves inside a room or inside solitude. They show increased interest in alcohol drugs or smoking, They may become increasingly interested in falling to loneliness They always show moods of having fallen in to hopeless condition or trapped in tight situation.
3. They often change their routine including sleeping or eating patterns. Some of them even become doing risky acts or self destructive acts. For examples suddenly jumping down , or repeated climbing on the terrace walls, sitting on the elevated places , looking down from upper hills, or hanging freely on the compound walls, or suddenly falling off the cords etc.
4. The youth who are into suicide thoughts become very free to donate their belongings. Suddenly they become interested in charity & donations. They freely start giving away their most beloved objects such as watch , dress, received gifts, shoes, pens, notes books, etc to whom so ever.
5. Teens become suicide prone &n they start developing personality changes They show over anxiety, act as being severely apprehensive or agitated . They may not lend their ears to parental advise to shout at parents or elders . They show agitated behaviour , they throw away nearby things & show every sign of mental illness.

When parents or teachers or peers observe these signs, they have to report to the next superior immediately. The problems children have to be soothed or advised to stay in intense observation of the family, kith & kin. Signs of sadness, sorrow, gloominess & dimness have to be immediately replaced by joy, hope, optimism & togetherness.

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| 1. | Address depression or anxiety |
| 2. | Pay attention |
| 3. | Discourage isolation. |
| 4. | Encourage a healthy lifestyle. |
| 5. | Support the treatment plan. |

- **Address depression or anxiety.** Don't wait for your teen to come to you. If your teen is sad, anxious or appears to be struggling — ask what's wrong and offer your help.
- **Pay attention.** If your teen is thinking about suicide, he or she is likely displaying warning signs. Listen to what your child is saying and watch how he or she is acting. Never shrug off threats of suicide as teen melodrama.
- **Discourage isolation.** Encourage teens to spend time with supportive friends and family. This will give them emotional support which is very necessary to remove their solitude.
- **Encourage a healthy lifestyle-** It is necessary to help teens to eat well, with nutritious food intake at regular intervals. They have to be stimulated to exercise or attend physical education classes and get regular sleep.
- **Support the treatment plan.** If your teen is undergoing treatment for suicidal behavior, remind him or her that it might take time to feel better. Help your teen follow his or her doctor's recommendations. Also, encourage your teen to participate in activities that will help him or her rebuild confidence.
- **Safely store firearms, alcohol and medications.** Access to means can play a role if a teen is already suicidal.

II. Conclusion

Thus the identification of the symptoms of teen problems can be a very best tool to prevent teen suicide. Parents teachers & society stake holders need to take initiatives to understand the issues relating to teens. A community can support the government towards framing policies towards health education nutrition, entertainment sports etc. All these initiatives by the community motivates the youth towards begetting good ethical values. The youth can become a asset to the nation. The choosing of right path, choosing of right decisions, & choosing of right careers all depends on these motivations a right community can afford to youth & build a support system.

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