

# Why a person commits Suicide

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## Abstract

It is no doubt that suicide at once ends all the sorrows and troubles of life but such practice can't be accepted or supported at social, religious or any level. There are different types of persons in the society who have tenuous mind and disparate patience. Such persons like the practice of suicide due to reasons of failure in their achievements or when they feel insulted by anyone. Now –a-days, it has become a common practice among frustrated and depressed people.

**Key Words:** Self-destruction, Self-slaughter, Mental health professionals, Depression, Insomnia & hypersomnia, Distress, Harassment & torture

## Introduction

Suicide is an act of taking one's own life voluntarily and intentionally. It is self-murder, self-destruction and self-slaughter. A person kills himself to get rid of the family responsibilities or to avoid the troubles or when failure in his mission. Another form of suicide is the suicide pact in which there is an agreement between two or more people to end their lives at the same time. It is mostly found in the cases of love and terrorism.

### Why a person commits suicide:

Suicide is purely a personal decision. The reasons of suicide vary from person to person. A person commits suicide due to depression, family problems, indebtedness, failure of crops, illness (prolonged health diseases, aids, cancer etc.), love & affairs, unemployment, career problems, poverty, failure in examinations, fall in social reputation, property disputes, sudden change in economic position, cancellation of marriage, physical abuse, illegitimate pregnancy and dowry etc. The methods of suicides may be hanging, pesticide poisoning, firearms, jumping from height, firing, sinking in deep water, bomb blast etc.

### Depression & suicides:

Depression is a mental illness in which a person feels unhappy, sad, helpless, worthless and hopeless. He is nervous, worried and has negative attitude in his life. His continue stress & tension is converted into depression. The life of a depressed person is painful, pointless & meaningless. The symptoms of depression are tiredness, problem of sleeping (insomnia – difficulty in sleeping, hypersomnia – excessive sleeping), lack of interest, depressed mood, the loss of appetite, loss of energy, recurrent thoughts of suicide or

attempt to suicide. The other causes of depression include – unequal parental treatment of siblings, neglect, mental or physical abuse , unemployment , work stress, social isolation , natural disaster, jealousy, loss of a dear person, illness, financial difficulties, social rejection, environmental destruction, wide spread poverty , peer pressure, famine, war & conflict etc.

As per WHO, around 200 million people in India suffered from depression. (Financial Express, 2019) .But as per a survey conducted during April- May 2020, 61% Indians were suffering from mental health issues during lock down period. (New Indian Express, 2020).

Suicides don't only occur in the countries having high income but it has become a global issue in all the regions of the world. In 2021, low and middle income countries were the major contributors to this problem. As per WHO data, the total cases of depression disorders in 2015 were 5,66,75,969 which was 4.5% of population in 2015 while the total cases of anxiety disorders were 3,84,25,093 which was 03% of the population during the same period. India has accounted for the highest estimated number of suicides in the world in the year 2012 as per WHO report published in 2014. One person committed suicide in every 40 seconds globally as per this report.

**You may help the depressed people by the following comments :-**

- “Don't feel hopeless. Go ahead and everything will be better surely.”
- “Life is very valuable. Don't kill yourself and enjoy the life ”
- “Don't live for yourself but for your family who is depending on you.”
- “I want to help you of any kind.”
- “There is always happiness after troubles”. Time is always changing.
- “Sorrow & Happiness are two sides of a coin”.
- “There is always morning after darkness/ night”. The sunlight removes all the darkness.

It is the duty of all of us to make understand / give advice to such persons who don't love themselves for any reason & have an idea of suicide.

**Suicides & farmers:**

Indebtedness is a primary reason of suicides by Indian farmers. Many farmers commit suicide due to the failure of crops / droughts / unseasonal rains / debt burden / bankruptcy every year while the family problems is the leading reason for suicides by farm workers. As per CBS news, April 15, 2015, more than two dozen farmers committed suicides due to unseasonal rains & hailstorms which destroyed millions of acres of farmland in U.P. Recently in M.P., the farmers were protesting and demanding remunerative prices for their produces and loan waiving. The police opened fire on them due to which 05 persons were killed in Mandsaur on June 06, 2017. After that, more than 10 farmers have committed suicides within 10 days as per Indian Express- June18, 2017. As per Hindustan times,

june-2017, From February 2016 to mid-February 2017, 1,982 farmers have committed suicides which is 1/5 of the total suicides in the states. Almost 21,000 farmers have ended their lives in the last 16 years. “The rate of farmers’ suicides in U.P. & Bihar is 10 times lower than Maharashtra, Kerala & Pondicherry” as per Nag raj (2008), farmers’ suicide in India: Magnitudes, trends & spatial patterns, Bharathi Puthakalayam, isbn.978-81-89909-57-4.

**Table No.1**  
**Farms suicides in**

**India**

<i>Year</i>	<i>Number of farm suicides</i>	<i>Total Suicides</i>
2010	15,964	134599
2011	14,027	135585
2012	13,755	135445
2013	11,772	134799
2014	12,360	131666
2015	12,600	133623
2017	10,655	129887
2018	10349	134516
2019	10281	139123
2020	10677	153052
2021	10281	164033
2022	11290	171000

*Source: Annual Reports of NCRB*

**Table No. 2****Farms suicides in some states**

Name of the state	Number of farm suicides in the year	
	2014	2022
Maharashtra	2,568	4248
M. P.	826	641
Chhattisgarh	443	NA
Karnataka	321	2392
Andhra Pradesh	NA	917
Tamil Nadu	NA	728
India	12360	11290

Source: NCRB

**Table No. 03****Causes of suicides in India during the year 2014-2022**

Family problems	28,602	54127
Illness	47,242	31484
Issues related to the marriages	7,869	15793
Issues related to love affairs	4,168	7629
Cases of drug abuse / addiction	3,647	11634
Others	2,607	18016
Failure in examination	2,403	2095
Bankruptcy / indebtedness	2,308	7034
Dowry related issues	2,261	1774
Unemployment	2,207	11656
Poverty	1,699	1452
Property disputes	1,067	1829
Death of dear persons	981	2075
Loss or fall in social reputation	490	884
Affairs / divorce / suspected / illicit relations Affairs+582 Divorce)	1,267	(882 Sus+1417)

Source: “Accidental Deaths & Suicides in India- 2014” & 2022, NCRB, Ministry of Home affairs, New Delhi.

**Table No. 04**

**Suicides during lock down period ( March 26- June 11,2020)**

Due to Financial distress/ lack of food/ starvation	109
Due to fear of infection	55
Due to lack of freedom of movement	58
Due to harassment	08
Due to withdrawal	33
Due to other reasons	35

Source: The citizen, July 02, 2020

The total number of suicides death in India during the year 2014 were 1, 09,456 while in 2022, this number rose to 1,71,000. On an average, total number of suicides in India per day increased from 300 in 2014 to 469 in 2022. It means that in India nearly 19 persons are committing suicide every hour. It is notable that most of the suicide victims were literate. About 8, 00,000 people commit suicides worldwide every year, of these 1, 35,000 (17 %) are the residents of India, a nation with 17.5 % of the world population.

**World Suicide Prevention Day : September 10 Every Year**

**Suicides & students:**

The main reason of suicides amongst students is the failing in examinations or inability to cope with academics. Now -a-days, the students’ suicides are becoming increasingly common in India. These suicides are the result of poor relationship with parents, excessive expectations, the feelings of being unwanted, poor understanding of their peer & romantic relationship.

During the year 2015, the state of Maharashtra had the highest rate of students’ suicides 1230 of 8934 (14 %) nationwide, followed by Tamil Nadu (955) & Chhattisgarh (625). In the five years leading to 2015, 39,775 students committed suicides. Maharashtra & Tamil Nadu are among the most advanced states of India and their high rate of suicides could reflect the pressures of economic growth. There are many unreported cases also. According to Hindustan Times’ report on May 08, 2017 , every hour one student commits suicide in India. “During the year 2016, 9478 students made suicide in India. This number increased to 9905 in 2017 and 10,159 in 2018.” (Garai, 2020) .In the year 2022, 13044 cases of students’ suicides were reported. (indiatoday.in, 2024) that shows a disturbing situation. **It is notable that the cases of suicides in students have increased as compared to farms suicide during the year 2022.**

## **Suicides & unemployment:**

There is also a strong link between unemployment and suicides. Many youth commit suicides when they are failed in getting employment. After Delhi & Chandigarh, Sikkim is the third richest state of India by per capita income. This state has the seventh highest literacy rate but also records the second highest unemployment rate. About 27 % of suicides in this state are committed by unemployed youth in the age group of 21- 30. The suicide rate of Sikkim in 2015 was 37.5 per 1, 00,000 persons. As per Lancet report-2012, India has one of the worlds' highest suicide rates for youth aged between 15- 29 years.

## **Suicides & Dowry:**

Now- a- days, dowry has become a social evil. In such cases, the newly brides are killed or driven to suicides by continuous harassment & torture by husbands or their families because brides' parents are unable to meet their demands for higher dowry payments & lavish gifts. As per The Telegraph's report on September 02, 2013, every hour a woman is killed for dowry. According to NCRB- India has the highest number of dowry related deaths in the world. In 2012, 18,233 such cases were reported in the country. It meant that at every 90 minutes, a bride was burned.

U.P. has the third highest number of suicide deaths due to dowry in the country in 2015. In U.P. , Kanpur and Agra have the first & second position respectively. In the states, W. B. has the second and M.P. occupies the first position in dowry related suicides. In U.P., 8,660 cases of cruelty by husband & his relatives and 2,335 cases of dowry death were reported by TOI, Jan. 07, 2017. As per Hindustan Times, April 29, 2016, during 2012-2014, 25,000 women were died due to dowry harassment in our country.

## **Suicides & Drugs:**

Drug also has old relationship with suicide. According to Hindustan Times' report on November 2014, at least 25,426 persons committed suicides due to drugs & addiction related problems during 2004 – 2014. Within this period, suicides related to drug abuse exceeded those related to dowry, property & financial issues in India. The average no. of suicides per year was 2,542, per month 211 and per day 07.

## **Government efforts:**

**The Government of India introduced its first policy “National Strategy for Suicide Prevention” to reduce the rate of suicides in the country. The main objective of NSPS is to reduce the rate of suicide mortality by 10% till 2030 as compared to 2020. (thehindu.com, 2025). It has to achieve its targets by:**

- i. Setting up an effective surveillance mechanism by 2025**
- ii. Introducing suicide prevention services in all the districts through District Mental Health Program by 2027, and**

### **iii. Providing a Mental Wellbeing Curriculum in all the educational institutions by the end of 2030.**

**Tata Institute of Social Sciences provides free counselling services to the emotional & distress persons by telephone & email. It has a trained & qualified team of mental health professionals. The phone no. 9152987821 (E-mail: icall@tiss.ac.in) is available to call every day excluding Sunday between 10:00 a.m. to 08:00 p.m.**

**Toll free helpline no. 1800-599-0019 for persons having stress & anxiety or mental illness was launched by DEPwD (Department of Empowerment of Persons with Disabilities) , Ministry of Social Justice & Empowerment .**

**Every year World Mental Health Day is observed on 10 October from its starting in 1992 by WFMH. Its theme in 2024 was – Mental health at work.**

**Every Year World Suicide Prevention Day is celebrated on September 10. The theme of WSPD for 2024 -26 is : “Change the Narrative on Suicides”. The objective of this theme is to spread awareness among the people and make openly conversation with them to prevent the cases of suicides.**

#### **Conclusions & suggestions:**

The life in this world is full of ups & downs, happiness & sorrows, success & failures. By experiencing all these compositions, a person can really realise the true value of life. No one can imagine success without failure and happiness without sorrows. If a person commits suicide due to his failure or frustration caused by his family disputes / un-required love/ unemployment /chronic illness, it is rather unwise & unjustifiable. Such type of act is the evasion of social responsibilities and thus, a great sin. No religion of the world allows such practice of death because life is the most valuable gift provided by Almighty God. Each & every person is created by Him for a definite object and the practice of suicide is the denial of the orders of Supreme power. It is also against the morality because such practice frees a person from all social responsibilities and his innocent family members suffer. Therefore, such evil should be given up. One should challenge the troubles / hardships / risks and be ready to welcome the happiness/ success and joys in the rest of life.

Suicide is often the result of depression or mental illness. A large number of persons end their lives due to mental / physical / financial or livelihood problems. Therefore, it is the responsibility of the government to draw its attention on this emerging issue and provide medical & financial help to such persons. The government should spend satisfactory amount of its budget to face this problem.

Mental & physical health should be added to school curriculum. Life skills education should also be provided in schools/ colleges. Counselling centres should also be established to assist the students on emotional & mental problems. Practical solutions should be discussed & stresses should be contributed. The family members should be educated on emotional issues.

The following points should also be kept in mind to avoid the tensions / depression:

- The feeling of jealousy should be avoided,
- The companionship / friendship of good habit persons should be joined to understand the true value of life,
- One should believe in Almighty God and should leave all the stresses,
- Work load should be reduced and rest must be taken after heavy / more work,
- Late sleeping at night creates depression; therefore, one should sleep at early night and wake up early in the morning.

