
CAUSES OF SUICIDE ATTEMPTS BY MEDICAL STUDENTS IN PUBLIC AND PRIVATE UNIVERSITIES OF KARACHI

Hamida Zafar

Associate Professor,
Department of Education, Jinnah University for Women Karachi,
Sindh, Pakistan
Email: hamidazafar@gmail.com

Neha Yahya Khan

M.Phil. Scholar,
Department of Education, Jinnah University for Women Karachi,
Sindh, Pakistan
Email: nnehayk3456@gmail.com

ABSTRACT

In this study will discuss about the increasing ratio of suicide cases attempting by students in different level. Suicide is the common unnatural death cause by different reasons like, poverty, failure in marriages, education crises, rejection from families, marriage problem and many more. Suicide in our society is increasing day by day. According to sources ratio of suicide among students is increasing rapidly. Students are attempting suicide due to different reasons like: failures in exams, not getting admission in desire fields or institutions, harassment, sexual abuse, dissatisfaction from life, ragging, depression, mental illness, family problems, separation of parents, forced choice of subjects from parents, pressure from teachers, overloaded burden of studies, teacher's behavior and many other reasons which enforced students to opt suicide. Suicide is curable and one person as a society can overcome this serious issue. Counselling, giving help to those who are in need, and listening to the problems of people who are suffering. There are so many solutions through which the ratio of suicide can be reduced.

KEYWORDS

Suicide, mental illness, depression, counselling, harassment, syndrome, unnatural, hectic, ragging

INTRODUCTION

Education is the process of learning new things and exploring news facts and figures. Education is the process to bring out and bring up to nourish the person. Education is

only weapon through which a person can conquer a world. Education is a process of training the individual through various experiences of life so as to draw the best from him. Education develop the skills, habits, abilities and attitudes of person to make him/her a better person of society. Through education an individual highlight his/her duties And responsibilities to full filled as a responsible member of society. An individual becomes a responsible man towards society on receiving such training. An individual can live in the society in a systematic way by gaining knowledge. Without education human race would not be better than animal race. Eating, drinking, sleeping, and sex life are common to both animals and men. It is only knowledge and education which creates difference among them. Education creates the big difference between human and people. People are at higher rank of *Makhluqat*. They use their intellect in resolving their issues and finding out most convenient and easy solutions.

Education Spread awareness among people about right and wrong. Education helps a person to know his or her destination. According to Jane knight 1995, "higher education is defined as the process of integrating an international dimension into the research, teaching and services functions of an institution of higher education." Higher education is the phase where student select their future. In this stage student is capable to know their interest. In this phase of life student also suffer from so many obstacles through which they feel depressed and hopeless. Whereas, higher education provide vast exposure of fields and subjects to student. Education provides a person direction to cope up with the challenges. Education helps an individual in dealing their inner disturbance. Student at higher level accept the bitter realities of life and try to sort it out in a way that no one can get hurt.

Suicide is an unnatural death of one person. When a person become frustrated from the problems they feel hopeless and depressed and they accept suicide as a final solution of problem. Suicide is not a death of one person it's the death of whole society. Around the world 18% of under graduate students and 15% of graduate students attempt suicide. Medical students are at higher risk of attempting suicide. Medical student as compare to general students faced much burden of studies and pressure from teacher and parents.

Suicide in Pakistan is increasing day by day. The suicide rate in students has increased in Pakistan during the past few years. 15 to 20 people end their lives in Pakistan every day. Some motives that act as contributing factors in provoking students to end their own lives are examination stress, fear of failure, verbal and physical abuse by parents, teachers, or peers, feelings of loneliness, hopelessness, and being worthless. Methods for suicides mostly include hanging, gunshot, taking poison, jumping from a height, burn, and wrist cutting. Increased expectations and competition lead to academic

stress, depression, and other psychological illnesses among students nowadays. Pakistan has no official statistics regarding student suicides.

Our society overburdens the children with their expectations that can be life-threatening for them. As mentioned above the over burden of studies and high expectation of parents and teachers are the reason behind ending of student's precious life. Studies have indicated that medical undergraduates face a tremendous amount of stress leading to depression and even suicidal thoughts. Stress and depression have been linked to negative effects on mental and physical health, sleeping disorders, burnouts, deteriorating academic and clinical performance and impairment in learning abilities. All these add to the already existing depression and start a vicious cycle which, if not checked, may result in tragedies. This study will help to identify some facts and figures about suicide cases attempting by students at higher level of education.

This study will also highlight the reported and non-reported cases of suicides. Through this research we come to know some common causes for attempting suicides at higher level. This research study will help to point out the most used methods for suicide. Students who attempt suicide mostly hang their selves, drink poison, and many more. This research study will highlight that either medical students are at higher risk or non-medical students. This study will answer the questions why students are attempting suicide? Either there is lack of awareness, educational institutions not providing guidance or counseling of students is not happening.

LITERATURE REVIEW

Suicide is referring as an ending of one life. Suicide is common unnatural death of once life. There are two important terms which used in suicide cases. "Suicide attempt" and "suicide commit". Suicide attempt means person who attempt suicide but didn't die. Suicide commit means a person who attempt suicide and died. Life is the most precious gift of Allah Almighty. He blessed everyone who wake up every morning with good health. Allah blessed human with intellect that's why he titled human as "ASHRAF-UL-MAKHLUQAT". Human can think between right and wrong, good and bad. Mankind used their thinking power to decide what they want to do. In the study of the human mind, intellect refers to and identifies the ability of the mind to reach correct conclusions about what is true and what is false, and about how to solve problems.

Students not only suffered in their academics but their personal life also effects their mental peace. Students most of the time feel frustrated and show aggression towards anything they are doing. After getting so much frustrated the first solution which came

in their mind is suicide and they accept this as final and only answer. Medical students have much academic pressure due to which their mental health got disturbed.

There are several factors which is playing an important role in suicide cases for example Social isolation, Criminal problems, Financial problems, Impulsive or aggressive tendencies, Job problems or loss, Legal problems, Serious illness, substance use disorder, Bullying, Family history of suicide and relationship problems such as a break-up, violence, or loss. According to 2019 statically data of world health organization (WHO) 703,000 people died every year due to suicides. 77% of suicides attempt in low earning countries. WHO declared that the most common circumstances of suicide cases are mental issues and psychological dis-balance. They also declare that the people between 15 to 29 years old are at higher risk.

Islam defines the suicide as a prohibited action. Islam do not accept suicide. In Islam hopelessness is not acceptable. Allah guide human in every difficulty of life through his holy book Quran. Allah is the only one who decided who will survive and who will die, where, how, and when a person will die it's the only decision of Allah. A Muslim is not allowing to attempt suicide in any situation or in difficulty of life. Suicide is mental disorder situation which occur due to depression, bipolar disorder, posttraumatic stress disorder, borderline personality disorder, schizophrenia, substance use disorders, anxiety disorders, and eating disorders like bulimia and anorexia nervosa. A person shows certain signs when he or she is having suicidal behavior. A person shows severe sadness, hopeless attitude, they expect less, they sit alone or isolate their self from society, person may become addicted of drugs, they lose their jobs and interest and many more signs is shown by the victim.

So many researches in the world taken place on this sensitive topic. Researches have proved that suicide ratio is increasing day by day. WHO report shows that 800,000 people around the world attempt suicide every year. They also declared that the major cause of suicide attempts is psychological and mental problems. India, China and Pakistan are the countries where students are committing suicide. Due to lack of media awareness many cases are hidden few of them are just reported. Mental illness and psychological dis order are important causes of suicide attempts.

Financial crisis, family crisis, family background, peer pressure, substance abuse, parent's separation, depression, forced career choice, harassment and sexual abuse, failure in exams and losing of loved once are leading causes of suicide attempts in higher education in Karachi Pakistan.

The percentage of higher education students who reported that they had thought seriously about committing suicide in the last year declined from 29 percent in 1991

to a low of 14 percent in 2009. However, prevalence has increased since, reaching 17 percent in 2017. The proportion of students who reported having attempted suicide remained relatively constant in the 1990s and early 2000s (from 7 to 9 percent) but declined from 8 percent in 2005 to 6 percent in 2009. This trend reversed in 2011, with the proportion increasing to 8 percent that year and 9 percent in 2015, before dropping to 7 percent in 2017.

A much smaller proportion, 2 to 3 percent of students, reported requiring medical attention as a result of a suicide attempt, and this proportion remained constant from 1991 to 2009. However, the proportion increased from 1.9 percent in 2009 to 2.8 percent in 2015. In 2017, the percent was 2.4.

Thus, suicide is preventable. There are few ways through which suicide can be prevented and ratio can be reduced. Providing victim, the proper counselling that how can he or she can cope up with the obstacles in their life. Giving them suggestion for consultation from psychologist. Giving them helping hand so they don't feel their self alone.

In a 2017 BBC Three documentary titled 'Real Stories: Student Suicide', it was revealed that 'one third of students report feeling depressed or lonely' while 'nearly half of students with a mental health condition do not disclose it to their universities. Andrew Kirkman, who was a 20-year-old Physics and Philosophy student at Oxford University, died in 2013 after he took his own life by "gassing himself" inside a tent. Another student were Stefan James Osgood, a 21-year-old mathematics student at Aberystwyth University, who died in March of 2016 after self-inflicted injuries.

The study was delimited to the following aspects,

The questionnaire was filled by students and teachers both of the public and private medical universities of Karachi Pakistan.

80 students and 20 teachers of public and private medical universities were selected randomly.

Only one questionnaire with 28 items was developed for students and teachers both.

The questionnaire was filled online by the students and teachers.

RESEARCH OBJECTIVES

1. To determine the psychological and emotional causes of suicide attempts.
2. To know about social and economic causes of suicide attempts.
3. To know the common methods used in suicide attempts.
4. To know about the preventive methods taken by educational institutions.
5. To know about the role of family in prevention of suicide attempts.

RESEARCH QUESTIONS

1. Do you think psychological issues plays an important role in suicide attempts by students?
2. Do you think being a victim of sexual abuse lead a student towards suicide attempts?
3. Do you think hanging is only method of attempting suicide?
4. Does failure in academic performances erect a suicidal thought in medical student?
5. Can educational institutions play a positive role in prevention of suicides attempts?
6. Can family reduce the ratio of suicide attempts by communicating with their children?

RESEARCH METHODOLOGY

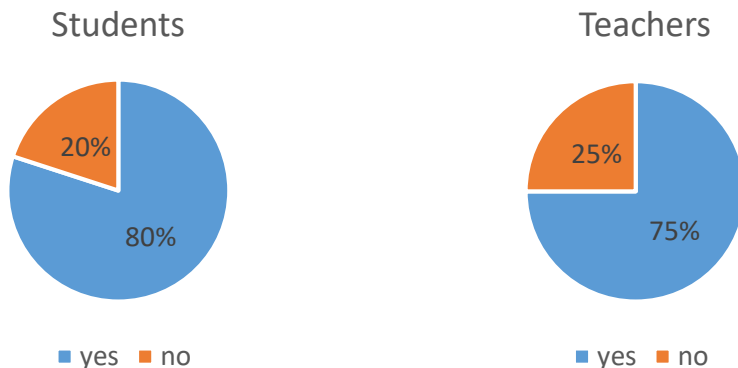
As research was descriptive in nature, only one questionnaire consisting of 28 items was filled by teacher and students. The sample size of this research is 100. The data collection tool is questionnaire.

The questionnaire was close ended which is collected from public and private medical universities of Karachi. 2 publics and 2 private universities have been selected. This research questionnaire has been filled by 80 students and 20 teachers.

DATA ANALYSIS AND INTERPRETATION

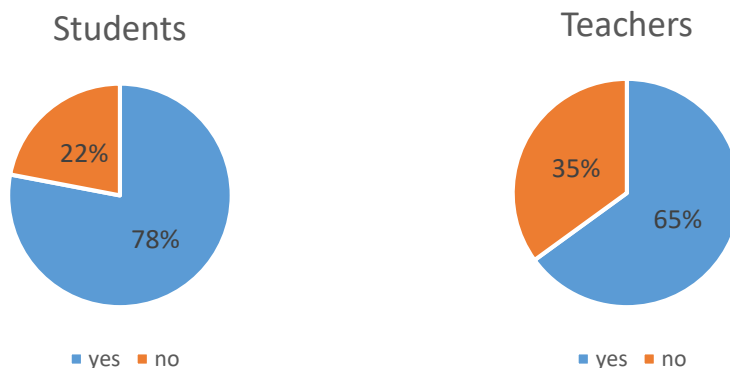
This sample is consist on students and teachers response.

Table 1: Psychological issues play an important role in suicide attempts by students.



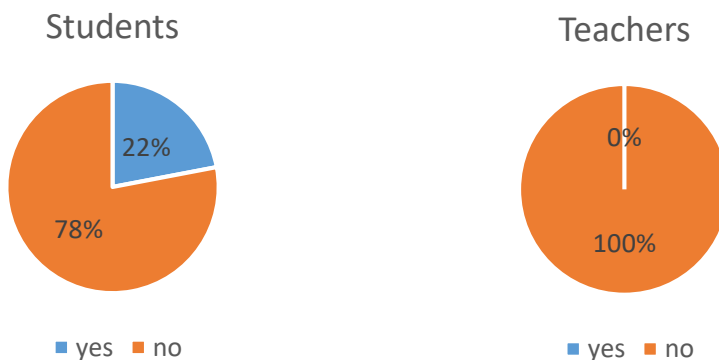
Above table shows that 80% students and 75% teachers answered yes and 20% students and 25% teachers answered no. Majority of students and teachers think that psychological issues plays an important role in suicide attempts by students.

Table 2: Being a victim of sexual abuse lead a student towards suicide attempts.



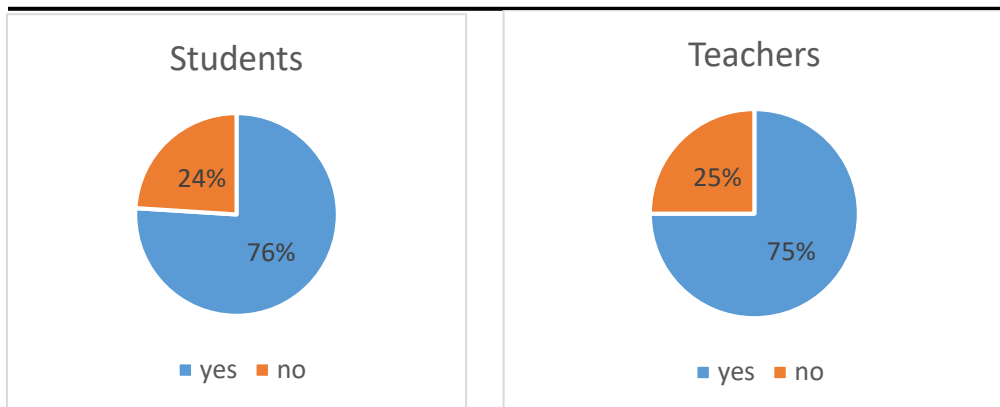
Above table shows that 78% students and 65% teachers answered yes and 22% students and 35% teachers answered no. Majority of the students and teachers think that being a victim of sexual abuse lead a student towards suicide attempts.

Table 3: Hanging is only method of attempting suicide.



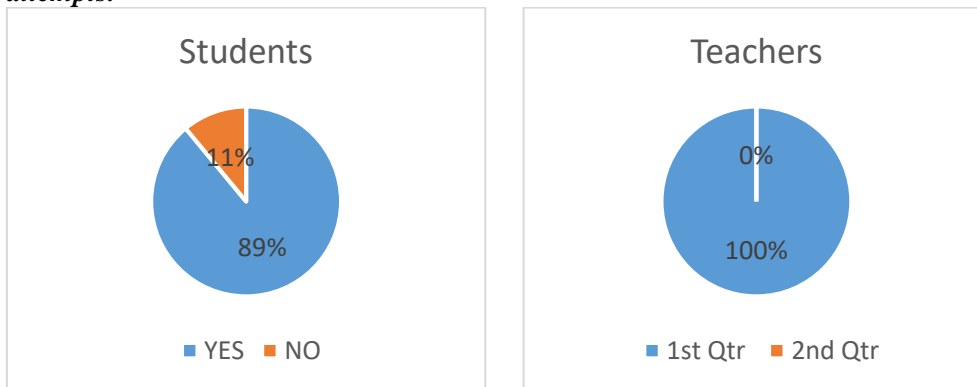
Above tables shows that 22% students and 0% teachers answered yes and 78% students and 100% teachers answered no. majority of the student and teachers don't think that hanging is the only method of suicide attempt.

Table 4: Failure in academic performances erect a suicidal thought in medical student.



Above table shows that 76% students and 75% teachers answered yes and 24% students and 25% teachers answered no. majority of the students and teachers thinks that failure in academic performances erect a suicidal thought in medical student.

Table 5: Educational institutions play a positive role in prevention of suicides attempts.



Above table shows that 89% students and 100% teachers answered yes and 11% students and 0% teachers answered no. majority of the students and teachers thinks that educational institutions can plays a positive role in prevention of suicides attempts.

Table 6: Family reduce the ratio of suicide attempts by communicating with their children.



Above table shows that 94% students and 65% teachers answered yes and 6% students and 35% teachers answered no. majority of the students and teachers thinks that family can reduce the ratio of suicide attempts by communicating with their children.

DISCUSSION

In this study the ratio and causes of suicide attempts made by medical students in Karachi Pakistan have been discussed. In the end of this research we came to know that suicide is important and big problem of our society. Cases are increasing day by day. More and more students are going towards suicide attempts to get rid from pressure and over burden of unwanted thoughts. Suicide is common unnatural death which is not killing one man its killing whole society. So many researches around the world took steps to talk on this topic. Suicide can be prevent through different safety measure. As a responsible member of society a person can listen to another person problems, they can understand the situation from which they are suffering. Through different counseling session's suicide can de prevent and ratio can be reduced. Suicide is not only about single death it's about the death of whole society. People around us suffering from so many ups and downs in their lives. It's our core responsibility to keep an eye in our surrounding so we came to know the person who sit with us or living close to us suffering from which thoughts. We must talk with our friends, families and people we know about their lives and either they are facing any problem which may turn their ways towards suicide attempts. Whereas, education teaches a person how to cope up with the challenges and to deal with inner disturbance.

Thus educational institutions can play a vital role in suicide prevention by providing students awareness sessions, mental health workshop and psychological counselling session. Whereas, family also plays an important role in suicide prevention by communicating with their wards, giving them some friendly environment where they can share whatever they are feeling, to talk with them on their problems and by providing them guidance regarding issues of life. Help and support people in your

surroundings. If you think the person is thinking or talking about suicide then talk with them and listen to them. Make them feel that they are not alone. Giving a suicidal person the opportunity to express their feelings can provide relief from loneliness and pent-up negative feelings, and may prevent a suicide attempt. Such as a healthy diet, plenty of sleep, and getting out in the sun or into nature for at least 30 minutes each day. Exercise is also extremely important as it releases endorphins, relieves stress, and promotes emotional well-being.

RECOMMENDATIONS

It is recommended that session on psychology should be conducted by universities.

It is recommended that awareness workshop regarding suicide should be conducted by educational institutions.

It is recommended that parents should keep an eye on the every action of their child.

It is recommended that Islamic values must be taught to students at higher level.

Communication gap between parents and children must be reduce.

It is recommended that parents should concern with psychologist if their children is suicidal. Parents should concern with counselor if they feel their child is not behaving normal.

It is advised that academic problems of students must be discussed.

It is recommended that educational institutions should take preventive steps to reduce the ratio of suicide cases in students.

It is recommended that educational institutions should look after the behavior of students.

It is advised that family should avoid humiliation (competition and comparison).

It is recommended that parents should not impose their will on children.

It is recommended that educational administration should reduce work load of students.

It is advised that parents should discussed interest of their children.

It is recommended that parents should not impose their will on children.

It is recommended that educational administration should reduce work load of students.

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