

Depression and Guilt Feeling Increases Suicide Rates

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Abstract

Suicide means killing oneself. According to Freud, it is 'self-destruction' and for Karl Manninger it is man against himself. Sadness and dejection are the most silent emotional symptoms in depression. The person feels helpless and unhappy and no light for future. Guilt feeling is fantasy aggression upon the self. It is imaginary thought which plays an important role in depression. The increased suicide rate among adolescent is found not only in US but also in European Countries India and Japan as well. According to child statistics of Gov., 8% of teen age 12 to 17 aged had a major depression within the past year. 90% of teen who attempt or commit suicide suffer from a mental illness. India alone contributes to more than 10% of suicides in the world. In 2006 the suicide rate was 10.5% (per 1, 00,000) of population and in 1996 it was only 9.47%. After ten years suicide rate was increased 2.73% (per 1, 00,000) of population. Now we can predict the rate of suicide which will be 11.53% (per 1, 00,000) in 2016. Teen girls and boys are both at risk for suicide those who are victimized report symptom of depression, anxiety and loss of esteem. The major reason for suicide is depression. I believe, it is important to discuss it before it is too late. The aim of the paper is to give eye opening information on suicide and depression, loneliness, ill health. It is time to be aware must we take responsibility and dedicate ourselves to prevent suicide.

Suicide means killing oneself. The act constitutes a person willingly perhaps ambivalently taking his or her own life. In his later writings Freud introduced the notion of an instinctual reservoir of destructive and self-destructive energy. A leading American theorist, Karl Manninger accepted this formulation and in *Man Against Himself* examined a range of phenomena. These included suicide often in a variety of symbolic form, chronic invalidism etc. A British theorist, J.C. Flugel introduced the concept of nemesism self hatred which was against the Freudian narcissism being in love with oneself. Several forms of suicidal behavior fall within the self destructive spectrum such a suicide attempt and and suicide equivalent. In suicide attempt is just like take a total amount of medication and someone intervening accidentally. Without the accidental discovery the individual would be dead and another situation, person does not attempt suicide. Instead he or she uses behavior to get some of the

reaction their suicide would have caused. For example- an adolescent boy run away from home. He wants to see how his parents respond. Do they cares are they sorry for the way that they have been treating him? This is the primary stage of negative thoughts. They feel hopeless about the future and are pessimistic that they can do anything to improve their life. Sadness and dejection are the most silent emotional symptoms in depression. The person feels hopeless and unhappy and no hope for future and they commit suicide because they find their emotional distress intolerable and see no solution to their problem other than death. The suicide attempt is motivated by a desire to communicate feeling of despair and to change the behavior of other people. For example a student does the same when pressured by this parent to achieve beyond his abilities. Here the suicide attempt is cry for help.

This research paper indicates that teen depression and suicide often accompany one another. Teens

often become so depressed that they consider committing suicide. Guilt feeling is fantasy aggression upon the self. It is an imaginary thought which plays an important role in depression. The relation between fanatisised aggression and guilt feeling is very positive because it is directly affected by a reaction to lose. When a child does not get love by his parents this loss in later life cause the individual to regress inward and blame to self. If I got ... Reaction to loss is complicated by angry felling towards the deserting person. In fact these are only fantasy feelings and anger which can be primary cause of depression for oneself.

Among the reason most frequently cited by those who have attempted suicide are depressions, loneliness, ill health marital problem and financial or job difficulties. Recently suicide has increased among adolescents and young adults. In fact, the incidence of suicide is among 15 to 24 years old. Every year, some 250, 000 young people in this age group attempt suicide. The increased suicide rate among college students are found is found not only in the U.S. but in European countries, India and Japan as well. There are a number of possible reason for the greater despair among college students living away from home for first time and having to cope with new problems, trying to stay at the high school, indecision about a career choice, loneliness caused by the absence of long time friends characteristic of adolescents who attmpt suicide is social isolation. They describe themselves as lonely. Most have parents who were divorced. A large number have alcoholic parents etc.

A major factor contributing to suicide in addition to depression is drug abuse. In one study 283 suicide casesfound nearly 60% were drugs abusers. Young drug abusers (under age 30) who committed suicide had a greater than expected frequency of intense interpersonal conflict or the loss of a spouse or romantic partner. They may have felt that they had lost not only source of

support to handle stress. Some individual commit suicide because they find their emotional distress intolerable and see no solution to their problems other than death. Several factors increase the risk that a teenager attempt suicide.

- A family history of abuse, suicide violence.
- Previous suicide attempt-almost half of teens who commit suicide had attempted suicide previously.
- A reason such as a death, self illness, disability.
- Stress over school, replationship performance, expectation etc.
- Exposure to other teens committing suicide such as at school or in media.
- A belief that suicide is noble.

Teen depression and suicide often accompany one another. We can co-relate suicide and depression. Suicide is the third of the leading cause of death for teens and young adults aged 15-24, according to the Centre for Disease Control (CDC) followed by accidents and homicide. For pre teens and young teens ages 10 to 14, suicide is the fourth leading cause of death. Nearly a fifth of student in high school have given serious consideration to suicide. According to the National conference of State Legislatures (NCSL) almost one rat of eighth have reached the stage of formulating a plan for ending their own life. According to child statistic gov. 8% of teen age 12 to 17 had a major depressive with in the past year 90% of teen who attempt and commit suicide suffer from a mental illness such as-

- Depression which cause a teen to feel sad, lonely, with drawn and unable to accomplish simle task.
- Schizophrenia a complicated condition where a teen has hallucination or distorted perception of reality.
- Alcoholism or drug addition especially when combined with another mental health disorder 20 to 50% of suicide attempts are related to drugs or alcohol use.

The main link between teen depression and suicide is that teens become so depressed that they consider committing suicide possibly as the only way to end how terrible they feel. Teens who are depressed may also turn to drug abuse because alcohol and drugs can temporarily lift the feelings of depression. Studies have shown that depression and substance abuse are the two main risk factors for bedtime and amount of sleep that teens get. A study reported in 2010 says that teens with an earlier bedtime are less likely to be depressed those having eight hours of sleep were 71% less likely to consider themselves depressed and 48% less likely to state that they had suicidal thoughts than teens who had only five hours of sleep a night or less. These are common symptoms which depression and suicides have. One is changes in eating patterns and another is sleep patterns. Additionally, teens may experience a drop in their school performance, withdraw from family, friends and customary activities, engage in substance abuse, neglect their personal appearance in ways that they are not customary have symptoms of physical discomfort and how signs of a lack of self-esteem or guilt. It is clear depression and feeling guilty play an important role in committing suicide for adolescents. Now we discuss the position of India about over 100,000 people die by suicide in India every year. India alone contributes to more than 10% of suicide. The suicide rate in India has been increasing steadily and has reached 10.5 (per 100,000 of population in 2006 registering 67% increase over the value of 1980. We can see that in 1989 suicide rate was only 8.47% and in 1999 it reached to 11.21%. The difference was of 2.73% which shows that suicide rate is increasing continuously. Now we can find that the suicide rate has increased 2.73% per decade. In 2006 the suicide rate was 10.5 and in 1996 it was 9.47. Now we can predict that the rate would be 11.53% in 2016. It is eye-opening information in suicide statistics, suicide prevention and warning signs to help avoid teenage and adolescent suicide attempts.

According to Amar Ujala, Moradabad, 18th Sep 2012. "Five students attempted suicide within two months only. Struggleless childhood is also a big reason for suicide on 26 July 2012 one student could not fulfill his parents' desires so he attempted suicide on 29 June 2012 one student could not bear his parents' punishment and on 16 Sep. a student could not bear his study, overload and attempted suicide.

On 13 Sep., 2012 one student cut his hand's vein when his teacher demanded Rs. 150/- for his project file so these types of exploitation can be secondary to daily life. The main causes of suicide attempts these days are that students cannot bear any problem and think there is no solution of his problem and they do not discuss any problem with their parents. In this situation counselling must be taken by the students. Parents should share their daily routine please support your child in every situation. According to social change training should be given.

Teen suicide is a major cause of death among teens, though many do not recognize suicide a serious threat to a teenager's well-being. Suicide is the third leading cause of death among adolescents and teenagers. According to National Institute of Mental Health (NIMH) about 8 out of every 1,000 teenagers committed suicide death, experts estimate there are 10 other teen suicide attempts. In a survey of high school students the National Youth Violence Prevention Resources Centre found that almost 1 in 5 teens had thought about suicide, about 1 in 6 teens had made plans for suicide and more than 1 in 12 teens had attempted suicide in the last year. As many as 8 out of 10 teens who commit suicide try to ask for help some way before committing suicide, such as by seeing a doctor shortly before the suicide attempt.

In concluding part we can say that teen girls and boys are both at risk for suicide. Teen girls are more likely to attempt suicide but teen boys are four to five times more likely to die by suicide. Over half of teen suicide deaths are inflicted by

gums and other by sleeping pills and hanging. Generally boys and girls who are victimized report symptoms of depression (Such as sadness, loss of interest in activities). Symptoms of anxiety (such as tension, fear and worries) loss of self esteem and sometimes increased levels of aggressive behaviour. The effect of victimization on children and youth can be quite long and lasting. In extreme case it leads to suicide. There are many reasons for suicide, some of which are related to crises and mental breakdowns due to the

loss of loved ones and others events that cannot be prevented. However, the major reason for suicide is depression. Suicide is one of those events that when it happens, it is already too late. I believe it is important to discuss it BEFORE it is too late. Whereas in the past suicide was an adult concern, the trends are changing and more and more teen are at risk. Therefore we as parents and education is must take responsibility and dedicate ourselves to preventing suicide.

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