

# The Problem of Suicide: “Man against Himself”

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**Abstract:** *Man, who takes birth, naturally wants to live. He wants to maintain his body and prolong his life by all means available. In fact he spends good deal of his energy and resources towards finding ways and means to extend to the uttermost limit his longevity of existence. As a matter of fact instinct of self preservation is primo deal and pivotal of all other urges; because without survival nothing can be worthwhile. With all these facts, notwithstanding, some persons do put an end to their lives. Then there are some persons who rationally choose to die. Such types of persons commit suicide. Suicide is an irrational desire to die. ‘Irrational’ because no matter how bad a person’s life is. It is the extreme stage of frustration and personal disorganization of an individual to face the circumstances. This paper highlights that why a person want to commit suicide. What are the reasons behind suicide? Why a man against himself? This paper also examines the remedies and suggestion of this serious evil and dangerous problem. Suicide, besides being personal, is a social problem and profoundly affected the all social influences. This is why suicide has been universally considered a major social problem and we have to prevent it.*

**Key words:** *Suicide. Personal. India. Serious. Problem. Individual. Disorganization.*

## 1. INTRODUCTION:

Suicide is a major issue in every society. It is a universal truth. Suicide is an irrational desire to die. It is ‘irrational because no matter how bad a person’s life is. Suicide is a permanent solution to what is nearly always a temporary problem. It is extreme stage of frustration and personal disorganization of a person to face the circumstances. As personal disorganization leads to social disorganization, so suicide, so suicide is an indicator of social disorganization. The circumstances of suicide are related to his doing, family and society. Suicide is a voluntary and intentional act of self destruction.

Every year close to 80000 people take their own lives and there are many more people who attempts suicide. Every suicide is a tragedy that effects families, communities and entire countries and has long lasting effect on the people left behind. Suicide occurs throughout the lifespan and was the second leading cause of death among 15-29 years olds globally in 2015.

Suicide has been a part of civilization since the time immemorial. There so many thoughts about suicide in every religion. According to Hinduism that who takes his own life will enter the sunless areas covered by impassable darkness after death. Islam considered suicide a very serious crime and chrisrhnality prohibits suicide and consider as a sin against God. Thus, suicide irrespective of any religion condemns and prohibits suicide. (Bellah, R.N.1976).

## 2. DEFINITIONS:

According to Emile Durkheim,” suicide is a term applied to all cases of death resulting directly or indirectly from a positive or negative act of the victim himself which he knows will produce this result.”(Durkheim, Emile, 1951).Suicide represents an extreme form of personal disorganization in an ordinary situation. However in certain situations where the individual may kill himself because the group expects him to do so, it represents the index of social disorganization and group cohesion. (G.R.Madan, 1966).

According to Stengel,” suicide means the fatal and suicidal attempts the non-fatal act of self -injury undertaken with conscious, self destruction intent however vague and ambiguous...suicide is the most personal action an individual can take.”(E.Stengel 1964).

According to Elliot and Merrill, “suicide represents the final tragic and irreversible culmination of personal disorganization. It is last stage in a series of progressive changes in attitude, from the blind and unthinking love of life at birth. To hatred of life and all that means.”(Elliot and Merrill, 1961).

## 3. OBJECTIVE:

The main objective of the study is to explore the reasons behind the problem of suicide. Why a man against himself and to work towards the reduction of this serious problem in the society.

## 4. METHODOLOGY:

For analysis this study is based on the secondary data, on the different census and some data are collected from books and internet websites.

## 5. CONCEPT OF MAN AGAINST HIMSELF:

There are so many mental states in human life when he found himself against himself. In the classic work of Karl .A. Menninger has stated that self destroyed suffer from mental stages as follows:

- The wish to die
- The desire to kill
- The desire to be killed by someone, or
- Unidentical wish.

Menninger studied over 489 suicides and his analysis as follow:

Age Group	To kill	to be killed	To Die	Unidentified
29-39				
Male	31	27	23	18
Female	12	08	08	10
40-59				
Male	50	35	75	55
Female	15	09	15	13
60 and above				
Male	20	18	99	38
Female	06	02	30	02
Total				
Male	101	80	197	111
Female	35	19	53	25

The analysis of above table shows that among male and female the strongest desire is to die, to destroy oneself instead of killing or being killed by others. 197 Men and 53 Women out of 489 wanted to destroy themselves against 111 Men and 25 Women whose emotions could not be ascertained. The unidentified group is worry and perplexity of social scientists

## 6. SUICIDE AND INDIA:

India is a developing country. Problem of suicide in India is on alarming rate. It is an important and serious issue in Indian context. More than one lakhs lives are lost every year to suicide in India. According to the National Crime Bauru Report 2008, all India suicide rate is 10.5 lakhs populations that is 324 suicides per day. The majority of suicide in India is by those below the age of 30 years. The fact is that 71% of suicide in India is by persons below the age of 44 years imposes a huge social, emotional, and economic problem in our society. Between 1987 and 2007, the suicide rate increased from 7.9 to 103 per100000, with higher suicide rate in southern and eastern states of India. (NCBR, 2008).

According to World Health Organization, 2001, the age standardized suicide rate in India is 16.4 per 100000 for women (6th highest in the world) and 25.8 for men (ranking 22nd in the world).

## 7. REASONS BEHIND SUICIDE:

Suicide is a very serious issue. A person who commits suicide must be doing so under extreme pressure and in very complicated circumstances. It is clear that there is no single factor or cause responsible for suicide, but there is a course of such factors. We will discuss the factors as under:

**7.1 Psychological Causes:** The psychological play a vital role in causing suicide. In the majority of personal committing suicide are related to mentally disturbed or mentally imbalanced. The chief factors leading to suicide can be classified as follows:

- **Abnormal feeling:** There are certain feeling sand emotions which are universally present but in acute and abnormal form. These kinds of feelings produce upsetting and unsetting effect upon man. Exp. Frustration, guilt, violence, anxiety and inferiority feelings can assume such dimensions that man loss his sanity.
- **Mentally ill:** mental ill is an important factor in suicide. The mental illness and abnormalities are resultant the loss of emotional equilibrium and frustration in life. The chief mental abnormalities are schizophrenia, melancholia, depressive mania and acute paranoia etc.
- **Peculiarities of personalities:** the personality structure of an individual reveals that those individuals commit suicide are introverts and serious whereas extrovert persons are very social. They have so many friends and shred their feelings with them. The introvert persons are in the habit of feeling deeply and internalized various emotions to which they are subject. So they commit suicide so many times.

- **Bipolar disorder:** bipolar disorder causes a person's mood to swing from feeling very high and happy to feeling very low and depressed. About one and three people with bipolar disorder will attempt suicide at least once. People with bipolar disorder are 20 times more likely to attempt suicide than the general population.

**7.2 Economic Causes:** The economic factors also play a very important part in inducing suicide. Many other factors are also attached with the economic factors and act like adjunct cause or subsidiary factor. We shall discuss some of the categories of persons who commit suicide due to economic factors:

- **Unemployment:** it is a condition in which an individual is not in a state of remunerative occupation despite his desire to do so. Unemployment affects an individual, family as well as society or personal disorganization and social disorganization. (Ram, Ahuja, 1997). Unemployed persons feel wretched and failure and commit suicide. When a person unable to secure employment, feels deeply let down and this produces in them symptoms of the person feels that he has no alternative expect death.
- **Failure in business:** The pursuits of business is directly governed and influenced by economic factors like demand, government policies, market trends, public tastes, war etc. unable to cope with the economic catastrophe, many businessmen commit suicide.
- **Special occupations:** persons who involve in certain special occupations are suicide-prone. Generally highly mobile and erratic persons commit suicides. The bankers, the playboys, the cinema and theater personalities and artists are also very much suicide-prone.

**7.3 Family causes:** There are so many family causes to commit suicide. In a modern materialistic world family factors play a vital role in suicide as follows:

- **Love:** failure in love is a major cause of suicide. Since time immemorial there has been strange attraction, a feeling, and a urge to commune, between two opposite sexes. This has taken numerous forms: courtship among young boys and girls, a strange desire to be near each other, there are so many cases in which a lover is jilted by beloved or she cheats him to little course. In these cases some persons of highly emotional type are unable to suffer separation and they put an end to their lives.
- **Marital problems:** marriage is an important institution in every society. In India, marital problems at times assume vicious proportion and produce a host of mental ill. The parents of bride are ready to pay a handsome amount of cash, ornaments, furniture and so many other things by the way of dowry. When some girls happen to remain unwed for a long time, they feel highly depressed and many of them put an end to their existence.
- **Marriage:** there are occasions in the marriage span when suicide appears to be inevitable. There are so many cases where the mates are sexually incompatible and this leads to an ever increasing psychological tension and dislike and in certain cases it is a source of so much unrest and the person concerned commits suicide. Similarly a barren wife is subject to great deal of ridicule and a sensitive wife may commit suicide unable to cope with social criticism.
- **Family and women:** in many Indian families the condition of women is not satisfactory. In many homes women are maltreated for insufficiency of dowry, for failure to conceive, for bringing ruin in the family, The unsatisfactory relations of bride with mother-in-law, sister-in-law becomes so vicious that the bride may feel so utterly humiliated as to commit suicide.

**7.4 Socio-cultural causes:** The social structure and cultural system of a society under which an individual happens to live greatly affect and influence his beliefs, ideas and behavior. A well organized and balanced social system helps a man in leading a normal and useful life. On the contrary a disorganized society and contradiction ridden culture have the opposite effect. There are so many factors that have adverse and injurious effect due to cultural and socio conflict as follows:

- **Social disorganization:** Consequent upon social disorganization, every social norm and value becomes causality. Along with the disintegration in the social fabric, there is chaos in values. This situation leads to relaxation of social control over human behavior. Drug-addiction, religious and moral experimentalism prostitution, violence and theft become the order of the day. (Dr.Y.K.Sharma, 2008-09). In the extreme cases of individual disorganization, results suicide.  
**Urbanization:** urbanization is the movement of population from rural to urban area .due to rapid urban development the big towns and cities are springing up fast. With the rapid industrialization and urbanization the basic rural structure of society and its norms and values has undergone sea-change and all around there are crisis, in particular the crisis of values. The sea-change produces varying degree of imbalance in individuals.
- **War:** The wars also have direct impact upon suicide. It is period of full of thrills and excitement. The cessation of war suddenly leads to depression .certain individuals are so deeply affected by this change and they commit suicide.

- **Unbalanced socialization:** the process of socialization also affects the incidence of suicide. If the socialization of a child is improper and not according to the standards and expectations of the society, then his mental and emotional development is restarted, under the improper socialization, the child grows into an unbalanced, ill adjusted person who feels himself misfit everywhere and such a man commit suicide.

## 8. HOW CAN WE REMOVE THIS DANGEROUS EVIL?

The problem of suicide poses serious danger both to individual and society. There are so many causes of this evil. As the social disorganization becomes increasingly, the rate of incidence of suicide also arises. But the important question is, what steps can a society take to prevent occurrence of the problem of suicide There are the following suggestions , which are calculated to reduce or eliminate the problem of suicide:

- Providing education about suicide, including risk factor
- Family is a basic social unit, where emotional, social support is important for the prevention of suicide.
- Proper arrangement for crisis interventions.
- Reducing family problems like domestic violence, substance abuse and divorce are long term strategies to reduce many mental health problems.
- Promoting religious preaching programs to reduce suicide because religion is a solace of mental peace.
- Reducing the quantity of dosage supplied in packages of non-prescribe medication..
- .Reform in the institution of marriage.
- Professional training about assessment, diagnosis and treatment support to high risk group's detection is required.
- Proper arrangements for crisis interventions.
- Increasing the proficiency of health and welfare services for the people in need.
- School intervention programs.
- Reform in retrograde social traditions and conventions.
- Promotion of healthy environment.
- Parents and other family members should give special attention on the changing behavior of their children.
- Reducing access of convenient means of suicide.
- Proper education of family members and parents regarding the need to monitor their loved one child.

## 9. CONCLUSION:

Suicide is the most alarming and perplexing of all human beings. This study is attempted to shed light on the causes of this evil. It emphasis on "why a man against himself", what are the causes behind it. What steps are necessary for the prevention of suicide? Indeed, the main cause of personal disintegration and the consequent imbalance of personality. Therefore all our efforts should be directed towards checking the factors which produce imbalanced and disintegrated personality of an individual and we simply have to cope better with the increased competition, increased stress and increased loneliness.

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