

## Suicide risks in the present scenario: A qualitative inquiry of Indian adults

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### Short Communication

#### Abstract

The current worldwide pandemic arose against an already dire mental health landscape that saw mental health conditions on the rise across the globe. Mental health issues have remained a prime concern even before the COVID-19 pandemic, as one person in every four is affected by a mental disorder at some stage of their lives. WHO (2018) states that every 40 seconds, someone dies by suicide. Annually, this represents over 800 000 people that die by suicide, which is more than people dying by war and homicide put together. Suicide is the second leading cause of death among 15 to 29-year-olds, while 79% of global suicides occur in low and middle-income countries, including India. Suicide is preventable for sure, but timely identification of suicide risk factors matters the most. Objective: This study's foremost objective is to identify the suicide risk factor among emerging (18-25 years) adults who are highly vulnerable than any other population. Methods: Design: This study was conducted employing a qualitative design where semi-structured interviews were conducted to identify the significant reasons behind suicide. Sample: 110 participants (50 female and 60 males) were selected to participate in this study through convenient sampling methods. Results: the interviews were transcribed to make it compatible with the analysis using thematic analysis methods. Five major themes and approximately ten sub-themes were identified. Major suicide risk factors, i. e., depressive tendencies, physical and mental illnesses, the pressure of parents/families, poverty/unemployment, failure in the goal achievement, high competitiveness, relationship difficulties, physical-emotional abuse, and blind religious practices/other addictive behaviors were identified as the major themes. Conclusion: In a country with a pluralistic culture like India, various reasons may increase the risk of suicide. Hence, various vigilant measures need to be taken simultaneously to reduce the risk of suicide, particularly in Indian conditions.

#### Biography

Dr. Sanjay Kumar (Ph.D.) is an Assistant Professor in the Department of Psychology, Doctor Harisingh Gour University, Sagar, Madhya Pradesh, India, since 2013. He is an assertiveness trainer and a recognized counselor in the "MANODARPAN" scheme run by the Govt. of India to provide counseling services to the school, college, and University students. Dr. Sanjay is also a coordinator and head counselor in the students counseling center set up on the University premises. He has provided counseling services to more than 200 students and teachers through the center to date.

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