

# Cultural Restraint & Youth Suicidal Death

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**Abstract** - Pre-mature death among the youths has always been one of the detrimental aspects in today's society which is led by multiple societal pre-existing structures. Unmanaged extreme levels of mental stress might land people into mental health self-unsolvable issues. Unawareness and not readily available treatment might lead oneself into an undesired mental state which bind ones to end their life. In this paper, I would like to throw some light on cultural preexisted structures which consist of elements like unmasked poverty with fragile economic conditions, family grudges and interpersonal relationship, gender biases etc. The purpose of writing this paper is to understand the problems youths suffer through and what are the hurdles they are not able to break and come out as a prosperous and healthy society since youths are considered to be the pioneer group where other two dependent group are hanging for the support; this is really crucial to understand at the time when India is hitting the youth demographic curve. To value the individual's life and see every life as a possibility to create a better world tomorrow. It's undoubtedly necessary to find the reason and work upon the impactable preventive methods to see the smile on every individual.

**Key Words:** Cultural Restraint, Suicide, Poverty, Interpersonal Relations, Gender Bias

## I. 1.INTRODUCTION

### 1. SUICIDE:

According to Durkheim, A term of suicide is applied to all cases of death resulting directly or indirectly from a positive or negatives act of the victim himself, which he knows will produce this result. The meaning of suicide is to knowingly and intentionally take one's own life. Suicide is the concrete action of killing oneself deliberately. Suicide is one of the extreme types of defense mechanisms which reflexes escapism. When an individual is not able to accept the extreme situations in life and restrain himself to look for the available solution or lack of availability of instant solution one decides to end his life. Since suicide is not the last available option for any kind of existing problem, which can definitely put close members into grief and sense of unacceptance. There can be multiple causes of suicide but once having

self-capacity to fight the self or to build once capacity on larger public base can help to reduce the suicidal deaths. In English it is said that "sound body exists in sound mind". If there will have better capacity to handle thought of suicide, one will enjoy the whole life.

### 2. SOCIETY:

According to Horton and Hunt "A society is a rather independent, self-perpetuating human institution which occupies a territory, stocks a tradition and has maximum of its affiliation in the institution". In accordance with Maclver & Page "Society is a gadget of usages and procedures, authority and mutual aid, of many Groupings and divisions, of human behavior and of liberties. As State Prof. Giddings "Society is the union itself, the organization, the sum of formal members of the family wherein associating people are certain together".

### 3. CURRENT SCENARIO OF SOCIETY:

A society is a collection of people involved in chronic social interplay or a massive social institution sharing equal spatial or social territory, a socialistic responsible and welfare oriented political decentralized body and constitution backed equality. Human social structures and traditional practices are bewildered with complications, complexities and cooperation. It has been seen since ancient times; societal practices have taken shape and turns according to the situations and current unmasked traditionally fitted structures. Certain practices shaped itself as a mandatory norm which can be defined as social norms. In case of failure to follow such practice, a person has to suffer from social discrimination and boycott which is a root cause of multiple mental, social, political, economic issues.

### 4. STATISTICS:

According to NCRB (2020), Abuse, Alcohol Addiction, Chronic Disease, family Issues, feeling of loneliness, financial loss, Mental Illnesses, Professional Issues and other factors contribute to Suicide.

- According to NATIONAL CRIME REPORT BUREAU (NCRB):

EDUCATION STATUS	SUICIDE DEATH
Secondary level (classes 9 to 10)	23.9%
Upper Primary or Middle level (Classes 6 to 8)	18%
Higher Secondary level (classes 11&12)	15.9%
Primary level (classes 1 to 5)	14.5%
No Education	11.5%
Graduate & above	5.2%
Diploma	1.6%
Professionals	0.4%
Status not Known	9%

## II. REVIEW OF RELATED RESEARCH STUDIES

1. Lakshmi Vijayakumar (2010) conducted her Study and titled “Indian Research on suicide” - Major finding of the Study were a social & public health response to suicide was significant in India, and should add to a mental health response. In India and in other developed country mental illness is responsible for suicide. But in India other factors are also there. These are related to our structure of society & some Stressors. A social & public health approach recognized that suicide can be prevented. It also enhances formwork in an integrated system of interventions through different levels in our society which includes an individual, family & society. It also includes the health care system. The major step here is that involvement of attitude towards suicide which is negative & it should include educational & legal measure.

2. S.Mohanty, G.Sahu, M.Mohanty & M.Patnaik (2007) conducted a study on “Suicide in India - A four year retrospective study”. The Suicide is on increase. According to WHO, one death on every twenty second & one attempt suicides every 1-2 seconds. The picture all over the world says that it is highest in India followed by China. This is quite a serious situation and it should be dealt with accordingly. The present Study has focused on some factors related to suicide.

3. Shilpa Aggarwal (2015) conducted her Study and title of the Study was “Suicide in India”. Suicide is very important very vital problem in our country & it was more in young women. It was related to social

causes more in comparison to mental illness. We must prevent it with a lot of effort which would include many issues & some of them would be economical as well as social. The future research studies should focus on national representative studies. We must also study the effect of policy changes in this regard.

## III. CAUSES OF SUICIDE

Suicide carries a social and moral meaning in all societies. At both the individual and population levels, the suicide rate has long been understood to correlate with cultural, social, political, and economic forces. To eradicate the problem of mental illness which lead to disastrous suicidal deaths from its root cause we need to look at the different perspective of individual, society and practices followed by them. On assessing the different situations, we can hit at the pivotal center of the causes. Society and culture play an enormous role in dictating how people respond to and view mental health and suicide. Culture influences the way in which we define and experience mental health and mental illnesses. After recognizing the core causes of the suicidal deaths, we can approach the intervention on multiple fronts. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance abuse problems, especially when unaddressed, increases the risk for suicidal death. Those individuals who can manage the mental conditions independently are floating in daily life affairs but those who are not able to handle the mental stress shows higher chances of deteriorating mental health conditions which can lead to unprevented suicidal deaths. In addition, specific set of factors can contribute to the risk of young adult suicide. Here are some significant reasons for suicide among youths.

1. Behavioral Patterns:
2. Poverty & Economic:
3. Family:
4. Education:
5. General Biases:

Values reflect our sense of right and wrong. They help us grow and develop. They help us produce the future we want. The opinions we make every day are a reflection of our values. We learn the utmost of our values from our parents, extended families and

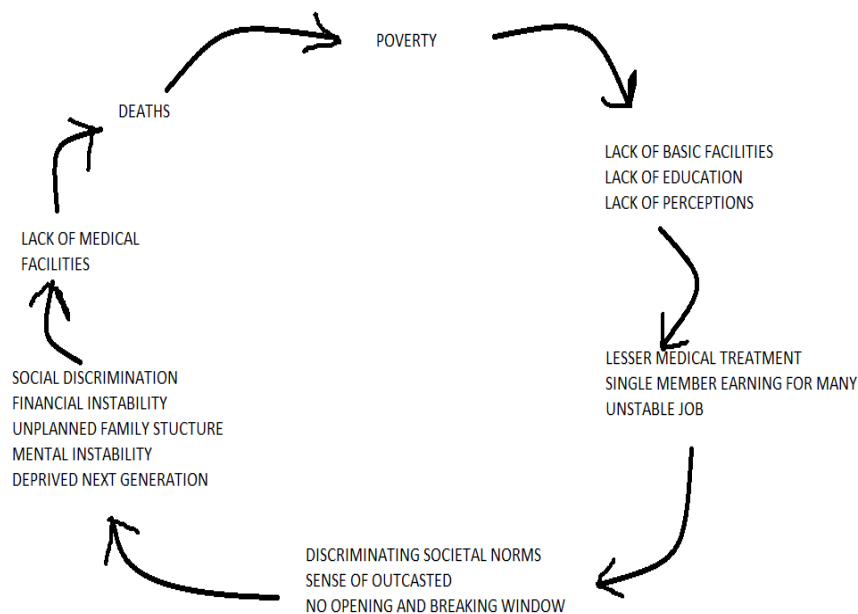
environment. Occasionally new life guests may change values we previously held. Individual values include enthusiasm, creativity, modesty and particular fulfillment. Relationship values reflect how we relate to other people in our life, similar as musketeers, family, preceptors, directors, etc. Relationship values include openness, trust, liberality and caring. Social values reflect how we relate to society. In today's world it may feel that our society doesn't practice numerous values. We've a rise in demarcation, abuse of power, rapacity, etc. Perhaps it's time society takes a hard look at its value system.

1. Behavioral patterns:

- Empathy is defined as understanding and participating in the passions of another. People need to understand who others are and accept them as they are. Looking for how we can grow together should be our ultimate goal. Respect is demanded for all of us. This is what makes us mortal. Having respect for everyone, despite the differences between us, is vital in order for a society to serve well. Love helps us admit the parallels we all share rather than the differences of color, religion or sexual exposure. Such is the idealistic society, if case of moving away from these idealistic norms situation may result into non favorable conditions where it is the initiating point for mental disturbance and the same thing can lead to horrible consequences like suicides.

2. Poverty & Economic:

- Poverty and suicide also related, we can say that there are two types of status ascribe status and achieve status in ascribe status by birth they are either poor or rich. In achieved status he/she achieves anything through their education. If a child is born in a poor family, they have no resources to fully filled their needs: life, food, shelter & clothes. If they have no basic resources to full feel their needs then how they are going to be educate and aware about suicide. People are sometimes migrated from rural to urban areas to earn money to any small startup and at that time they migrated in the city but they are not successful to earn money because in the city area to live and survive it's very difficult. And people who are migrated from rural to urban areas, they are not getting sufficient money & they will be financially insecure in these situations.
- Such a situation makes the vulnerable group more insecure and incase of not being able to find help or not receiving compassion one might think to take the extreme steps. So, by birth who are poor they don't get basic needs to be fulfilled, they don't acquire better and good quality of education. Without education they have no job, lack of education these all are the major reasons to committing suicide. The following poverty vicious cycle can describe it.



- Occupation, employment status, and socioeconomic status affect the risk of suicide. Some professions have higher risk for suicide than others. Even unemployment is also one High risk of suicide. In most of the families it has been the tradition that younger generations get married at a very early age which medically proves not safe. Also, it has been barred by the government, since it is being practiced in the many roots of the society and it is one of the most fatal practices that has been followed. They are immature when they get married because their parents want to see their children marry either to be financially independent or not. So, because of that parents are forcing them & they marry. After marriage they have to take responsibility for their family members and they have their own child's responsibility. So how they can survive their life.
- Economic conditions can affect suicide in other ways as well. Alcohol consumption and marital discord can increase with financial difficulties, which can increase risk of suicide. Relocation of individuals or families can result as a consequence of unemployment or financial strain. The increased stress of breaking social bonds increases suicide risk.

### 3. Family:

- In India, since ancient times, there has been a concept of joint family, where the family members including children and older are supposed to live together and share a common Bond and share many common resources in the house. But as time went on there was a concept called the nuclear family, where children are moving out with independent life and leaving the older generation behind the house. This practice shows that there is no emotional bond between children and older members with reasons in many unprecedented situations. Concept of a nuclear family has the direct consequence of no care for the early generation. This results in less emotional stability in children's mind, since lack of emotional stability inside the house one tries to satisfy needs outside the family,

sometimes trusting the wrong person can result in many mental illnesses.

- Earlier time there was a joint family system now nuclear family are there. At that time old families were enjoying their happiness and sorrow togetherness. They are sharing everything, spending time with family and even grandparents are also their most important thing. And in today's time completely different parents are living in the morning for jobs because of that financial burden in some families and come at evening or at night this is the life of the people in today's world. Parents are giving birth to their child but not giving a better life to them as they want and they need at that time when they are immature because in immature age, they have no Idea what is right and what is wrong so at that time they parents should be there. Parents have become friends with their child at this age and guide them on what is good and better for them.
- Family and other social support also has relation with suicide. Today's youngster's want a perfect relationship. They need a partner to share and enjoy their life and if any partner breaks their trust and leaves them after break up, they are killing themselves because at that time they are feeling hopeless and have no reason to live a life for themselves, not parents and not even thinking about the society.
- Marital status provides an opportunity to see the convergence of sociodemographic effects on suicide; its influence on suicide rates varies by gender, culture and across the life course. In our society marital status are also important part of the suicidal death. In many families there are certain taboos that do not allow marrying another caste and not accepting their marriage out caste. Cultural values and suicide are morally acceptable under particular circumstances. Other cultural traditions sanction suicide. For example, in India it is acceptable for a widow to burn herself on her husband's funeral pyre in order to remain connected to her husband rather than to become an out-cast in society. The traditional belief is that with this act, a husband and wife will be blessed in paradise and in their subsequent

rebirth. This is such an old orthodox in our society.

#### 4. Education:

- Education has been seen as one of the most important pillars for any kind of development in the society and family. If a previous generation is not having enough resources to make their children study and be a better human and make them able to understand different faculties of life and Society, they will continue to survive in a deadliest position. Education is the powerful weapon one can use to break the window of poverty, illiteracy and discriminated life. Education can make a person stronger to deal with multiple problems in life and no matter what problems are thrown at us, education is the only weapon able to fight any problems.

#### 5. Gender Biases:

- Gender bias is also reason for suicide. Gender bias is the tendency to give preferential treatment to one gender over another. It is a form of unconscious bias, which occurs when someone unconsciously attributes certain attitudes and stereotypes to a group of people. These biases can affect how the individual understands and engages with others.
- Home is where the heart. But it's also the first place where children are socialized into gender, norms, values and stereotypes from the moment babies are born, their assigned sex immediately begins to shape how they should be treated, what opportunities they should receive or how they should behave according to dominant gender stereotypes in their society.
- Based on their external environment, children learn very quickly that boys and girls are different; they have their own colors, toys, abilities and particular interests. These differences and assigned roles based on sex, also known as the 'gender binary', become unquestioned rationale for many ideas about what boys, girls, men and women can and cannot do.
- In most societies, women are expected to behave submissively, dependent, and emotionally, while men are expected to be

strong, independent, and stoic. In many patriarchal societies there is an idea that boys are preferable to girls.

- Boys are perceived as being more valuable and worthy of investing in. A preference for sending busy to school is fueled by a belief that all girls will eventually get married off. Therefore, investing in a girl's education reaps little return because a girl who stays at home and learns how to take care of a family is of more value to a future husband. Beliefs about the value of boys versus girls are commonly reflected in the way parents treat their children.
- The gendered division of household work is accepted almost everywhere. Boys are more likely than girls to have maintenance chores like mowing the lawn or painting, while girls are given domestic chores like cooking and cleaning. This segregation of household labor tells children that they are expected to take on different roles based on their gender.
- While both parents influence their children's perceptions of gender, fathers in particular are more likely to reinforce common gender stereotypes, preferring to encourage gendered toys, sports and rough play with their sons versus their daughters. In addition, the way fathers treat their wives can have a long-term impact on their sons and daughters' personality and life choices.
- In today's society, gender bias is often used to refer to the preferential treatment men receive specifically white, heterosexual men. It's often labeled as sexism and describes the prejudice against women solely on the basis of their sex. Gender bias is most prominently visible within professional settings.
- Performance support bias occurs when employers, managers and colleagues provide more resources and opportunities to one gender, typically men over another. In the working industry discrimination between females and male in all levels like position, reward.
- Performance reward bias occurs when employers, managers and colleagues reward an employee of one gender differently from another gender. Rewards may be in the form of promotions, raises or other merit-based rewards.

- At industrial places women harassment is also there and she can't share these things with anyone not in the family. At the workplace mostly women have been suffering from discrimination in terms of working hours & in salary also. This kind of stereotype happens. So, this is also gendering bias one major reason of commitment of suicide. In society if human needs are not fulfilled then they go into depression, loneliness of the society, friends and family more and more go into stress.

GLASS CEILING EFFECT: - A major result of these biases has contributed to the creation of the glass ceiling. The glass ceiling is a metaphor for the evident but intangible hierarchical impediment that prevents minorities and women from achieving elevated professional success. Due to contributing factors, like the aforementioned types of bias, women and minorities experience a barrier that prevents them from reaching upper-level roles in leadership and the C-suite. As females are unable to reach top positions due to invisible barriers of the glass ceiling even after having equivalent abilities and capabilities, they may find themselves excluded from the advancement opportunities. It will lead to a feeling of stress, self-doubts, and anger in them. If stress and depression will be increased then suicide happens.

#### IV. PREVENTIVE STEPS

There are three level:

1. Societal level:
  1. Societal level:
  2. Economical level:
  3. Political level:
1. Societal level:
  - Many factors can reduce risk for suicide. Similar to risk factors, a range of factors at the individual, relationship, community, and societal levels can protect people from suicide. Everyone can help prevent suicide. We can take action in communities and as a society to support people and help protect them from suicidal thoughts and behavior.
  - Suicide is a serious public health problem that can have long-lasting effects on individuals, families, and communities. Preventing suicide requires strategies at all levels of society. This includes prevention and protective strategies for individuals,

families, and communities. Everyone can help prevent suicide by learning the warning signs, promoting prevention and resilience, and a committing to social change. Create a protective environment in society so that reducing stress in people.

- In society a person who's called a charismatic person. His few qualities, by virtue of which he is set apart from ordinary men and treated as endowed with superhuman or at least specifically exceptional powers or qualities. In such cases, charismatic leaders can use their power to impress people, show them a vision, and inspire them to achieve goals. Thus, such leadership can be effective when a positive and aggressive transformation is required.
  - Among school & college students, teach coping and problem-solving skills in society's people so that we can stop them thinking about suicide. Awareness program will be held in schools and colleges. Intervene to reduce suicidal thoughts and behaviors in populations with suicide risk. Strengthen efforts to increase access to and delivery of effective programs and services for mental and substance use disorders.
  - Support social-emotional learning programs, teach parenting skills to improve family relationships, Support resilience through education programs.
  - Encourage community-based settings to implement effective programs and provide education that promote wellness and prevent suicide and related behaviors. Avoid going with Psychiatrist in depression & stress because when they go with Psychiatric prescribed medicine that is not good for the body. There are some side effects also so it's better not to go to Psychiatric. People who are mentally stressed, depress they have to start meditation to cope up with all situations.
2. Economical level:
    - Integrate suicide prevention into the values, culture, leadership, and work of a broad range of organizations and programs with a role to support suicide prevention activities. Establish effective, sustainable, and collaborative suicide prevention

programming at the local levels. Sustain and strengthen collaborations across federal agencies to advance suicide prevention. Develop and sustain public-private partnerships to advance suicide prevention. Integrate suicide prevention into all relevant health care reform efforts. Develop, implement, and evaluate communication efforts designed to reach defined segments of the population. Increase knowledge of the warning signs for suicide and of how to connect individuals in crisis with assistance and care.

- Promote effective programs and practices that increase protection from suicide risk. Reduce the prejudice and discrimination associated with suicidal behaviors and mental and substance use disorders. Promote the understanding that recovery from mental and substance use disorders is real and possible for all.
- Strengthen economic supports, improve household financial security, Stabilize housing. Integrate and coordinate suicide prevention activities across multiple sectors and settings. Today's youth adults are also aware about digital rights that every information is not right in the social media which is.

### 3. Political level:

- Promote responsible media reporting of suicide, accurate portrayals of suicide and mental illnesses in the entertainment industry, and the safety of online content related to suicide.
- Encourage and recognize news organizations that develop and implement policies and practices addressing the safe and responsible reporting of suicide and other related behaviors.
- Encourage and recognize members of the entertainment industry who follow recommendations regarding the accurate and responsible portrayals of suicide and other related behaviors.
- Develop, implement, monitor, and update guidelines on the safety of online content for new and emerging communication technologies and applications.
- Develop and disseminate guidance for journalism and mass communication

schools regarding how to address consistent and safe messaging on suicide and related behaviors in their curricula.

- Develop, implement, and monitor effective programs that promote wellness and prevent suicide and related behaviors.
- Develop and promote the adoption of core education and training guidelines on the prevention of suicide and related behaviors by all health professions, including graduate and continuing education.
- Promote the adoption of “zero suicides” as an aspirational goal by health care and community support systems that provide services and support to defined patient populations.

## V. CONCLUSION

Suicide prevention cannot be ignored as a matter of public health. Suicidal death effect all the factors of society. all kinds of possible preventive approaches can be penetrated with bottom to top and top to bottom approaches. Since it has been admitted by multinational institution that suicidal death is one of the most arising issues among the citizen, to prevent it a well-conceived strategy should be implemented involving multiple partnership. Particular strategy can only be impactful when it is penetrated from different angles of society and includes all possible stakeholders.

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