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ARTICLE

Suicidal Problem in Students

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Introduction

Suicide is a very grave problem among students currently. It needs special attention of parents and educational authorities. The term "suicidium" is a Latin word. It means "to kill oneself. Suicide is an act of intentionally harming your own body till death. Suicide is often committed out of despair, fear of failure, on account of harsh punishment, bullying, failure in love, examination fear, or being unfit according to the parents' expectations, etc. The main reasons which frequently attributed to committing suicide are: mental disorders such as depression, bipolar disorder, schizophrenia, alcoholism or drug abuse. Suicide is a serious issue that it not only prominent in our country but is a global problem. Stress factor such as financial difficulties or troubles with personal relationships, hard competition or fear of losing something important, often play a major role in driving a person towards ending own life.

Suicide is avoidable if a person is able to identify symptoms of stress at the right time and can chose to get right guidance. However, parents, teachers, friends and psychiatrists are quiet capable to pick up these signs and easily help the sufferer.

According to surveys about eight lac to a million people in the world commit suicide every year. Various studies reveal that suicidal rates are higher in men than women. Some common methods of suicide among people are by hanging, taking pesticide poisoning, firearms and jumping from heights. However, there are *various other reasons too to commit suicide*. Let us discover some of them.

- **Today competition** among students has been growing day-by-day. It is really unfortunate to see the cascading effect of the pressures of the society, parents and schools-colleges on students. Consequently, they sometimes get so much stressed up that they opt to commit suicide when they fail to live up to the expectations. It is estimated that around 20 students take their lives in India every day and in every 10 minutes someone in this country commits

suicide. It is really tragic to see the alarming rate of suicide by students in colleges and schools across India. The rate of suicide shows that our youth is really prone to this problem and it is very important to deal with it.

- **Stress** is the main reason for many people taking suicide. Different kinds of insecurities, anxieties, pressures and expectations which tend to find many people an easy method to secure themselves by committing suicide. Many students say that they are constantly worried about not getting a seat in a reputed college.
- **Other factors** for committing suicide are stress related such as interpersonal issues with friends, abusive experiences, psychiatric disorders, alcohol and drug-abuse and chronic medical illness. A lot of competitive examinations are adding on to the hype. Infatuation factor seems to be another contributing factor to commit suicide. When turned down or rejected to reach a higher position, people opt to die.
- **Placement** is another important factor. There is lack of employment after schooling. After achieving high qualifications, some students are unable to get any right kind of jobs. Without respectful job-adjustment, many of them commit suicide.

Youth and Suicide

The most powerful driving force in the country is the youth. The major portion of the population of India is now made by the youth. But today our energetic youth is struggling with suicidal problems. It is necessary to find out the relevant reasons and come out with effective solutions. It is a clear fact that today the youth in India forms one of the most vulnerable groups, and are expected to be the growth leaders and form the backbone of India's future, but many of them commit suicide. It is really hard to blame directly anyone why students commit suicide. Parents are helpless too, as both public and private institutions have caused economic burdens on them.

Solutions

Unfortunately we are living in an environment & culture that recognize only those who have gained monetarily. Life has become a kind of race to reach at the top and conquer everything, no matter what price one has to pay. The only thing important is to reach the top and achieve big. The pressure to excel has reached all-time high and competitions are also at the peak. Everything is geared towards the goal to reach at the top whatever means adopted. It is because of that that educational experience has turned into a fiercely competitive fire walk one rather than a joyful one. All that stresses students into taking decisions to quitting their lives. To make education a better experience, some solutions are proposed here under:

* First of all it is the need to revamp our education system and find in ways of creating more opportunities, before we see tragedies of kinds increasing. Education system should be so designed that it prepares the children to meet the real challenges of life. It should prepare them mentally to lead life strongly.

* Today the big concern of the students is employment. After getting high qualification they are unable to get a respectful job so they suffer with inferiority complex, depression and make their own life difficult or opt to commit suicide. To increase employment opportunities, it is high time for the Government and the society to take the issue seriously and work towards lessening the pressure on students in this respect.

* The role of parents is vital in this respect. They should help understand their children to take failure in their stride because human life is far more precious than just holding a degree in education.

* Friends and community need to play an important role to develop children in the right direction with a strong willpower. They should be helpful towards children instead of discouraging them.

The loss of even one student's life is not just loss of a family alone, but it is a great loss of the entire nation. Something needs to be done to stop such impulsive acts. It is high time that we all should take up this issue seriously and also bring this in notice of the concerned authorities to take necessary steps to promote human happiness.

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