

## **Knowing Risk Factors for Youth Suicide Attempt: Research Based on Colombo South Teaching Hospital**

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### **Abstract**

Suicide attempt among youth is a major challenge for society and it has more complex situation and effects. (Robinson, 2000). The aim of this study was investigate the risk factors that contribute for youth suicide attempt. As a qualitative analysis we examine 14 youths the age of (12-19) those who admitted to Colombo south teaching hospital who had made attempt suicide in the last week of January, 2020. According to the research we found three major themes and some sub themes as the data analysis. Individual factors, family factors, social factors are more contribute for youth suicide attempt.the paper highlights about the care provision, should be formulate as a comprehensive method. Suicide prevention methods, attempt perspectives continues process and that should be conclude as individual and world-wide (David M, Colter, Edward .L 2011)

**Key Words:** Youth suicide attempt, complex situation, family factors, social factors, challenges.

### **Introduction:**

The definition of youth in terms of strict. Age ranges are arbitrary. Suicide under the age of 5 is very hard to find. Most of the literature ideas examine (including this mini review) youths as (13-20 years). These young people are nature valuable to mental health problems, especially during the years of adolescence. This period in life is characterized by movement changes and transitions from one state to another in several domains. Young people have to make decisions about important concrete directions in life. For example school, living situation, peer group. To address these challenges young people must have access to stable living situation. Youth population has highly involved in suicide attempts. Because of their life stress and they attempt to escape from drugs, alcohol and sex (Robinson, D, Overall 2000).

Risk and determinates of youth suicidal behaviour – HIC generally ted to have suicide rates directly linked with increasing prevalence of mental illness with age ,peaking in the middle

aged. Vast of the majority of youth attempt suicides are associated with mental illness, there for HIC suicide preventive strategies effectively applying methods of interventions.

Suicide is the Third Leading Cause of Death among Youths (The world health organization (WHO)). The WHO consider suicide as a serious public health problem. This sector has note that the effects on families, friends and societies are more complex endure long after loss of their loved one. The important to note that order to make timely and appropriate, treatment physical and mental health of the patients should be evaluated to determine might be the cause of suicidal thoughts.

WHO Statistic records indicate that the annual suicide rate for youths is about thirteen per 100,000(0.01) percent for per year. Over the course of ten years, there for about 0.1 percent youth has commit suicide. This clearly identify as a second leading cause of death among young people aged 15-29 years after the road injury. Among teenagers aged 15-19 years suicide was the second leading cause of death girls after the maternal condition.3rd leading death Reason for boys after road injury and the interpersonal violence.

According to the (WHO) suicide has defined as the deliberate act of talking his own life, this act consider serious and harmful for both to individual who commits and context due to the destructive intent. Suicidal behaviour is concern when researching and treating suicide attempters. Those who have attempted suicide 10 -20% of attempters will complete the suicide in future (Hawton et al 1982).

### **Research Background**

Suicide is defined as a fatal self-injurious act with some evidence of intent to die. World suicide wide more than 800,000 people die- due suicide each year. It is estimated that about 1.5 million people will die due to suicide every year 2020. The suicide morality rate in 2015 was 10.7 per100, 000 which means about one death every 20s. Suicide accounts for 1.4% of all deaths and is the 5 the leading cause of death globally.

In addition studies in 2009 show that adolescent people are often at risk and suicide is the second largest cause of morality in this group. Also Iran, Systematic review of the research on suicide and attempted suicide shows that attempetly suicide prevalent among docents. Suicide affects all age groups in the population but, world-wide rates clearly rise with increasing age. In almost all regions in world. The highest rates are found among the oldest people age 80+ (60.11 per 100,000 men and 28.2 per 1000, 00 women 70-79 Years (42.2%), 60-69 years (28.2

and 12.4 respectively). In younger people, these figures are much lower 15.3% males and females age between 15-29 years. These are age category people were more engaged in suicide. (David M, Culter Edward L, 2011)

In 2016 suicide become a second leading cause of death in Individuals age 10-24 years. Data from several number of studies express by centres for disease control prevention (CDC) indicates the suicide deaths among young women ages. In the meantime the subject to ongoing, changing psychological and physical process they often confronted with high expectation. Sometimes too high from significant relatives and peers such situation inevitably prove a certain degree of haplessness, in security, stress and losing controlled. Prevention is our primary goal, getting there it's a challenge Research helpful for find risk factors warning signs of suicidal behaviour in youth as well as protection factors.

## **Research Objective**

This research attempts to identify the risk factors for youth suicide attempt. This study specially focus on the prevention methods of Youth suicide attempt.

## **Research Questions**

Under the above research objective, the following research questions to be answered are,

1. What are risk factors for youth suicide attempt?
2. What are the prevention methods to reduce youth suicide attempt?
3. How we can generate ideas to implement youth suicide attempt?

## **Literature Review**

### **Youth suicide attempt**

Suicide is when a teen causes his or her own death on purpose. Before trying to take their own life, a teen may have thoughts of wanting to die, this is called suicidal ideation. He or she may also have suicidal behaviour .that when a teen focused on doing things that cause his or her on death. Suicide is the third leading cause of death in young people ages (15-24). Suicide and the suicide behaviour among youth is a significant social and psychocological problem for society (Dikestra, 1993)

CDC Reports that, Boys are 4 time more likely to try commit suicide and girls are more likely to try to commit suicide than boys. Youth suicide attempt happened for each and every 40 seconds. However there are many great more suicide attempts will lead for death. Majority cases were unreported because of the social stigma. Non-fatal, potentiality injurious behaviour with self-directed are defines from CDC. Although suicide is critical dangerous in our society. One million peoples in world each year. They involved initially with self-harm. The ratio of suicide death was estimated to be about 25.1%. (Robinson.D.Everall, 2000)

### **Why do youth attempt for suicide?**

Unlike adults youth do not have the ability to think about life and life events in terms of the broader perception. They tend to believe that all of the unhappiness. They are feeling and experiencing will go on forever everything that is happiness to them is in the here and how they can't begin to think that there might be a brighter future just around the corner. They often don't believe that anyone can help them and they feel helpless and hopeless with in their situation.

### **Age category of youth suicide attempt**

Probability of youth attempts for suicide increases in both males and females as children grow older, docents with 15-19 this category is highly impact on youth suicide.at the present Suicide attempt is more prevalent among youth.15-17 age catogreay has shown notable increases over the last two decades.

### **Demographic factors for youth suicide attempt**

A Variety of racial ethnic factors are correlated with youth suicidal behaviour. For example different ethnic groups are more related with youth attempt for suicide. Statistic explain that srilanka larger ethnic group has more engaged with youth attempt suicide. Historically srilanka youth had a lower suicide rate between other Asian countries. Suicide rate among srilanka (males 15-19) is more than tripled increases as 24% in 1960-2000 period.

### **Risk factors for youth suicide attempt**

#### **Bulling**

Researches has shown a gender difference in this risk factors. Being the bully versus being the victim has shown to be a high risk factors for boys, whereas for girls, being the victim is more of a social risk for suicide.

### **Non-acceptance of sexual orientation**

Youth who faced disapproval reduce and rejection when they come out of the family and friends are eight time more likely to commit suicide than teens who are accepted by family friends.

### **Popular and social media**

There is increasing evidence of social media is linked to depression for reasons such as fear of missing out or comparing oneself to others who see like they are more successful ,social attractive and happier, lastly youth are at a high risk for suicide when they see a celebrity suicide in the news. Already vulnerable teens may follow the celebrities lead and commit suicide as well. Which is called copycat suicide.

### **Contagion – imitation**

Younger people are more suggestable more prone to contagion by their behaviour. It's too different than for old people. Most of the researchers have use imitation rather than the contagion. Contagion means kind of infectious proceeding the infected person's ability and decide for themselves. We can refer the imitation by learning the model, acquisition of new patterns of behaviour though observation of the models behaviour. Imitation suicide behaviour can be leads to macro level situaions.but is also likely to be caused by direct contact with their living environment. Imitation effect can depend on number of factors.

1. Model characteristic is more important
2. Strong imitation effects can be lead for strong bonds
3. It is important of extended behaviour. This behaviour is more conduct regarded the positive understandable, brave admirable. Young people more imitate it.
4. Presentation of models it very important imitation behaviour can take on large dimensions. Known as suicide cluster.it is like actual suicide.

### **Availability means**

The transition from suicidal ideation is definition for availability means. Actual suicide occurs impulsively as a reaction by actual psychosocial stressors. Especially it will happened among young people. Suicide attempts can be crucial for transition on the specific movement. The method of chosen may also determine the actions. Some time it will be linked to national

patterns to identify suicide methods. Youth usually commit suicide by hanging, jumping from high place, running into traffic, poisoning with drugs and some youngsters they use firearms.

Some recent researchers have examine that availability can be important for prevention strategies. Cognition availability can also play important role from youth suicide. Attempt. It will lead for suicide also. Internet and social media has refused information about means and methods of committing suicide.

### **Specific life events- traits**

Most young people attach great importance to being part of peer groups, developing new intimate relationship, establishing confidence and security. There for it is not very surprising interpersonal loses such as relationship breakups the death of friends and peer rejection many have a great impact on youth suicide.

### **Personality characteristics**

Young people who are try to commit suicide were also found to have had a power of problems solving skills than their peer. Their behaviour was characterized return passive attitude, waiting for some else to solve the problem for them, simple problems as well as more complex interpersonal problems. This inability in problem solving mood regulation often causes insecurity, low efficacy and self-esteem, but it can also lead to anger and aggressive behaviour.

### **Methodological Framework**

This research is an interpretivist research. Thus, understand the participation's perspective is very important in this research. Therefore, it is important to associate closely with the respondents, and work collaboratively to understand the interpretation of the responders .

### **Relationship with research participation.**

This study was conducted by using qualitative analysis to investigate the risk factors contributing to suicide attempt among youth. The participations were adolescents (12-19 years old) admitted to Colombo south teaching hospital from Jan 2020 – march 2020 after attempt the suicide with medication. The diagnosis of attempting suicide was confirmed by physicians in the emergency ward.

**Research area.**

Research conducted in Colombo south teaching hospital from jan2020 – March 2020. The youth those who attempt suicide they has attired in ward No 12, 13, 15. The diognesis of attempting suicide was confirmed by emergency ward by attending a physician. For initially we got appointment from the interview by physician’s doctors who has treat for them.

**Sample**

Participations were selected by purposive sampling procedure according to maximum verification gender, different cultures, and social economic classes. I select 14 youth suicide attempters as a sample size. Sample Size have been chosen according the Patients History Document’s which provided by Hospital.

**Method of data collection**

The data collection was finalized after researchers reached the saturation. The primary data collection method was formed by interview. (Semi – Structure interview).I select individuals to contact in depth interview which opening statements to provide a standard way to begin each interview to despite to facilitate an open and honest dialogue with participants. Interview questions will allow participants to illustrate their experience which factor will influence for suicidal thought. Interview was conduct using an interpretive

Inquiry method will explain the protocol of the meaning of the description out lives of procedures. (Colizzi 1978)

**Data analysis**

This research was mainly carried out with thematic analysis.to identify the risk factors of youth suicide thematic anylsls.Thematic analysis explain about the risk factors of youth suicide attempt and Finding the Reasons and Root cause of the Crisis. Themes were identified and statements illustrate based upon common themes. Themes will clarify the fundamental and essential meaning of each protocol lit will attempt to define the nature. (Robin.D.Everall, 2000).

**Results: Thematic Analysis**

This study was conducted by using 14 participation. All the participations were single. The codes generated from these interviews described the statements which the youth expressed.

**Figure – 01**

## Details of the participants

Case	Gender	Age	Frequency of Suicide Attempt	Level of Education	Place of Suicide
A	Male	18	02	diploma	Home
B	Female	17	01	High School	Home
C	Female	12	03	school	Home
D	Male	16	01	High school	Home
E	Female	19	03	university	University hostel
F	Female	16	02	High School	Home
G	Male	13	01	school	street
H	Male	16	02	High school	school
I	Female	16	03	diploma	Working place
J	Female	18	02	university	home
K	Male	17	01	High School	Home
L	Male	12	03	school	Home
M	Female	16	01	school	Home
N	Female	15	02	school	Home

(Source: Author, 2020)

## Family Factors

One of the important risk factors for youth attempt suicide is family dissolution. In this study family dissolution covers with death of the parents, divorce, and step parent. one of the participation lives with his step mother he said ‘‘ I live with my step mother who has bad temper.... I was tired of living in this situation.....’’.

Another participation reply like this ‘‘ my step mother always hurts me...she discriminate us with her own child’s. I was so disturb with that. My father doesn’t care about itches always believes step mother thoughts only . (14 Years)



More over my parents got separate now I am on this side and that side. Both I 'vet like, without knowing anyone. They fights every time, my father has got married another women..... I feel like hell. I can't express my feelings without crying..... (15 years old )

Communication problems are more important factor for youth attempt suicide. This problems mainly paper either poor relationship between youth or in conflicts among parents. One of the participation said

“My parents both were in higher position. Eni way I live with my grand mother.my dad is business men .he always not in state. My mother is doctor. She always look her carrier not me. If I had intimate parents to talk about my problem I wouldn't have attempt suicide. (19 Years old)

In addition we can say conflicts between parents with youth and parents were lead for youth suicide in our country.

“My mother object my dressing and when I decided to go out, she granted..... She never allow me to wear dresses in my own wish..... It will hurts for me... that why I had Panadol's.....” (16 years old )

Economic situation of the family can be associated with youth attempt suicide. Participant explain about his situation like this...

Why not our house is is beautiful as our neighbour's house? I ashamed to inviting my friends to our house?

My friend has two store building! If I compare myself with friends I am the one don't have a proper house I am the one very poor.....

Parents addicted to alcohol is the main factor for youth attempt suicide. This is more related for youth suicide.

“My father lost his job because of this addiction. My mom earn something to our meal, some time he waste those money also. He was nervous and often punished me.....” (17 years old)

## **Social Factors**

Social factors are highly impact one youth suicide. Youth they have more relationships with society. They observe the things available in society. Some of the statements of the participants are as follow;

I have a close relationship with my aunty. I always share my things with her. But now she ignore me. I really got upset... I don't have a good relationship now... that why I try to attempt suicide . (15 years old girl) Loss relationship is one of the main impact of youth attempt suicide. Because suicidal bond relationship is the main effective for every humans life.beacuse emotional pain and feeling grief is the main factor for youth attempt suicide.

I loved him so much. But he doesn't care about meshed was in a new relationship with now. I was like in a hell now (19 years old girl)

“I think most people like to kill. Themseleves.because of failure in attainment of love...” (19 years old boy)

### **Internet and Popular Social Media**

Youth who are on social media are at higher risk of encountering cyber bullying .this can be perinatal of their mental health. If we look at the participation on this study 2 individuals have affected by social media. They have attempt suicide. Police reports says majority of people were involved in cyberbullying.

“I can't say his name. We got relationship in Facebook. After few days he asked my photo, he needs to see me... he disturb me lot. He changed my photos through graphic as narked.....”(Girl, age 19).

### **Psycho Emotional Problems**

One of the main reasons for youth suicide attempt.

Depression, hopelessness, worthlessness, shames, guilty, anger, hate are common terms that participations applied to express their psycho emotional.

Some of the participations reply as follows...

Because all the problem that happen to me. I got depressed and I decided to use drugs. (Girl age 19)

I want to kill myself because I felt guilty for the situation that I faced...(Boy, age 17)

Women's menstruation period can also increases the risk of attempt suicide. This was highlighted by one of the students. She express ...

I always nervous.... and I argue with my parents. I can't go out in these days... I suffer more pain. (Girl, age 17)

All participation began to experience feelings anger, rejection, resentment, feeling UN worthily, unlovable, UN important. One participation response say "Again I felt everything that I felt in the first place. She didn't love me. I was just grasping for something, some sign of hope and there was nothing. I don't want to live my life being failure. (19 years old boy).

## Discussion

Most of the youths who have attempt suicide the history shows that main reasons is psycho emotional problems before their attempts. In this study examine family individual social factors were also identify as a suicidal factors. Hormonal changes and mestraulaion and biological marker will occur some changes for girls. We can assumed these kind of changes will help to develop the attempt suicide.

Each participation describes "living in to worlds, a world of inner distress, despair and personal things, competed with the world of effective emotional functioning behaviour". One of the most prevalent psychological change among youth is establishing intimate relationship with oppose sex form a new family finding level of education is major factor for a suicide attempt. Class status also contribute for youth suicide. Finally they unable to tolerate with pressure and they handle UN reasonable methods to end their life. Week communication, week family bonds conflicts between parent and youth, significant changes in family will expect the suicide attempt. In this study more examine about family factors which are contribute for youth suicide attempt. Parental positive history of mental illness ad parental addiction has adverse impact on youth suicide. The finding of these studies are concrete with results of research

Indolent of social media and Arising connection with social media will support for the youth suicide attempt. We can find some examples from participations response. Youth they deeply involved in social media to develop their relationship. Some time it might be an ending of their life. This study briefly explain about factors of attempt suicide among youth. It is important to confirm the multiplicity and inter connection of difficult factors in suicide attempt in given individual familiar, social situation. We find different data collection due to social stigma through suicide, selection participants only from hospital – admitted cases.

## Prevention Methods

Youth suicide is preferred option among society .it is possible to get professional help to preventing youth suicide. If we concern about teenagers definitely we need to take care more about suicide prevention methods. About available options and therapies for reduce youth suicide.

**Counselling** – this method can be done individually or as a family. It will allow techniques, often when a teen learn to handle problem it can reduce the situation.

**Residential treatment** – suicidal youth goes elsewhere to live for a time. special treatment facility, this will be therapeutic boarding for school. Most of the residential treatments will full filled by train professionalism.

Treatment will depend on suicidal symptoms, age, and general health. It will also depend on how severe the condition treatment starts with detailed evaluation of events in teens life during the 2 or 3 days before the suicidal behaviour. Treatment may be included

1. Individual therapy
2. Family therapy: parents play a vital role in treatment
3. An extended hospital stay if needed, this gives a supervised and safe environment
4. Talk therapy: talk therapy also known as [psychotherapy is one possible treatment method for lowering youth risk of attempting suicide. Cognitive therapy is a form of talk therapy that often use people who are having suicidal thought

The purpose of teach you how to work through stressful life events and emotions that may be contributing to your suicidal thoughts and behaviour. This will help you to replace negative beliefs with positive ones and regain a sense of satisfaction and control in your life.

## Conclusion

Youth attempt suicide consist many more major problems for our society. Especially young people identify as a more vulnerable group. This study is mainly focus on risk factors contribute for attempt suicide. On other hand knowledge of risk factors are increasing substantially. Those who participated in this study they came to believe that they were inadequate, incapable of successful living. Cognitive, effective, social process interactions are more attribute to their

personal value. Most of the rational strategies are educating the youth, families and community, especially school there are conducting workshops, brothers, seminars, media, promoting effective stress management strategies to prevent this crisis from society. to decrease successful youth attempt suicide in future, complex suicide process should be accompanied by using substantial efforts with scientifically.

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