

Causes of Suicide

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It's difficult to imagine what led a friend, family member, or celebrity to commit suicide. There may have been no clear warning signs, and you may wonder what clues you might have missed. Often, many factors combine to lead a person to the decision to take their own life.

1. Super Ego dominance: Felling of Guilt :

According to Freud , Person learns social norms, rules and regulations, moral values from Social Ego. Super Ego sometimes become dominant in such personality. For example, Failed in examination.. lead him to excessive feelings of Guilt. Excessive feelings of Guilt is a result of dominance of Super Ego.

2. Feeling of Hopelessness and Helplessness:

When a person has no any hope towards future or has no hope for problem solution, it tends to be suicidal thought. He/she doesn't know how to solve that problem? Suicide is a result of faulty decisions.

3. **Introvert Personality:** Introvert person blames himself for any failure or loss rather than object. He interpret self punishment is the only way to confession. This faulty judgement leads him/her for suicide.
4. **Failure and Loss in Business/ Relationship/Health/Career:** Sometimes person exaggerate his loss rather than real loss. Feels more danger. That will produce suicidal thought.
5. **Lack of Tolerance:** In modern era, our tolerance power towards failure, loss, problems is decreasing. It leads to suicidal thought.
6. **Media:** Media gives information regarding people who did suicide. Sometimes people unconsciously use identification with them. Therefore sometimes they imitate suicide committed person. Faulty identification: Sometimes teenagers, farmers may identify themselves with actors and farmers who committed suicide.

Faulty cognitive process:

Error in cognition or perception of event or experience. There are such type of error in thinking which lead to commit suicide.

1. Totally loss, nothing remain, no way to come out from this situation:

Solution: Just relax, calm, take rest and think about problem solution. If not solution available, don't worry, life is more precious than physical advantages, money or career.

2. I lost my prestige, my images, my character etc..

This is chain of normal in life. Life doesn't run strait forward. Everything might be possible in life. Loss means you have chance to gain it. It will not return with your negative activity like suicide. Be positive, calm, relax . you are not only person who lost these things, thousand of people lost many things every day, look to them. They remains happy even they have lost.

3. I am helpless: This is also faulty thinking. Many counselors, psychologists and social workers helps a person to solve his problems.

4. I do nothing, I cant do, my future is dark: this leads sometimes, suicidal thought. In Cognitive Behavior Therapy: The faulty thoughts replace by I will do, I can do, and my future will be fine.

Prevention: Steps:

1. Stop immediate to commit suicide.
2. Relax them with positive thought.
3. Give examples of failures/losers who are living them life happily.
4. Give them entertainment activity
5. Give assurance its ok, don't worry, no need to worry.
6. You are powerful, you are important for us, we hope that you have a power to face this situation and you will definite face it.
7. Life is depend on your business or money, life has broad meaning. Happiness is depends on your- self not depends on objects.