



AN INSIGHT INTO THE RELATIONSHIP BETWEEN AGE AND SUICIDE INCIDENCES IN INDIA

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Abstract: *Suicide is not a mental illness in itself, but a serious potential consequence of treatable mental disorders including major depression, bipolar disorder, post-traumatic stress disorder, borderline personality disorder, schizophrenia, substance-use disorder, and anxiety disorders. Those who took their own lives do not want to die, but want to end their pain. There is a significant relationship with suicide prevalence and age factor. There are many statistics shows the relationship between the age and suicide tendency. The present paper has made an in-depth attempt to perceive the age factor and suicide rate in India. Adults, as the family's backbone, are the most vulnerable category when it comes to suicide.*

Key Words: Age-Factor, India, Relationship, Suicide.

Introduction:

Suicide was the second highest cause of mortality among 15-29-year-olds of both sexes, after only traffic injury. Suicide claimed more lives in this age group than interpersonal violence. Suicide was the second and third greatest cause of death in this age range for girls and males, respectively. Suicide was the third greatest cause of death in 15-19-year-olds of both sexes, with males and females in this age group dying in about equal numbers. Suicide was the second leading cause of death among 15-19-year-old females (after maternal conditions) and the third major cause of death among males in this age group (after road injury and interpersonal violence) (World Health Organization, 2019).

Explaining the meaning of suicide, Durkheim writes that it is generally understood that suicide is a violent act, in

which death is done using some physical force, but it can also be a purely negative attitude or simply retirement (Abstinence) can also lead to those results. For example, refusing to eat or not eating can be equally suicidal; As much as self-destruction with a knife or pistol.

According to WHO's 2014 publication, "Preventing Suicide: A Global Imperative", only 60% of suicides in a country like India can be attributed to a diagnosable and treatable mental illness. The remaining 40% of suicides are the result of psychosocial and cultural realities specific to India. That is, in 40% of cases, suicide is not due to any mental illness. Even those who are suffering from mental illness and who have attempted suicide but failed at it, they are likely to be harmed by others even after that failed attempt. Of all people with mental illness,



only a few have a suicidal urge (suicidal tendencies).

Not everyone with a suicidal urge suffers from a mental illness. In fact, studies have shown that people who are clinically depressed tend to evaluate the world and situations more accurately than other people (who are not clinically depressed). This is also referred to as 'depressive realism', which basically means that people who are not medically depressed tend to be more optimistic, even if their optimism may not be in line with the situation. They evaluate situations incorrectly, but individuals with depression are able to perceive situations correctly and see reality (World Health Organization: WHO, 2018).

People who have thoughts of suicide are often overwhelmed with feelings of sadness and hopelessness. It can be difficult to know how someone is feeling inside, but with this disease, the patient develops a number of behaviors that may indicate that the person is trying to commit suicide.

In 2019, India's suicide rate was 35.1 percent for those aged 18–30 and 31.8 percent for those aged 30–45. This age group of young adults as a whole accounted for 67 percent of all suicides. Thus, of the 1.39 lakh suicides in India, 93,061 were committed by young adults. This demonstrates that they are the age groups that are most vulnerable. In comparison to 2018, juvenile suicide rates have increased by 4% (NCRB, 2019).

Among adolescents and adults under 35, suicide is the top cause of death behind accidents in 15-24 year old. On average, there are 122 Americans who die by suicide every day. Suicide rates have increased for middle-aged and older adults and more than 9.4 million adults in the United States had serious thoughts of

suicide within the past 12 months (mentalhealthgateway.org, 2020).

The risk of suicide is higher in the following groups:

- Older persons who have lost a spouse through death or divorce
- People who have attempted suicide in the past
- People with a family history of suicide
- People who commit suicide with a friend or coworker
- People with a history of physical, emotional or sexual abuse
- People who are unmarried, unskilled or unemployed
- People with prolonged pain or disabling or terminal illness
- People who are prone to violent or impulsive behavior
- People who have recently been admitted to a psychiatric hospital (This is often a very frightening period of transition.)
- People in certain occupations, such as police officers and health care providers, who work with terminally-ill patients
- People with substance abuse problems

Suicide cases in India are increasing continuously. In the year 2019, every four minutes some person gave his life. Of these, 35 per cent were self-employed. Most people die due to family troubles, whereas 17% of people considered it better to embrace death than to suffer the disease. Compared to the last decade, this decade has seen an increase in suicides. The suicide rate is high in cities like Chennai, Bangalore, Delhi. On seeing the data, it is also revealed that people studying up to secondary level are committing more suicides (Navbharattimes.indiatimes.com, 2020)

In India, the suicide rate has climbed steadily over the last five decades.



Suicides increased by 3.4 percent year over year in 2019. India's contribution to global suicide fatalities went from 25.3 percent in 1990 to 36.6 percent in 2016, while its contribution to male suicide deaths increased from 18.7 percent to 24.3%. Suicide was the main cause of death in both the 15–29 and 15–39 age groups in 2016. Between 1987 and 2007, India's suicide rate increased from 7.9 to 10.3 per 100,000 inhabitants, with higher rates in the country's southern and eastern regions (NCRB, 2019).

Around 800,000 people commit suicide each year worldwide, of which 135,000 (17%) are Indians, (India accounts for 17.5% of the world's population). Between 1987 and 2007, suicide rates in India's southern and eastern states increased from 7.9 to 10.3

per 100,000. In 2012, Tamil Nadu (12.5%), Maharashtra (11.9%), and West Bengal (11.0%) had the highest proportion of suicides. Among the states with large populations, Tamil Nadu and Kerala had the highest suicide rates per 100,000 people in 2012. The ratio of male to female suicide has been around 2:1 (Dandona et al., 2018).

Objective of the Paper: The objective of the paper is to understand the relational factors between age and Suicide Numbers in India.

Data Sources: The statistical data for the present paper has been collected from the official website of National Crime Record Bureau of India.

Table No 01: Number of Age-Wise Suicide Cases in India

Age Group	Gender	Number of Suicide Cases				
		2016	2017	2018	2019	2020
Below 18 years	Male	4187	4350	4439	4405	5392
	Female	4764	4966	4992	5208	6004
	Total	8951	9316	9431	9613	11396
18 and Above-Below 30 years	Male	26234	27748	28894	30833	34629
	Female	16967	17457	18009	17930	18073
	Transgender	12	12	9	11	16
	Total	43213	45217	46912	48774	52718
30 and Above-Below 45 years	Male	31022	30045	31024	33518	36525
	Female	11947	10892	11469	10765	11467
	Transgender	2	4	2	4	6
	Total	42971	40941	42495	44287	47998
45 and Above-Below 60 years	Male	20012	19277	19708	20555	22160
	Female	5672	4988	5274	4881	5654
	Total	25684	24265	24982	25436	27814
60 years & above	Male	7542	7599	8049	8302	9826
	Female	2647	2549	2647	2709	3300
	Transgender	0	0	0	2	0
	Total	10189	10148	10696	11013	13126
Total	Male	88997	89019	92114	97613	108532
	Female	41997	40852	42391	41493	44498
	Transgender	14	16	11	17	22
	Total	131008	129887	134516	139123	153052

Source: ncrb.gov.in



As discussed in the preceding literary discourse, it is discovered that age plays a major role in the occurrence of suicides. According to the statistics shown in the table, one-third of all suicide cases occurred in the year 2016 among people aged 18 to 30. In the years 2017, 2018, 2019, and 2020, more than two-sixths of all suicide cases were reported among those between the ages of 18 and 30 years old. From 2016 to 2020, the age group of 30 and above-below 45 years was

determined to have the second highest number of suicides, accounting for more than three-tenth of all suicides. It is scientifically shown that the number of suicide cases among those under the age of 18 and those over the age of 60 has not increased by more than 10% between 2016 and 2020. This data demonstrates that the adult and mid-adult population is more likely to commit suicide than the other age groups.

Table No 02: Percentage of Suicide Cases within age Group

Age Group	Gender	% Of Suicide Cases within age Group				
		2016	2017	2018	2019	2020
Below 18 years	Male	47%	47%	47%	46%	47%
	Female	53%	53%	53%	54%	53%
	Total	100%	100%	100%	100%	100%
18 and Above-Below 30 years	Male	61%	61%	62%	63%	66%
	Female	39%	39%	38%	37%	34%
	Transgender	0%	0%	0%	0%	0%
	Total	100%	100%	100%	100%	100%
30 and Above-Below 45 years	Male	72%	73%	73%	76%	76%
	Female	28%	27%	27%	24%	24%
	Transgender	0%	0%	0%	0%	0%
	Total	100%	100%	100%	100%	100%
45 and Above-Below 60 years	Male	78%	79%	79%	81%	80%
	Female	22%	21%	21%	19%	20%
	Total	100%	100%	100%	100%	100%
60 years & Above	Male	74%	75%	75%	75%	75%
	Female	26%	25%	25%	25%	25%
	Transgender	0%	0%	0%	0%	0%
	Total	100%	100%	100%	100%	100%
Total	Male	68%	69%	68%	70%	71%
	Female	32%	31%	32%	30%	29%
	Transgender	0%	0%	0%	0%	0%
	Total	100%	100%	100%	100%	100%

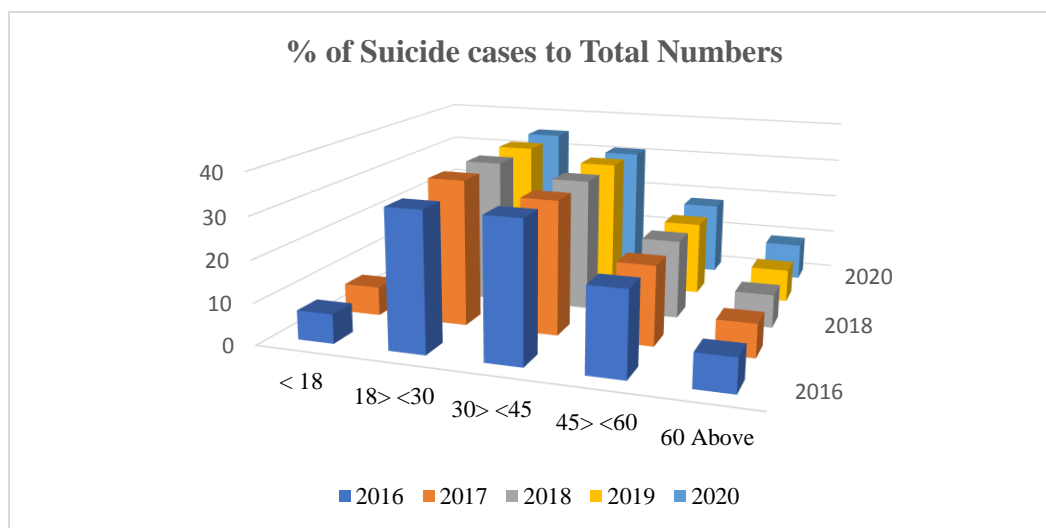


According to the data shown above, there is a significant difference in the number of suicide cases between men and women and between ages. In the age category of under 18 years, the number of male suicide cases outnumber the number of female suicide cases by a factor of more than six percentage points. The number of suicides among those aged 18 to 30 years is the highest, with a difference of

more than 22 percent between males and females. The number of suicide cases among those aged 30 and above-below 45 years reveals that male suicide cases outnumber female suicide cases by a margin of more than 44 percent. The male-female suicide ratio was 44% in 2016, 46% in 2017 and 2018, and 52% in 2019 and 2020

Table No 03: Percentages of Suicide cases to Total Numbers

Age Group	Gender	% of Suicide cases to Total Numbers				
		2016	2017	2018	2019	2020
Below 18 years	Male	3%	3%	3%	3%	4%
	Female	4%	4%	4%	4%	4%
	Total	7%	7%	7%	7%	7%
18 and Above-Below 30 years	Male	20%	21%	21%	22%	23%
	Female	13%	13%	13%	13%	12%
	Transgender	0%	0%	0%	0.01%	0%
	Total	33%	35%	35%	35%	34%
30 and Above-Below 45 years	Male	24%	23%	23%	24%	24%
	Female	9%	8%	9%	8%	7%
	Transgender	0%	0%	0%	0%	0%
	Total	33%	32%	32%	32%	31%
45 and Above-Below 60 years	Male	15%	15%	15%	15%	14%
	Female	4%	4%	4%	4%	4%
	Total	20%	19%	19%	18%	18%
60 years & Above	Male	6%	6%	6%	6%	6%
	Female	2%	2%	2%	2%	2%
	Transgender	0%	0%	0%	0%	0%
	Total	8%	8%	8%	8%	9%
Total	Male	68%	69%	68%	70%	71%
	Female	32%	31%	32%	30%	29%
	Transgender	0%	0%	0%	0.01%	0%
	Total	100%	100%	100%	100%	100%



The data in the preceding table is designed to understand the age-based proportion of male and female suicide cases in relation to the overall number of suicide cases. According to the data in the preceding table, more than half of all suicide instances occurred among people over the age of 25. It is the age groups of 18-to-30 years and 30-to-45 years that have the largest number of reported suicides, respectively. There was a very low proportion of suicide cases reported among those under the age of 18 and those over the age of 45.

Conclusion:

Suicide is a serious public health concern that can be prevented to a significant degree in many cases. It is possible for anyone with even rudimentary understanding of suicide prevention and the ability to deal with suicidal individuals to prevent suicide. Despite the increase in the number of countries establishing suicide prevention measures, additional efforts are required in this direction. At the moment, such strategies have been created in only few nations worldwide, and additional

countries and governments must commit to developing them. Despite these efforts, a suicide occurs every 40 seconds. Each death is a tragedy for the deceased's family, friends, and workplace. Permanent inclusion of suicide prevention techniques in national health and education programmes, effective action in this direction is likely to be made for the prevention of Suicide cases.

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