

SUICIDES IN INDIA

LONG -TERM INTERNSHIP

PROJECT REPORT

Team Members:

1. Boni Jaswitha
2. Botta Saritha
3. Bommala Sai Dakshitha
4. Bavaraju Shyam
5. Boni Murali

Suicides In India.

Introduction:-

During our long-term Internship with Smartbridge, we've delved into the world of data analytics, with a primary focus on suicides in India.

In this introductory section, we'll provide an overview of the suicides in India. Suicides in India is a significant social issue. It's influenced by various factors such as social economic conditions, mental health stigma, agricultural distress, and more. There's been growing awareness and efforts to address this issue through mental health advocacy and support services. Suicides in India is a complex and multifaceted issue that has garnered increasing attention in India over the years. With a diverse population, varied socio-economic backgrounds, and cultural factors influencing mental health, understanding and addressing suicide rates in India present unique challenges. India has one of the highest suicide rates globally, with various demographic groups affected, including farmers, students, and women. The stigma surrounding mental health and limited access to mental health services further complicate the issue.

Overview:

During our long-term Internship with Smart bridge we've delved into the world of data analytics, with a primary focus on suicides in India.

In this we'll provide an overview of Suicide in India is a pressing public health concern, with a complex interplay of social, economic, and cultural factors contributing to its prevalence. According to statistics, India has one of the highest suicide rates globally, with approximately 10% of global suicides occurring in the country. Various demographic groups are affected, including farmers facing agrarian distress, students experiencing academic pressure, women dealing with gender-based discrimination and violence, and individuals struggling with mental health issues. Additionally, societal stigma surrounding mental health services exacerbates the problem. Efforts to address suicide prevention in India include government initiatives, community-based interventions, and increased awareness campaigns, but significant challenges remain in tackling this issue effectively.

Purpose:

It's important to clarify that suicide is not typically driven by a clear "purpose" in the way we might understand it. Rather, it often arises from a complex interplay of psychological, social, economic, and cultural factors. In India, as in many other parts of the world, common factors contributing to suicide include mental health issues, social pressures, financial difficulties, relationship problems, and access to means. Understanding and addressing these underlying issues is crucial in preventing suicides and promoting mental well-being. Suicide is a tragic outcome often resulting from complex and deeply personal struggles. While it's challenging to pinpoint a singular "purpose" behind suicides in India or anywhere else, common contributing factors include mental health issues, societal pressures, economic hardships, interpersonal conflicts, and lack of support systems. Addressing these underlying factors through improved mental health services, social support network, and awareness campaigns is crucial in preventing suicides.

LITERATURE SURVEY :-

A Literature Survey on suicides in India would involve reviewing academic articles, research papers, reports, and studies published in peer-reviewed journals, as well as government publications and data sources. Here's a brief overview of what you might find in such a survey:

1. **Epidemiology and Trends** :- Studies analyzing the prevalence of suicides in different regions of India, trends over time, and demographic factors such as age, gender, and socioeconomic status.
2. **Risk factors** :- Research exploring the various risk factors associated with suicide in India, including mental health disorders, substance abuse, marital issues, financial difficulties, and social factors like stigma and discrimination.
3. **Regional variations** :- Investigations into how suicide rates and patterns vary across different states and regions of India, considering factors such as cultural norms, economic disparities and access to healthcare.
4. **Methods and means** :- Analysis of the methods commonly used in suicides in India, including hanging, poisoning, self-harm, and others, along with discussions on access to means and preventive measures.

EXISTING PROBLEM:

Suicide in India is a complex issue with various contributing factors, including social, economic, cultural, and psychological aspects. Some of the key factors include:

1. **Mental Health Stigma:** There's a stigma surrounding mental health issues in India, which often prevents individuals from seeking help or talking about their struggles openly.
2. **Lack of Mental Health Resources:** Limited access to mental health services, especially in rural areas, exacerbates the problem. There's a shortage of mental health professionals and treatment facilities.
3. **Social Pressures:** Pressure from family, societal expectations, and cultural norms can lead to stress and mental health problems, particularly among young people.
4. **Economic Hardship:** Financial difficulties, unemployment, and poverty can contribute to feelings of hopelessness and despair, increasing the risk of suicide.

PROPOSED SOLUTION :-

Addressing the issue of suicide in India requires a comprehensive and multidimensional approach. Here are some proposed solutions.

1. **Increase Mental Health Awareness:** Implement nationwide campaigns to raise awareness about mental health issues, reduce stigma, and promote help-seeking behavior.
2. **Expand Access to Mental Health Services:** Invest in the expansion of mental health services, including training more mental health professionals, establishing community-based mental health programs, and integrating mental healthcare into primary healthcare systems.
3. **Enhance Crisis Intervention Services:** Develop and promote helplines, crisis intervention centers, and online support platforms to provide immediate assistance to individuals in distress.
4. **Promote Stress Management and Coping Skills:** Introduce mental health education and life skills training in schools and workplaces to teach stress management techniques, coping skills, and resilience-building strategies.
5. **Community Engagement and Support:** Foster supportive communities by promoting peer support groups, community networks, and social activities to reduce isolation and provide a sense of belonging.

THEORETICAL ANALYSIS :-

In A theoretical analysis of suicides in India could involve applying various psychological, sociological, and economic theories to understand the factors contributing to suicidal behaviours. Here's a break down:

1. Psychological Theories:

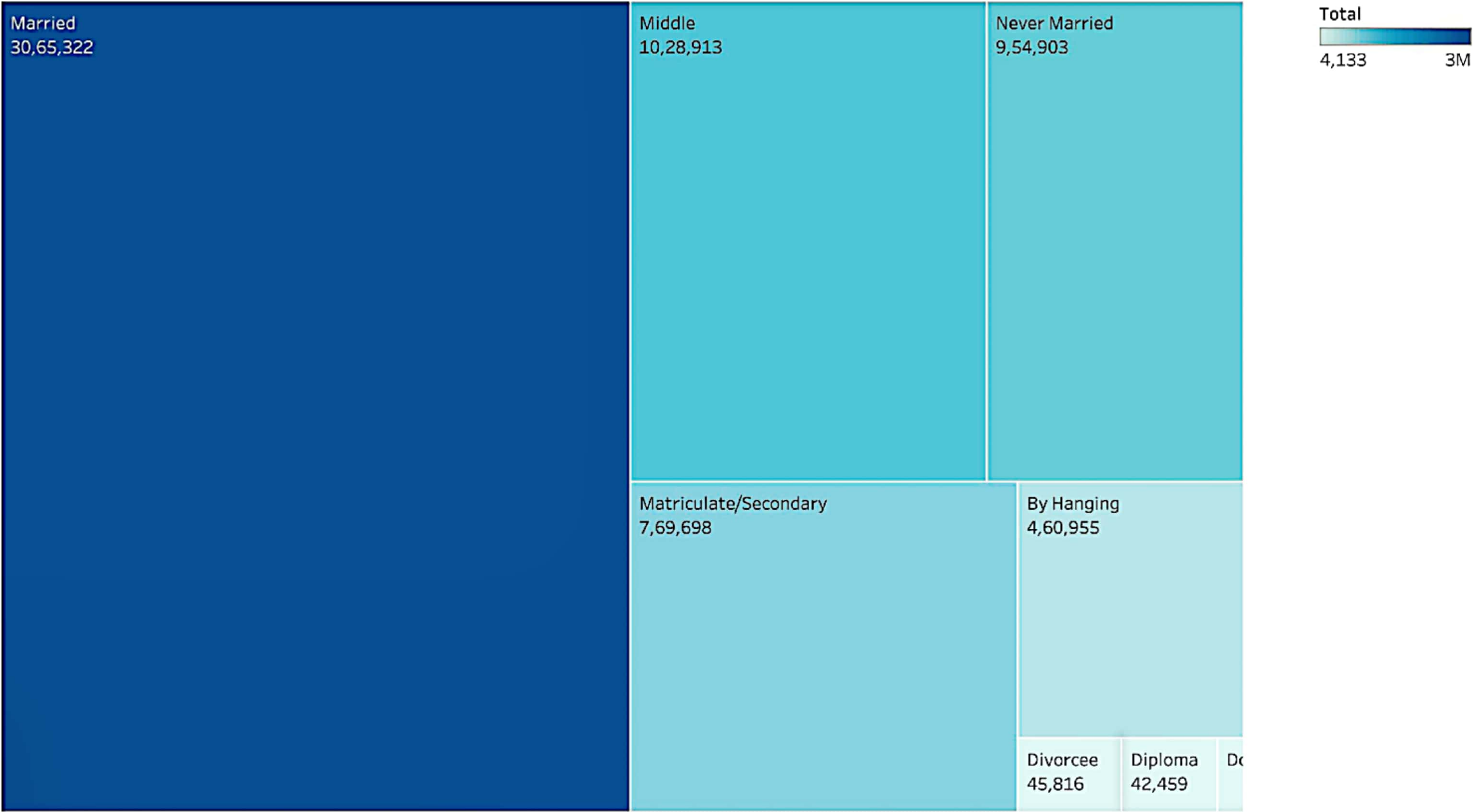
- Durkheim's Social Integration Theory: Emile

Durkheim proposed that suicide rates are influenced by the level of social integration and regulation in a society. In India, factors such as social isolation, familial conflicts and lack of support networks could contribute to higher suicide rates.

- Beck's Cognitive Theory: Aaron Beck's Theory emphasizes the role of distorted thinking patterns and negative beliefs in suicidal ideation. In India, factors such as perfectionism, academic pressure, and societal expectations may contribute to negative self-perception and hopelessness, increasing the risk of suicide.

2. Sociological Theories: Strain Theory: Robert Merton's Strain Theory suggests that individuals may turn to deviant behaviours, including suicide, when they experience a disjunction b/w societal goals and the means to achieve them. In India, rapid urbanization, income inequality, and disparities in access to resources may create strains that contribute to suicide risk.

Types Of People suicides



Type and sum of Total . Color shows sum of Total . Size shows sum of Total . The marks are labeled by Type and sum of Total . The view is filtered on Type, which keeps 10 of 69 members.

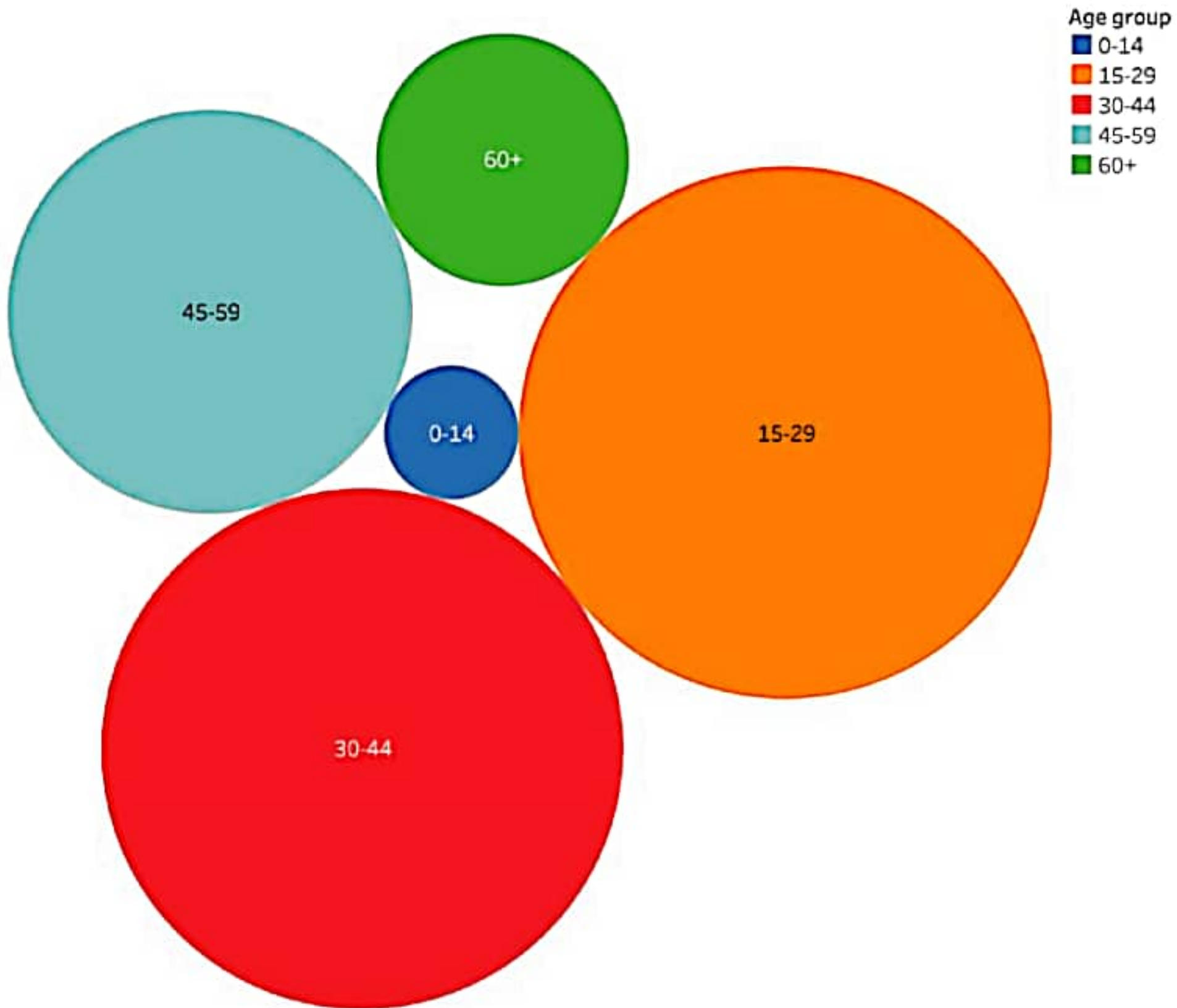
Hardware / Software Designing ::

Designing hardware and software solutions for addressing suicides in India requires a sensitive and comprehensive approach. Here's a conceptual overview of how such solutions could be developed.

Hardware Design ::

1. Smart wearable Devices: Develop wearable devices equipped with biometric sensors to monitor physiological indicators of distress - such as heart rate variability, skin conductivity, and movement patterns. These devices could be programmed to detect early signs of suicidal behavior and trigger alerts to caregivers or mental health professionals.
2. Remote Monitoring Systems: Create remote monitoring systems for individuals at risk of suicide, particularly in rural or underserved areas. These systems could include home monitoring devices connected to a central monitoring station, allowing caregivers or healthcare providers to remotely monitor the well-being of at-risk individuals and intervene when necessary.
3. Emergency Response Beacons: Design emergency response beacons that individuals can carry with them and activate in case of a suicidal crisis.

Suicides By Age Groups



Age group. Color shows details about Age group. Size shows sum of Total . The marks are labeled by Age group. The view is filtered on Age group, which excludes 0-100+ and Null.

Software Design:

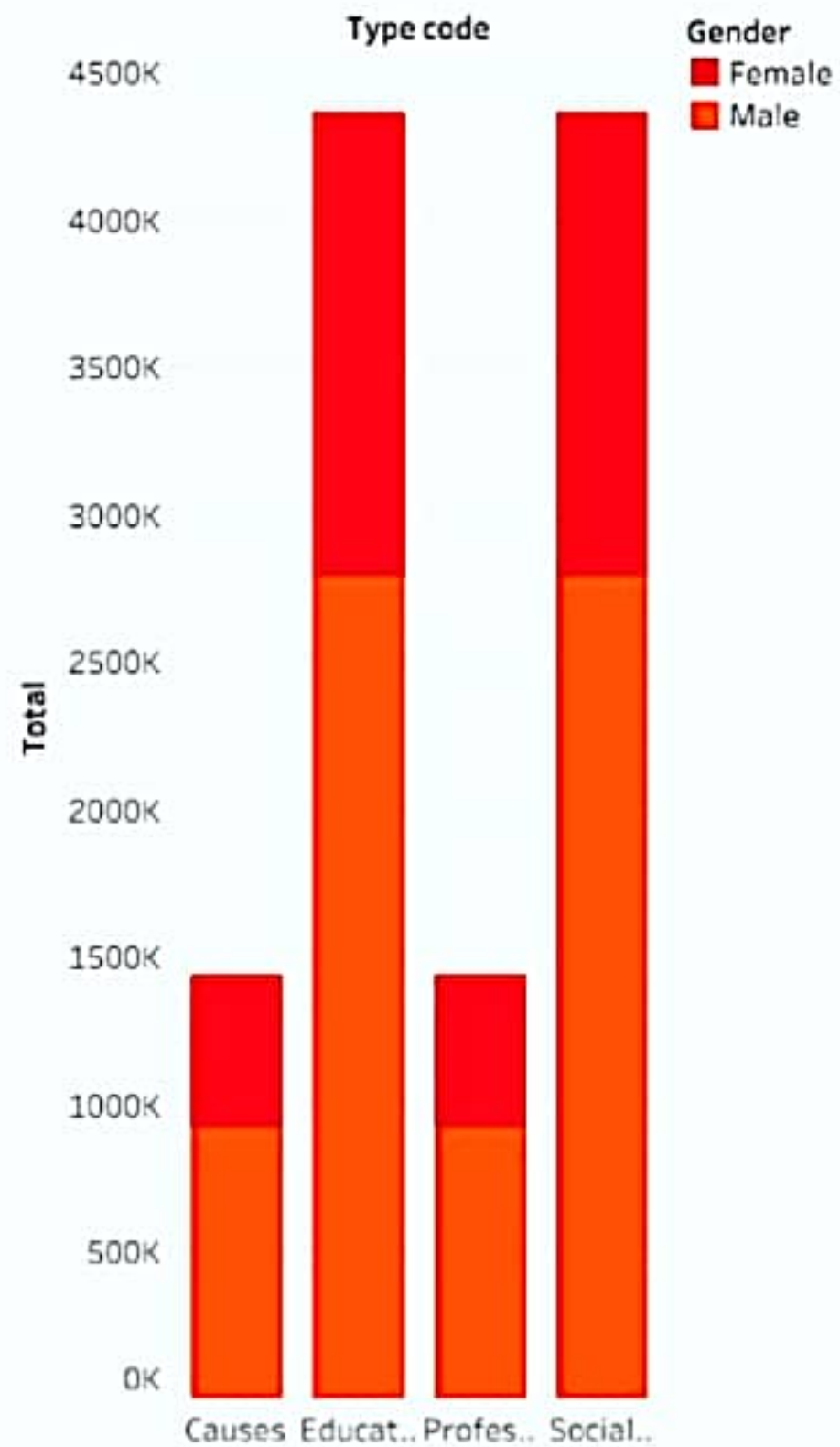
1. Mobile Applications: Develop mobile applications designed to provide mental health support, crisis intervention, and suicide prevention resources. These apps could offer features such as suicide risk assessment, safety planning tools, real-time chat support with trained counselors, and access to helpline and support groups.
2. Predictive Analytics Tools: Create predictive analytics tools that analyze social media activity, search queries, and other digital data to identify individuals at risk of suicide. These tools could use machine learning algorithms to detect patterns indicative of suicidal ideation and alert relevant authorities or support services for intervention.
3. Teletherapy Platforms: Build teletherapy platforms that enable remote mental health counseling and therapy sessions. These platforms could include secure video conferencing capabilities, virtual therapy rooms, and digital tools for conducting therapy sessions and monitoring progress.
4. Data Analytics Dashboards: Develop data analytics dashboards for tracking and analyzing suicide-related data, including demographic trends, risk factors, and intervention.

RESULT:

As of my last update in January 2022, suicide remains a significant public health concern in India. The National Crime Records Bureau (NCRB) of India compiles data on suicides through its annual report "Accidental Deaths and Suicides in India". Some key results and trends include:

1. High Incidence: India has one of the highest suicide rates globally, with millions of reported cases each year. The rates vary across different demographics, regions, and socioeconomic groups.
2. Demographic patterns: Certain demographic groups are disproportionately affected by suicide, including youth, women, farmers, and individuals from marginalized communities. Factors such as gender-based violence, economic hardship, and mental health stigma contribute to these disparities.
3. Leading causes: Common reasons cited for suicide include mental health issues (such as depression and anxiety), financial problems, relationship issues, academic pressure, and substance abuse. However, the underlying causes are often complex and multifaceted.

Why Are Suicides Happening



Sum of Total for each Type code. Color shows details about Gender. The view is filtered on Type code, which keeps Causes, Education_Status, Professional_Profile and Social_Status.

ADVANTAGES & DISADVANTAGES :-

Advantages :-

Discuss the advantages of suicide is highly sensitive and problematic. Suicide is a tragic and irreversible act that typically stems from deep emotional pain and despair. It's essential to prioritize mental health support and intervention to prevent suicides rather than considering any potential advantages.

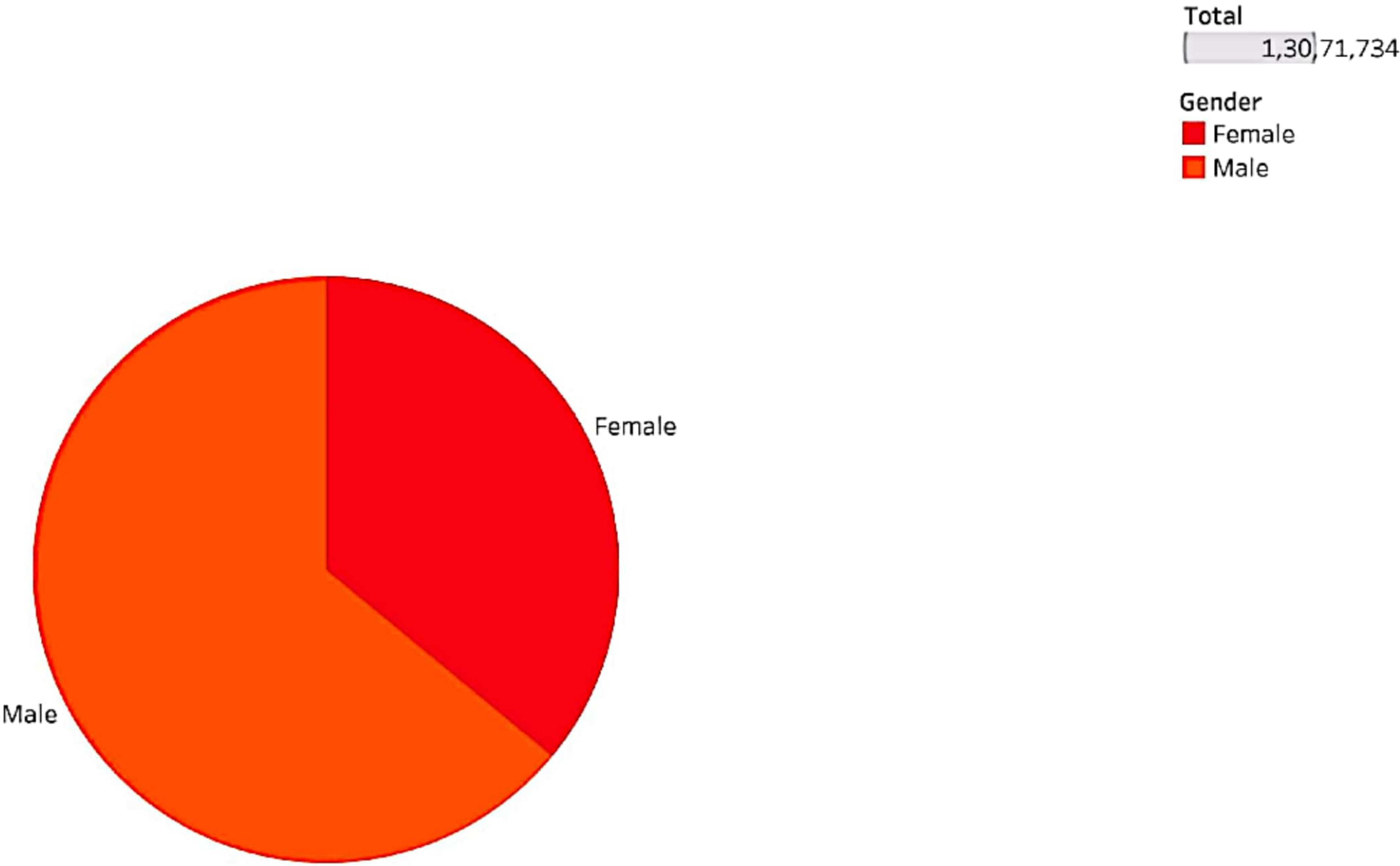
Disadvantages :-

1. Loss of life:- Suicide results in the loss of valuable lives, affecting not only the individual but also their family, friends, and communities.
2. Mental Health Stigma:- Suicides often highlight the underlying mental health challenges in society. However, there's still a stigma surrounding mental health issues in India, which can prevent individuals from seeking help or support.
3. Economic Impact:- Suicide can have economic consequences for families, especially if the individual was the primary breadwinner. It can lead to financial instability and hardship for dependents.
4. Emotional Toll:- The aftermath of a suicide can have long-lasting emotional effects on survivors, including guilt, shame, and grief. This can exacerbate mental health issues and lead to further distress.

Applications

1. AASRA : AASRA is a crisis intervention center based in Mumbai that offers support and counseling to individuals experiencing emotional distress or suicide thoughts. While they primarily operate a helpline, they may also have an app or online resource available.
2. icall : icall is a telephone and email-based counseling service provided by the Vandana Foundation in Mumbai. While they don't have a standalone app, they offer confidential counseling services for individuals in emotional distress including those contemplating suicide.
3. Snehi : Snehi is an NGO based in Mumbai that provides emotional support and counseling services to individuals experiencing distress, including suicidal thoughts. While they may not have a dedicated app, they offer in-person and telephonic counseling services.
4. e-MINDS : e-MINDS (electronic Mental Health Information System) is a digital platform developed by the Indian government to provide mental health information, resources, and support services, including suicide prevention. While it may not be a standalone app, it offers valuable information and resources for individuals seeking help.

Gender Classification Chart



Gender. Color shows details about Gender. Size shows sum of Total . The marks are labeled by Gender.

conclusion:

In conclusion, Suicide is a complex and deeply concerning issue in India, with significant Social, Economic, and Emotional Implications. The disadvantages of suicide include the loss of valuable lives, perpetuation of mental health stigma, economic hardships for families, emotional toll on survivors, social ramifications, and the preventable nature of many suicides.

However, there are resources available for individual in distress, such as helplines, counseling services, and online platforms. Addressing the issue of suicide in India requires a multifaceted approach, including destigmatizing mental health issues, improving access to mental health care, implementing suicide prevention strategies, and fostering supportive communities. By prioritizing mental health awareness and support, we can work towards reducing the incidence of suicide and promoting emotional well-being in Indian society. Collaboration between government agencies, NGOs, healthcare providers, educators, and communities is essential to develop and implement effective suicide prevention strategies tailored to the diverse needs of India's population. By working together to promote mental well-being, provide support to those in distress, and address the underlying social and economic factors contributing to suicides, we can strive towards a future where every life is valued and protected.

Future Scope:

The future scope for addressing suicides in India lies in implementing proactive and holistic strategies that prioritize mental health and well-being across all levels of society. Here are some potential avenues for future action.

1. Early Intervention Programs: Implementing Early Intervention Programs in schools, colleges, and workplaces to identify and support individuals at risk of suicide. This could include mental health education, counseling services, and creating supportive environments that promote emotional resilience.
2. Tele-counseling and Helplines: Expanding tele-counseling services and helplines to provide accessible support to individuals in distress, especially in remote or underserved areas where mental health resources are limited.
3. Community-Based Initiatives: Investing in community-based initiatives that raise awareness about mental health issues, reduce stigma, and provide peer support networks for individuals struggling with mental health challenges.
4. Integration of Mental Health Services: Integrating mental health services into primary healthcare settings to ensure that individuals have access to timely and culturally appropriate mental health care.