**SOC101- Report**

**Literature** **Review**:

This paper talks about recent increase of suicide cases during Covid-19 pandemic. The incident and mortality of the Covid-19 disease have increased dramatically around the world. The effects of Covid-19 are not limited to physical health, but also have a major impact on the mental, social and economic aspects. Meanwhile,  developing and less developed countries like Bangladesh are arguably experiencing more severe crises than developed countries,  with many small and medium sized businesses being disrupted and even bankrupt. Consequently,  some individuals’ mental health is very fragile. Some of the psychological consequences reported in India and Bangladesh including self harm due to Covid-19 misinformation. Moreover,  mental pressure can  also occur due to lack of information.

Covid-19 is associated with major psychological impact across Bangladesh. In the context of the current Covid-19 pandemic, the risk of being affected with the virus and relative insufficiency of global healthcare systems in prevention and management of the virus at the national scale can generate more substantial stress and serious mental health problems particularly among susceptible individuals.

During the pandemic people face new social distancing restrictions to curb the spread of Corona Virus as a result suicide rates increased. Widely reported studies modelling the effect of the Covid-19 pandemic on suicide rates predicted increases ranging from 1% to 145%. Particular emphasis has been given to the effect of the pandemic on children and young people. Numerous surveys have highlighted that their mental health has been disproportionately affected relative to older adults.(John et al., 2020)

In addition, pandemic related restrains like spatial distancing, isolation, home quarantine etc is impacting on economic sustainability and wellbeing,  which may induce physiological mediators such as sadness, worry, fear, anger, annoyance , frustration, guilt, hopelessness, loneliness and nervousness. These mediators are also distinctive features of physiological suffering that individuals can experience during and after this pandemic. Without early economic interventions, such health issues can facilitate suicidal behaviours among some individuals because economic recession,  unemployment and poverty are strongly associated with severe physiological comorbidities such as suicidal behaviours.

The first published case study of Covid-19 related suicide in Bangladesh raised the possibility of further suicides. Although the suicide occurred due to the fear and xenophobia of Covid-19. More importantly, The Covid-19 pandemic is causing economical problems for those individuals whose livelihoods have been affected due to the lockdowns occurring in many countries around the world including Bangladesh. A significant minority of individuals live below the poverty line here. Additionally Bangladesh is also ranked as having the second most unemployed graduates among Asia Pacific countries and a high rate of youth unemployment. However, a recent report showed extreme economic fallout due to Covid-19 crisis among poor Bangladeshi people. (Bhuiyan, Sakib, Pakpour, Griffiths & Mamun, 2020)

Furthermore, sufficient food availability,  production supply has been disrupted due to the lockdown. This has led to rising food costs making it difficult for unprivileged individuals to survive. Consequently, the sudden economic recession has led needy individuals to contemplate suicide. Globally,  it is well established that unemployment, poverty and economic distress are associated with suicide,  than when there are increases in this,  there are increases in suicide. There are many suicide cases in Bangladesh and most of them was occurred due to economic related issues in this pandemic. (Bhuiyan, Sakib, Pakpour, Griffiths & Mamun, 2020)

Suicide is considered as a national epidemic. This rate is increasing every year. But during this pandemic, it has become even more frightening. At this time, all of us are going through mental stress due to pandemic related issues. Coronavirus pandemic has changed our lifestyle and our mental health as well. And it is well known that pandemics pose a threat to mental health. Recent reviews found a constantly negative impact of covid 19 on mental health. And when these mental problems take on a broad range, many choose the path of suicide. As we know suicide is multi-factorial that means there are always going to be several things that come togather like a strom that lead people to feel hopeless, desparate and potentially suicidal.

Clearly, the pandemic has added intense emotional and mental stress to the lives of people. And that can lead anyone to suicidal thoughts. Basically, suicidal thoughts appear when you think you can not cope or recover with your mental problems. There are many factors behind having mental stress, depressions, fear and anxiety in this current pandemic.("Are you thinking about suicide or do you know someone who is?", 2021) Some factors are given in the following-

* Fear of getting coronavirus.
* Fear of losing loved ones due to corona
* Social isolation
* Financial hardships
* Lack of communications
* Career uncertainty
* Disruption of education
* Anxiety due to working in a high risk environment
* Can not being able to cope with new normal
* Worry about losing job, business
* Worry about how they will able to provide basic needs for themself and their family
* Family violence
* PTSD after sudden death of a loved one to corona or another illness

Before covid 19, suicide was already a leading cause of death among teenagers and youths. However, this suicide rate become higher during this pandemic. Social alienation is affecting them badly. They feel isolated from their communities, friends and loved ones. They can not share their feelings and feel burdened. Or some serious stressors like family problems, someone getting sick or an unstable home life can make them more vulnerable to depression, anxiety and other mental health issues. Also the level of uncertainty not knowing what is going to come next is making them more hopeless.

During covid 19 restrictions, many teenagers and young people turned to the internet and social media to connect with one another. Some became engaged in harmful virtual relationships as they spent more time online. For a myriad of reasons that mostly related to cybercrimes, betrayal in virtual relationships and personal conflict with friends, they do suicide. And some cases have happened in the last few months.("Social alienation triggers suicidal tendencies among adolescents", 2021)

The increasing of suicide rate is a growing concern during this pandemic. Even psychiatrists state that the world is experiencing a mental health pandemic. Therefore , it has become significant to talk about this topic. Although people keep their mental problems under wraps, we should bring these issues to the fore, especially in this challenging time where everyone is suffering from mental problems.

References:

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