INTERVIEW ANALYSIS

Our group has taken ten online interviews and asked five questions to each of them.

Question 1: Which specific reason do you think impacts people to have increased mental pressure in the pandemic?

We received some different types of reasons but the most common that was seen with almost everyone was the isolation part which highlighted people not being able to interact in person and having lack of communication. There were also other reasons like uncertainty of the future, virus infection fear, not being able to keep up with such a quick change. Also, some said about the interruption of their exam and now knowing when it will happen.

2. Do you think economic disaster is one of the main reasons for increasing suicidal tendencies among the people during this pandemic? And Why do you think so?

From the interviews it was very clear that everyone agreed on economic disaster being a big reason for suicidal tendencies. Some of them thought it was due to people losing their status in the society and being fearful of the outcome. Some thought the fear of not being able to provide for their family really affected them to take such steps as financial condition just worsened over time.

3. What do you think about having an abusive family? Could it be the cause of someone's suicide?

Everyone had a negative view of having an abusive family which was justified. Most of the respondents justified it by saying abusive families tend to break the confidence of the person leaving them with suicidal thoughts. One respondent quoted “an abusive family makes one feel despicable about himself and he is devoid of basic human affection from the strongest origin which creates immense complexities in the mind. Yes, an abusive family can lead to suicide”.

4. What is your take on social distancing? Are we missing the opportunity to share our stressors and therefore are being more burdened with it?

The respondents all had their different take on social distancing. Some thought it has put a limitation on our spontaneous human expressions. For some It has created many burdens and hardly people have been able to express themselves because of this distancing. But one thing common among everyone which was social distancing is what we have to do now even if it hampers our interactions, it is saving lives.

5. What do you think we can do to avoid the increase in suicidal thoughts?

The respondents were very sharp with their thoughts but most of them had the same idea to avoid the increase of suicidal thoughts which was to spend more time with their families and using this chance to express to them and strengthen the bond. There were some different answers too like doing meditation to stay calm and also staying off drugs and alcohol. Some suggested staying active in such times to divert their mind. One answer that stood out from a respondent was he quoted “we can engage ourselves with skill developing which requires our constructive attention. This can also help us in the long run.”

This is the full analysis of the answers we were able to gather from the respondents.