

Global Suicide Rate

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Global Happiness Scores

source: World Happiness Report 2015 - 2020

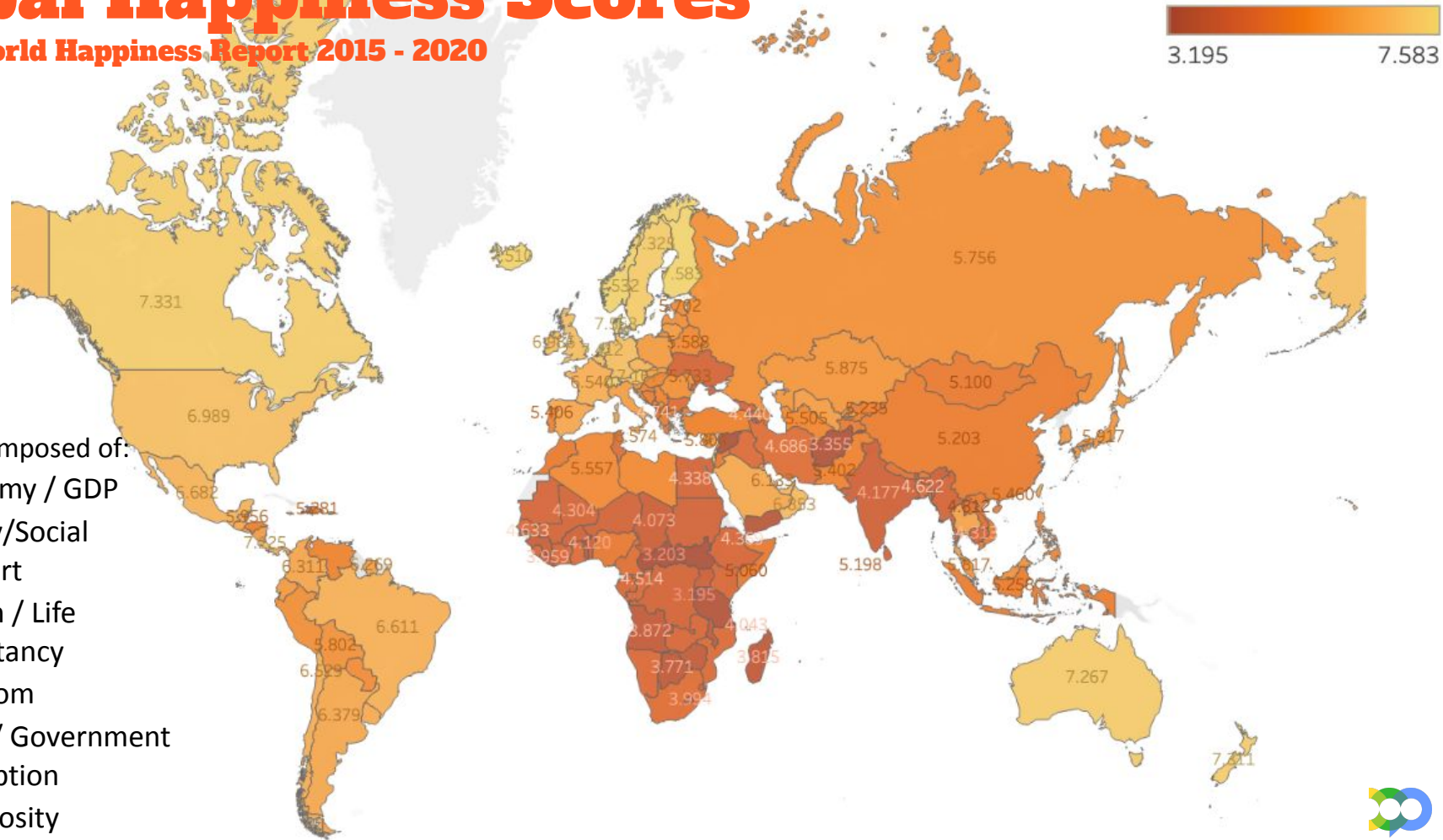
AVG(Happiness Score)

3.195

7.583

Happiness composed of:

- Economy / GDP
- Family/Social Support
- Health / Life Expectancy
- Freedom
- Trust / Government Corruption
- Generosity



0 1,209,742



Top 3 Countries with Highest Suicides

Russia #61.5

AVG(Happiness Score)

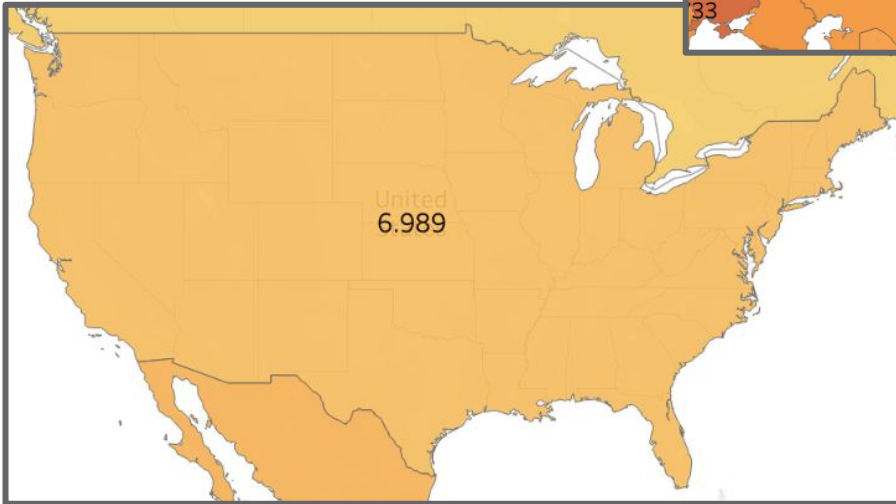


3.195

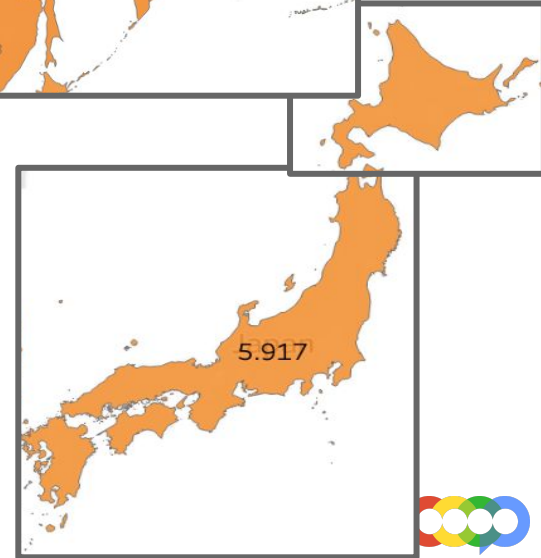
7.583



United States #16.2



**Japan
#54**



A world map with a light gray outline of continents. A thick blue horizontal line is drawn across the middle of Europe, passing through the British Isles and the Mediterranean Sea.

Question

**Do certain demographics
have a higher suicide
rate than others?**





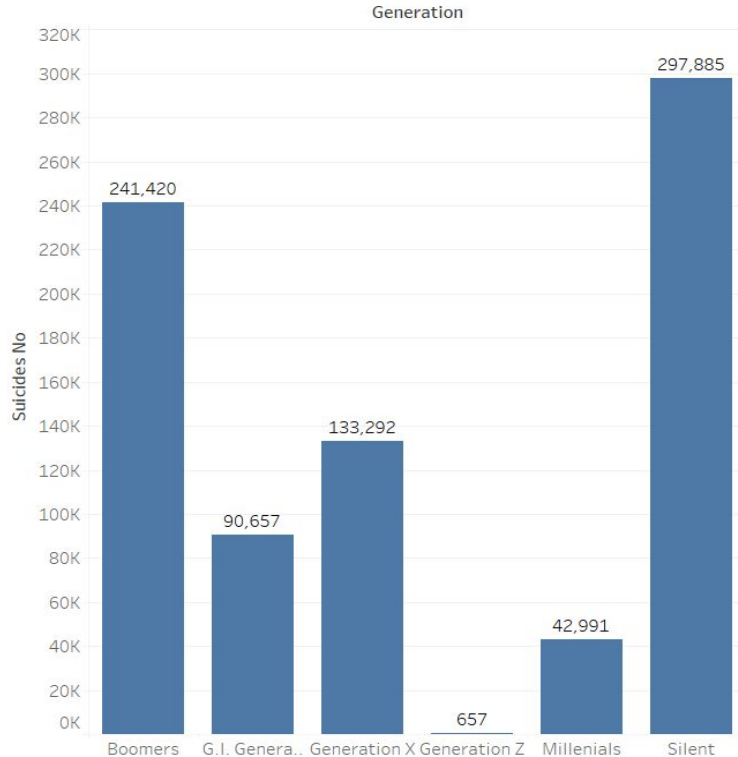
Thesis

We hypothesize that suicide rates in Japan would be higher in the female population due to societal standards and working conditions.



Japan - Generations

Suicide Numbers by Generation

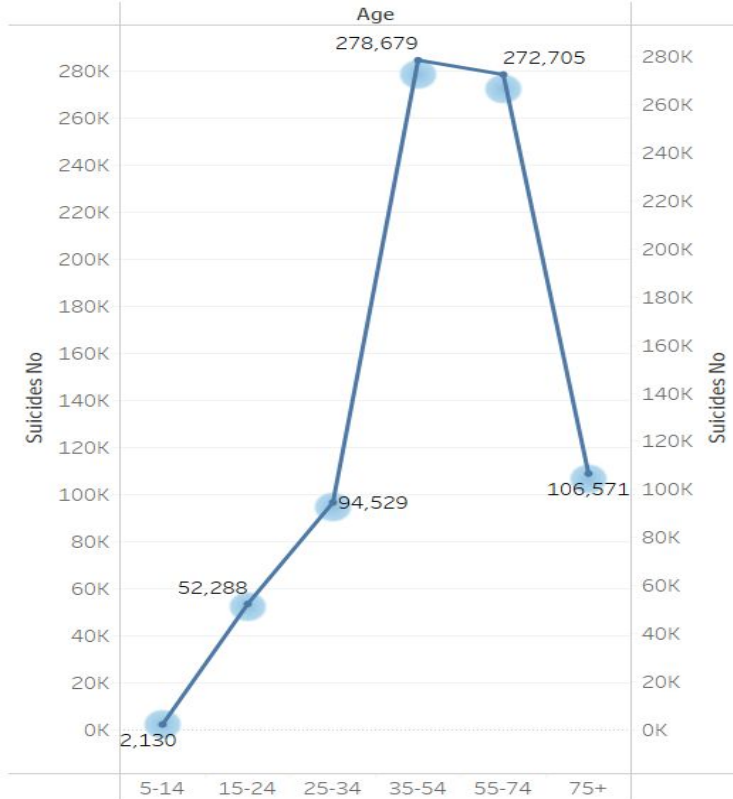


- Highest rate of suicide based on generation: Silent Generation (1927-1946) and Boomers (1947-1964)
 - Japan has a long tradition of “honourable suicide” (seppuku - kamikaze)
- Japan has the highest population of elderly in the world that have often been abandoned by younger generations
- Due to the insurance systems in Japan it is guaranteed to be paid out



Japan - Age

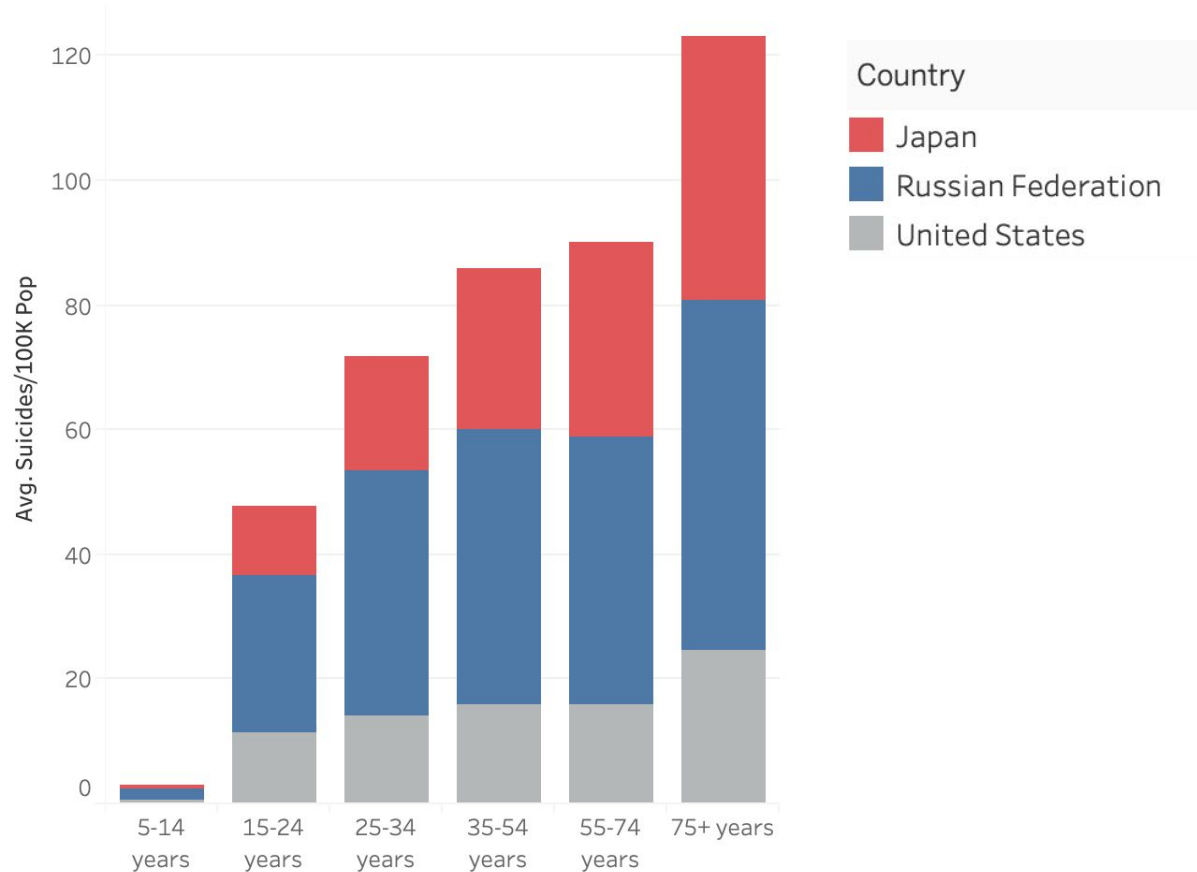
Number of suicide by Age



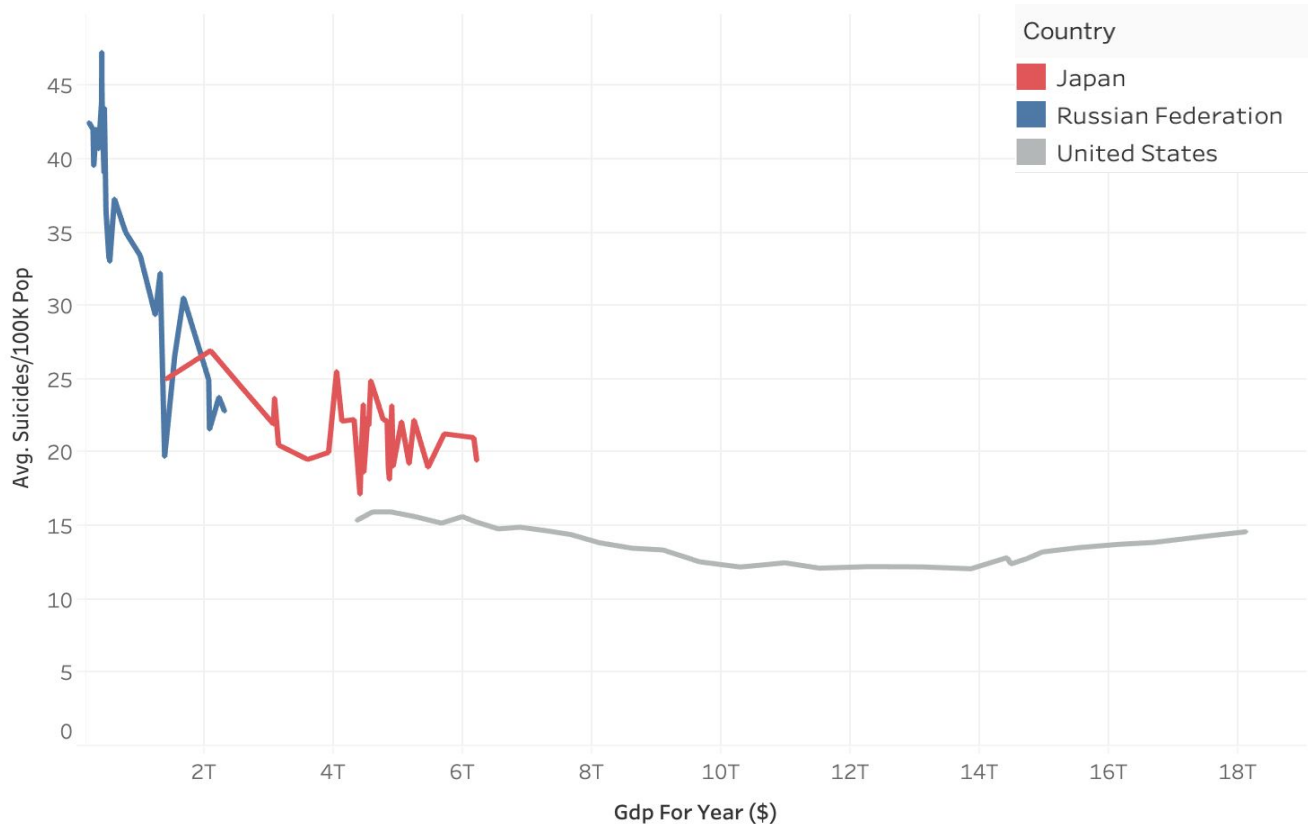
- Highest growing population: Middle Aged
 - Financial circumstances
 - Hikikomori a type of acute social withdrawal
 - Social Standards



Top 3 Suicide Rates - Age



Top 3 Suicide Rates - GDP

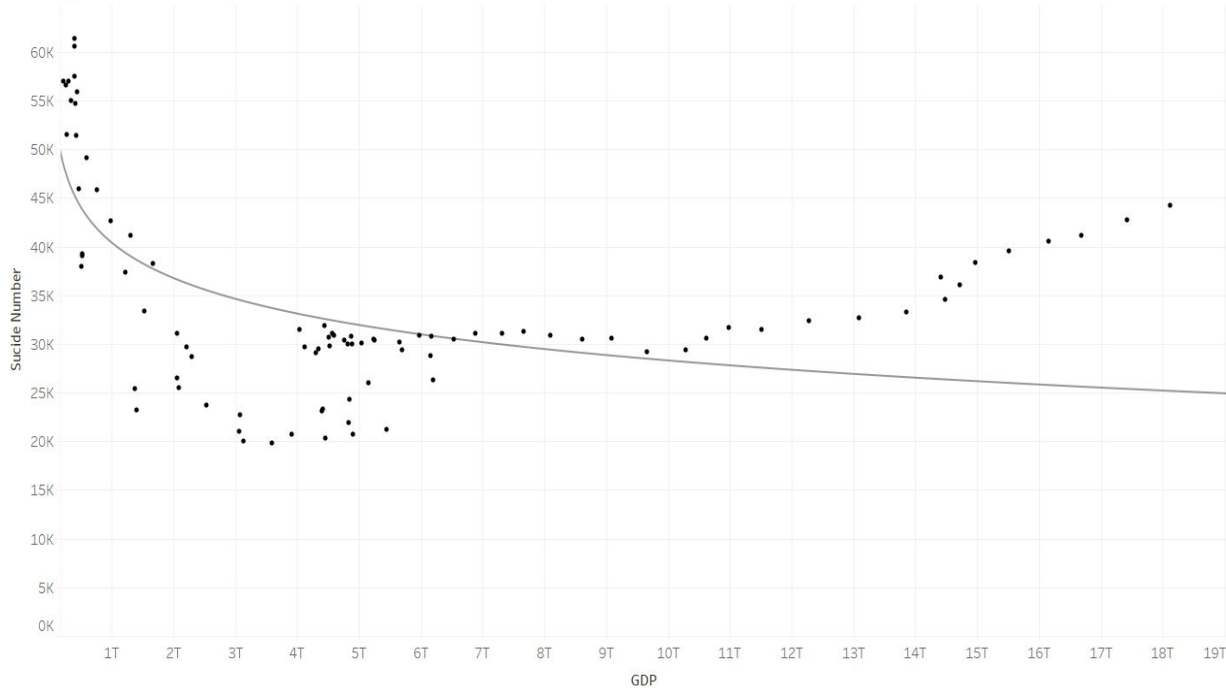


What is GDP?

- Gross domestic product (GDP) is the total monetary or market value of all the finished goods and services produced within a country's borders in a specific time period.
- Gross domestic product (GDP) is one of the most common indicators used to track the health of a nation's economy.

Trend Line of GDP and Suicide Rate

Trend line of GDP to Suicide No.

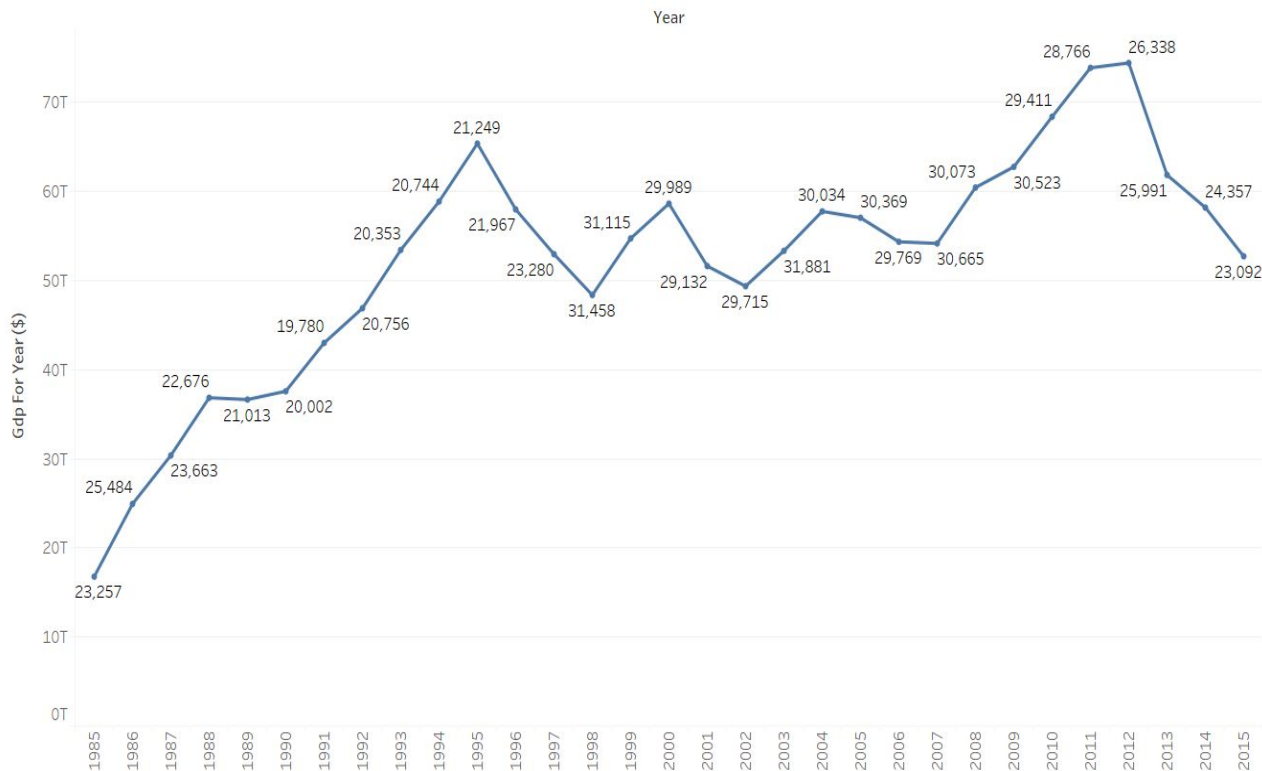


- Trend line of GDP and Suicide Number for Japan.
- GDP and Suicide Number have negative correlation.
- As GDP increases the Suicide number decreases.



Japan GDP & Economy

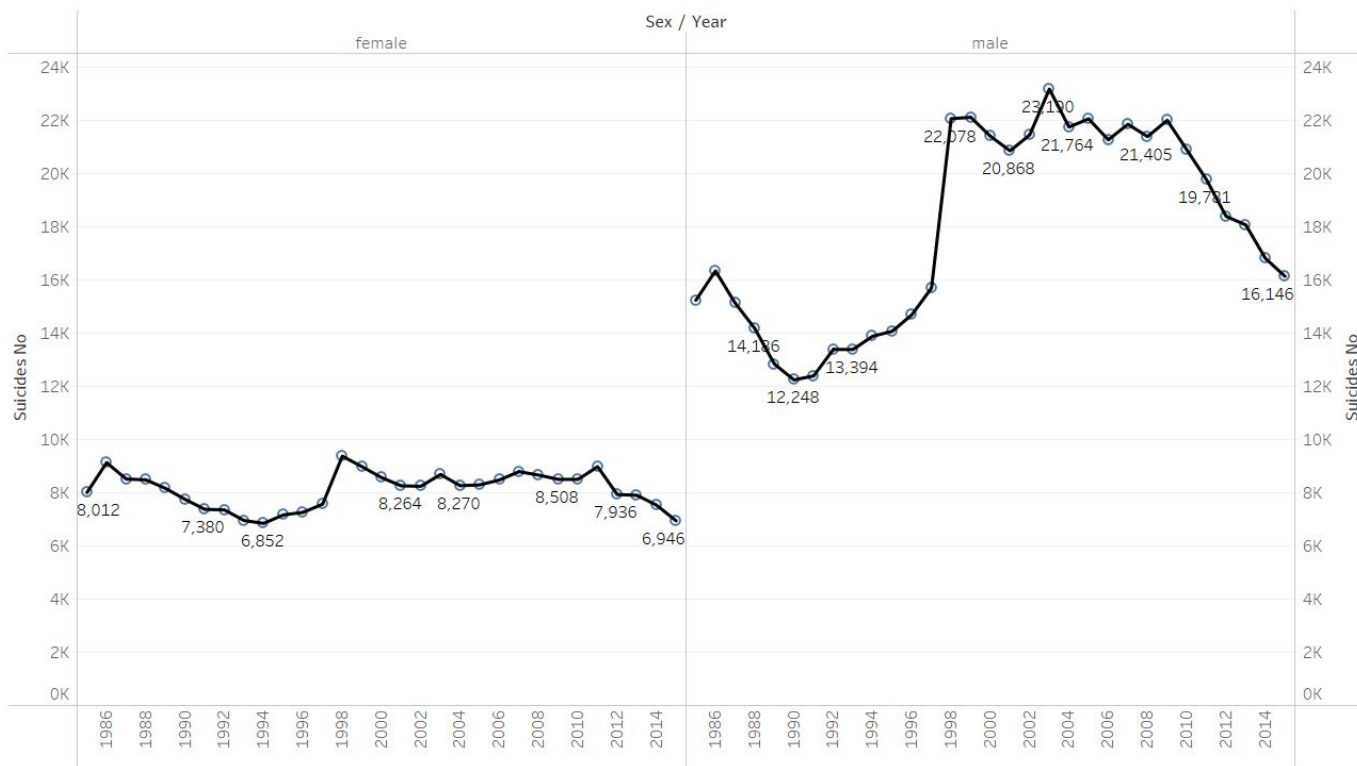
GDP/Years



- Japan's "Lost Decade" was a period that lasted from about 1991 to 2001 that saw a great slowdown in Japan's previously bustling economy.
- The 'lost decade' in Japan was a period of steep surge in unemployment. In 1991 with the unemployment rate at 2.1%, In 2002 it reached 5.5%.
- Japan's equity and real estate bubbles burst starting in 1989.
- Land values dropped throughout the 1990s, falling an incredible 70% by 2001.

Japan Gender

Gender Suicide

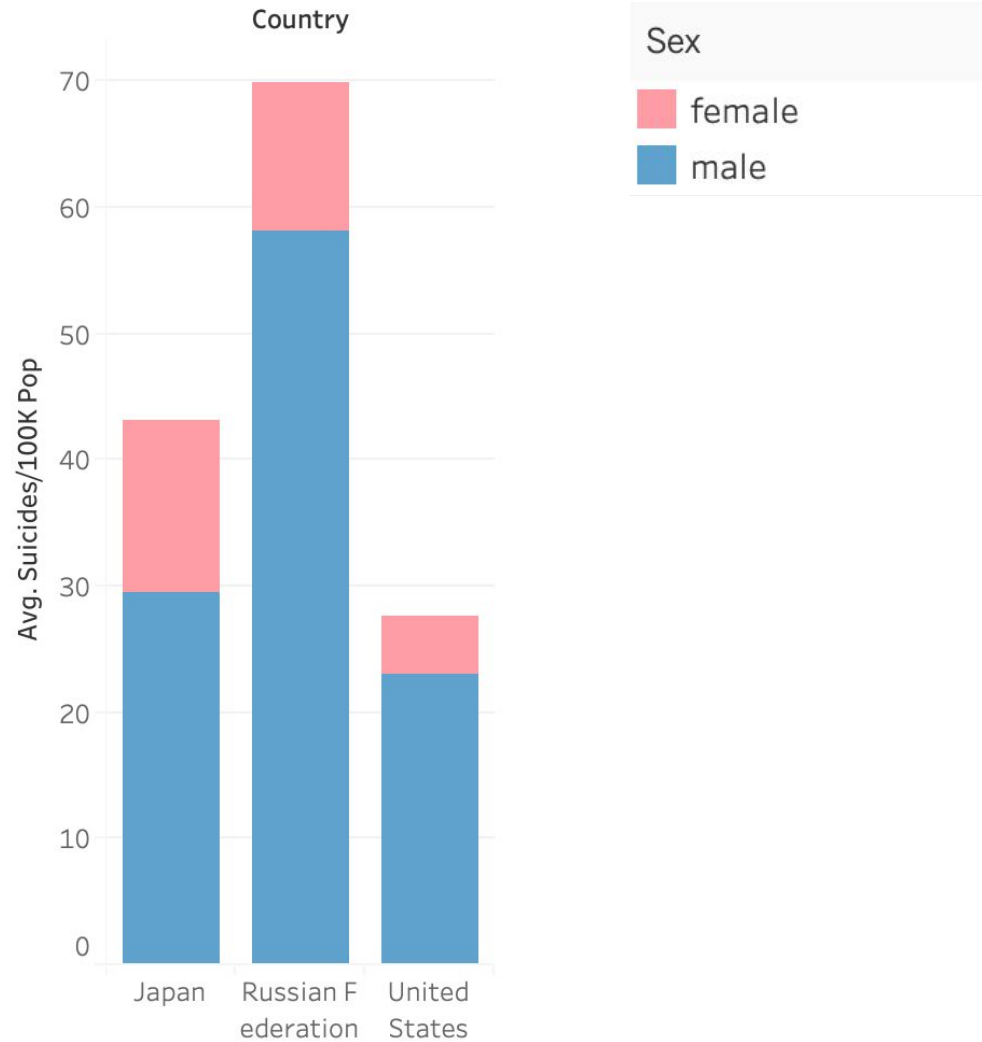


In Japan, males are look to as the breadwinner of the household and mainly responsible for providing for the family.

Huge change in male suicide rate during the “Lost Decade” (1991 - 2001) and the “Lost 20 years” (2001-2011).



Top 3 Suicide Rates - Male to Female Ratio



Trends/Patterns

- **Age** - highest with older generation (75+)
- **Gender** - Ratio of suicide rate of Male to Female is much higher with Males (proves against thesis)
- **GDP** - In Japan, as the GDP increases, suicide rates are lower, but not necessarily.



Analysis/Solution

- **Male suicides:** Encourage people to take holidays and more work for home opportunities, mandatory 10-15 minute mini breaks per hour
- **Youth:** "Bullying, failed relationships and the pressure to succeed have been given as reasons for the rise," (*This Week Asia*) Engage in anonymous suicide prevention chats rather than traditional lifeline hotlines.
- **Elders:** Create a support system/community network between teens and elders; to converse and support each other. "educate general practitioners, the public, and the elderly themselves about characteristics of psychiatric disorders and various problems associated with aging." (*PubMed*)
- **Women:** Women are more independent ... loss of jobs leads to financial issues and stress. They live alone. "Women have to look after their families' health, and they have to look after cleanliness and can get looked down upon if they are not doing it right" Celebrity effect: Yuko Takeuchi death to 207 female suicides in the following 10 days.

Allow tenants/employers to have mandatory social events. Force news stations to limit the numbers of suicide reports. Encourage family counseling through work or unions.

- **Cognitive behavioral therapy**- "What we do and what we think affects how we feel."

Guided discovery: Broaden your mental horizon by challenging your current feelings /beliefs. The point of this is choose a better path for the future.

Exposure therapy: Gradual exposure to things that create your anxiety: while simultaneously learning how to battle them.



Recommendations

- **More senior centers and attention to elderly**
- **More government financial assistance**
- **More emphasis on mental health/therapy** in these countries because people do not have a culture where they can talk about their problems, and that leads to suicide
- **Programs Japanese people can reach out**
 - <https://telljp.com/> : “TELL is dedicated to providing effective support and counseling services to Japan's international community and its increasing mental health needs.”
 - "A Place for You": “In March, Koki Ozora, a 21-year-old university student, started a 24-hour mental health hotline called Anata no Ibasho (A Place for You). He said the hotline, a nonprofit funded by private donations, receives an average of over 200 calls a day.”
- **Bloste-** Matching app that connects customers and counselors



Sources

- World Happiness Report 2015 - 2020:
<https://www.kaggle.com/mathurinache/world-happiness-report?select=2015.csv>
- <https://www.kaggle.com/szamil/who-suicide-statistics>
- Suicide Rate (with GDP) for Socioeconomic status:
<https://www.kaggle.com/russellyates88/suicide-rates-overview-1985-to-2016>
- https://www.kaggle.com/yeasin3437/japan-suicide-rates-overview-1985-to-2015?select=japan_suicide_data_rates.csv
- <https://www.kaggle.com/snanimil/hey-you-suicide-is-not-a-solution/data>
- <https://knowledge.wharton.upenn.edu/article/economic-toll-high-suicide-rates-japan-south-korea/>
- <https://www.statista.com/statistics/622705/japan-suicide-number-per-100-000-inhabitants-by-gender/>
- <https://core.ac.uk/download/pdf/25732203.pdf> (ACADEMIC STUDY)
- <https://www.bbc.com/news/world-33362387>
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- https://www.google.com/url?sa=t&source=web&rct=j&url=https://m.youtube.com/watch%3Fv%3DdBS1r3QCEbc&ved=2ahUKEwiXtp-Oj5_wAhX7F1kFHfR7BGcQwqsBegQIBxAG&usg=AOvVaw27VZZVpCPDX98pG-TMvwN5



It's Okay to Ask for Help

**YOU ARE
NOT
ALONE**

NATIONAL
SUICIDE PREVENTION
LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Thank You!

Befrienders International, Tokyo
Hotline: +81 (0) 3 5286 9090

BI Suicide Prevention Centre, Osaka
Hotline: +81 (0) 6 4395 4343

Tokyo English Lifeline
Hotline: Counselling: 03 5774 0992