



SUICIDE: MYTH vs TRUTH

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Abstract - In the era of the 21st Century, the life span of an individual has increased because of the thought-provoking advancement in the medical field. The utmost importance is given to the physical health and most of us forget that mental health plays a pivotal role. Nowadays people are exposed to numerous stress and strain in day to day life, where we lack to maintain mental equilibrium. When a person lack resilience, it will end in mental disorders like stress, anxiety, panic attacks, depression etc. Eventually it will result in ending their life. A lot of folktales are revolving around Suicide. Here is an attempt to show the myth and truth about suicide

Index Terms – Suicide, Myth, Truth

Introduction:

- ❖ Close to 800 000 people die due to suicide every year, this is one person every 40 seconds. Suicide is a global phenomenon and occurs throughout the lifespan.
- ❖ Of these 1,35,000 (17%) are residents of India, a nation with 17.5% of world population.
- ❖ Suicide is the second leading cause of death among 15-29-year-olds globally
- ❖ According to the National Crime Records Bureau (NCRB), Puducherry has posted the highest rate of suicide for the fourth year in a row.
- ❖ While the all-India suicide rate was 10.6, it was 43.4 in Puducherry.

SL.NO	MYTH	TRUTH
1	Asking someone about suicidal ideation and continuous chatting about suicide may trigger suicidal attempts.	Chatting about suicide provides a platform for the person to share their inner feelings which may lessen the pessimistic thoughts. Talking about the self-destructive behavior must be handled with caution.
2	Youngsters who recite about suicide will never have suicidal intentions.	Talking about suicide is a warning sign which may be an appeal for support
3	Suicide attempts or deaths happen without an alert.	Usually person with suicidal intention may exhibit various warning signs which were often unrecognized by others.
4	A suicide survivor will never make further attempts.	A suicide survivor may progress the intensity of suicide attempt after previous attempts
5	If a person develops suicidal intention, it is impossible to deviate them from it.	Suicides are preventable. Proper guidance and support during crises situation may halt the feelings of self-molestation. Relevant counseling must be ensured
6	Suicide is hereditary.	There is still no scientific evidence to prove that suicide is inherited genetically. But, the familial predisposition can psychologically influence the person to choose suicide as a weapon to overcome difficulties.
7	Only emotionally weak may commit suicide	All individual during tough time of life may be provoked to do suicide. It doesn't depend on the personality.
8	Suicide is painless. It is the solution for all problems.	Many suicide methods are extremely painful. Fictional portrayals of suicide have never depicted the reality of suicide.
9	Self-destructive behaviors are uncommon among youngsters.	Youngsters often tend to be emotionally unstable and moreover they don't think about the consequences of suicide. Self-destructive behavior is most likely to be shown for the first time in adolescence and its incidence is on the rise
10	Marked and sudden improvement in the mental state of a Suicide survivor indicates that there is higher risk for further attempts.	The apparent lifting of the problems could mean the person has made a firm decision to die by suicide and feels better because of this decision.
11	If a youngster thinks about suicide, they will forever think about suicide	If youngsters are given proper guidance and support, they can recover soon and probably recover and continue to lead meaningful and happy lives unhindered by suicidal concerns.
12	The most powerful strategy to overcome suicide comes from professional experts	Everyone needs someone to listen to their feelings, problems, and opinions. If proper

	alone.	support system from family, friends exist, anyone can overcome struggles easily in life.
13	Mentally ill person are more prone to attempt suicide.	Usually mentally ill persons are not affected by suicidal thoughts. Family problems, hard life situations alone will trigger the person to think about suicide. Relationship problems and other life stressors such as criminal/legal matters, persecution, eviction/loss of home, death of a loved one, a devastating or debilitating illness, trauma, sexual abuse, rejection, and recent or impending crises are also associated with suicidal thoughts and attempts.
14	Suicidal attempts are done only to grab attention of others	Every suicide threats should be given utmost importance. This behavior may be a sign of deep depression, and professional help is needed. While it may, in fact, be a manipulative act, it is one which may end in death.

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