



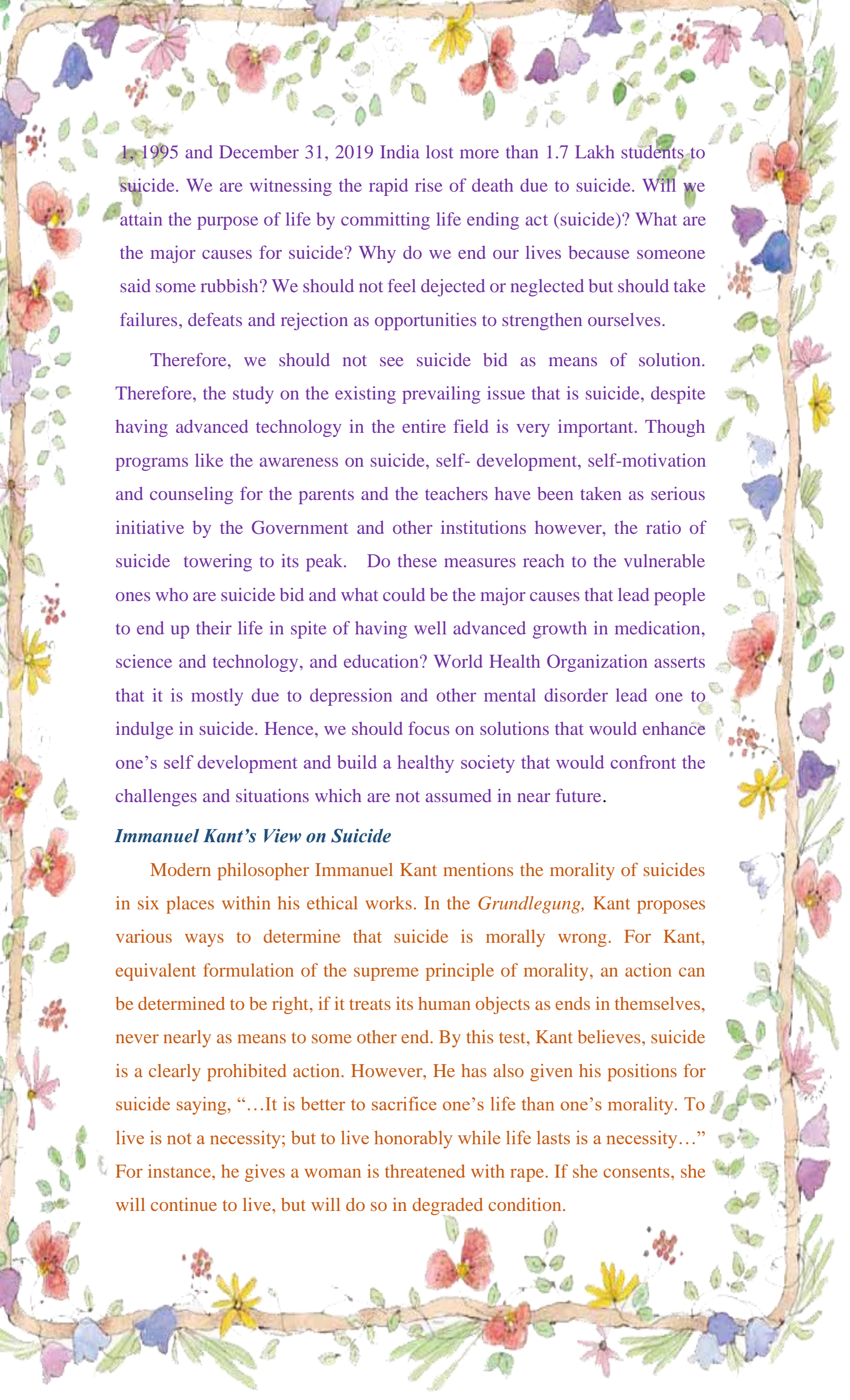
SUICIDE NOT A MEAN OF SOLUTION

Introduction

Thomas Aquinas rightly asserts, “Life is a gift from God, and so should not be destroyed...” Keeping in mind the fifth commandment of God, “You shall not murder” (Ex.20:13) we are obliged not to commit suicide because it is a grave offence against the just love of God. Generally, suicide can be defined as a self-defeating act and this act is taken intentionally to end one’s life due to various factors like depression, anxiety, mental illness. As a result today, Suicidal tendency is very predominant among young to old. We often come across and read in the newspaper the act of committing suicide especially among adult, it is a very common fact as solution for the challenges and other issues.

According to NDTV’s survey in the year 2019, 3.4% of suicide rate has been increased in New Delhi. This denotes that the average numbers of people who commit suicide every day are 381. The people who indulge in this life ending act are aged 15 to 35. As a result, worldwide we have the loss of 8, 00,000 people every year, among them 1, 35,000 people are from our motherland India.

Another disturbing data given by the World Health Organization is for every 40 seconds one person in the world commits this type of life ending act, which calls us for a deeper study on this particular issue and helps people who are seriously suffering with this thought and to refrain from suicidal tendencies. On the other hand, every year we celebrate world suicide prevention day on 10th September. Every institution brings awareness programs and schedules many conferences to reduce the rate of suicide among young to old. Different types of measures have been taken in colleges and schools to bring awareness among the youth about this life ending act and to counsel those who have indulged in this act and yet failed. According to National Crime Records Bureau, in 2019 at least one student died by suicide every hour in India. Between January



1, 1995 and December 31, 2019 India lost more than 1.7 Lakh students to suicide. We are witnessing the rapid rise of death due to suicide. Will we attain the purpose of life by committing life ending act (suicide)? What are the major causes for suicide? Why do we end our lives because someone said some rubbish? We should not feel dejected or neglected but should take failures, defeats and rejection as opportunities to strengthen ourselves.

Therefore, we should not see suicide bid as means of solution. Therefore, the study on the existing prevailing issue that is suicide, despite having advanced technology in the entire field is very important. Though programs like the awareness on suicide, self- development, self-motivation and counseling for the parents and the teachers have been taken as serious initiative by the Government and other institutions however, the ratio of suicide towering to its peak. Do these measures reach to the vulnerable ones who are suicide bid and what could be the major causes that lead people to end up their life in spite of having well advanced growth in medication, science and technology, and education? World Health Organization asserts that it is mostly due to depression and other mental disorder lead one to indulge in suicide. Hence, we should focus on solutions that would enhance one's self development and build a healthy society that would confront the challenges and situations which are not assumed in near future.

Immanuel Kant's View on Suicide

Modern philosopher Immanuel Kant mentions the morality of suicides in six places within his ethical works. In the *Grundlegung*, Kant proposes various ways to determine that suicide is morally wrong. For Kant, equivalent formulation of the supreme principle of morality, an action can be determined to be right, if it treats its human objects as ends in themselves, never nearly as means to some other end. By this test, Kant believes, suicide is a clearly prohibited action. However, He has also given his positions for suicide saying, "...It is better to sacrifice one's life than one's morality. To live is not a necessity; but to live honorably while life lasts is a necessity..." For instance, he gives a woman is threatened with rape. If she consents, she will continue to live, but will do so in degraded condition.



If she does not consent, she will be killed.

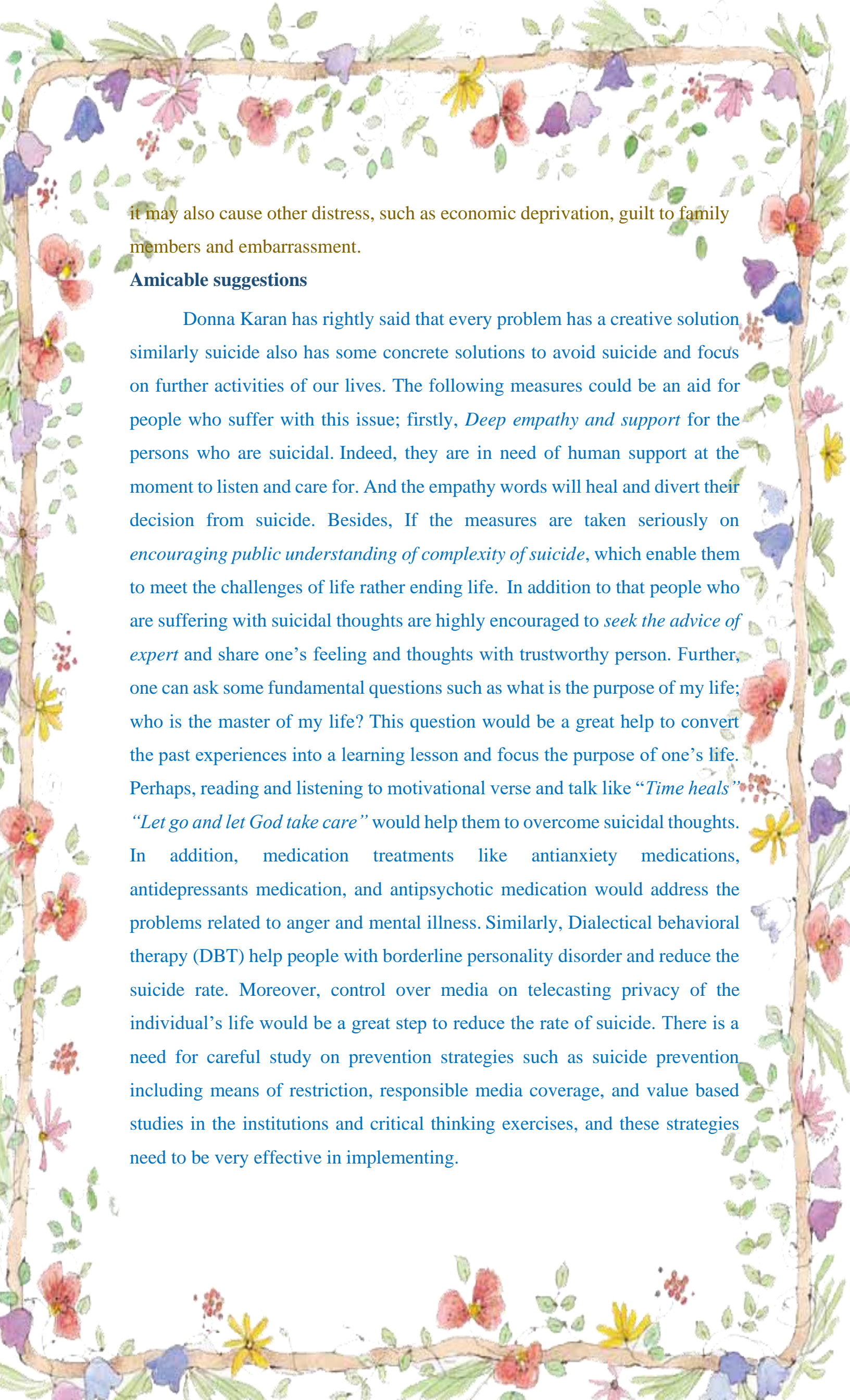
Many people in our country, particularly youths commit suicide due to various reasons such as peer pressure, emotional turbulence, stressful year of life, issues related personality, low self- esteem, lack of confidence, loneliness, depression, etc. They commit this life ending act because they are not aware of the morality of life as Immanuel Kant states, “ To destroy the subject of morality in his own person his tantamount to obliterating from the world, as far as he can, the very existence of morality itself.” Kant is right in giving this theory that suicide is morally wrong because theory leads towards the human goal (happiness).

Utilitarian’s view on Suicide

According to Utilitarian theory the moral rightness or wrongness of an action is a function of the way in which that act affects all persons involved: if the acts produces greater balance of happiness or utility over happiness or this utility than any other action would produce, then that is the right act to do. Utilitarian claim that the suicide is not a right act. For an example if a man who is source of strength for his family, commits suicide due to the loss of money in gambling, the family will suffer more and get into grief, guilt and financial problem. Hence, in this case committing suicide for one’s failure leads a family into trouble. On the other hand, this theory also supports suicide which enhances general utility by the individual.

Consequences of Suicide

People who commit suicide might think that by ending their life would shun the problems and burdens. However, losing a person in a family by the act of suicide brings disaster to oneself and the near and dear ones. Aristotle in the *Nicomachean Ethics* claims that the individual who destroy himself is treating the state unjustly, which means suicide, damages society. For instance, if son commits suicide his father and mother, at their old age, will have to spend their last phase of their life in sorrow and his wife and children have to struggle for their daily needs. The suicide of an individual causes grief and emotional pain;



it may also cause other distress, such as economic deprivation, guilt to family members and embarrassment.

Amicable suggestions

Donna Karan has rightly said that every problem has a creative solution similarly suicide also has some concrete solutions to avoid suicide and focus on further activities of our lives. The following measures could be an aid for people who suffer with this issue; firstly, *Deep empathy and support* for the persons who are suicidal. Indeed, they are in need of human support at the moment to listen and care for. And the empathy words will heal and divert their decision from suicide. Besides, If the measures are taken seriously on *encouraging public understanding of complexity of suicide*, which enable them to meet the challenges of life rather ending life. In addition to that people who are suffering with suicidal thoughts are highly encouraged to *seek the advice of expert* and share one's feeling and thoughts with trustworthy person. Further, one can ask some fundamental questions such as what is the purpose of my life; who is the master of my life? This question would be a great help to convert the past experiences into a learning lesson and focus the purpose of one's life. Perhaps, reading and listening to motivational verse and talk like "*Time heals*" "*Let go and let God take care*" would help them to overcome suicidal thoughts. In addition, medication treatments like antianxiety medications, antidepressants medication, and antipsychotic medication would address the problems related to anger and mental illness. Similarly, Dialectical behavioral therapy (DBT) help people with borderline personality disorder and reduce the suicide rate. Moreover, control over media on telecasting privacy of the individual's life would be a great step to reduce the rate of suicide. There is a need for careful study on prevention strategies such as suicide prevention including means of restriction, responsible media coverage, and value based studies in the institutions and critical thinking exercises, and these strategies need to be very effective in implementing.



Conclusion

Suicide is a real existential issue among the young to old and in particular youth. This self-defeating act is morally prohibited yet this issue is very predominantly seen among the students who are studying high school and higher secondary school. One of the major factors for suicide is family problems, besides this, people mostly prefer the mode of hanging to end their life. There is a great challenge to reduce the rate of suicide; however, the task of reducing suicide ratio is simplified by the advanced medical studies on the suicide. The theories of Utilitarianism and Kant's note on suicide pave a novel perspective path, proving how suicide becomes a morally wrong act for the individual and the society. On the other hand, utilitarianism theory also supports suicide at some point of views. Furthermore, we find a number of voluntary organizations in India which offer counselling and help for individual's contemplating suicide. There is an urgent need to develop a national plan for suicide prevention for India. For this multifaceted problem we need collaboration, coordination, and commitment of people and the Government to develop and implement a national plan, which is cost effective, appropriate and relevant to needs of the community. Over all, the mental health professionals also have to adapt proactive and leadership role in suicide prevention.

G.COLLIN SHIVIJA

22BE05