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The Causes and Prevention of Suicide Attempts in Southern Punjab Pakistan: The Normative Role of Media

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ABSTRACT

Objective: This study is an effort to know the causes of suicide attempts and to know as how media can play a role in preventing such attempts. The literature review shows that media coverage of suicide attempt cases effects teenagers more negatively as compared to the elders. Studies also show that teenagers also copycat the suicide attempts made by the celebrities. It is not the only factor. Because the contagious suicide is not confined just to exposure of media, but attempters who personally know such people who have attempted suicide are more inclined to copy this tragic phenomenon.

Methodology: The theoretical framework of this study is based on the work of Emile Durkheim. Purposive sampling technique was used to collect data from survival of suicide attempts. (Sample Size: 50).

Results: The result show that there are several reasons for committing suicide in southern Punjab such as parental conflict, failure in love, price hike, corruption and worse law & order situation prevailing in the country.

Implications: In light of findings of the study, it is suggested that professional help and counseling techniques can be helpful for attempters. Media can play a vital role in this regard by careful coverage of suicide attempts cases.

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1. Introduction

Suicide is a tragic phenomenon of a society. Suicide is a worldwide observed fact. Its existence has

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motivated many social scientists of the world to know the causes and prevent individuals from dying before fatal or natural death. In fact suicide is far more understandable than people think. Pains mixed with guilt, anger and regret make for a bitter drink, the taste of which takes many months or even years to wash out of some months. (Camus 1945).

Suicide exists in numerous forms with many reasons and factors associated with different kinds of people. Although the history of suicide is very old but the term suicide, refers to the self-destructive behaviors, thoughts, feelings etc. And the suicidology can be defined as “The scientific study of suicide and suicide prevention.” Suicidology includes not only completed suicides and nonfatal attempted suicide but also partial self-destruction suicidal gestures and ideation, parasuicide (Kreitman 1977).

Moreover suicidology means deliberate self-harm, self-mutilation and a panorama of related self-destructive behaviors and attitudes (Maris 1992) so suicidology can be defined as the scientific study of suicide and suicide prevention. (Shneidman, 1993). There are many differences between completed suicides and non-fatal suicide attempts. Some of these include the method used the number of suicide attempts, sex, age, the site of self-injury, interpersonal dynamics, leaving a suicide note, physical health and social isolation. The term fatal refers successful attempter to achieve death's goal through suicide where as non-fatal means survivors who do not die due to attempt but they survive for treatment.

The word suicide in English and other languages coined self-murder (er) and suicide first used by Thomas Browne in 17th century. The French nation accepted the word in 18th century. Suicide is defined as an act of intentionally terminating one's own life. A suicide attempt should possess the following characteristics presence of intent to die, self-initiated injurious behavior or deliberate self-harm. Completed suicides refers to suicide of individual who have actually died by their own hands. They are beyond to any therapy. Non-Fatal Suicide Attempters includes suicide or someone who intentionally injures himself / herself but does not die and thus is available for treatment. (Carrollelal, 1996).

1.1 History of Suicide

The history of sociology of suicide from Durkheim to Pescosolido including Henery and Shorts, Gibbs and Martin Duglous, Marris Philips and stack with some focus on Egoistic, altruistic, fatalistic suicide and anomic suicide. There is a preview of historical context of suicide by dividing it into different ages or Periods.

Suicide may simply be referred to as a heinous act of “self-killing”. The act of suicide has some deeply engraved history dating back to as early as the human civilization began. The act of suicide may be categorized into egoistic to fatalistic suicide as according to the father of sociology Emile Durkheim (Le Suicide in 1987). However, it is noteworthy that act of suicide is detested in all parts of the world irrespective to the caste creed colour, race or religion.

In a nutshell the sheer reason for people committing suicide is “frustration” and depression. However the act of suicide may be subjective to any particular situation which may have some different reasons. In ancient Rome, warriors considered their defeat in a battle as immense disgrace and would rather die than to live a disgraceful life. This act would be regarded as an act of bravery and was highly appreciated which instigated people to follow the ritual and hence “suicide” was practiced in Rome to a great level. This giving it the name, “Roman death”. Another reason for suicide may be subjected only to women who might give up their life for the fear of losing their dignity and being raped. This was also not despised and accepted, though reluctantly, by the Christian doctrine. Soldiers putting forth their lives for their country were also voluntarily allowing themselves to die, but the fact that it was a selfless act made it appreciable.

Talking with respect to the Christian doctrine, suicide is completely a sinful act and the subject is to be highly punished in life hereafter as their holy book states, “they shall not kill”. Going against the religious obligations was completely abhorred and so certain steps were taken to eliminate the concept of suicide from naïve minds. The trend of suicide is quite highlighted among lovers. In case of failure of their love couples usually opt for this option. These notions had been highly promoted by literature and particularly drama with tragic streak. Different methods of suicide can be observed including poison, self stabbing, throat staying, jumping off from a height, drowning and hanging one’s own self. In early ages, suicides were committed by people were by hanging because this way the noose would make a person choke so bad that one should have no last moment repentance.

Suicide is considered as a violation of natural law and no man has the right to take the matter of life and death in his own hands. Now a days a mild form of suicide in the form of “drugs” is to be seen which can also be referred to as slow death which serves the same purpose though at a comparatively slower pace.

1.2 A Brief History of Suicide in Indo-Pak Subcontinent

The Indian sub-continental comprises eight countries. India, Pakistan, Bangladesh, Nepal, Sri Lanka, Afghanistan, Bhutan and the Maldives and a collective population of more than 1.3 billion people. 10% of the world’s suicides (more than 100,000 people) take place in just three of these countries, Viz India, Sri Lanka and Pakistan. There is very little information on suicides from the other four countries. This area of the world faces socio-economic problems, meager resources and stigmatization of mental illness and interpersonal relationship. So these problems are challenges to mental health professionals, policy makers, media and governments of these countries.

1.3 Suicide in India

Suicide in India is slightly above world rate. Of the half million people reported to die by suicide world wide every year, 20% are Indians. In the last two decades, the suicide rate has increased from 7.9 to 10.3 per 100,000 with very high.

1.4 Age and Suicide in India

The Plurality of suicide 37.8% in India are by those below the age of 30 years, and 71% of suicide in India are by person below the age of 44 years.

1.5 Domestic violence and suicide in India

There was a 64% correlation between domestic violence of women and suicidal ideation, and domestic violence was also found to be a major risk factor for suicide in a study in Bangalore.

1.6 Methods of Suicide in India

Poisoning (36.8%) hanging (32.1%) and self-immolation (7.9%) were the common methods used to commit suicide.

1.7 Suicide in Pakistan

Suicide in Pakistan has been a long-term social issue and is a common cause of unnatural death. Incidents of suicide are often reported in the press and newspapers throughout the country as well as by several non-governmental organizations. However, diagnosing and covering suicide cases has generally been difficult in the local culture due to a number of social stigmas and legal issues that bind problem; given that suicide is prohibited in Islam, there are various obstacles which come along in openly discussing the phenomenon in Pakistan, a predominantly Muslim country. Suicide is considered a

criminal offence.

One analysis of suicide reports, based over a period of two years, showed over 300 suicidal deaths in Pakistan from 35 different cities. The findings showed that men outnumber women by 2:1 and that the majority of men who commit suicide tend to be unmarried; the trend for women, however, is the opposite. Research also indicated that the majority of subjects were under the age of 30 and that "domestic problems" are the main reason stated for suicide. These include unemployment, health issues, poverty, homelessness, family disputes, depression and a range of social pressures. Hanging, use of insecticides and firearms are the most common methods for carrying out suicide in Pakistan.

1.8 Epidemiology of suicide in Pakistan: determining rates in six cities

In recent years suicide has become a major public health problem in Pakistan. Despite this there are no official statistics on suicide and national rates are unknown. To determine rates we carried out an analysis of suicide reports from six cities in Pakistan. Rates vary from 0.43/100,000 in Peshawar to 2.86/100,000 in Rawalpindi. Rates for men are consistently higher than women; highest rates for men were 7.06/100,000 between the ages 20-40 years in Larkana, Sindh province. Given the legal, socio-cultural, and religious stigma of suicides in Pakistan, we believe these figures to be an underestimate.

1.9 The Southern Punjab Region and Suicide

The southernmost region of Punjab includes districts of Bahawalpur, Multan, Rahimyar Khan, Dera Ghazi Khan, Bahawalnagar, Rajanpur and Layyah. Unlike other areas of mainland Punjab where Punjabi speaking are dominant and native, the demographic make-up of Southern Punjab has historically been made up of mainly Seraiki speaking people.

1.10 Socio Economic State of the Southern Punjab Region

The region of Southern Punjab seems to be marked by various economic, social and developmental problems. The region has often attracted the attention of various developmental economists and political scientists. Regarding the situation of the region "SeraikiWaseb Developmental Organization" (SWADO) has formed a very valuable blog that tends to highlight the key issue and news of the region. An article on this site on the troubles of southern Punjab by the renowned professor RasulBakhshRais draws a clear picture as to what turmoil does the region's population undergoes. Given the fact that the Southern Punjab region mainly comprises of an agrarian economy, a serious problem has been created for the majority of the landless peasants, where the powerful bureaucrats with their roots in central Punjab allotted hundreds and thousands of acres of land to their relatives, friends and people who could bribe. Such a situation erased all hope for the majority of the peasant population of owning any land and improving their already worsened economic state by getting the due share of their hard work. This continued to happen particularly in the regions of Cholistan and Thal (Layyah) worsening the state of the region up till now. From personal experience RasulBakhshRais states:

"Just visit any town, including Multan, the seat of some of the ruling families of the region: the dust, smog and litter will hit you in the face. You will see broken potholed roads, leaking sewage and constant construction under special programs by prime ministers, presidents and hordes of provincial and federal ministers from the region."

The troubles of southern Punjab can be summed up as primarily arising because of feudalism, semi tribal social structure and monopoly of land owning families over political representation. As a consequence and hence as expected now the greatest number of poor, landless and miserable people live in Southern Punjab. These are perfect conditions for alienation and ultimately driving people towards hopelessness and hence desperate actions ultimately.

2. Review of the Related Literature

Goethe introduced the term "Werther Effect" used in technical literature to specify and explain romantic suicide. David Philips (1974) coins the term "werther effect" for describing imitative suicide. Philips Cartense and his colleagues suggest (1986) that "suicide and some other tragic incident seem to occur after a well Publicize coverage is given by media to those events including suicide".

Generally, the greater the persuasion or longer the exposure to the stimulus, the more likely the copying is for example the more days of Front-Page coverage of suicide story in a major Newspaper higher the rise in suicide rate over the normal rate expected. The glorification, praise or otherwise rewarding of the original Stimulus suicide for example, after World War II, the suicide of defeated Army officers was seen in Japan to be heroic and dignified. The use of Suicide as a response of shame or as a social obligation may tend others in similar situations to copy this suicidal resolution to defeat or failure.

Philips &Cartensen (1986) say that teenagers are more likely than adults to imitate, stimulus suicides. A copycat suicide is defined as a suicide the people who commit it know about either from local knowledge or having exposure, of original suicide, on television or in other media. The well-known suicide serves as example and model. It is also referred as suicide contagion. It may spread through a school system, through a community or in case of well-known Celebrity. suicide wave nationally. It is also termed as suicide cluster. This is caused by the social learning of suicide, related behavior or "copycat suicides".Example of celebrities whose, suicides cause cluster suicide include the Japanese, Musician Singer Yukiko Okada, RuanLingyu and Marilyn Monroe, whose suicide was followed by an increase of 200 more suicide for that August Month. On December 17, 2012 the recent famous example of self-immolation of Mohammed Bouazizi, a Tunisian Street vendor, who Committed suicide, by sitting himself on fire. The act was highly appreciated and followed by several men who copied Bouazizisacr for Tunisian Revolution.

Khan (2009) finds that "It is interesting to note that contagious suicide is not confined just to exposure of media but people who know anyone, personally either a friend, work a colleague, relative who had committed suicide are 3.5 times more likely to follow and copy the same". In many ways, Ernest Hemingway, the famous novelist is also a typical example, of the time having family tendency to commit suicide. The findings of Stockholm and oxford Universities describe that in the case of any relative, suicide in family the chance of increaseing 8.3 times more likely to do so among young people. It prevails stronger how they conceive, and take affect and how this process spreaded quickly. Steven Stack (1987) says that copying suicide, might be related to the similarly in the stimulus and respondent suicides mental or physical health marital problems, age, gender or race. The suicide of Freddie Prinze The famous commodian was significantly associated with an increase in Youth suicide. It is also significant for subsequent male, suicide, but not for female suicide.

As suicide can be examine with Gender Perspective: A male and Female Perspective. 19th Century, Explanation for Gender differences in suicide says in men, these concerned business problems, losses, and ungratified ambition and so on, where as in woman for domestic, unhappiness, and disappointed love, loss of honor or Purity. Kushner (1989) says women found more protected from suicide by such virtues as being able to describe her Pain or Sharing of her Problems, having greater religious involvement and faith and relatively less economic depression she has taken in the Struggle for life".

Kammer and Sayless (1987) writes in Magazine Fast lane, which is for Today's Man;"They Point out that male take pressure, to succeed and, on the other hand neither admit weakness nor seek help in most cases. The social or individual pressures on men to have it all from the highly paid jobs to the luxurious cars and the beautiful wives. If failure to achieve this ideal. They may grow hopeless (whereas woman

are allowed to be helpless) and, if man need 'help which they don't like to do they become weaker inner-self.

Warren Farrell (1988) writes that “Men feel pressure to win a woman through Performance and material Superiority; women even contribute and continue to sustain this pressure because they still like to attach the imagination of having a Man take care of them”. Hanauer (1989) says that “The Pressure faced by men is women's increasing independence, which make them more confused and fearful to express his sense of failure and helplessness to a strong and independent women he has sought to impress”.

On the other hand, career women who entered the workforce their suicide rate may increasing under the stress of dual careers (work and family - mothering). Neuringer (1982) described the importance of relationship and relatedness to others may provide a deep understanding of female suicidal behavior. Kaplan & Klein (1989) observed that woman vulnerability tend or tend to suicide may increases when her opportunity for developing and maintaining relationship is perceived as distorted and blocked. So the differences between males and females their tackling strategies to stress determine their suicidal behavior.

Pfeffer (1986) says suicide rate vary by age and marital status, single, married and divorced People males have higher suicide rates as they age. One worth mentioning aspect is also there in societies that children do commit suicide. In 1970, National center for Health Statistics NCHS officially reported suicide rates for children age 5 to 14. Below age 5, children may lack the conceptual understanding of death and thus, may not be able intend (suicide) die. Factors contributing to suicide among children include demographic e.g. gender and race home environment and family and also the psychological factors of individual child.

Pfeffer (1981) states “among children, boys attempt and complete suicide more than girls do certain characteristics of the child and child family are associated with greater suicidal risk. Children may have with certain Psychiatric disorders, depression”. Pfeffer&Jerret (1980) also describe “Depression a major symptom in suicidal children”. Pfeffer says (1986) that “suicidal children often report feeling sad, hopeless and worthless”. Berman & King (1982) says “suicidal behavior typically occurs in context of Stressful, unpredictable Family events children who feel helpless of making an impact or not changing these circumstances may tend to escape from life through suicide”. Berman & King (1982). Malmquist (1983) writes self-esteem is considerably diminished in suicidal children.

BemPored, Keller & Kelerman (1983) find that “usually suicidal children Parents have a higher rate of marital Conflicts, use of alcoholism and affective disorder”. Cohen-Sandler and Berman (1982) find that suicidal children feel a limited ability to find solutions to inter personal Problems not find alternatives and adopt new ideas or solutions to get rid from Panic life. Moreover the fantasy and imaginative approach among children due to exposure of literary stories and media exposure, contribute, a lot as Researches found that children imagine that they become, Angel or fary fly over on their funeral, their relative and friend would miss them and weep for them.

In 1950 to 1980 suicides frequency among adolescents and Young teenagers dramatically increased. Berman & Jobs (1991) writes the suicide rate for these groups tripled over a 30-years Period dating back to the mid 1950's by 1996; Suicide was the third leading cause of death for adolescents and young adults. Maris (1985) indicates the factors contributing to suicide among teen age group are increased in family mobility, social isolation, depressive disorder and availability of drugs, alcohol. King says (1997) that Stressful life events are also associated with attempted and completed suicide in adolescence. Young one may have conflict with parents and they may also face difficulties with romantic

relationship. Brent et al. (1983) in a study comparing life stress and suicide Participants Rich, Young and Fowler (1986) find that Separation and rejection was a more common cause for the Younger age group. King (1997) Stresses that People must try to understand teen suicidal behavior with in its social or environmental context because each suicidal adolescent has a unique life story. He describes that Young People, in every society may have their own-social Problems including Teen suicide. At the moment they choose or engage in suicidal behavior, they got suffering Frustration and depressive disorders. Throughout the life Span, Suicided behavior is almost associated with depressive disorders.

Depression is another factor related to suicide among middle age adults. Middle age as the age between 35 to 54 years. Peters, Kochanek& Murphy Quoted (1998) that in 1996 approximately 11, 578 middle age Person committed suicide. Stillion (1989) finds that Suicidal behaviour among middle aged has been that they suffer with shown depression and alcoholism. The negative life events generally associated with suicide in middle age including decling health, financial losses, reduced career opportunity interpersonal losses or death of love one/ spouse, or child. Adam &Streine (1982) says that the losses experienced by suicidal adults may include early parental loss through death, diverse or separation. Here it is also worth mentioning that suicide Phenomenon is also present in elderly People as well. McIntosh indicates (1992) suicide rates always have been and remain the highest among the elderly". Advancing age also comes multiple losses (e.g. retirement, widowhood and memory loss Problem. For many People the sorrow of loneliness, financial Problems, declining health and depression. On the other hand longer lives come with both opportunities and challenges. A Gallup Poll (1992) survey shows that great majority of elders maintain personal goals want to lead active social life and are in regular contact with family members, even 9 in 10 enjoyed retirement to have fun with grand children.

3. Objectives of Study

Suicide is a tragic phenomenon of society. The World Health Organization reports that in the last 45 years suicide rate has increased by 62% worldwide. Suicide is among three leading causes of death for both man and woman. Now children are also committing suicide. Suicide and gender has close connotation as studies are founded on suicide. Suicide has two perspectives, male perspective and female perspective. On Geographical basis suicide may be divided into two Hemisphere, Western Hemisphere and Eastern Hemisphere. The study aims to find causes and Preventive measures and the Media Perspective. However, the study will find out causes and Prevention of suicide attempts in Pakistani society the area of study or universe will be southern Punjab and suggestive role of media to guide people that how to present the suicide reports and how to create awareness among people. How to present mental health programs on media as well as to suggest the government for making plans with the assistance of active media to relief people from this troublesome and panic act of suicide. The human right commission reports that in Pakistan more than 130people are committing suicide every month (Jang April 2011) and approximately the same number those whose attempts of suicide go fruitless and do not appear in Mass Media (Professor Mehdi Hassan, April 2011). So suicide rate must be reduced and that suicide poses a serious public issue to be taken under serious consideration.

4. Research Questions

- What are the causes of suicide attempts in Southern Punjab?
- How suicide attempts can be Prevented?
- What role media can play in Prevention of Suicide attempts?
- Is the media acting as a cause of copycat suicide attempts?
- Is the media playing positive role in prevention of suicide attempts?

5. Hypothesis of Study

- H1: It is more likely that people belonging to lower SES are more inclined towards suicide attempts.
H2: It is more likely that people belonging to teenage group are more inclined towards suicide attempts.
H3: It is more likely that suiciders are depressed and dependent on some sort of drugs.
H4: It is more likely that male suicide ratio is more than woman.
H5: It is more likely that most suiciders attempting suicide belong to broken families and suffering parental conflicts along with other factors.
H6: It is more likely that those parents who have less education usually their children go for suicide attempts.
H7: It is more likely that those persons who are singles mostly go for suicide attempts as compared to married people.
H8: It is more likely that those people who have low education are more in ratio as compared to the highly educated.
H9: It is more likely that Media is also a cause of copycat suicide attempts.
H10: It is more likely that media is playing positive role in prevention of suicide attempts.

To find out the answers of above mentioned research questions and to test the hypotheses, the researcher has adopted the methodology of survey study. A Questionnaire having forty six items was administered. After the pretesting of the questionnaire, it was distributed among 50 respondents on the basis of purposive sampling.

6. Theoretical Framework

The purpose of searching a theoretical framework for a piece of research work is to find a safer place where the researcher could put his/her work so that that it is not strayed in the mass body of knowledge. The theoretical framework of this study is based upon work of French philosopher and social scientist Emilie Durkheim, who can be regarded as founder of sociology. With his concept to integration census disintegration he laid down the paradigm that dominates the study of self-killing to our days. In fact Durkheim consequently sticks to the relation between the social framework and man. According to Durkheim, society constrains individuals in two ways: by integrating and regulating them. If integration is too strong the individual may be inclined to sacrifice himself in behalf of the whole, but if the bond with society grew weaker and an excessive individualism dominates the individual, he suffers from disintegration and he may commit suicide. Durkheim also point out to religious differences and divergent family circumstances as the main variables according.

7. Research Methodology

To investigate the causes and prevention of suicide attempts in southern Punjab this research was conducted. Researcher investigated the normative role of media. This study was designed to explore the suicide phenomenon in detail. So keeping in view the nature and requirement of the study, survey method was adopted to explore the respondents perception on the different aspects of suicide. The word 'survey' is used most often to describe a method of gathering information from a sample of individuals (Scheuren, 1980).

Babbie (1992) writes "survey are chiefly used in studies that have individual people as the unit of analysis. Babbie also argues that it is the best method available to researcher for the collection of data to describe a population too large and its direct observation is not possible. Reinard (1994) define the term survey as, the process of looking at something in its entirety.

7.1 Research Design

The survey method is used to collect the data from the population empirically to test the hypothesis of the study. Survey technique provides the basic information about the attitude and behavior of the audience which effected by the mass media. For this purpose, the critics developed a questionnaire to get

the answer of the questions for a study. Similarly, the researcher developed a questionnaire and sended it to the target audience to determine their opinion and views about the topic.

Keeping in view the R/Q and hypothesis and the nature of study, the methodology of survey and In depth interviews were conducted with the sample of 50 people who are survivors of suicide attempts so they were selected on the basis of purposive sampling. The questionnaire having 46 items was administered and was distributed among the subjects (survivors) of suicide attempters. The data collected was analyzed through SPSS. The results were interpreted and presented in tables and figures. The researcher has provided the questionnaire case at the end of this thesis as per rule.

7.2 Population of Interest

Population is defined as the universe of events from which the sample is drawn (Reinard 1994). In this study the universe consisted of all the urban and rural area in southern Punjab where suicide attempts occurred frequently.

7.3 Sample

Sample is a subset that is taken to be the representative of entire population. (Wimma& Dominick). Sample is a representative of the total population. According to Babbie (1992) a sample is a special subject of a population observed for purpose of making inferences about the nature of the total population itself.

7.3.1 Purposive Sampling

It is sampling in which a researcher select's those individuals / units who fulfill his / her purpose. But there should be purpose in sample. In this method subjects are selected on the basis of specific characters or qualities and eliminate those who fail to meet this criteria. Wimmer and Dominick (1987, P.72) write that purposive methods are used for collection of data from target population.

So keeping in view the R/Q, Hypothesis and the nature of study, the methodology of survey with purposive sampling and In depth interviews were conducted with the sample of 50 people who were survivors of suicide attempts in Southern Punjab. They were selected on the basis of purposive sampling.

7.4 Framing the Questions

In survey research, the key tool is questionnaire. A well planned questionnaire was developed on the basis of purposive sampling. The questionnaire having 46 items was administered and was distributed among the subject. (the survivors of suicide attempts in southern Punjab). The questionnaire was developed after studying previous researches during the literature review.

7.5 Data collection

The data was collected from hospitals, emergency units, burning units, and psychiatry wards, Daral Amman, Benazir Women Crises centers and through interpersonal communication with people who attempted suicide belong to rural areas and urban areas of different districts of the southern Punjab. The data collected was analyzed through SPSS. The results were interpreted in tables and figures. So after reviewing of literature,

7.6 Data Presentation

Table 1: Association between Gender and Causes of Suicide

		Cause of committing suicide					Total
		Personal Problems	Unemployment	psychological disorder	love failure	low level of tolerance	
Gender	Male	8	5	4	14	1	32
	Female	12	0	2	2	2	18
Total		20	5	6	16	3	50

Table 1 shows the significant association between the gender and cause of committing suicide. The results proved that higher number of respondents were male who attempted suicide than that of the female respondents.

Table 2: Association between Age and Causes of Suicide

		Cause of committing suicide					Total
		Personal Problems	Unemployment	Psychological disorder	Love Failure	Low level of Tolerance	
Age	15-25	15	4	4	10	2	35
	26-35	5	0	1	6	1	13
	36-45	0	1	1	0	0	2
	Total	20	5	6	16	3	50

The Table 2 shows association between the age and cause of committing suicide. The results proved that higher number of respondents were teen agers who attempted suicide than adults in the sample. Most of them did it due to failure in love and personal problems.

Table 3: Association between Father Education and Causes of Suicide

		Cause of committing suicide					Total
		Personal problems	unemployment	Psychological Disorder	Love Failure	Low Level of Tolerance	
father education	illiterate	2	1	2	2	0	7
	middle	4	0	1	0	0	5
	matric	6	1	1	6	0	14
	inter	5	3	2	4	2	16
	BA	1	0	0	0	1	2
	MA	2	0	0	2	0	4
	above	0	0	0	2	0	2
Total		20	5	6	16	3	50

The Table 3 shows the association between the respondents' parents' education and cause of committing suicide. The results proved that the educational level of the fathers of the respondents was intermediate.

Table 4: Association between Father Income and Causes of Suicide

		Cause of committing suicide					Total
		Personal Problems	Unemployment	Psychological Disorder	Love Failure	Low level of Tolerance	
Father Income	Nil	2	1	0	0	0	3
	10-Jan	8	1	2	6	2	19
	20-Nov	4	3	0	2	1	10
	21-30	6	0	4	8	0	18
	Total	20	5	6	16	3	50

The Table 4 shows the association between the respondents' parents' socio-economic status (SES) and cause of committing suicide. The results proved that high number of respondents were those whose fathers having income 1-30 thousand committed suicide.

Table 5 :Association between Mother Educationand Causes of Suicide

		Cause of committing suicide					Total
		personal problems	unemployment	psychological disorder	love failure	low level of tolerance	
Mother Education	Illiterate	9	1	4	4	0	18
	middle	4	3	0	2	0	9
	matric	3	1	0	4	3	11
	inter	2	0	2	4	0	8
	BA	2	0	0	0	0	2
	MA	0	0	0	2	0	2
Total		20	5	6	16	3	50

The Table 5 shows the association between the respondents' parents' education and cause of committing suicide. The results proved that higher number of respondents were those whose mothers were illiterate than those whose mothers were highly qualified. Most of them attempted suicide due to personal problems.

Table 6: Association between Mother Income and Causes of Suicide

		Cause of committing suicide					Total
		Personal Problems	Unemployment	Psychological Disorder	Love Failure	Low Level of Tolerance	

Mother Income	Nil	16	5	4	14	3	42
	21-30	2	0	2	2	0	6
	above	2	0	0	0	0	2
Total		20	5	6	16	3	50

The Table 6 shows the association between the respondents' parents' socio-economic status (SES) and cause of committing suicide. The results proved that higher number of respondents were those whose mothers had no income while other were those whose mothers had income above than 30 thousand. Most of them did it due to failure in love and personal problems.

Table 7: Association between Marital Status and Causes of Suicide

		Cause of committing suicide					Total
		Personal Problems	Unemployment	Psychological Disorder	Love Failure	Low Level of Tolerance	
Status	Married	6	1	2	2	0	11
	Single	14	4	4	14	3	39
Total		20	5	6	16	3	50

The Table 7 shows the association between the respondents' marital status and cause of committing suicide. The results proved that higher number of respondents who attempted suicide were single as compared to married ones. Most of them did it due to failure in love and personal problems.

Table 8 :Association between Respondents' education and Causes of Suicide

		Cause of Committing Suicide					Total
		Personal Problems	Unemployment	Psychological Disorder	Love Failure	Low Level of Tolerance	
Education	Illiterate	1	0	0	0	0	1
	Middle	4	1	0	4	0	9
	Matric	4	0	0	0	0	4
	Inter	0	0	3	2	0	5
	BA	3	4	1	0	0	8
	MA	8	0	2	8	1	19
	Above	0	0	0	2	2	4
Total		20	5	6	16	3	50

The Table 8 shows the association between the respondents' education and cause of committing suicide. The results proved that higher number of respondents who attempted suicide had Masters' level qualification. Most of them did it due to failure in love and personal problems.

7.7 Conclusions

Suicide is a tragic phenomenon of society. The World Health Organization reports that in the last 45 years suicide rate has increased by 62% worldwide. Suicide is among three leading causes of death for both man and woman. As the Human Right Commission reports say that in Pakistan more than 130

people are committing suicide in every month (Jang April 2011) this figure includes those attempts of suicide which appeared in Mass Media. Whereas similar number of such cases are not even reported.

The researcher has selected this topic to study the causes of suicide attempts in southern Punjab and also to know the role of media. In prevention of suicide attempts as this study was conducted to investigate the tragic phenomenon dealing with human lives. Suicide exists in numerous forms with many reasons and factors associated with different kind of people. It is a serious issue which intriguing social scientists to know the causes of suicide attempt so that the people should be prevented.

Suicide may simply be referred to as a heinous act of “self-killing”. The act of suicide has deeply engraved history dating back to as early as the human history. The act of suicide may be categorized into egoistic to fatalistic suicide (Emile Durkheim 1897). However, it is noteworthy that act of suicide is detested in all parts of the world irrespective to the caste, creed, colour, race or religion.

In ancient Rome, warriors considered their defeat in a battle field as immense disgrace and would rather preferred to die than to live a disgraceful life. This act would be regarded as an act of bravery, and instigated people to follow the ritual. This suicide may also understandable as egoistic suicide describe by Emile Durkheim (1897) later in his studies. Similarly soldiers putting forth their lives for their country and had been an appreciable act in human history. It was given labeled as altruistic suicide for the sake of noble cause (Le Suicide 1897).

The trend of suicide is quite highlighted among lovers. In case of failure of their love, couples usually opt for this option. These notions had been highly promoted by literature and particularly drama with tragic streak. Different methods of suicide can be observed including poison, self stabbing, through gas and vapors, jumping of from height, drowning and hanging one’s own self.

The idea of suicide might seen intriguing to human nature particularly at the time of extreme anxiety and depression.

In a nutshell the sheer reason for people committing suicide is frustration and depression, however, the act of suicide may be subjective to any particular situation which may have some different reason.

After review of literature this study hypothesized that ratio of suicide attempts is more in men, teenagers, educated singles, addicted, children of less educated, poor parents broken family etc. the answer of some questions was also sought such as what are the cases of suicide attempts and how media can play its role to prevent such attempts.

The causes and prevention of suicide attempts was a purposive based study the researcher wanted to check the causes of suicide attempts and prevention measure in southern Punjab so the researcher analyzed a questionnaire having forty six items was administered among 50 respondents on the basis of purposive sampling and in depth interviews were conducted.

The result shows that our first Hypothesis H1 stated that people belonging to lower economic status are more inclined towards suicide attempts. They study proved the hypothesis H1, Hypothesis H2, and H3,4,5,6,7, which proved that teen age male single ratio having lower SES suicide attempter are more than women. They remain depressed and also depended upon some sort of drugs. H8 of the research study is disapproved by findings which states that less educated ratio is more than educated because the result of the study proved that suicide phenomenon exists even more educated people having Master’s degree holders’ who attempted more than less educated people. The researcher found that in southern Punjab suicide attempts are made due to many factors are associated with it including poverty, price

hike, law and order situation and the personal problems of suicide attempters upon which parental conflicts and failure in love were at peak. So study also justify that all the formulated hypothesis were true except hypothesis H8.

What so ever the reasons and factors of suicide attempts are it is a condemnable act. To prevent humanity from this serious phenomenon everybody should be ready and understand the problems of panic people around them, media can play a vital role in this regard to create positive awareness and optimism among people. In this matter subjects while feeling the questionnaires revived the researcher with suggestions that how media can play a positive role in the prevention of this depressive act. These suggestions have been added in the chapter of suggestion.

7.7.1 Suggestions

Planned awareness campaign regarding prevention of suicide should be started through media. Psychiatric help centers may be opened at community level where professionals may help the patients.

- Parents should avoid their domestic conflicts in front of their children.
- Attempters should be encouraged to share their problems with their family and friends and they also should seek help from professionals.
- The weapons (like razor, blade, gun etc) and drugs must be kept away from the reach of those persons who have tendency of suicide attempts.
- The media should neither give coverage to the methods of suicide nor should it romanticize the coverage of celebrities attempting suicide because studies conducted in Japan and Germany showed that such coverage has imitative effects.
- Special training should be given to media professionals as Australia is one of the few countries where the students of media are offered a subject about suicide coverage.
- Photography, pictures, visual images of such cases should not be made public.
- Media should focus on people's mental health programmes and other contents of media should disseminate hope and optimism.
- Law and order situation of the country should be made better.
- Poverty, illiteracy, uncertainty is making Pakistani people confused and hopeless so government should focus on improving the living standard of people.

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