

Social factors that lead women and men to suicide

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Abstract

By suicide we mean the action of a person to cause his own death, to escape an unfavorable judgment situation for him. The term suicide (suicide) was first used in the 13th century. It used to be called "homicide". Today, some 1 million people worldwide die from suicide each year. According to the World Health Organization, every 40 seconds in the world, someone commits suicide. Suicide now ranks eighth in the world, among the leading causes of death in the general population, and is even the third leading cause of death among individuals between the ages of 15 and 24. Other gender differences related to suicide have also been observed. In most studies, female suicide is labeled as a "failure" (less violent or less successful attempt) and men are described as positive or "successful," suggesting that suicide is conditional. From a range of assumptions and norms turning it into a masculine phenomenon. In addition, female suicide has often been overlooked or misreported in the literature. There are many social factors that influence, such as social status, religion, and family problems.

The purpose of this paper is to analyze the various social factors that affect the increase of suicide at young ages. And who easily leads men or women to suicide. The research question that this paper aims to analyze is: What are the factors that lead to an increase in the number of suicides and what is the gender most affected by the phenomenon? The methodology used is the quantitative and qualitative one where the data will be collected through a questionnaire analyzing the official documents and existing reports from the World Health Organization and the Institute of Public Health Statistics.

Keywords: suicide, causes, statistics, social factors, etc.

Introduction

The most influential study on the issue of suicide continues to be the one conducted by Emile Durkheim, "Suicide", first published in 1897. Suicide is a social phenomenon that goes beyond the individual act. Durkheim defined suicide as a death caused by the victim himself, doing something (positive act), such as firing a firearm or not doing it (negative act), such as not eating: "Suicide is death which occurs through and as a result of a positive or negative action of the victim himself who knows that by his actions he will cause death" (Durkheim, E., 2015: 8). Durkheim points out that suicide is caused by a lack of integration of the individual into the social community. Suicide motives also define their typology in four forms: selfish, altruistic, anomic, and fatalistic. The first two occur from the degree of moral integration of the individual into the collective community in which he lives. Selfish suicide occurs when the individual has a low level of community integration. Due to the pronounced individualism, he does not find himself in that community (family, religious, political, etc.). It can be said that the individual is inappropriately structured as an element of the social community.

While altruistic death occurs when the individual does not have “ownership” over himself, as he is in the function of society and its morality. He who commits altruistic suicide is more structured than necessary as an element of the community in which he lives. The individual consciousness of those who commit selfish suicide has little moral compatibility with the collective consciousness represented and expressed by shared social beliefs, values, attitudes, norms, and practices. While the consciousness of those who commit altruistic suicide has a fusion with the collective consciousness and their life is driven almost blindly by social norms and traditions, outside of which they cannot live and are therefore willing to die. Social norms impose death as something socially acceptable and morally acceptable. The person gives up life for an ideal or belief in which society believes. Anomic suicide occurs as a result of a lack of social order over an individual's life. According to Durkheim, anomalous suicide is a chronic symptom of modern society, in which the power of religion fades and the development of industry becomes an end in itself, while it should be a means to an end that is collective well-being. The needs and desires of individuals are regulated by the morality of society, but when economic crises occur in society, and even when rapid economic growth occurs, society is no longer able to exercise regulatory functions in the lives of individuals because social balance is disturbed.

When rapid and unexpected social changes occur, the values and needs of social groups also change. Restoring social order in the lives of individuals and adjusting to the needs of different social groups takes time. During this transitional period, people may lose their purpose in life by experiencing an anomaly. In a state of anomie, suicides occur due to a lack of social regulation over the needs and interests of the individuals and groups to which they belong. In industrialized societies, suicide occurs mostly in those who practice professions related to industry and trade. If selfish and altruistic suicides depend on the degree of attachment of individuals to society, anomic suicides depend on how the lives of individuals are regulated by society (Durkheim, E., 2015: 30).

Since anomie also affects marital relationships, anomalous suicides also occur due to marital dysfunction. However, the most common expression of marital anomaly is more divorce than suicide. The coefficient of anomalous suicides, according to Durkheim, is higher in men than in women, because men lose the benefits of marriage, but women tend to commit suicide more often than men. Men benefit more from marital arrangement than women, although it has been claimed that marriage has been in favor of women because it binds men behind them, while men force them to bond only after one woman and end their caprices. sexual. To solve the problem of marital anomie, Durkheim suggests more freedom and equality for women in marriage. As for selfish suicides, it suggests the introduction of disintegrated individuals in the course of society, through social groups that can provide them with lasting connections and influence individual consciousness. The individual is ruled by a reality greater than his individual reality, he is immersed in the collective reality, which has a consciousness of its own that is imposed on the individual consciousness. The last form of suicide is fatalistic suicide; it is the opposite of anomalous suicide because it is caused by excessive regulation of individual life by society. Suicides of this type occur due to the extreme moral and physical despotism that society exerts

on individuals, through its institutions such as: family, politics, religion, etc. People who commit fatalistic suicide are hopeless because tyrannical social regulation has blocked their every opportunity for salvation, society has suppressed their passions and desires. Fatalistic suicide is not a typical phenomenon of modern society, but of closed societies. In modern industrialized societies, where individualism takes precedence, anomic suicide is more prevalent.

Men or women who commit suicide the most?

In all age groups in the world, about 75% to 80% of people who die from suicide are men who commit suicide to prevent suicide. However, women account for about 75% of all suicide attempts. In 2018, 450,000 male suicides were recorded, compared to 130,000 women. Ages 40-44 are more at risk, perhaps because they feel their careers have stalled from recession. In Albania, this phenomenon is treated differently, women are the ones who commit more suicide. We even see that this phenomenon has increased by 7% from year to year. Under the terms of the method, women tend to overdose or cut their veins. Marital status is associated with the risk of suicide. Living alone increases the risk of suicide. Married people have a lower figure in suicide statistics than divorcees. Gender seems to influence this relationship. Divorced and widowed men are more likely than divorced and widowed women to commit suicide. Being a parent, especially for mothers, reduced the risk of suicide. Even pregnant women have a lower risk of suicide than women of childbearing age who are not pregnant.

Research methodology

Sampling and compression procedures For the empirical realization of this study, an attempt has been made to interview 200 students, who study in different faculties in the city of Elbasan and come from the districts near it. The sampling used is random and stratified where inside the university premises are selected to be part of the study, randomly, girls and boys. Coincidence also lies in the fact that 1 in 10 students who come out of the main door of the building designated for study have been considered part of the sample. Of the 200 students planned as part of the sample, only 186 accepted the interview and completed the questionnaire by the end, while 14 others mostly expressed a lack of interest in the study or were unable to attend the study due to physical inability.

Measuring instrument

The questionnaire defined as a measuring instrument for the empirical reality of social factors that affect the suicide of young people attending studies at the University of Elbasan, was divided into 3 sections, where the questions raised contained predetermined alternatives, and the questionnaire was of the funnel type inverted, where questions start from broad and in, more concrete and direct in terms of study nature. Respectively, sections were divided into demographic section which contains

questions on age, gender, faculty where they attend studies, the city they come from, the type of higher education. The second section, defined as the section on social factors that young people think leads girls and boys to suicide, the role of the family. The third section focuses on the role of media and social policies in supporting young people and preventing them. suicide. The purpose of this paper is 1. To identify and determine the social factors that push young people towards the idea of suicide in our country; 2. Women or men commit suicide more often

Data results

According to the data analysis which was performed through the SPSS program for the demographic section of the questionnaire, it results that out of 186 students who participated in the study, 98 of them were female and 88 male. Respectively, there are 87 students in the 18-20 age group, 57 in the 21-23 age group, and 42 students over the age of 24, of which 113 students are studying for a Bachelor's degree, 40 students are studying for a Professional Master, and 33 are studying for a Bachelor's degree. for Master of Science. From the city of Elbasan, 125 students are studying, from Peqini 21 students, from Cerrik 10 students, from Librazhd 11 students, from Gramshi 14, from Pogradec 5 students who are studying in Elbasan. Meanwhile, the frequencies according to the faculties where they study higher are ; 110 students study in the Sciences of Education, 17 students in the Natural Sciences, 14 students in the Faculty of Economics, and 45 students in the Faculty of Nursing. The second section of the questionnaire built on the extent to which the following factors may influence the phenomenon of suicide, it turns out that when asked about; Undoubtedly, culture and lifestyle are factors that should not be overlooked. Thus, referring to the data in the table of these factors, it is noticed that religious belief or frequent attendance of religious rites do not affect at all or have a very low impact on promoting the phenomenon of suicide, confirmed by 77% and 76%, respectively. Likewise, family culture or lifestyle is not considered to be a determining factor, but there are undoubtedly those interviewed who range from 9% to 25% who have not excluded these cultural factors.

Loss of loved ones. More female sex over 35 years old. So mothers, from suffering for the loss of children commit suicide, or the loss of spouses. The emotional and psychological consequences of a suicide for family members and relatives The loss of a loved one is often shocking, painful, and unexpected. The grief that comes can be strong complex and long term. Grief is a very individual and unique process, each person will experience it in himself and at his own pace. Memories and hallucinations are what bring about suicidal thoughts. Personal experience regarding the frequency of experiencing certain feelings Being hopeless, lack of happiness in the family / society and aggressive tendencies have always or often been reported by 9%, 4% and 3% of participants, respectively, implying that only a small percentage of them have experienced them in almost constant these risk factors for suicidal ideation and behavior. As mentioned above, the purpose of this study is to identify the phenomenon of suicide and the factors that affect young people towards this phenomenon. Thus referring to the question that - How widespread is the thought of

suicide? - 47% of them say that the phenomenon of suicide is somewhat widespread, while 36% of others have not hesitated to state that, almost every young person who has passed at least once in mind the thought of suicide where most of them with 55% belong to the age group 21-25%, followed by another 37% belonging to the age group 18-20 years. Meanwhile, another 10% are of the opinion that this phenomenon is slightly widespread. The third section, which asked questions about the intervention that should be done to prevent this phenomenon, most of the young people said that the family and society should play a key role in supporting young people so that they do not take this act. Even social policies should support young people with full employment opportunities to find themselves and not feel desperate.

Conclusions

During the interview of the young people, there was a tendency to avoid the possibility of completing the questionnaire, despite the female gender of the interviewer, and explaining the reason for conducting this study, students did not show high interest, which is one of the difficulties of study. This study investigated how young people perceived social factors that affect increased suicide. So according to the data, it turns out that men are more likely to commit suicide. This reflects the more frequent use by men of firearms and other extremely deadly methods of suicide. Women most often commit suicide attempts using medications and other poisons, increasing the chance of saving their lives. One of these reasons is the inability of the individual to achieve the goals he sets in life. Most of us have desires and goals, which in some cases are unattainable. I'm not talking about big goals, but according to the needs we have, in this environment we live in: basic goals for the individual. Such as living with economic stability, a peaceful environment, with social relations established directly between the social group to which he belongs. Sometimes the non-realization of these leads the individual to the phenomenon of suicide because he sees himself as hopeless; it does not achieve any of these goals and finds itself without the status it intended to have in society, without the possibility of maintaining a family, etc., regardless of the fact that the requirements set by society itself may be unaffordable for the individual.

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