



# THE RISING TIDE: UNDERSTANDING SUICIDAL TENDENCIES AMONG COLLEGE STUDENTS

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*Abstract:* The prevalence of suicidal tendencies among college students has become an alarming public health issue, necessitating a comprehensive understanding of its multifaceted causes and implications. This study delves into the rising tide of suicidal behaviors in higher education settings, examining psychological, social, and academic factors that contribute to this phenomenon. Utilizing a mixed-methods approach, the research synthesizes quantitative data from surveys and qualitative insights from in-depth interviews with students, mental health professionals, and educators. Key findings reveal a correlation between increased academic pressure, social isolation, financial stress, and mental health disorders such as depression and anxiety.

The study also explores the impact of digital media and societal expectations on students' mental well-being. Recommendations include the implementation of robust mental health support systems, proactive intervention strategies, and the promotion of a campus culture that prioritizes emotional well-being and resilience. By highlighting the critical need for targeted mental health initiatives, this research aims to inform policy-makers, educators, and healthcare providers in developing effective strategies to mitigate the risk of suicide among college students and foster a supportive educational environment.

**Index Terms :** CDC, NHRC, IPC.

## I. INTRODUCTION

In recent years, there has been a growing awareness of the mental health challenges faced by college students. Among these challenges, the incidence of suicidal tendencies has become particularly concerning. The transition to college life brings a host of new experiences and pressures, which can sometimes be overwhelming. Understanding the factors contributing to suicidal tendencies in college students is crucial for developing effective prevention strategies and support systems.

Suicide defined as the deliberate act of taking one's own life carries legal implications that vary by jurisdiction. It may be classified as a criminal offense. In legal terms. Society is an international act of taking one own life so the tendency referred to the implication Of engaging in behaviors of thoughts related to suicide.

Suicide among college students has emerged as a critical public health issue, reflecting the profound challenges and pressures faced by young adults in higher education. The transition from adolescence to adulthood, coupled with academic demands, social pressures, and personal struggles, can create a perfect storm of stressors that may lead some students to contemplate or attempt suicide. Understanding the factors contributing to suicidal tendencies, recognizing warning signs, and implementing effective prevention strategies are essential steps in addressing this alarming trend.

**II. BOOK REVIEW:** There are several Indian law books and scholarly texts that discuss the issue of suicidal tendencies among college students, often in the context of mental health law, educational regulations, and the broader legal framework addressing mental health issues. Here are some key references:

1. "Mental Health and Law" by A.K. Mohapatra and Rabindra K. Mohanty: This book provides a comprehensive overview of mental health laws in India, including discussions on the legal frameworks for addressing mental health issues among various populations, including college students. It includes case studies and legal provisions relevant to mental health and suicide prevention.

2. "Law and Mental Health in India: Origins and Contemporary Issues" by Anirudh Kala: This book delves into the evolution of mental health law in India, addressing contemporary issues such as suicidal tendencies among students. It provides insights into legal protections, preventive measures, and the role of educational institutions in mental health.

3. "Psychiatric and Mental Health Nursing for GNM (General Nursing and Midwifery) and Post Basic B.Sc Nursing Students" by Dr. N. Das and Dr. T.K. Indrani: This textbook, although primarily focused on nursing, includes sections on mental health issues among young adults, including suicide. It covers legal aspects, preventive strategies, and the role of healthcare professionals in educational settings.

4. "Legal Control of Mental Illness" by V.K. Varadachari: This book explores the legal mechanisms for controlling and managing mental illness in India. It includes discussions on laws related to suicidal behavior, with a focus on young adults and students, examining both preventive and punitive measures.

5. "Mental Health Law in India: Case for Human Rights Orientation" by Rakesh Chandra: This book argues for a human rights-oriented approach to mental health law in India. It includes chapters on the mental health challenges faced by college students, legal responses to suicidal tendencies, and the importance of supportive legal frameworks.

6. "The Constitution of India: A Contextual Analysis" by Arun K. Thiruvengadam: While primarily a constitutional law text, this book touches upon fundamental rights related to health and education, discussing the state's role in ensuring the mental well-being of students. It includes references to case law and policies addressing student suicides.

7. "Educational Law and Policy in India" by Niranjana Rao: This book provides an overview of laws and policies governing the educational sector in India. It includes sections on student welfare and mental health, discussing legal obligations of educational institutions to prevent and address suicidal tendencies among students.

These references offer a range of perspectives on the legal aspects of mental health and suicidal tendencies among college students in India, from comprehensive legal analyses to practical guides for mental health professionals and educators.

#### The Scope of the Problem

Statistics paint a stark picture of the mental health crisis on college campuses. According to the American College Health Association, approximately 1 in 5 college students experience suicidal thoughts, and the Centers for Disease Control and Prevention (CDC) reports that suicide is the second leading cause of death among individuals aged 15 to 24. These numbers underscore the urgency of addressing this issue comprehensively.

Suicidal thoughts and behaviors are alarmingly prevalent among college students. According to the American College Health Association's National College Health Assessment, nearly 14% of students reported seriously considering suicide in the past year, and about 7% had made a suicide attempt. These statistics highlight the urgent need for comprehensive mental health support systems within educational institutions.

### III. SEVERAL FACTORS CONTRIBUTE TO THE PREVALENCE OF SUICIDAL TENDENCIES AMONG COLLEGE STUDENTS:

**1. Academic Pressure:** The intense pressure to succeed academically can be overwhelming. Students often feel the weight of high expectations from family, peers, and themselves, leading to chronic stress and anxiety.

**2. Social Isolation:** Transitioning to college can be a lonely experience for many students. Being away from home and trying to fit into a new social environment can lead to feelings of isolation and loneliness.

**3. Mental Health Disorders:** Conditions such as depression, anxiety, and bipolar disorder are prevalent among college students and are significant risk factors for suicidal thoughts and behaviors.

**4. Substance Abuse:** The use of alcohol and drugs is common on college campuses and can exacerbate mental health issues. Substance abuse can impair judgment and increase the likelihood of suicidal behavior. The use of alcohol and drugs is common in college settings and can both contribute to and result from mental health issues. Substance abuse can impair judgment and increase impulsivity, leading to higher risks of suicidal behavior.

**5. Financial Stress:** The burden of student loans and the high cost of living can add to the stress of college life. Financial worries can contribute to feelings of hopelessness and despair. The financial burden of higher education, including tuition fees, living expenses, and student loans, can create substantial stress. Economic insecurity can compound feelings of hopelessness and despair.

**6. Lack of Access to Mental Health Services:** While many colleges offer mental health services, they are often under-resourced and unable to meet the demand. Long wait times and limited availability of counseling can prevent students from getting the help they need.

**7. Social Isolation:** The college environment can be socially isolating, especially for students who struggle to find a supportive community or who experience difficulties in forming meaningful relationships. Loneliness and social isolation are significant risk factors for suicide.

#### IV CONTEXT TO COLLEGE STUDENT

In the context of college students. This may be manifested as feelings of hopelessness, despise thoughts of harm, or suicide. The college needs to recognize and address the tendency through support services and mental resources for college students concerned with various sectors such as academic pressure, socialization, mental health issues, and life transition, contributing to its prevalence, the college of implement a prevention program.

Suicide, sections 305,306 and 309A & Abetment of suicide agreement of suicide of child or insane person,

If any person under 18 years of is an insane person , any person in a state of intoxication suicide, whoever obeys the commission of suicide, shall be punished with both improvement and life punishment of 10 years and also be liable for fine. Section 305, a commitment of suicide. If any person commits suicide, whoever the commission such suicide shall be punished with that or improvement for life improvement for terminal ending 10 years and also be liable for a fine. Suicide has not been declared as a crime by IPC, because once a person successfully suicide person, is no longer alive to be considered a crime. However, a suicide attempt is punishable under section 309 of the IPC and an abetment to commit suicide is also made punishable under sections 305 and 306 of the IPC. Section 305 and 306 are based on Reasonable public policy to prevent other persons, involvement, instigation, and threat imposed by death second, 305 and 306 supply only when the person abetted commit suicide, there must be taken to be a proof that the death of the person died was suicide. If it was natural there could be no abetment.

Recognizing the signs of suicidal tendencies is essential for prevention. These signs can include:

1. Persistent sadness or depression
2. Withdrawal from friends and activities
3. Changes in eating and sleeping habits
4. Declining academic performance
5. Expressing feelings of hopelessness or worthlessness
6. Talking about wanting to die or self-harm
7. Sudden mood swings or changes in behavior

Understanding tendency, college student causes defect prevention measures

The suicidal tendency among college students has been growing in recent years. The transition of college life during significant changes and challenges causes some students to experience overwhelming stress and anxiety. This article into the factors contributing to tendencies among college students, its effect on individuals and society, and preventive measures that can be taken to address this pressing issue.

#### V CAUSES OF SOCIETY, TENDENCY AND COLLEGE STUDENTS.

**Academic pressure:** the sentence pressure to excel economically can Take a toll on the student's mental health and lead to feelings of inquiry and hopelessness.

**Social isolation.-** Many students struggle to adjust social dynamics of life, leading to feelings of loneliness and isolation which can exacerbate mental health issues.

**Financial stress-** The financial burden of college tuition with the rising cost of living stress for students.

**Relationship issues-** relationship issues whether their partner, friends, or family can trigger emotional strength and increase the risk of suicidal thoughts,

**Mental health disorder-** Pre-existing mental conditions such as depression and anxiety disorder surface during the college years, encouraging the likelihood of social.

Effects of suicidal tendencies

1 Individual suffering; suicidal tendencies can cause immense emotional pain and suffering for the individuals affected, often leading to feelings of hopelessness.

2. Impact on academic performance; mental health issues can affect the focus of the studies of students.

3. Family and Social Impact; the ripple effects of suicide extend beyond the individual affecting families, friends, and social relations leading to grief, guilt, and a sense of loss



4. Economic costs; suicide and suicidal behavior impose significant economic costs on society including medical expenses, cost productivity the long-term impact on families and communities.

## **VI PREVENTIVE MEASURES**

1. Mental health education; Colleges should provide mental health seminars or programs to fight against these all things. Colleges must provide accessible mental health services, including counseling and psychiatric support. These services should be well-publicized and destigmatized to encourage students to seek help

2. Access to counseling services: Universities must ensure that students have easy access to confidential counseling services including individual therapy support and crisis hotlines.

3. Stress management resources: College students should get resources and workshops on stress management techniques, mindfulness, and relaxation strategies to help students cope with academic and personal pressure.

### **2. Peer Support Programs**

Peer support programs, where students are trained to provide support and recognize warning signs, can create a supportive community and encourage students to seek help.

### **3. Education and Awareness**

Educational initiatives that promote mental health awareness and teach coping skills are vital. Workshops, seminars, and mental health days can help reduce stigma and equip students with the tools they need to manage stress.

### **4. Crisis Intervention Services**

Hotlines, crisis text lines, and other immediate intervention services should be readily available to students in distress. Institutions should ensure that students are aware of these resources.

### **5. Faculty and Staff Training**

Training faculty and staff to recognize and respond to signs of mental distress can create a safety net for students. Professors and staff members often interact with students daily and can play a crucial role in early intervention.

### **6. Building a Supportive Environment**

Creating a campus culture that emphasizes well-being, inclusivity, and community can mitigate some of the social pressures and isolation that contribute to suicidal tendencies. Student organizations, clubs, and activities that promote connection and belonging are essential.

## **VII Addressing suicidal tendencies among college students requires a multi-faceted approach:**

1. Mental Health Education: Increasing awareness about mental health and reducing the stigma associated with seeking help is crucial. Workshops, seminars, and peer-led initiatives can educate students about recognizing and addressing mental health issues.

2. Accessible Mental Health Services: Colleges need to invest in expanding and improving their mental health services. This includes hiring more counselors, reducing wait times, and providing 24/7 crisis support.

3. Peer Support Programs: Programs that train students to offer support to their peers can be highly effective. Peer supporters can provide a listening ear and guide students to professional help when needed.

4. Stress Management Resources: Providing resources and workshops on stress management, time management, and coping strategies can help students handle the pressures of college life more effectively.

5. Promoting a Supportive Environment: Creating a campus culture that promotes inclusivity, support, and open communication can help students feel more connected and less isolated.

Addressing suicidal tendencies among college students requires a multifaceted approach that includes improving mental health services, fostering supportive communities, and reducing the stigma associated with seeking help. By recognizing the complex interplay of factors that contribute to suicidal thoughts and behaviors, colleges can implement comprehensive strategies to support their students' mental health and well-being. Ultimately, the goal is to create an environment where students feel valued, supported, and equipped to navigate the challenges of college life.

## **VIII CONCLUSION**

Suicidal tendencies among college students are a complex and multi faced issue that requires a comprehensive approach to prevention and intervention by addressing the underlying causes by providing adequate support service and fostering a supportive campus environment, college can play a crucial role in reducing the prevalence of suicide and promoting the mental health and well being their students

The rise in suicidal tendencies among college students is a pressing issue that demands immediate and sustained action. By understanding the factors that contribute to this crisis and implementing comprehensive support systems, colleges can help ensure the well-being of their students. It is a collective responsibility to foster an environment where every student feels valued, supported, and hopeful for the future.

A study published in the journal Depression and Anxiety indicated that nearly 9% of college students had attempted suicide at least once in their lifetime. The Journal of Adolescent Health reported that about 20% of students had experienced suicidal thoughts at some point during their college years.

The Healthy Minds Study, another prominent survey, has also highlighted concerning trends of Suicidal Ideation. This study found that around 12% of college students had seriously considered suicide in the past year and Suicide Attempts: Approximately 2% of students reported having made a suicide attempt in the past year.

The American College Health Association's National College Health Assessment (NCHA) provides some of the most comprehensive data on this topic:

**Seriously Considered Suicide:** According to the NCHA, approximately 14% of college students reported having seriously considered suicide at some point in the past year.

**Suicide Attempts:** About 7% of students reported having attempted suicide during the same period.

The high prevalence of suicidal tendencies among college students underscores the need for comprehensive mental health support and proactive intervention strategies. By addressing the contributing factors and implementing effective prevention measures, educational institutions can help create a safer, more supportive environment for all students.

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