IS THE EDUCATION SYSTEM OF INDIA FORCING STUDENTS TO DIE ?

DIPENDU MONDAL

Assistant Professor, Saltora B.ed and D.El.ed College, Bankura,West Bengal

Abstract- Education facilitates the development of awareness, knowledge, principles, ideals, beliefs and behaviors. Education is the backbone of any country, nation, society and people. So, education is a major issue in the present age. Education is essential for the spiritual, social and character change of human beings.

But this education has a negative side. We also improve learning, but the inverse is seen here. Students spend most of their time studying within 24 hours. As a result, children do not get any opportunities for sports, recreation etc. They stay in a room all day. They would also be constantly affected by mental stress. Their recreation, sports, childhood are destroyed due to this educational stress.

According to the 2011 census, India has an average literacy rate of 74.04%, compared to 93.91% in Kerala. In 2019, approximately 1.39 lac people aged 18 to 45 committed suicide, according to the NCRB (National Crime Records Bureau). In India, in 2016, 2017 and 2018, about 4235 students committed suicide in Maharashtra.

According to WHO, about 300 million people in the world suffer from depression. About 71% of suicides in India are due to mental illness. The biggest problem behind this suicide is our education system.

The amount of competitive racing in our education system is much higher. I mean, it's good to get 99% marks here. So everyone's goal is to get good marks. There is more emphasis on getting marks than learning something.

Students begin working hard all day and under a lot of stress in order to achieve these high marks. And that's where the problem of mental disorder begins.Which led to the student committing suicide.

Introduction- Different types of human beings have changed from the past to the present. Earlier, people used to roam in the forest and live in caves. Later, they discovered fire and entered in a new era. People are currently involved in a variety of socio-economic, political and educational issues. All these things help different aspects of human beings to be fulfilled and developed. One of the important aspects is education. Man has become enlightened in the light of education and his consciousness has been awakened. So it is

said that educated people are the backbone of society. The more educated people are, the better society will be.

But now education is not improving the people and is causing their death. Suicide is currently an important health problem. For which about 800000 people are dying every year all over the world. Many as 1 lac lives are lost every year to suicide in our country. The suicide rate has been rising from 7.9 to 10.3 per 100,000 in the last couple of decades.

Mental illnesses are the leading cause of suicide. Most reports show that about 90% of those dying of suicide suffer from psychiatric illness. In their very first episode of depression, most cases attempted suicide and about 60 % of depressed suicides have only moderate or medium depression.

In India, the high suicide rate among young adults can be attributed to increased socioeconomic stresses as a result of economic liberalization and privatization, which resulted in job protection losses, enormous income gaps, and inability to fulfill position responsibilities in a new world that is socially changing.

What leads to suicide for a person?

The number of suicides in India has increased dramatically in the last few decades. One of the main reasons for this is the education system in our country. A large number of young men and women are committing suicide every year in our country. According to 2014 data, exam failure in India --2403 people, unemployment --2207 people and career problem. 903 people have committed to suicide. The latest statistics from the National Crimes Records Bureau reveal that more than 1.39 Lakh Indians died of suicide in 2019, in which 67% are young people (18-45 years old). Youth suicides have risen by 4 percent compared to 2018 (89,407) in India. The most successful way of attempting suicide was found to be suspending. In 2019, about 74,629 (53.6 percent) were in hanging. According to 2015 data of NCRB, one student is committing suicide in India per hour.

According to the NCRB survey, many students commited suicide due to mental disease, due to family issues, due to love-related suicide etc.

In the last ten years over 86,000 students have died in India according to a document that was recently submitted in Lok Sabha.

WHO claims depression is the world's greatest disease. There is a crisis worldwide of 300 million+ population. Anxiety affects more than 240 million individuals. We are much more likely than any other disease to suffering from mental disorder.

12% of Indian students aged between 4 and 16 have mental illnesses. 20% exhibit symptoms of mental illness, of which 2-5% have severe worries such as bi-polar disorder.

Mental problems sometimes seem to be poor academic performance, loss of inspiration, problems with friends or teachers, and sometimes self-destroying.

The main cause of suicide in India is academic stress, both female and male.

Students who believe in holding student in line and driving them past their expectations of higher levels of achievement are nervous and anxiously and under strain in a community.

Often students have to take just one vacation a year, observe a 14-hour routine of study and take exam in Sundays. Many that do not obey the demanding schedules of the study are responsible for failure and dropping behind their classmates. Many students who pass the admission tests feel much more stress at university and sometimes take their life that would be too much.

In the past few years, about 4 out of 10 students in India have reported depression in a survey by the Center for the Study of Developing Societies.

Types of suicide in India-- As of 2019, about 1.39 lakh people in India have committed suicide between the ages of 18 - 45. According to NCRB (National Crime Records Bureau)-2019, the ways in which they commit suicide are--

by hanging - 53.6%   -------   by poison - 25.8%

by other means - 5.8%   ---------   Drowning - 5.2%

Fire - 2.4%   --------   Jumping -1.5%

Sleeping pills - 0.5%

STATES WITH 1,000+ STUDENT SUICIDES (2016-18)

STATE	2016	2017	2018	3-YR TOTAL
Maharashtra	1,350	1,437	1,448	4,235
Tamil Nadu	981	810	953	2,744
Madhya Pradesh	843	953	862	2,658
West Bengal	1,147	779	609	2,535
Karnataka	540	702	755	1,997
Gujarat	556	638	570	1,764
Chhattisgarh	633	524	603	1,760
Telangana	349	504	428	1,281
Odisha	390	361	501	1,252
Uttar Pradesh	263	436	513	1,212
Kerala	340	410	375	1,125
Andhra Pradesh	295	392	360	1,047
ALL INDIA	9,478	9,905	10,159	29,542

Source--https://indianexpress.com

From the above information we can see that Maharashtra has the highest number of student suicides. There were a total of 4235 student suicides in 2016, 2017 and 2018.

A total of 2535 students' committed suicide in West Bengal in 2016, 2017 and 2018.

A total of 29542 students committed suicide in 2016, 2017 and 2018 across India.

Why should India's education system be blamed ?

At present the stages of education system in India are 10 + 2 + 3. A student gives his first and most important Exam in class 10 and 12 standard. Based on this his next career is determined. Every year in India CBSE, ICSE, and State Board are taken exams to about 1crore students in class 10 and 12 standard. Of which very few not cleared the exam, rest of jumped into the race of being success, but the race to be the best and choose the best career option begins. And from this race begins a variety of problems that are sometimes responsible for their deaths.

We have a highly defective system of education. It gives unfair importance to marks and grades. It encourages unhealthy competition and rotary learning. It is completely marketed. It promotes a massive coaching culture.

We produce robots that are inhuman and insensitive to human suffering in our educational institutions.

Education is an important responsibility of the society. In the Indian education system, everyone has a competitive attitude. They all try to compete with each other .Numerous young men and women are admitted to various schools, colleges, institutions and coaching centers in India every year to fulfill their dreams. Educational institutions in India can't understand the mental health of students correctly. For which various types of mental disorders are seen in them at an early age.

According to the 2012 Lancet survey, 1 student attempts suicide per hour in India according to 2015 figured from the National Crime Records Bureau, India has one of the highest suicide rates in the world (NCRB).

In 2015, there were 8,934 student suicides. 39,775 students was lost in the five years leading up to 2015.

Now imagine that about half of these events are populations under the age of 25.

Moreover, there is a lot of pressure from the parents on the students to get very good results. For which students' mental health are damaged. Senior academicians and psychologists claim that if a student does not receive social help in the time of this problem, he attempts suicide. This could happen if there are too strong person standards. The strain of both parents and friends often has a negative impact. According to them, academic stress is a major cause of suicide among students.

Many a time when students are admitted from a small village to a big city in a reputed institute, the students cannot adapt to the environment for which their test results are not good.

Students from various reputed universities and colleges in India are offered good placement and salaries as soon as they pass out. Every students want best offer. However, the best job for everyone is not available. This is also the reason why many students do not get their dream job which they want. And those students who do not get a chance to get admission in various top institutions, they consider them as unsuccessful.

Another evil practice in our education system is caste discrimination. In some cases Lower caste students suffer from mental depression in different places.

How to prevent it-

1. Students, parents, and teachers need to work together to make the right of students' mental health.

2. In most cases, parents are inexperienced about the mental disorder or mental problem of any students. They do not know that their son or daughter has experienced such problems.

3. Moreover, parents need to know exactly about their child's mental state and their educational capacity. That is how well his son or daughter can get results. We need to know about that too.

4. Students need to be given the freedom to study about their own preferences. So that they can study properly. In most cases, parents impose their unfulfilled desires on students. As a result, they are forced to follow the path shown by their parents even though they do not want to go in that way.

5. A student spends 6 to 7 hours a day in school. At this time, if the teachers guide them properly and identify their various problems, their problems can be solved.

6. In each educational institution needs to be arranged a Psychological counseling program for students.

7. In addition, students need to make some changes in their thinking and working methods, such as - to be successful in any task, just as hard work, competence, and ability, positive thinking and proper planning are required. They need to stay away from all kinds of negative thoughts. Never share our thoughts with negative people.

8. Introspection is needed to win something. That means you need to know what your problems are.

9. The sooner we can identify our own mistakes, the sooner we can succeed.

10. Our education system should focus on building skills to address life challenges.

Conclusion--Suicide is a multifactorial disorder and hence suicide awareness programmes. The development and implementation of a national programme, which would be cost-effective, appropriate and responsive to the community's needs, requires the collaboration, teamwork, partnership and engagement. In India, the avoidance of suicide is not only a conventional exercise in mental wellbeing but a critical public health goal. The time has come for mental health providers to play a leading and constructive part in prevention of suicide and to save lots of people.

References-

1. Aggarwal, S, May 9, 2015, Suicide in India, 2015, 1–8, British Medical Bulletin, doi: 10.1093/bmb/ldv018

2. C. SAUVAGET, et al, 2009, Completed suicide in adults of rural Kerala: Rates and determinants, VOL. 22, NO. 5, THE NATIONAL MEDICAL JOURNAL OF INDIA

3. Ransing, R, Menon,V et. Al, February 1, 2021, Measures to Improve the Quality of National Suicide Data of India: The Way Forward, First Published , Indian Journal of Psychological Medicine , https://doi.org/10.1177/0253717620973416

4. Suicide in India: a complex public health tragedy in need of a plan, September 12, 2018,http://dx.doi.org/10.1016/ ,S2468-2667(18)30142-7

5. Tuli, T, October 25, 2020, Coaching Pressure and Student Suicides in India

Websites-

1. https://en.wikipedia.org/wiki/Suicide_in_India
2. https://www.indiatoday.in/diu/story/ncrb-report-data-india-young-adults-suicide-2019-india-1717887-2020-09-02
3. https://economictimes.indiatimes.com/magazines/panache/between-the-lines/a-student-commits-suicide-in-india-every-hour-how-can-our-educational-system-prevent-this/articleshow/63411123.cms
4. https://www.thehindu.com/news/national/student-suicides-rising-28-lives-lost-every-day/article30685085.ece
5. http://yourdost.com/blog/2016/05/student-suicide-causes.html?q=/blog/2016/05/student-suicide-causes.html&
6. https://www.freepressjournal.in/news-spot-analysis/students-suicide-blame-the-education-system
7. https://timesofindia.indiatimes.com/home/education/news/one-every-hour-at-10335-last-year-saw-most-student-suicides-in-25-years/articleshow/77969096.cms
8. https://www.timesnownews.com/mirror-now/in-focus/article/student-suicide-epidemic-in-india-over-10000-dead-in-2018-mental-health-peer-pressure-key-causes-report/562804
9. https://economictimes.indiatimes.com/magazines/panache/between-the-lines/a-student-commits-suicide-in-india-every-hour-how-can-our-educational-system-prevent-this/articleshow/63411123.cms
10. https://scoop.eduncle.com/state-wise-indian-board-exams
11. https://ncrb.gov.in/en/accidental-deaths-suicides-in-india
12. https://indianexpress.com/article/explained/10000-student-suicides-a-year-in-india-1400-year-in-maharashtra-6297853/
13. https://newsletter.sscbsdu.ac.in/coaching-pressure-and-student-suicides-in-india/
14. https://journals.sagepub.com/doi/full/10.1177/0253717620973416
15. https://en.wikipedia.org/wiki/Education