



Exploring The Factors Behind Teen Suicide

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ABSTRACT: Teen suicide is a serious public health issue that affects people, families, and communities all around the world. This research paper tries to look into the various elements that contribute to teen suicide. The study investigates the impact of social, psychological, and environmental factors on teen suicide rates. This study conducts a comprehensive literature analysis to find numerous relevant features related with an increased risk of teen suicide. These include mental health issues including despair and anxiety, as well as social factors such as bullying, family conflict, and peer pressure. Environmental problems such as access to lethal means and media coverage of suicide are also addressed.

This study investigates why some youths worry about and attempt suicide. It demonstrates how vital it is to find out early. If a teenager is feeling this way, please help them. Schools and communities should offer mental health services. It is also critical to educate teenagers healthy problem-solving skills and resilience. The paper helps us understand why youth suicide occurs. It demonstrates that we must take more action to put an end to it. Understanding these factors allows us to develop better approaches to prevent suicide and help young people feel better.

Key Words: Data mining, risk factors , reasons, prevention, intervention, and youth suicide

Introduction:

Suicide occurs when someone purposefully takes their own life. It is a complicated subject with numerous contributing aspects. Suicide among teenagers can occur for a variety of causes. One significant factor is mental health issues such as depression, anxiety, or substance misuse.

These concerns might make youth feel hopeless or overwhelmed, prompting them to consider suicide as a method to relieve their suffering. Bullying is another key element that might lead to teen suicide. Being bullied can make teenagers feel alone, worthless, and as if they have no escape. Conflicts with parents or siblings might also be a factor. Social media and the internet can potentially have an impact on teen suicide rates. Cyberbullying and exposure to bad content online can lead to emotions of despair . There is also hopelessness. Furthermore, witnessing others celebrate or normalize suicide on social media can increase youngsters' willingness to accept it as an option. Access to suicide tools, such as firearms or medicines, might further heighten the risk. The ease of access to these means increases the likelihood that a youngster may act on their suicidal ideas.

Suicidal thoughts and acts are not typical of adolescence. It indicates that the adolescent is suffering and needs assistance. Recognizing suicide warning signals, such as discussing wanting to die, feeling confined, or being a burden to others, is critical. Teenage suicide can be prevented by creating a supportive environment for them. This includes providing access to the mental health services, teaching coping skills, and promoting positive relationships. Educating teenagers, parents, teachers, and the community about the warning signs of suicide and how to respond is also essential.

Overall, teenage suicide is a complex issue with many factors involved. By understanding these factors and taking steps to prevent suicide, we can help protect the mental health and well-being of teenagers.

Literature Survey:

Kanalley, C. P., & Rich, J. (2005). Investigating Teenage Suicide on a Global Scale. perform a thorough global study of adolescent suicide, revealing important cultural, social, and economic determinants. Their research provides a comparative examination of suicide rates across locations, highlighting the importance of mental health awareness and preventive initiatives. The authors advocate for increased worldwide collaboration to address this essential issue, including targeted interventions and regulatory changes. This crucial study emphasizes the need of understanding and reducing juvenile suicide on a worldwide basis.[1]

Werbart Törnblom, A. (2020). Exploring paths to youth suicide and sudden violent death: a multimethod case-control investigation A multimethod case-control research was done to evaluate the routes that contribute to teenage suicide and unexpected violent deaths. Using a combination of qualitative and quantitative methodologies, the study identified important risk factors and behavioral patterns among impacted kids. The study presented a detailed knowledge of the psychological, social, and environmental factors that contributed to these terrible results, highlighting the importance of targeted preventative initiatives and interventions. It emphasized the complexities of juvenile mental health and the vital need for early detection and support.[2]

Varley, D., Fenton, C., Gargan, G., Taylor, O., Taylor, A., Kirby, N., ... & Wright, B. (2022). A systematic review of systematic reviews exploring the factors related to child and adolescent self-harm. *Adolescent Psychiatry, 12*(2), 79-114. A comprehensive systematic review of systematic studies was done to identify the factors that influence child and teenage self-harm. The study examined several reviews and identified common features such as psychological distress, family relationships, and social effects. The authors highlighted the complexities of self-harm behaviors, emphasizing the importance of multifaceted preventative and intervention techniques. Their findings are critical for clinicians and politicians working to address this persistent issue in youth populations.[3]

Smith-Millman, M. K., & Flaspohler, P. D. (2019). School-based suicide prevention laws in action: A nationwide investigation of principals' knowledge of and adherence to state school-based suicide prevention laws. *School mental health, 11*(2), 321-334. Examine principals' awareness and execution of school-based suicide prevention laws throughout the United States. Their study found significant variation in principals' understanding and adherence, emphasizing the need for enhanced training and policy enforcement to successfully address student mental health and suicide prevention in schools.[4]

Poland, S., & Ferguson, S. (2022). Youth suicide in the school context. *Aggression and violent behavior, 64*, 101579. Examine youth suicide in school settings, focusing on risk factors, preventative techniques, and the role of educators. Their research in Aggression and Violent Behavior highlights the significance of early intervention, comprehensive mental health programs, and coordinated efforts among school personnel in effectively addressing and mitigating the rising frequency of teenage suicide.[5]

Groholt, B., Ekeberg, Ø., & Haldorsen, T. (2006). Adolescent suicide attempters: what predicts future suicidal acts?. *Et al.* Examine the predictors of future suicidal conduct in adolescent suicide attempters. Their research, published in Suicide and Life-Threatening Behavior, identifies important risk variables such as psychiatric conditions, prior attempts, and familial concerns. The findings highlight the importance of focused treatments to prevent recurring suicide behavior among vulnerable teenagers.[6]

Lewinsohn, P. M., Rohde, P., & Seeley, J. R. (1994). et al. Identify the primary psychosocial risk factors for future adolescent suicide attempts. Their study, which appears in the Journal of Consulting and Clinical Psychology, investigates characteristics such as depression, substance addiction, and familial conflict. The findings emphasize the need of early intervention and comprehensive mental health measures in reducing these risks.[7]

Gould, M. S., Greenberg, T. E. D., Velting, D. M., & Shaffer, D. (2003). et al. Over the course of a decade, examine the risk factors for suicide among youth and preventive strategies. The study highlights important breakthroughs in identifying risk factors, such as mental health concerns and family relationships, and examines the effectiveness of various intervention options. It emphasizes the need for comprehensive, diverse approaches to lower juvenile suicide rates.[8]

PROBLEM STATEMENT:

Teen suicide is a serious public health concern. Sadly, many teens feel overwhelmed by problems and do not see a way out. This research aims to understand the factors that contribute to teen suicide so we can help prevent these tragedies.

We will conduct a survey to gather information from teens themselves. This will help us identify the challenges they face and how these challenges might be linked to suicidal thoughts or attempts. By understanding the root causes, we can develop better prevention strategies and support systems for teens who are struggling. A detailed poll of teenagers will be done to illuminate the complexities of their experiences. By actively engaging with this cohort, we hope to uncover the intricate web of problems individuals face and how these adversity intersect with suicide thinking or behaviour. We hope that this investigation will reveal the underlying causes of teen suicide, whether they are due to societal pressures, mental health issues, familial discord, or other precipitating circumstances. Armed with this knowledge, we can develop targeted prevention initiatives and strengthen support systems that suit the specific needs of at-risk teenagers. Finally, our study project aims to not only shed light on the complexities of teen suicide, but also to catalyze effective action, promoting a safer and more supportive environment for adolescents dealing with mental health issues.

Objective & Learnings:

- 1.To study & analyse the findings or reasons in juvenile suicide.
- 2.To determine the cause linked to juvenile suicide.
- 3.To collect the responses from the respondents via questionnaire.
- 4.To test and validate the response of respondents.

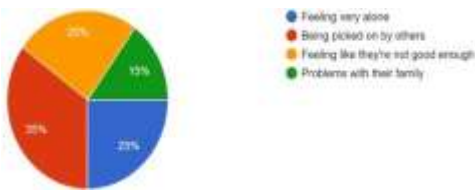
Methodology:

In this study, data was gathered using a survey with the goal of comprehending the factors contributing to teen suicide. We decided on a survey because it enables us to swiftly gather a large amount of data from a large number of respondents and determine whether there are any trends or links between certain factors and teen suicide. We created our survey using Google Forms, asking questions about mental health, experiences, and basic personal information as well as social elements that may affect a teen's thoughts or actions related to suicide. We employed a technique known as convenience sampling to identify participants. In other words, we asked youngsters who were willing to complete our survey and had access to the internet. We disseminated the poll link on social media, via school networks, and to neighborhood organizations that assist the youth. Because the poll was conducted online, individuals felt more comfortable answering truthfully because it was private and anonymous.

We provided a consent form outlining the aim of the study, the fact that participation was voluntary, and the confidentiality of the responses at the beginning of the survey. We were able to gather comprehensive and reliable data with this strategy, which help us understand the factors that may contribute to teen suicide.

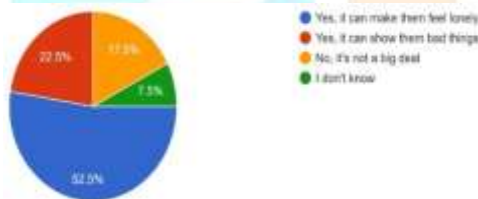
Result & Discussions :

1.) What do you think makes young people feel so sad that they might want to hurt themselves?



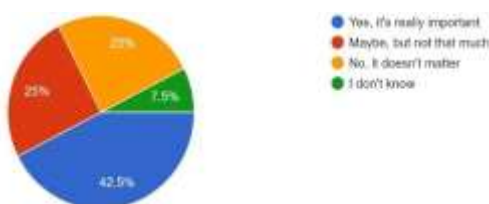
Realizing why young people feel sad enough to harm themselves is critical to developing effective support solutions. The top reasons are being picked on (35%), feeling inadequate (25%), loneliness (25%), and family troubles (15%). Recognizing these characteristics can help lead the development of targeted treatments such as anti-bullying programs, self-esteem building activities, peer support, and family counselling in order to promote youth mental health and avoid self-harm.

2.) Do you think the internet and social media can sometimes make young people feel worse about themselves?



Recognizing how the internet and social media affect young people's mental health is critical. The majority (52.5%) believe that these platforms lead to loneliness, most likely because shallow online interactions have replaced meaningful face-to-face connections. A sizable proportion (22.5%) believe social media exposes them to dangerous content, exacerbating unpleasant emotions. A smaller fraction (17.5%) downplays the influence, reflecting a range of experiences and perspectives. The 7.5% who are unsure underscore the need for additional education and research on the complex effects of internet activity on youth well-being.

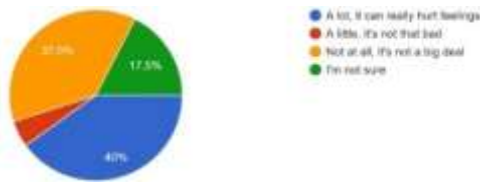
3.) Do you think it is important for parents to talk to their kids about how they are feeling?



The poll demonstrates a variety of perspectives on parental communication about feelings. A sizable majority (42.5%) regard it as critical, acknowledging its importance in promoting emotional well-being. Another considerable portion (25%) recognizes its value to some extent. Surprisingly, a quarter (25%) consider it unimportant, indicating divergent attitudes or beliefs. A small percentage (7.5%) lack clarification, indicating the need for education or awareness-raising efforts about the influence of family

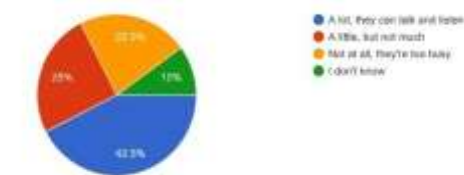
talks on teenage mental health. These findings highlight the importance of encouraging open, supportive communication between parents and children in order to build emotional resilience and well-being.

4.) How much do you think people being mean to each other can make someone want to hurt themselves?



The study reveals varying perspectives on the impact of being nasty on people's proclivity to self-harm. A significant majority (40%) realize the potential harm, realizing that such activity can have a negative impact on mental well-being and may lead to self-harm. However, a sizable proportion (37.5%) dismisses this effect, reflecting divergent ideas or experiences. A small minority (5%) downplays the consequences, potentially ignoring the emotional cost of unkindness. Uncertainty among some respondents (17.5%) highlights the need for additional education or understanding of the serious effects of interpersonal cruelty on mental health.

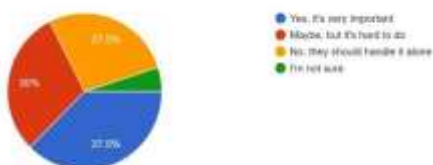
5.) How much do you think teachers can help if they know a student is feeling very sad?



The study demonstrates a variety of viewpoints on instructors' roles in aiding kids who are depressed. A large majority (42.5%) identify teachers' ability to provide significant assistance through attentive listening and discourse. However, a sizable proportion (25%) sees their support as limited.

Surprisingly, a sizable minority (22.5%) believe that teachers cannot provide assistance owing to time restrictions. These findings highlight the necessity of improving teacher-student communication and providing educators with resources to successfully meet kids' emotional needs.

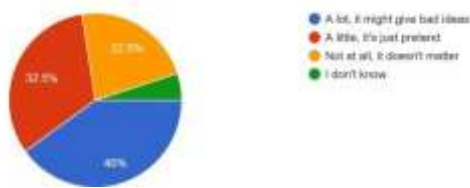
6.) Do you think it is okay for young people to ask for help when they're feeling really down?



The survey demonstrates that young people have diverse attitudes toward getting help when they are feeling low. A sizable majority (67.5%) understand the value of getting help in times of distress. However, a significant portion (30%) recognizes the difficulties connected with getting aid, despite its importance, indicating potential hurdles to receiving assistance. A minority (27.5%) believes in dealing with feelings on their own, which may represent stigma or misconceptions about seeking help. Overall, these findings

highlight the necessity of creating a friendly environment and removing barriers to help-seeking among youth.

7.) How much do you think seeing or hearing about suicide on TV or in movies can affect someone?



The poll reveals a variety of perspectives on the impact of media portrayals of suicide. A sizable majority (40%) understands its potential harm, acknowledging that it may result in bad effects such as proposing destructive beliefs. However, a large portion (32.5%) dismisses its impact, viewing it as fictitious. A minority (22.5%) believes the media's representation of suicide is insignificant. These findings demonstrate varied perspectives on the impact of media representation on suicide conduct, emphasizing the importance of nuanced approaches to media depiction and mental health awareness.

8.) Do you think talking about mental health in school can help students feel better?



The study displays a variety of perspectives on discussing mental health in schools. The majority (52.5%) approve the proposal and see its potential benefits. However, a sizable proportion (25%) find it uncomfortable, indicating potential social hurdles. A sizable minority (17.5%) does not prioritize it, probably due to opposing opinions or perspectives. A small percentage (5%) lacks clarity, indicating the need for additional education or knowledge on the relevance of mental health discussions in schools. These findings highlight the need of addressing discomfort and encouraging understanding in order to create appropriate conditions for mental health conversation in school settings.

Key Learnings:

- The most common reasons cited by young people for feeling sad enough to hurt themselves are being picked on by others and feeling like they are not good enough, each accounting for 35% and 25% of responses respectively. Feeling very alone and problems with their family were also significant factors, each cited by 25% and 15% of respondents respectively. Understanding these factors can help in developing strategies and interventions to support young people's mental health and well-being.

- The majority (52.5%) of respondents believe that the internet and social media can make young people feel lonely. A significant portion (22.5%) also think that social media can show them bad things, contributing to negative feelings. A smaller percentage (17.5%) believe that it's not a big deal, suggesting that they perceive the impact of the internet and social media differently. There's a small portion (7.5%) who are uncertain about the impact, indicating a need for further exploration or education on the topic.

- The majority (42.5%) of respondents believe it is really important for parents to talk to their kids about how they are feeling. A significant portion (25%) of respondents think it may be important but not to a great extent. Another 25% of respondents believe that it does not matter whether parents talk to their kids about their feelings. A small percentage (7.5%) admit they don't know the importance of such conversations, indicating a potential lack of awareness or understanding of the topic.

- The majority of respondents (40%) believe that being mean to each other can significantly hurt feelings and potentially lead someone to hurt themselves. A significant portion (37.5%) think that being mean doesn't affect individuals to the extent of causing self-harm. Only a small minority (5%) consider being mean as having little impact on individuals. There is also uncertainty among some respondents, with 17.5% indicating they are not sure about the extent of the impact of being mean on someone's inclination to hurt themselves.

- The majority of respondents (42.5%) believe that teachers can help a lot if they know a student is feeling very sad by talking and listening to them. A significant portion (25%) think that teachers can help a little, but not much. A smaller but still considerable portion (22.5%) feel that teachers cannot help at all because they are too busy. A minority (10%) responded that they don't know the extent to which teachers can help in such situations.

that young people should handle their feelings alone. Only a small percentage (5%) is uncertain about the matter.

- 40%, believe that seeing or hearing about suicide on TV or in movies can have a substantial
- The majority (67.5%) of respondents either strongly believe or are inclined to believe that young people should ask for help when feeling down. A significant portion (30%) acknowledges the difficulty in seeking help despite its importance. A minority (27.5%) believes impact, potentially leading to negative consequences like giving bad ideas. Meanwhile, a sizable portion, 32.5%, perceive it as having a lesser effect, considering it merely as pretend. Only a minority, 22.5%, believe that suicide representation in media doesn't matter at all. This indicates a range of perceptions regarding the influence of media portrayal of suicide, with a substantial portion recognizing its potential impact.

- Over half of the respondents (52.5%) believe that talking about mental health in school is a good idea. While a sizable portion (25%) think it might be beneficial but feel it's awkward, there's also a notable minority (17.5%) who don't consider it important. A small number (5%) admit they don't know, suggesting a potential lack of awareness or understanding on the topic.

Future Scope:

Understanding the factors that contribute to teen suicide is critical for establishing effective prevention methods and providing necessary support to vulnerable adolescents. Suicide among teenagers is a complex issue driven by a variety of psychological, social, and environmental variables. The role of mental health is a major focus of research into teen suicide. Studies repeatedly show that mental health conditions such as depression, anxiety, and mood disorders increase the risk of suicide among teenagers. These diseases frequently appear as chronic feelings of hopelessness, worthlessness, and overwhelming distress, rendering teenagers more vulnerable to suicide ideation and conduct. familial dynamics, and cultural influences all influence teenagers' emotional well-being and resilience. Bullying and peer victimization, for example, have been recognized as significant risk factors for suicide behavior in adolescents, exacerbating feelings of isolation and inadequacy. Understanding the mechanics of peer interactions, as well as the impact of bullying on mental health, can help to design targeted interventions in schools and communities that promote positive peer relationships and develop an environment of empathy and inclusiveness. Similarly, familial issues such as parental divorce, marital strife, or parental substance addiction can have a major impact on teenagers' mental health and raise their risk of suicide ideation. Family dynamics research and the protective characteristics that buffer against harmful experiences can inform family-based interventions aiming at building parentchild interactions, enhancing communication, and creating a supportive home environment for adolescents. Another area of focus in teen suicide research is the impact of digital media and technology on teen mental health. While social media platforms allow kids to interact and express themselves, they can also expose them to cyberbullying, unattainable expectations, and toxic content, exacerbating feelings of inadequacy and despair. Investigating the impact of social media on adolescent self-esteem, body image, and mental well-being can help to shape digital literacy programs and promote healthy online behaviors. Furthermore, future research should take into account the systemic and structural drivers of teen suicide risk. Socioeconomic gaps, access to mental health care, and cultural factors all have an impact on teenage experiences and risk of suicide. By investigating the intersectionality of these factors and their combined impact on teen mental health, researchers may advocate for equitable policies and resources that address the underlying social determinants of suicide risk and promote mental health equity among youth. Finally, future research on teen suicide will include multidisciplinary approaches that draw on insights from psychology, sociology, public health, and education. Longitudinal studies that follow teenagers' mental health trajectories across time can provide useful information about the dynamic nature of suicide risk and protective variables. Community-based participatory research activities that involve stakeholders can promote collaborative efforts to address teen suicide comprehensively. We may endeavor to reduce the prevalence of suicide among adolescents while also enhancing young people's mental health and well-being by prioritizing teen suicide research and investing in preventive and support programs.

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