



How to Overcome Suicidal Thoughts Approach towards stability and case studies

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Abstract: This study has been the research towards the psychology of individuals in the society, which helps in understanding the strength of collective emotions as well as group psychology and how we can transform towards constructive goals. It is made to understand and overcome the psychological burdens and the reasons and ways towards transformation. The most alarming fact and importance of this research, is the data published by WHO, regarding the number of suicide cases throughout the world. The report by WHO, is as follows:

"Close to 800 000 people die due to suicide every year, which is one person every 40 seconds. Suicide is a global phenomenon and occurs throughout the lifespan. Effective and evidence-based interventions can be implemented at population, sub-population and individual levels to prevent suicide and suicide attempts. There are indications that for each adult who died by suicide there may have been more than 20 others attempting suicide."

"Suicide is a global phenomenon; in fact, 79% of suicides occurred in low- and middle-income countries in 2016. Suicide accounted for 1.4% of all deaths worldwide, making it the 18th leading cause of death in 2016."

The research has more to do with post corona situation and the way things deal with calamities of higher order.

Index Terms - Suicide, group, collective, emotions, WHO, report, overcome, transformation, corona.

I. INTRODUCTION

The Suicide is defined as the act or an instance of taking one's own life voluntarily and intentionally. The impact of suicide is not only loss of life, it has more to do with a group of people like family, friends, organization, and also loss of a citizen to a country, this is the reason why, many countries has banned suicide attempts and suicide and punishes individual with fines and imprisonment.

Even, Physician assisted suicide is illegal, as part of many countries laws and even Voluntary Euthanasia has so many procedures and legally permitted considering so many factors, by higher level of authorities of any state or government. This explains clearly, the value of an individual's life and weightage as given by so many countries towards it.

II. WHY AND HOW IT IS IMPORTANT

The right question to begin with, Why is it so much important?

The roles of an individual is not only towards being an individual, it is more to do with the people's life around him/her. The Idea of looking at an individual as just an individual is lost, when the life of individual is taken into account and more to it, the life of individual has more value in terms of emotions and fellow beings life roles.

Also, every suicide looks like a response to the emotional stimuli and similar situations leads to similar results in most of the cases.

Therefore, the importance of reasons have to be addressed and made in a proper way as an observation and ways of overcoming have to be recorded, and properly studied and scientifically made as a separate research.

III. FACTORS AND MATHEMATICAL STUDY

There are so many factors for a suicide. The suicide is a result of collective combination of stress, insecurity, illness, fear, leaving out the factor of accidents (Accidental Suicides due to some challenge or something playful) into account.

We can mathematically express it as probability of suicide by an individual as a collective factor with weightages for each cause.

$$\sum_{i=1}^n \alpha_i * S + \sum_{i=1}^n \beta_i * IS + \sum_{i=1}^n \Omega_i * F + \sum_{i=1}^n \mu_i * I - \sum_{i=1}^n \Phi_i * EI - \sum_{i=1}^n \eta_i * R - \sum_{i=1}^n \lambda_i * M = 0$$

So, What are emotions of humans? The collection of what we face and how we respond to each of stimuli in life. The emotions are nothing but the growth of stability in mental aspect learnt over time. This above equation can be considered as the "**Stability Weightage Equation Over Factors**" and value is highly stable for summation of equation to 0 and instable for values of 1, where the subject can attempt suicide, above 0.6 it tends towards 1, if attention is not provided properly.

What does the above equation express:

$\alpha, \beta, \Omega, \mu, \Phi, \eta, \lambda \rightarrow$ Weightages

S, IS, F, I, EI, R, M \rightarrow Factors

What are these Factors:

S \rightarrow Stress

IS \rightarrow InSecurity

F \rightarrow Fear

I \rightarrow Illness

EI \rightarrow Emotional Intelligence

R \rightarrow Religious Belief

M \rightarrow Level of Maturity

i \rightarrow The number of levels or types for a factor

n \rightarrow Total

Let us see how these factors helps in understanding many case studies in real life and test the above equation practically.

IV. INDIVIDUAL REASONS FOR LIVING

a) Case Study of a Student's Suicide

Looking at above equation, trying to understand each factors can be quite difficult at times, but let us take a study of why not every individual tries suicide.

Let us take an example of an individual committing suicide because of exam failures and he/she is at higher secondary school level, that is pre-college level.

The Stress weightages are 0.1 for society and parents and teachers, and consider the weightage of Ambition Stress of 0.5. The weightage of Fear factor of 0.2 and the weightage of InSecurity factor of 0.2.

The Factors present not present are always depending upon weightage in nature. In this case study, the Illness, Emotional Intelligence, Religious understanding and Maturity are absent in the case of the subject.

Therefore if we consider the above factors mathematically and evaluate,

Factors	Weightage * Factors
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Society and Parents and Teachers for factor Stress	$\rightarrow 0.1 * 1$
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Ambition Stress	$\rightarrow 0.5 * 1$
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Fear	$\rightarrow 0.2 * 1$
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InSecurity	$\rightarrow 0.2 * 1$
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Finally, it summates to $0.1+0.5+0.2+0.2 = 1$.

Even if we consider that the ambition stress weightage has to be reduced, the summation comes around 0.7-0.8, which gives the probability factor towards suicide.

b) How it looks for an individual stable?

If we have to consider an individual who seems to be stable and living an hoping for the bright future.

Such an individual consider the InSecurity as false, as he/she hopes to change things and stress factors, he/she gives less weightage to stress and Emotionally they try to retain calm and behave matured way.

So how the equation looks like:

Factors	Weightage * Factors
Social Stress	→ 0.1 * 1
Ambition Stress	→ 0.2 * 1
Fear	→ 0.2 * 1
InSecurity	→ 0.0 * 1
Emotional Intelligence	→ 0.2 * 1
Level of Maturity	→ 0.2 * 1

Finally, it summates to $0.1+0.2+0.2-0.2=0.1$.

Let us say, he/she is little religious in their psychological aspect.

We can understand the hope he/she gets by belief and other factors cancel each other and becomes nil, the probability of suicide drops and this weightage depends upon the way they treat it and how they feel about it.

The mathematical evaluation follows this structure based on the way they express it, so any psychiatrist or person studying the feelings should weigh it and make a thorough understanding of all these factors to understand the stability of the subjects mental health.

c) How it looks for a drug addict

The basic stress is related to how the weightage he/she gives towards it, the urge of having drugs and their behavior changes. So, the equation looks like below:

Factors	Weightage * Factors
Social Stress	→ 0.1 * 0
Ambition Stress	→ 0.2 * 0
Drugs essential stress	→ 0.4 * 1
Fear	→ 0.4 * 1
InSecurity	→ 0.2 * 1
Emotional Intelligence	→ 0.0 * 1
Level of Maturity	→ 0.0 * 1

Finally, it summates to $0.4+0.4+0.2=1$.

So, to make their stability back to weightage they require religious faith or maturity or emotional intelligence and slowly, these factors should increase more towards rehabilitation, the case is similar for alcohol rehabilitation and smoking rehabilitation too.

V. RESULTS AND DISCUSSION

The Factors that maintains a life stable is the factors of Religious Faith, Emotional Intelligence and the level of Maturity , that is applying the Emotional Intelligence.

Also, There are many research proofs available, on how music helps in Emotional Awareness and the Emotional Intelligence. The Maturity level is all about tackling the stress and other factors all together which can be analyzed by giving some situations to the subject and their response towards it. In case of post corona it adds up more on insecurity and reduce in emotional intelligence and stresses get more weightage, in order to resolve such an instability growth, we need to take additional steps/habits that are given below.

Steps or Habits that increase the Stability are:

1. Music
2. Arts
3. Motivation Training
4. Skills
5. Religious Faith
6. Attention on Personal Habits and Personality
7. Maturity
8. Financial Stability
9. Confidence
10. Love/ Relationship/ Affection

VI. ACKNOWLEDGMENT

The detailed analysis of this research is possible due to many headlines of many newspapers and the history of many suicide victims, and trying to understand what was running in their mind, and understanding these factors as individual components and breaking it into individual pieces to get the probability equation out of such incidences.

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