

Suicidal Behaviour: A Knowledge Assessment of Adolescents

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Abstract

Adolescence is marked by rapid physical and cognitive growth alongwith certain corollary risk factors like family disorganization, changes or failure in relationships, difficulties in school, parental alcoholism or other losses, which is considered normal, but in some cases, this combination can lead to negative outcomes, including suicide. Suicide is considered as a major mental health problem among adolescents. According to the World Health Statistics (2019) published by the World Health Organization, India's rate of suicide stood at 17.8 per 1,00,000 people in 2016, which is higher than the global suicide rate of 10.5 (Bhattacharya, 2019). Nearly 78% of all completed cases of suicide occur in low- and middle-income countries among which the age group involved in attempting suicide is 15 to 24 years. It is essential to address the students in the schools about suicide because most students are not adequately taught about suicide prevention in school or at home. Majority of the teenagers are unable to properly handle suicidal behaviour on the school campus. So, in order to understand the knowledge of adolescents on suicidal behaviour and in providing social work intervention, the present study is undertaken in selected schools of Kannur district. The study is descriptive in nature, and purposive sampling technique is used to select 60 respondents through an interview schedule. The result of the study denotes that only in certain areas respondents have proper knowledge such as suicidal behaviour can be caused due to depression (40 percent), being isolated from groups is the clinical feature of suicidal behaviour (26.67 percent), and counselling can help in reduce suicidal behaviour (63.33 percent). The respondents lack knowledge of causes, clinical features, and management of suicidal behaviour. Providing basic information about suicide and suicidal behaviour can help the teenagers to identify warning signs whether within themselves or those around them, which will minimize the risk of suicide amongst teenagers.