

SOCIO PSYCHOLOGICAL DETERMINANTS OF SUICIDE AMONG THE YOUTH IN DISTRICT CHITRAL



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DECLARATION

I hereby declared that, this thesis or research work is my own original work, which is done by myself under the supervision of Dr. Sarfraz Khan, Assistant Professor, Department of Sociology, Quaid-i-Azam University, Islamabad. This thesis is not submitted to anywhere else or any other degree program and I will not use in future this research to any other purpose.

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Abstract

Suicide has remained as the foremost problem in district Chitral for many years and the people of the district are still considering it as a significant challenge. This research has been performed in order to find out the socio- psychological determinants of suicide. The ratio of suicidal cases in the district is on its peak and has been an alarming issue in the area. Present research has utilized purposive sampling in order to collect data regarding the selected topic. The researcher has conducted in-depth interviews from the family members of 10 effected families and 5 from other individuals of the society who are well aware of the issue. After conducting in-depth interviews from the respondents the following socio psychological determinants were found as the main suicide causing agents. The determinants are as follow; academic pressure, domestic issues, financial issues, love marriage, loneliness, hopelessness, use of drugs and alcohol, depression and mental illness. The people of the area are very worry about the serious issue and are expecting from the govt and different NGOS to take bold steps in order to minimize the issue. The people are saying that if this trend will continue in future then the coming generation will face a lot of problems from the bad disease. It will create a lot of problems in the area and the people will be unable to spare a prosperous life.

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Chapter No.1

INTRODUCTION

Suicide is defined as the single-minded, determined, and intentional taking of one's own life by a person. This self-annihilation trait has begun to be a chief issue across the globe, with the standard value of over 14.5 deaths per 100,000 populations, with the overall widespread presence of one death every 40 seconds (WHO 2016). As a further matter, it has been roughly calculated that if the currently ongoing tendency of suicide rate continues, then there will be roughly 1.53 million deaths each year, which will cost one life every 20 seconds, and an attempt will be made with every one to two seconds passing 2020. Suicide is a move to kill oneself, where depression and mental illness act as key factors. As per the WHO reports, every year around 800000 people embrace death by committing suicide, which makes it 40 persons every 40 seconds. Suicide is a planned activity in a border to kill oneself with a fatal outcome.

Therefore, it is an intended attempt with either harmful or non-fatal harm or it is a term to a difficult behavioral act possessing a number of underlying to come either social, mental, and even physical respectively (Gualti, Chehli and Kutcher2012). According to the Oxford English Dictionary, the term suicide was for the first time used in 1651 and the first suicidal case was reported in Egypt about four thousand years back. In the context of (Reyes et al. 2015) suicide is the process of discomfort oneself with the wish to get one's own life. Durkheim has defined suicide as an activity in which a person kills him or herself and knows the consequences of his or her actions before killing given the name of suicide. The types of suicide are divided into four types are Egoistic, Anomic, Altruistic, and fatalistic suicides. Egoistic suicide occurs because of deficiency of social integration of people not bound sufficiently to the social group are left with less social support or guidance, and therefore kill themselves. Emile Durkheim gives an example of un-married people for Egoistic suicide. Next comes Altruistic suicide which is a result of the highest rate of integration at opposite to egoistic suicide and Anomic suicide happens when

regulation of society breaks down and fatalistic suicide happens due to excessive regulation of society. Durkheim dismisses the psychological explanation. Durkheim stresses that forces that define suicide are not psychological but social. He says that suicide is the result of a lack of social solidarity and social integration. This Suicide is the act of killing yourself due to a result of depression or other mental illness etc. In the United States, suicide accounts for about 2 per cent of all deaths. Rates are highest for men over 69 but are increasing alarmingly in young people aged 15 to 24 years. The coronavirus disease (COVID-19) pandemic has created a major mental health issue throughout the world; it has created different kind of problems for the people in the whole world, which are creating disturbances in the lives of the people (Mamun and Griffiths 2020).

1.1. Suicide in Pakistan

The study of (Yousafzai, Bano and khan 2020) states that Pakistan is a South Asian, a lower-middle-income country, with an agrarian economy and horrible mental health services. The total budget for health is less than 4% of the GDP, with non-dedicated share for the mental health services. Moreover, shockingly Pakistan is among those few countries, which do not report suicidal cases to the world health organization (WHO). There are different reasons due to which these cases are not reported accurately. Suicide is the act of intentionally causing one's death, often with mental disorders and inclusion depression. There are no accurate official data on suicide in Pakistan. Although most of the cases of suicide are not reported. There are different reasons for unreported cases. There may be family issues or other societal issues, due to which the affected families are not going to report the case. However, unfortunately, the cases of suicide in Pakistan are rising day by day the frequency of suicides has undoubtedly increased

during the COVID-19. Nevertheless, the rate of suicides has continuously kept its pace. It has been observed that seventy-five per cent of suicide rates occur in countries that have a low and middle standard of living. Pakistan being a middle and low-income country also suffered from cases of suicides among its citizens, the information provided in Pakistan regarding suicidal behavior is limited. Since January 2020, a sum of 29 cases were reported in Pakistani press media. It is well known to us that it is forbidden in Islam and is considered a heinous act. Certain Muslim countries where suicide is forbidden, consider suicide as indignation to God. Therefore, it is generic in our societies where a person falls prey to life consequences and commits suicide. This deplorable act is the cause of a handsome ratio of mortalities in Pakistan. It is the perfect time for the authorities to take action against this rising issue.

If this issue will not be highlighted at this time, then the next generation will face a lot regarding suicidal issues. Although most of the cases regarding suicide are not reported accurately due to some privacy or other reasons. People commit suicide due to so many problems. These can be social, psychological, or mental problems. These problems can force a person toward suicide. According to the report of (UNDP 2020), the scenario of lockdown during the covid-19 pandemic was a tough choice for a country like Pakistan where most people are poor and due to lockdown the poor people were unable to give three-time food to their families. Thus, the covid-19 pandemic has become a very serious and long-lasting issue for the poor people.

1.2. Suicide in Chitral

Chitral is the north most district of Pakistan and is the biggest district of KPK. The area incorporates a populace of almost 414,000. The common populace is basically of the Kho individuals, who talk the Khowar, which is additionally talked in parts of Yasin, Gilgit, Dir and Swat. Chitral is additionally domestic to the Kalash tribe, who live in Bumburet. Many thousand Nuristani individuals are too known to live in Chitral.

Chitral is checked among the most elevated districts of the world, clearing from 1,094 meters at Arandu to 7,726 meters at Tirichmir, and pressing over 40 crests more than 6,100 meters in tallness. The landscape of Chitral is exceptionally hilly and Tirich Mir (25,289 feet) the most noteworthy top of the Hindu Kush, rises within the north of the district. Around 4.8 per cent of the arrive is secured by woodland and 76 per cent is mountains and glaciers. Chitral Ayun Chitral is associated to the rest of Pakistan by two major street courses, the Lowari Pass (10,230 ft.) from Dir and Shandur pass (height 12,200 ft.) from Gilgit. Both courses utilized to be closed in winter. But recently lawari tunnel has been made to take over the issue. It remains open for the whole year. Following are the main passes which connects Chitral with other neighbor areas.

- Arandu Pass, on the border between Pakistan and Afghanistan.
- Broghol Pass, on the border between Pakistan and Afghanistan
- Dorah Pass, on the border between Pakistan and Afghanistan
- Darkot Pass, on the border between Chitral and Gupis-Yasin District
- Shandur Pass, on the border between Chitral and Gilgit-Baltistan
- Lowari Pass, on the border between Chitral and upper Dir
- Lowari Burrow, interstate beneath Lowari Pass
- Thoi Pass, on the border between Chitral and Gilgit-Baltistan

- Zagaran Pass, on the border between Chitral and Gilgit-Baltistan

Suicide is a big chronic social issue that is increasing day by day in Pakistan. The suicidal rates have increased in Chitral, especially in recent years. Most of the time suicide cases are not reported in the region due to lack of proper communication and other reason. As the region is considered in the backward areas of Pakistan, where still the basic facilities are badly missing. In the history of Chitral, it was a black day when two siblings committed suicide one after another, within a month. This was a very terrible incident for the people of Chitral. In most cases, the suicides have jumped into the river to commit suicide. The people of the region are facing many problems regarding these two passes in the time of winter due to heavy rainfall. Suicide is one of the main problems in this region.

In this ugly competition of doing suicide, our country is also not too far behind, and especially Chitral is among those districts of the country where the rate of suicidal cases is too high. For the last two decades, Chitral has witnessed an alarming rate of suicide among its youth. A survey conducted by the writer (Zafar 2020) as a part of his university research showed that 300 individuals committed suicide between 2007 and 2011. Likewise, 176 cases of suicide were reported from 2013 to 2019, abnormally high for a region with a population of about 450,000. Social stigma and poor reporting systems mean a sufficient number of cases remain unreported. It was surprising that 82pc of the casualties belonged to the age group 15-30, including 58pc women. Among the women victims, 55pc were married. The majority of the victims (36pc), including 77pc of the women, took their lives by jumping into the Chitral River, 28pc of the deceased youth, mainly boys (85pc), shot themselves and the rest of the victims have either hanged themselves or took poisons to end the life forever. Thus, suicide is a very big challenge for the region. It is also giving a bad impression to the new generation. The people of the region

especially the youth are considering suicide as the only source to handle the problem, which they are facing. The people of Ghizer valley are almost facing the same problem but the cases reported are not as much as reported in Chitral. The people of the region are giving different opinions about suicide when asked from them. The incidents of suicide in the district have reached an alarming stage over the past few months and need basic steps to overcome the situation. The main thing which is very confusing and which is very sad is that it is mostly occurring among young men and women.

(Dawn 2019) A seminar conducted by the Osama shaheed academy Chitral regarding the high suicide rate in the district. The speakers said that the issue of suicide has become a full-fledged social issue, and has created a fear in the whole society. The speakers said that most of the suicides have occurred due to the displeasure of the victims with their families. The speakers also give their opinions regarding the changing world; due to the changing world, most people have become unable to adjust themselves to that changing world. They have committed suicide due to this change. The speakers also discuss future strategies to minimize social disease. They said that there is a need for a drastic plan to address the issue.

1.3. Social determinants of suicide

The social determinants, which can lead an individual towards suicide, are as follow:

- Academic pressure
- Relationship problems
- Divorce problems and financial issues
- High expectation of parents from the child

- Child marriage

1.4. Psychological determinants of suicide

The psychological determinants of suicide are as follow:

- Depression
- Mental illness
- Drug and alcohol use
- Stress
- Hopelessness

1.5. Statement of the problem

Chitral region, a remote mountainous area in the northern area of Pakistan has seen so many suicides during the last three to four years. Suicide is an alarming issue among the youth in district Chitral. It has remained a big problem among the people of the region for many years. The people of Chitral are suffering a lot from this issue. So many cases have been recently reported in the region. Most of the cases are not being reported due to many reasons; for example, the people of the family do not want to indulge themselves with police. They are not going to report the case to get rid of the investigation of the police. It has a very bad impact on left-behind families. The people in the left behind families are suffering a lot from suicidal cases. Although an individual does the suicidal case, it has a very bad impact on the collective or whole family. There are many different reasons due to which an individual commits suicide. These can be social, psychological, cultural, and financial reasons. In the research, we are going to talk about the socio-psychological determinants of suicide among the youth in district Chitral. The

research highlights the socio-psychological determinants of suicide among the youth in district Chitral. The research also explores the problems, which are caused due to these determinants, and their impact on the left-behind families. The research further highlights the perception and opinions of the youth of the community regarding suicide.

The present study will focus on identifying the socio-psychological determinants of suicide among the youth in district Chitral (KPK).

1.6. The objective of the study

The main objective of the study is to find out the socio-psychological determinants of suicide among the youths in district Chitral. The sub-objectives of the study are as follow:

- 1) To find out the social determinants of suicide.
- 2) To find out the psychological determinants of suicide.
- 3) To take the perception of members of the affected families regarding socio-psychological are the most important determinants of suicide.

1.7. Research Questions

- i. Why are youth more vulnerable to commit suicide in Chitral?
- ii. What are the main determinants of suicide?
- iii. How we should overcome the suicidal issue among the youths?

1.8. Significance of the study

Suicide is a big problem now a day is facing all over the world. Given all factors, suicidal behavior is under-reported in Pakistan and the true extent of problems is difficult to find out with any degree of accuracy, there is evidence that both suicides and attempted suicides are raising in Pakistan (Khan & Prince 2003). Recently the rate of suicide cases in District Chitral has been increased and has reached the peak, and suicide has become a major public health problem. The data collected from the local media of Chitral indicate that one woman dies every month within the district of Chitral; this tendency has been increased over the last five years.

From the available evidence, it appears that most suicide cases are occurring among young people (married women) between the ages of 20-40 years. Kinship issues and inland problems are the most public reasons for suicide. Mental illness is seldom mentioned. The deficiency of resources poorly initiated primary and mental health services and fragile political processes make suicide prevention an arduous challenge. So far, any individual or institution to explore the causes or reasons behind this issue in the specific region has carried out no proper research work. To fill the gap, the current research has been done to explain the socio-psychological determinants of suicide among the youth. This is the first study of its kind in the selected area. It will make a base available for upcoming research and stands of help to the policymakers in shaping policies and the time when required. The research is important to understand the socio-psychological origins of suicide in a specified landscape. This research will also provide a base for other students to run their research on the same topic. This is also noteworthy for me because I was also affected when one of my close cousins committed suicide. Thus, the findings of the research will be fruitful for government and non-governmental organizations (NGOs) to report the causes of suicidal cases in a particular area.

Chapter No. 2

REVIEW OF LITERATURE

To understand the socio-psychological aspect of suicide among youth one needs to first understand what suicide is and how is it perceived on a global spectrum. Suicide means taking your own life, to be willing to perform an act with a conscious mind to end your life is suicide in simple words. The American Psychological Association however puts suicide's definition, as “suicide is the act of killing yourself, most often as a result of depression or other mental illness (APA 2020) this definition is much more focused on the psychological aspect and it insists the suicide is an act without totally being mentally sound. The point is that suicide cannot be put in a box and be defined, different people and schools of thoughts have different definitions of suicide but one thing that is common with all the definitions and understandings is that it leads to a person's death. Suicide is a loss, it is a loss of the gift of life, it is a loss of the years that could have been and the difference that could have been. We cannot look ahead in the future that the reason, which compelled a person to kill himself, would no longer exist and he or she would have had a life that made an actual difference in the world or the community, in their own families, and most importantly in their own life, they gave up. Suicide can be best defined as the loss of hope and so many in the world have experienced this loss, if not in this then maybe in the life after. Suicide affects everyone globally, it affects high-income to low-income communities, it affects all races, and religions, and countries, suicide does not have a specific group of victims.

A literature review study states “Suicide is a significant cause of death in the whole world. It is rated as one of the first and leading causes of death annually in South Africa; about 5000 suicides were recorded in SA annually. Suicide is considered a psychiatric emergency, and its prevalence is more increasing (Massango, Rataemane and Motoji 2008). The paragraph goes onto share that the problem that is occurring in South Africa is also occurring in the United States, UK, Ireland, and other parts of Europe as well proving that suicide is not income or race

limited. People from high-income communities to low-income communities, people from all races, and of all ages get affected by the increasing rate of suicide, even worse than most of the casualties suffer are teen and young adults. Thousands of lives get lost to suicide every year thus resulting in the loss of hope of what could've been. Another study done among school-going much closer to home reveals that suicidal attempts are relatively high and likely, the study states a relatively high prevalence of suicidal ideation and suicidal attempt among school-going adolescents in Nepal (Pandey et al. 2019). Among youth, suicide is the second on the list when it comes to the way they die. Suicide affects youth the most in all age groups all over the world not just in Nepal. Factors spanning from domestic issues to other social and psychological issues affect the increasing rate of suicide. At the age when they should be thinking about career options, should be dreaming about what they want to become in life, thinking about growing up to be a very productive part of the society, these are kids are pushed to a point of willing taking their life. Globally around 800,000 people lose the battle to suicide every year, and among teens from age 15 to age 19 suicide deaths take the number three spot.

A World Health Organization report states that Suicide occurs throughout the lifespan and the second leading cause of death among 15-29 years old globally in 2016 (WHO 2019). This report sheds light on the fact that the youth gets the worst of suicide globally and especially in low income and middle-income countries, the report mentions that about 80 per cent of suicide deaths occur in these communities but the high-income community also gets their fair share. The report also mentions that around 8 lac people die from suicide annually; it is a great loss of life that cannot be undone. To discuss the matter more and its causes this study will divide it into two parts, the social and psychological determinants of suicide in the next parts.

2.1. Social determinants of suicide

To be able to grasp the idea and the knowledge of social determinants of suicide one first needs to study and gain knowledge about what a social determinant of any reaction is. A social determinant is a condition, a social condition a person is born in such as wealth poverty, it is a condition in which a person grows, works, and ages in such as all the social institutions, he comes across throughout his journey from school to college and practical life institutions such as workplaces. There are social determinants of suicide that lead a person to commit one of the hardest abuses, taking your own life is not easy and no one would do that in a perfect world. Many of the determinants come from home, an ideal domestic life due to reasons such as abuse, poverty, and physical illness. The misbalance in the division of resources can be pointed out as one of the major social determinants of suicide. A study done in Brazil concludes, "Income inequality represents a community-level risk factor of suicide rates in Brazil.

The decrease in income equality, increase in income per capita, and a decrease in the percentage of individuals who did not complete basic studies may have counteracted the increase in suicide rates in the last decade. Many Other changes, such as the decrease in the mean residents per household, also may have contributed to their increase (Machado, Rosella and Santos 2014). The quoted paragraph goes on to finish by admitting to the fact that income inequality in Brazil and other parts of the world play a role in the determinant of suicide. Social factors of suicide connected to wealth inequality are present in almost every middle to low-income country, this factor is very evident in countries like Brazil, Pakistan, India, Iran, and other world know countries that come under low to middle-income countries.

There are many other social determinants of suicidal behavior among which bullying is one. Bullying is one of the very common and under looked determinants of suicide, many kids go through bullying and physical abuse mostly at the hands of their peers resulting in the victims taking their own lives in the hope of escaping abuse, they look at ending their life as a solution to the pressure and abuse bullying brings into their life. A study from the US Centers for Disease Control says that in the past decade, headlines reporting the tragic stories of a young person's suicide death linked in some way to bullying (physical, verbal, or online) have become regrettably common. There are so much pain and suffering associated with each of these events, affecting individuals, families, communities, and our society as a whole and resulting in an increasing national outcry to do something about the problem of bullying and suicide (CDC 2014). This proves that bullying is one of the determinants of suicide, bullying brings a person to the brink of such kind of pain and low self-esteem that he decides to end his life, bullying provokes a person to that tipping point. Abuse, in general, is a very big cause of a social determinant that later results in a psychological effect of suicide, it provokes the feeling of helplessness and hopelessness in the victim which results in them going into depression and choosing suicide as an option. There are many other social determinants of suicide as well such as not being welcomed hugely into a social group, when a person feels disconnected from the social groups around him he becomes more prone to suicide and it creates the image of low self-worth within a person. On the contrary, being included in all social groups very warmly also proves to be a determinant of suicide, a person starts feeling overwhelmed by all the socializing and social responsibilities and expectations put a person on the brink of breaking under the weight of it and suicide becomes an escape route. The absence of religious practice is another

determinant of suicide, many studies have shown that places that are less religion affiliated are more at risk of suicide, all religions protect life and condemn suicide in the own way.

The American Journal of Psychiatry in one of their articles concludes that Suicide rates are lower in religious countries than in secular ones (Dervin et al. 2004). If a person strays from religion, he or she is more at risk of suicide than someone who practices religion on regular basis. Religious practice often calms a mind, it helps people keep themselves in check from acts like killing, stealing, suicide is a sin in all major religions, in simple words all religions value life as one of the most precious gifts and condemn the waste of it through suicide. One major advantage of practicing religion is that it offers faith and with faith comes hope, and hope helps people to keep going in their worst.

According to (Stack n 2000) in “Media impact on suicide” has described the impact of media on suicide and the effects of publicizing the stories of suicide on media in the world. He has suggested that that individual who have a copycat effect, the publicizing stories of suicide on media can easily impress them, and they commit suicide. If the story is of a famous personality or celebrity, then they can easily be impressed by it. He has further explained that the number of suicide has increased when the news about the suicide of an entertainer was published in the news. Many more cases have been increased due to the publication of the news regarding the suicide of a political celebrity.

Thus, from the study, he has found that copycat has been found in the suicide attempters. Thus this indicates those people who have most susceptible to copycat are those who have less determined to die. Thus from his study, it has been found that media has a great impact on suicidal cases.

2.2. Psychological Determinants of Suicide

The psychological determinants of suicide do not fall far from the social determinants; a psychological determinant is often a reaction of the social determinant. A psychological determinant of something is a mental issue that leads a person to commit a negative action, in the case of this study that action comes out to be suicide. Many psychological issues lead to suicide, such as depression, the feeling of loneliness, the pressure of unemployment, negative thoughts due to failure in the social system, and so many more. Everything that clouds a mind and puts pressure on it to act in a rush or without a sound mind leading the mind to choose suicide as a solution comes under the psychological effect or a psychological determinant of suicide.

The psychological causes of suicide cannot be made limited or specific because almost every suicide case is connected to psychological stress in some way and there are so many countless different victim-specific psychological reasons. Abuse is one of the major determinants, the stress and the feeling of being violated leads a person to take his own life. All the different kinds of abuses put their fair share into the pit of suicide, whether it is domestic abuse by older siblings or parents that lead to a person feeling unwanted or sexual abuse by a family member or a predator, which injects the feeling of being violated into the victim's mind which he/she couldn't cope with and decides to end his life.

A study done by Lee (2005) states that the articles in the literature generally support the association of adverse life events, such as physical or sexual abuse, with suicide. Sexual abuse, in particular, has received the most attention. The association between child sexual abuse and suicide has been established in several studies. In a ditch cross-sectional study, suicide attempts were reported to be five times more common in girls and 20 times more common in boys with

previous sexual abuse in comparison to non-abused adolescents (Lee and Jung 2006). The study clearly shows that sexual abuse has a huge say in the number of suicides that happen around the world in all age groups but especially in younger people and abused people are more prone to suicidal behavior than someone who is not sexual or otherwise abused. In rural societies, especially abuse by a significant other most likely the husband abusing the wife leads to the wife committing suicide, or if the same scenario is happening in front of their kids leads the kids being more prone to violence and suicidal behavior. One other thing that contributes to the tally of suicide is a mental illness; many people in the world commit suicide due to going through some kind of psychological mental illness. It is a very sad scenario when evaluated; a person who is already ill and most likely unable to process what he is doing when committing suicide takes his own life may be thinking death is easier than life.

Many different types of mental illnesses contribute to suicide, among many, there are depressions, bipolar disorder, PTSD, Schizophrenia, borderline personality disorder, mental illness and substance abuse, mental illnesses and stress in the LGBT community and so many other types of mental illnesses make suicide a real possibility. "Although mental illness is generally linked to premature deaths, certain mental illnesses carry with them remarkably high lifetime instances of suicide. 95% of people who commit suicide have a mental illness. In a general sense, mental illness all too often is an isolating experience, with such isolation correlating with suicide. Hospitalization for a psychiatric disorder is quite prevalent in the suicidal population. Including for people with any depressive disorder, bipolar disorder, schizophrenia, posttraumatic stress disorder (PTSD) phobias (Soreff 2019). This study proves the previous claims of mental disorder having a big hand in the number of suicides occurring around the globe every year. All psychological issues are related to the brain and the ability of a

person to be unable to think clearly and make a wise decision brings him to the end of the line to a place of darkness within himself where he decides to accept the darkness of the grave over the darkness of the world.

Psychological disorders and issues, in general, are rapidly increasing in today's world and we are bombarded with mental health and psychological issues on a global scale. Most of these issues come from bad and negative previous experiences, especially as a kid. For example, coming from an alcoholic family where a young mind is not able to grow and thrive and a vulnerable upbringing later results in suicide because the victim could not handle the pressure due to his or her weak state of mind. The psychological issues can better be solved by providing the younger population a strong social upbringing.

2.3. The Phenomena of Suicide in Chitral

Even though suicide takes away a huge number of lives in Pakistan every year, it is still an under-discussed subject. In a country where people go through social, economic, and emotional droughts with the addition of a failing system, the number of suicides must be high but due to other major issues, it is not discussed and evaluated. But a study reveals that the numbers in the last few have been higher than before, and the suicide rate is constantly growing in Pakistan. Our study revealed that the number of suicides was 24639 from 2001-2018 in the major cities of Pakistan...the peak age of suicide committers was 20-35 included males and females (Ali, Akram and Akram 2019). Chitral is a low-income district of Pakistan and it is inevitably affected by suicide as studies show that most of the suicides happen in middle to low-income communities. The phenomena of suicide no doubt exists in Chitral as well but as like the rest of

the country, it is not an important discussion, in simple words the complexity of the problem is not very well understood among the common masses.

Chitral has a rural community that suffers even more than other communities, due to the lack of resources and exposure. Studies suggest that over 500 suicides have been committed in Chitral in the past 15 years among which the bulk of the victims is the youth and the future of Chitral. It is a very high number for a population size of around 500,000. For the last two decades, Chitral district in Khyber Pakhtunkhwa, Pakistan is witnessing an alarming rate of youth suicides. A survey indicates that 300 individuals committed suicides between 2007 and 2011. Likewise, 176 cases of suicides were reported from 2013 to 2019, abnormally high for a region inhabiting a total population of 4-5 laces.

The social stigma and poor reporting system mean a sufficient number of cases remain unreported (Ahmad 2020). In the light of the analysis mentioned by Zafar Ahmed, we can safely say that the number of cases we know about is much less, than the actual number of deaths, maybe the poor reporting system among other issues contributes to stopping the issue of suicide being discussed and worked upon. Another important fact about suicide in Chitral is that women have suffered more casualties than men; the reason for this might be the imbalanced social structure of the district where women have so much less freedom than men resulting in a psychological disadvantage and making them more at risk from suicide. Another study done on suicide reveals that women had almost doubled the rate of suicides than men in Chitral District. Suicide was associated with family and marital issues, and the methods of suicide included drowning and hanging. Suicide causes a large number of premature deaths in the Chitral District, especially during the young and productive age groups (Ahmed et al. 2016). So many stories of

suicides are still out there regardless of the poor collection of data and hearing about those stories reading them on is so heartbreaking but we fail to reach the right way to it.

Dawn news featured another suicide incident this September the report shared another woman allegedly ended her life by jumping into the Chitral River here on Saturday, bringing the toll in such incidents to three during the last three days. An official of rescue 1122 identified the deceased as Sakina Bibi, the woman was said to be in her late 20s and had two children (DAWN 2020). Looking at these stories proves that this issue should be taken much more seriously than the authorities are because the problem is not just the person who commits suicide but the future that also might die with the victim. In this case, Sakina Bibi lost her life and her children may be a decent upbringing and their future.

The dilemma here is that the common masses do not understand the reality of the problem, especially the ones who are more prone to committing suicide. They don't see the loss the comes from the loss of one life, the loss of a family, in some cases of little children's like in the case of Sakina Bibi. Failing to see that suicide affects the whole family and even the whole community in some cases pushes these people to end their life as a solution to their problems. It even sadder when you look at other stories connected to suicide in Chitral, more often the female population is affected than the male in Chitral. Which makes it even sadder because like all other eastern cultures in Chitral women are the ones who hold the house together and in most cases with mother or sister losing her to suicide completely shatters the whole family. A study done targeting women suicide in Chitral reveals "The study dispositional the various factors such as male were enjoying complete freedom in the mate selection. However, this prerogative was comprehensively derived from females; rather parents were exercising this very authority. The sole reason for not giving liberty to women was traced as hidden in the unawareness in part of

parents alluding towards the prevalence of cultural norms based on patriarchy. Females' emotion and needs were found to be spared by the parents, which usually led to the prevalence of mental Disorders like depression and anxiety (Bibi, Shah and Khan 2019). The study dives deep into the issue of suicide and reveals that women often are treated as a commodity rather than a real human being; they have not been given the freedom the boys in Chitral does. Parents tend to blame their daughters and protect their son, which is the norm in Chitral and has been since the culture of Chitral came into existence. Not being able to find equality in society and being withheld by the social and cultural norms in a male dominant society provokes many mental health issues such as anxiety and depression and pushes these women to the verge of committing suicide. We need to find a way to stop these self-murders by creating awareness, educating our common masses of the issue, and the consequences it.

If steps are taken to tackle this issue, there is still hope that one day a paper comes out revealing that suicide rates have gone down in Chitral. According to (Baig 2018) writing about the suicide rate in Chitral says that the incidents of suicide in district Chitral have reached an alarming stage over the past few months. There is also a need for drastic steps in order to address the issue. The tough competition in the education sector has been witnessed as the main reason for suicide among the young people of Chitral. The people have made the education as a competition, due to which the young students who become unable to pass at that competition may commit suicide. The parents are expecting a lot from their children in the field of education. According to the study, six female students commit suicide when the results were declared. That was a black day in the history of Chitral. According to police statistics, 44 suicidal cases were reported in the corresponding year, among those suicidal cases majority were young males and females. Lack of job opportunities was also the main reason behind this issue. Most of the people

who are jobless and cannot feed their children easily and thus they become afraid of the upcoming life, due to this they think of doing suicide.

Chitral is ranked at the top in KP among the educated districts but the incidents of suicide attempts are still at the peak in the district (Khan 2020). If the people are so much educated, then why they should perform the immoral act. The main reason for the disease is the lack of quality education. Being a developing country Pakistan has got a rotten education system, which is unable to give that standard of education that is expected in today's world. Only those countries have gone ahead and have achieved their goals who have got quality of education and well-educated youth. When it comes to the district Chitral out of 100 only 20 per cent of the schools and colleges are giving quality education and the rest are doing just a business. This business system has made the youth morally weak and has promoted the *ratta* system in order to just pass the exam. And education never means to only pass the exam. The one and only thing which differentiates a human being from animals is education.

2.4. Assumptions

- Suicide is the act of killing yourself, most often as result of depression and mental illness.
- Sexual abuse is causing more suicidal cases in all age groups in all over the world.
- Mental illness causes 95% of the suicide cases.
- There is more chance of suicidal cases in low income families as compared to the high-income families.
- Lack of quality education leads towards suicide among the youth.
- Suicidal cases occur among the youth due to unemployment or lack of job opportunities.
- Suicide is considered as a psychiatric emergency, and its prevalence is more increasing.

Chapter No. 3

THEORETICAL FRAMEWORK

3.1.1. Theory of suicide

Emile Durkheim has presented the theory of suicide in 1897. According to Durkheim, suicide is any deliberate act, which is the cause of death, and the actor knows the consequences of his or her actions before committing suicide. Thus, Durkheim has presented four main types of suicide due to which people commit suicide. There are four types of suicide: Anomic suicide, Egoistic suicide, Fatalistic suicide, and Altruistic suicide.

3.1.1.1. Egoistic suicide

Egoistic suicide is considered the earliest type of suicide, where the bonds of society get loose. In this case, an individual exits the social group where his or her grooming was based and who socialized there. Keeping himself or herself aloof from society and the societal norms, not being engaged in the tasks, which are performed in groups. Thus, he or she remains unaltered by many chief events like death and new birth. Thus, he also remains unaffected by many incidents that are happening with his relatives or neighbors. Thus, he keeps his distance from the families and always tries to live only in the whole life. He also breaks the bond with other people of the society, which ultimately compels him or herself to commit suicide. Thus the individual ends his or her life forever by doing suicide as the source to overcome the issue.

3.1.1.2. Anomic suicide

As anomic is the second type of suicide, this type of suicide occurs when there comes a sudden change in the norms and manners in the life of an individual. The person cannot adjust to the

new setting, which ultimately results in a normative gap. Due to this, the individual gives no further impotence to the social norms and for him or her there remains no importance of these laws. Thus, the individual fails to control his or her behavior. Thus, the individual stops comprehending his actions and cannot seem to control them, which pushes or leads him to commit suicide. Due to this, conditions of social disorganization prevail in society. There are many other factors as well which push the individual to self-harm.

3.1.1.3. Altruistic suicide

It is the third type of suicide, in which group solidarity is at a peak in society. People of society do not think beyond their groups. Simply it is the extreme level of love for the beloved ones. Thus, the individual commits suicide in extreme love. This type of suicide occurs when the individuals and the groups are too close and intimate.

3.1.1.4. Fatalistic suicide

This type of suicide occurs due to the excess of authoritative rules in society. Due to the overregulation in society, a servant or slave commits suicide. Certain woman commits suicide, which is an example of fatalistic suicide.

Therefore, the social factors are playing a vital role in causing suicide among individuals. They have a great impact on individuals. Thus, the individuals cannot go ahead without the social norms of society. Therefore, the different challenges created in society compel an individual to commit suicide. The individual thinks that suicide is the only reason to overcome social issues. Nobody can further live in society after violating the social norms of society. In order to live

normally in society, an individual has to maintain balance and to make a strong bond with society.

3.1.2. David Malan Theory

David Malan was a psychologist; he put forward the notion that suicide is the main reason behind the accrued trauma. Though it seems too simplistic, most psychologists, to a certain degree concur with this theory. Many psychiatrists feel that suicide is a result of mental and emotional disturbances that are present, and which external circumstances worsen. Rather than the outside forces, personality, character, temperament, and emotional stability are all psychological factors. This shows suicide as being a personal reaction, with external forces merely contributing to the outcome. Some views stress personality far more than others, however do, the psychological school that seems to have developed the dominant position on suicide is the psychodynamic approach.

Therefore, psychological determinants have a great role in suicide. Most suicidal cases have been performed due to psychological factors. When a person becomes depressed and he or she becomes unable to distinguish between good and bad. Thus, in this position the individual intentionally takes his or her life. Although there are also many other factors of suicide, psychological factors are the foremost reasons for suicide. Socio-psychological determinants are the key role-playing factors in suicidal cases. Most of the cases of suicide have been occurred due to these important factors. These factors are the pulling and pushing factors of suicide. Due to these socio-psychological determinants, one can end his or her life forever. The individual performs suicide due to these main determinants of suicide. Although there are, also many other reasons for suicide, but these two factors are considered as the basic and key factors of suicide.

All the other factors have been born and grown from these two factors. Thus, there is a great role of socio-psychological factors in causing suicide.

Chapter No. 4

CONCEPTUALIZATION AND OPERATIONALIZATION

4.1. Conceptualization

Conceptualization is a process of defining the concepts with the help of literature. In this study, basically, there are two variables socio-psychological determinants and suicide, which will be conceptualized with the aid of literature.

4.1.1. Socio-psychological determinants

The social factors contain general components at the degree of human social groups and social processes that come into sudden contact with the individual. Psychological elements include individual-level courses of actions and meanings that act upon mental states. Sometimes these words are joined as psychosocial. This is a stenographic term for the combination of psychological and social, but it also connotes that the effect of social procedures is reflected deeply through psychological understanding (Stansfeld and Rasul 2007)

Psychosocial is related to the impact of social factors on the individual's mind or dealing with the connection between behavioral and circumstances. Social setting, mental and emotional health are the factors that aid individual psychological and social aspects (Oxford English Dictionary 2012).

4.1.2. Suicide

Suicide is the act of killing yourself, mostly because of depression or other mental illness (APA 2020). Suicide is the process of discomfort oneself with the wish to get one's own life (Reyes, et al. 2015).

4.2. Operationalization

Operationalization is a process in which the researcher defines the variables according to his study which already being defined considering literature.

4.2.1. Socio-psychological determinants

Socio-psychological determinants are the leading factors of suicide. Thus, the socio-psychological determinants are as follow depression, mental illness, social disruption, social status, child-parent gap, and marriage status, high expectation of parents from the children, loneliness, and education pressure. These are the key factors that are forcing an individual towards suicide. If these determinants are occurring in an individual, then the individual thinks that committing suicide is the only solution to the problem. In order to get rid of the issue the individual ends his or her life forever. Although there are also many factors of suicide, but the socio-psychological factors are the foremost determinants of suicide. In most he suicidal cases, these determinants are witnessed. One can commit suicide after thinking that in order to overcome the issues suicide is the only solution. Thus, suicide has become an alarming issue all over the world due to these forcing agents.

4.2.2. Suicide

Suicide is the act of quitting life for one or another reason. It is a decision that comes because of taking a decision to end life for oneself mostly because of not being able to continue living due to various pressures and depression. Thus, one can commit suicide after knowing the harmful effects of suicide. There comes the whole destruction in society because of suicide. It has a long-term effect on left-behind families. It is also giving a bad impression of the upcoming generation.

One can commit suicide when there comes a problem in the life of an individual. The individual thinks that suicide is the solution to overcome the issue. Although suicide is an individual act, it has a very bad effect overall society. In today's world, it has become a tradition in many parts of the world that committing suicide is considered a usual happening. In the areas where the rate of suicide is high, the people of that specific area are considering suicide as a taboo. If this issue will not be solved, then it will affect the new generation of that area.

4.3. Propositions

- Competition in education causes suicide among the youth in district Chitral.
- Youth addict of drugs and alcohol starts violating the social norms of the society, which ultimately compels them to commit suicide.
- The youth performing suicide becomes a burden on the society and creates disconformity in the society.
- The effect of the suicide has long term effects on the left behind families.

4.4. Hypothesis

A hypothesis is a tentative answer to a research problem that is advanced so that it can be tested.

4.4.1. Null hypothesis

Socio psychological determinants are not the significant factors towards suicide among the youth in district Chitral.

4.4.2. Alternative hypothesis

Socio psychological determinants are the significant factors towards suicide among the youth in district Chitral.

Chapter No. 5

RESEARCH METHODOLOGY

The following methods will be used in order to collect data regarding the given research topic.

5.1.1. Research design

Research design is one of the most important parts of research in which you can identify your research strategies that should be followed in the research. These may be data collection tools and processes, your target area and population you would be covering, sample population, and the ethical considerations in your research.

5.1.2. Universe

The universe represents the entire units or individuals, which is the focus of the study. The universe could be all persons in the country, or geographical location, or special economic class. This depends on the nature of the study. In this case, we are going to investigate the socio-psychological determinants of suicide. In order to analyze the socio-psychological determinants, the universe should be all those individuals who have seen these cases in their families. Moreover, to analyze the determinants other respondents besides the affected families who have knowledge regarding the issue can also be preferred. More preference should be given to the affected families because they will provide authentic points regarding the topic, which should be authentic and accurate. The universe of the study is District upper Chitral. Although there are two districts in Chitral we will take upper Chitral as the universe for the study because the researcher belongs to the native area.

5.1.3. Sampling Technique

Sampling is the process of selecting a subject of a population of interest for making observations and statistical inferences about a population. Thus, the sampling technique refers to the

procedure of selecting sample from the population. The sampling technique is categorized into two groups: one is random sampling and the other is non-random sampling.

In this study, purposive sampling was used to collect data from the population. The researcher's target population was those individuals who were indirectly related to the suicidal cases and from the intellectual people of the target population. Thus, by doing this we would be able to reach deep into the surface of the problem.

5.1.4. Sample size

The researcher took in-depth interviews with 10 affected family members and 5 other people who have the best knowledge about the issue. The interviews have been taken from the people of Booni, Mastuj, and Laspur. The researcher has taken interviews from these areas because the researcher also belongs to the same area.

5.1.5. Data analysis

After having the in-depth interviews of the respondents, the data will be analyzed through the thematic arrangement. After the analysis of the respective interviews, data is interpreted according to the yielded results.

5.1.6. Research Ethics

Every society has different sets of problems, which may be ethical, social, political, cultural, and legal. Research ethics tells you about the dos and don'ts of your research while conducting a certain type of research. Research ethics should be completely kept in mind of the researcher while conducting research in any specific area.

The following research ethics should be kept in mind while conducting the interview:

1. I obeyed all the research ethics while conducting my research.
2. I took permission before conducting interviews with the participants.
3. I convinced the respondents for giving interviews by telling them that I will look after their privacy.
4. I convinced the respondents that their biodata should be kept confidential and will be only for my academic purpose.
5. I became very friendly with my participants.
6. I apologized to my participants for the inconvenience.

Chapter No 6

RESULTS AND FINDINGS

6.1.Respondents Profile

S.NO	Age	Gender	Marital status	Profession	Income (thousands PKR)
1	27	F	S	Student	N/A
2	40	M	M	Clerk	32,000
3	26	F	S	Social mobilizer	30,000
4	46	M	M	Religious Scholar	55,000
5	45	M	M	Office boy	30' 000
6	25	M	S	Audit Internee	15,000
7	21	F	S	Student	N/A
8	50	M	M	Retired Army	20,000
9	65	M	M	Educationist	60,000
10	28	M	S	Student	N/A
11	35	M	S	Lecturer	45,000
12	28	M	S	Student	N/A
13	30	F	M	Psychiatrist	45,000
14	36	F	M	housewife	N/A
15	40	M	M	Farmer	20,000

The above table shows the demographic profile of the respondents from which the researcher has taken in depth interviews, in order to find out the determinants of suicide in the district. The respondents were of different ages and of different professions. Some of the respondents were students who are studying in different universities of Pakistan and some of the respondents are domestic workers and others are related with other occupations.

6.2.1. Determinants of suicide

As suicide is an act of killing by an individual due to any reason. There are many reasons for suicide due to which an individual ends his or her life forever. These reasons force an individual to take such a step, which has a long-term effect on the left behind families and on society. In the areas where the rate of suicide is too much high, the people of that specific area are considering it as taboo. There are different determinants of suicide that have a great influence on suicidal attempts. The determinants are as follows.

6.2.2. Social determinants of suicide

The social determinants are the leading factors towards suicide. These are considered as the most affecting factors towards suicide. Most of the suicidal cases, which are happening in society there have been, witnessed the social reasons. Thus, when an individual becomes socially collapsed he thinks of doing suicide in order to tackle the issue. In the research, different social factors have been pointed out due to which the rate of suicidal cases in the target area has reached a peak, which is a bad sign for the new generation. The respondents have highlighted different social factors due to which an individual commits suicide. The social determinants due to which the suicidal cases are increasing day by day are as follows.

6.2.3. Academic Pressure

Academic pressure is common and alarming issue all-around the world, especially in developing countries. People especially youth in Pakistan are suffering from the issue academic pressure because our society particularly Chitrali society where the people are expecting good grades from their children. When the children are unable to achieve that goal they can become the

victim of frustrations and are going to think of to end their precious lives. This contradiction finally results in suicide of youth. Most of the respondents have said that academic pressure is the most common factor of suicide in the region. Most of the suicidal cases occurring among the youth in the region are due to this reason.

Respondent “A” said, *“one of my cousins has committed suicide when his result came, and his two subjects failed. When he finds that he has remained failed in the examination he becomes very afraid of his parents, as the parents were expecting a lot from him. He also thinks that the people of the society will talk about him when they will know the result of him.”*

The respondent also said that his parents were always talking about his results and were expecting that he will get good marks. Thus, when the news about his failure reached his parents, they became very surprised and then they became very emotional. They do not believe on their ears first that what is happening as they were expecting good grades from their child. When it was cleared to them that he was failed in two subjects then they became very unhappy with their son and even they do not talk to him. The environment of the family totally changed after this. They even started to neglect him, when he observed all these things; he finally decided to commit suicide. Another respondent also said that one of her cousins has committed suicide when she was failed an examination. She was hardworking, and her parents were expecting a lot from her. She was also confident that she will score high marks and she will fulfil the dreams of her parents. The people of the society were also expecting a lot from her and they were always asking her about her results. One day when the result came, and she was shocked while hearing that she was failed in one subject. She starts crying at the spot and she shared this with one of her close cousins. Her cousin motivated her, but she was very afraid of her parents that what should they say when they would know about her results. She did not ask the truth with her parents, but

one day one of her friends tell the truth to her parents that she was failed in one subject. Her parents did not believe in her but when they hear it from her own daughter, they became very angry. They started neglecting her and do not talk with her. One day she shared with her cousin that my parents have started neglecting me and I am going to end my life forever. She said that it is my last decision. She said that suicide is the only solution to the problem. One day she commits suicide while throwing herself in the river. When it was found that she has committed suicide it was a very worst time for the parents as well as for her relatives. Her cousin said that it was a black day in her life. Most of the respondents said that the people of the district have made it a competition and they are just expecting high marks from their children. Although tracking high marks is not the meaning of real education.

Education means to differentiate between bad and good. But unfortunately, the people of the district are still expecting high marks from their children. When the children become unable to score high marks in the exam they are considering it as a shame for them. For the people, the children should know nothing, but they should top in the exam by scoring high marks. The respondents also said the people of the area are competing for their children with other children of the society. They are always going behind marks rather than knowledge. The people have made it compulsory for the children that they should score high in the exam in any way. If the child will score high by copying, then it is still acceptable to the parents. Thus, when the children become unable to secure high marks in exam, they automatically become the victim of depression. Thus, this will push them towards suicide, which has a very bad impact on the left behind family members and on society. Thus, it will give a bad impression to the coming generation. The children will go behind marks instead of knowing if this trend will remain in society.

The same issue regarding the academic issue has also happened with one of my cousins. She was doing an MA in Alama Iqbal open university. She has missed the papers due to some reason and her father was unaware of this. One day her father has received a letter from the mail carrier. When he opened the letter that was the result of the failed papers. He became very angry when he saw that. He went home and told her daughter in an angry mood that what kind of education you are getting which is not lasting for 6 years. When she heard this from her father, she became very discouraged and leave the home suddenly. She went to her neighbor home and after staying there for two to three hours, she went towards the river directly. She jumped into the river and end her life forever. The family members started searching for her here and there. They were thinking that should in any neighbor s home, but she has already lost her life. After searching for two days, they do not find any information about her. Then a call came from the other village that there has been found a dead body of a girl. The family members went to that place suddenly and when they reached there, they were told about the dead body. Her father was asked to look at the face of the dead body in order to confirm the dead body. Her father witnessed the dead body that she is the dead body of her daughter. The father started crying after looking at the face of her daughter. It was a black day in the history of our village because their family members were expecting that she might be alive. When the dead body was brought into the home then all the family members started crying and they were also trying to kill themselves. I have seen this bad scene with my own eyes and for me; it was the worst day, which I will not forget forever.

6.2.4. Parent-child gap

A parent-child gap is also one of the most important determinants, which are causing suicidal cases in the district. Most of the respondents said it is one of the key factors of suicide. In most of the suicidal cases reported in Chitral, a child-parent gap has remained a key factor behind this

issue. This gap has occurred due to many reasons e.g. modern technology. The children are giving more time to such activities rather than their parents. There has been occurred a gap between parent and child due to such activities. Beside this, most of the people in Pakistan are doing work in foreign countries in order to feed their families. They are giving less time to their families as they have to run the family by doing g more work. In Pakistan there are not enough jobs and are paid very low for a reason they are going to other countries to earn more. Thus by spending more time in those countries there comes a child parent gap among the children and their parents. Thus, it becomes a reason of misunderstanding between them and they become to share each and everything with one another. Most of the people of rural area of Pakistan are working in foreign countries. Chitral is also among those areas where most of the people have gone abroad in order to run their families and to educate their families in a good manner.

Respondent “O” said, *“one of my relatives has committed suicide due to this gap. He was always busy on social media. He was even using mobile while eating and was giving more importance to social media than other things. As he was giving more time to social media so the parents were not happy with him, they were always saying that they would see him in the exam. One day the result came, and he was failed in three subjects.”*

He became very afraid when one of his friends about the results informed him. He thought that it is one of the worst happening with him, as he is not sharing anything with his parents. He became the victim of depression by thinking about the results. Eventually one day he decided that it is good to end life instead of sparing such a worse life. One day early in the morning, he committed suicide by throwing himself in the river. Most of the other respondents also said that this gap has created so many suicidal cases in the district and it has remained the foremost reason for these cases. The respondents said that if we will not tackle the issue in time then we would

face many social issues in future. We will not be able to control the disease if it will cross the limits.

Respondent 'A' said that one such case has occurred with one of her relatives. He was spending all the time on mobile games and was a big fan of games. He was even doing games in the time of food and prayer. The parents very curious about him, they were always talking to him to minimize this but he did not hear them. They were always thinking about him that what he should do in future if he will remain busy in games for the whole day. Thus due to the overusing of the games he has disconnected all the social relationships and became addict to loneliness. Due to this loneliness, he became the victim of depression and he finally commits suicide by firing with his own gun. This was a black day in the history of the village. The people of the society are still saying why he shot himself. According to the family members, he was not talking with them and was always busy in games. One of his family members said that he was an addict to online games and was giving all the time to games. The respondents said that due to these online games the youth have disconnected the social relationships which are very important for a normal person. To live a normal life in society one has to create social relationships and to adjust him or herself to these social relationships. These are playing the role of a bridge in society.

6.2.5. Domestic violence

Domestic violence is one of the most important social issues in all over the world. It is a very serious issue because most of the domestic issues are kept hidden within the families and these issues are becoming daily-based issues. When these become common within the families, at last,

they will reach to an extreme point where they will not be controlled and they will become like an atom bomb for the family. Most of the suicidal cases are occurring due to domestic violence but the left behind families are considering the suicide as a patient of depression in order to keep them away from the police investigation. They are just keeping themselves away from the inquiry.

Most of the respondents during the interview discuss this issue and they said that in Chitral most of the cases related to suicide are occurring due to domestic violence. As Chitral is, a rural area and most of the people are giving more importance to joint families as compared to the nuclear family. People are giving more importance to social norms and values. One of the respondents said that there has happened a case related to domestic violence. She said that in one of her relatives' home there was a clash between the mother in law and daughter in law. The daughter in law was well educated and was always giving more time to studies rather than domestic work. Her mother in law was saying that she should give more time to work rather than studies. However, this was not acceptable to her as she was giving more time to education. This issue remained for more than two years and both became unhappy with each other. The issue finally reached the point where they started ignoring each other. They even stopped talking with each other. The mother in law started beating her and was trying to make her wrong in each thing. She has started to motivate her son to go against his wife. At first when her mother said to him about his wife, he takes it easy that time, but she was always trying to motivate him to go against her. One day there happened a big war between the two. On that day, the daughter in law took poison and ends her life forever. At the spot of the case, the people of the family said to police that she was a patient of mental illness. However, it was false according to the respondent. The people of the village were already aware of the domestic issue and they were supposing themselves

unaware of the issue. Many of the respondents said that in our area most of the cases have been taken place due to domestic violence. This type of violence is more common between mother in law and daughter in law according to the respondents. They also said that there has remained a big part of domestic violence on the suicidal cases in the district. They also said that the people of the area are always trying to hide the issue and declared the suicide attempter as a patient of mental illness. This is a big blunder, which is done by the family members. Instead to hide the issue they should say the truth so that the coming generation will take it seriously and they will try to tackle the issue. Most of the cases in the district have been occurred due to this issue and still, the people of the district are trying to hide this issue. Most of the respondents said that there is a need for serious attention to this issue. If this will not be solved, then we will not be able to control the issue. We also have to tell the truth so that it should be clear why the cases are happening in the district day by day.

6.2.6. High expectation of parents from children

It is natural in every society that parents have some expectation from the children and which they are expecting from them to be fulfilled in any way. Chitral is although a backward area of Pakistan but the people of the area are very keen on getting an education. The people of the area are always trying to educate their children so that they should compete in this modern and fast era. Most of the respondents said that these expectations have given birth to suicidal cases when the children have been unable to fulfill the expectations of their parents. The respondents said that people have more expectation in the field of education from their children. Besides this, there are also many other expectations but the expectation in the field of education has remained at the peak.

Respondent 'H' said, *“one of my cousins has committed suicide in this case. He was a very talented boy by birth and was good at studies. Besides his parents, the people of the society were also expecting a lot from him. The parents were of the opinion that he will make their name bright and he will be an officer in future. But with the passage of time he started sitting with those friends who were addict to drugs, he also started using drugs after sitting with them.”*

As it is said that a man is known by the company he keeps, thus he has also joined the wrong company where the friends are giving more importance to drugs instead of studies. He started neglecting the studies with the passage of time and eventually, he left the school and started working in a workshop. When his parents were aware of this, they became very upset and they said that is has died for them. He also left the workshop and remained at home for two years. He was always fighting with his elder's brothers and sister. He was even fighting with his parents in little things. This fighting one day came to a stage where he has shot himself and ends his life forever. There are also many other expectations which the parents are expecting from their children. It is obvious that when a child becomes unable to fulfill the expectations of the parents, they automatically become discouraged. Thus, having so many expectations from the children at an early age is not good for the children as well as for the parents. There will come bad results of these expectations when the children will not fulfill those expectations within time.

Respondent 'G' said, *“it is the fault of the parents of our area that they are expecting a lot from their children especially in the field of education. The people of our society have made it a competition of scoring high marks instead of learning knowledge. This can make the children stressful that if they will score fewer marks in exam then the expectation of their parents from there will demolish forever. Thus this will become a tradition in society to score high marks instead of earning knowledge.”*

Actually, education means to get knowledge not high marks. The respondent also said, that there are only two educational institutions that are providing quality education but the rest are giving only quantity and they are just going behind the money, which is a big blunder. Respondent “h” said that as the parents are saying to their children that we invest a lot on you and you have to return the same thing which big torture from the parents. She also said that the parents are considering the children their property and they are always trying to impose their laws on them, which are a big blunder. As the child has his or her own choice to spend his or her life.

6.2.7. Financial issues

It is natural for everyone in the world that in order to spare a prosperous life he or she should be financially strong. Almost most of the respondents considered the financial issue as the foremost determinant of suicide. They said that most of the male youth of the district have committed suicide when they have been financially disabled. This issue is mostly occurring among the males because they are considered as the breadwinners of the family and females are considered to look after the family and to make bread. As we are living in a patriarchal society, so we are giving more importance to such things. They also said that when the youths complete their education and enter the professional then they have to face so many problems as in our country there are very limited job opportunities. They also said that the youth of the district who have done a PHD are still jobless and are doing private jobs for twenty to twenty-five thousand, which is not enough to support a family and to spare a prosperous life without any difficulty.

Respondent ‘F’ said, *“It becomes very difficult for the youth when they do marriage in the time of jobless. Because they are already under big stress and on the other hand doing, marriage is the need of the family. Thus, after doing marriage there come children in their lives and the*

burden becomes triple. In this situation, the person becomes double-minded and becomes the victim of depression. This the most occurring thing in our society. Most of the youth have thought to end their lives when they faced such harsh issues in their lives.”

As the wife and children are expecting a lot from the father and the father is considered to fulfill them in any way. When the person becomes unable to complete these then he can directly end his life forever thinking that suicide is the only solution to the problem. Thus, the financial issue was the most important determinant of suicide according to almost all the respondents. They also said that these types of issues in our society are increasing day by day instead of becoming low. It has to be solved in future so that society will face no issue like suicide and many other social evils. Thus, the financial has been on the top of the list.

Respondent “C” said, *“being financial weak in this era is very tough for the breadwinner of the family. As the price of the things in the market is at the peak. These have reached a point where the approach of the poor family has become a tough challenge. This will create a serious issue in the whole family and will create new problems which should be fatal.”*

6.2.8. Love marriage

Marriages are the need for a family, and it is a natural process occurring all over the world. Love marriage is something that is done without the consult of the family members. Here the family members are kept as the second person. During my research, most of the respondents said that in Chitral most of the suicidal cases have taken place due to love marriage. Thus, when a couple does marriage after that there create so many problems with the family members that the couple becomes very tense. There are so many reasons behind the love marriage, which causes issues for the family members. For example, when a girl from one sect gets married to a boy from

another sect after love, then it creates a big disturbance between the two families. As the family members are not, going to accept each other, so there creates a big problem between these after their marriage. The respondents also said that it is very common in the district that a girl or a boy should marry the girl or a boy of the same sect.

Respondent “N” said, *“love marriage is although considered very well for the couple as they have selected each other. However, it becomes a problem for the family members after their marriages. The family members after their marriage start to target both, they are even pointing out them for small mistakes. Thus if the family members will start torturing them for such mistakes then obviously they will become the victim of anxiety. As the couple have to live together forever, thus when there will create such issues then there will be zero chance for them to maintain that relationship.”*

The respondent also said that the people of the society would also start doing jokes about those families by giving silly jokes about those families. As the couples are going against the decisions of the family so there creates a different kind of issue due to these random decisions. The respondent further said that it is considered a blunder when a girl goes with a boy without talking with the family members. This is considered insolent against their dignity. Thus, love marriage is also a big and foremost causing determinant of suicide in the district. In addition, most of the suicidal cases have been taken place due to this. It will continue in future if the problem will not be highlighted at the time. There is a need for diagnosing to treat the problem. This will create a big issue in the whole society if the two families will start ignoring each other.

6.2.9. Psychological determinants of suicide

Although there are so many determinants behind suicidal cases psychological, determinants are playing a vital role in this regard. Like the other determinants, these also exist but these are kept hidden. There are so many reasons for hiding these. During my research, I found it very interesting that the respondents said that it should be the first research where psychological determinants have been noticed. In district, Chitral most of the suicidal cases occurring every year there have been witnessed so many psychological disorders. However, unfortunately, these have remained as hidden. The psychological factors may be in the form of stress, loneliness, drug abuse and alcoholism and many other mental illnesses. These factors are considered very critical as these are very sensitive and there is a small chance to diagnose such diseases. The main reason behind the increase of the psychological determinants behind suicide is that these determinants are not highlighted and are considered very sensitive. In order to stop the bad disease of suicide, these should be studied at every level so that it should be clear that why people are committing suicide which has long term effects on society as well as on the left-behind families.

6.2.10. Depression

Sadness (major depressive clutter) could be a common and serious medical sickness that contrarily influences how you are feeling, the way you think and how you act. Luckily, it is additionally treatable. Sadness causes sentiments of pity and/or misfortune of intrigued in exercises you once enjoyed. It can lead to an assortment of enthusiastic and physical issues and can diminish your capacity to operate at work and at domestic. Common signs and symptoms of depression in children and teenagers are similar to those of adults, but there can be some differences. In younger children, symptoms of depression may include sadness, irritability,

clinginess, worry, aches and pains, refusing to go to school, or being underweight. In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.

Respondent “K” said, *“it is the main reason for suicidal cases in the district but unluckily these are not highlighted. There is an effect of depression on suicidal cases. Almost many of the suicidal cases done in the district are considered depressed. There are many reasons for considering them depressed, for example, the family members are trying to keep themselves away from the police investigation.”*

Thus in order to indulge themselves in the police investigation, they are just considering the suicide attempter as a depressed person. One of the psychiatrists during the interview said that unluckily the people of our society have made it a tradition in making the suicide attempter a depressed person. Although he or she has performed suicide due to any reason, but the family members are considering depression as the reason for the suicide. She further said that if this trend will continue in future then we will be unable to treat the disease and this will damage the whole society directly or indirectly. The respondents also said that there should be proper investigation of the suicidal cases in the district, so that there should come the exact result that why the youth are committing suicide day by day. It is the responsibility of the police to do a transparency investigation and to reach the deep of the case. They also said that we will continue considering them depressed then the disease will demolish the whole society. It will give a negative impact on the upcoming generation and will create many other social evils in society.

Respondent “L” said, *“there are so many reasons due to which the individual becomes the victim of depression e.g. domestic issues, unemployment, divorce and many other reasons. These are making an individual depress and after being depressed he or she thinks of ending life forever. Thus it is clear that when a person becomes depressed he or she violates all the social values and norms.”*

The people of society will start hating that individual after looking at the worst behavior in society. Even the family members are going to ignore him or her. Thus, the individual is already under big stress, by looking at the behavior of society and the family members the individual thinks that he or she has no right to live any more.

Thus, that individual selects suicide thinking it as the last solution to the problem. Although the individual ends his or her life, it has long-term effects on the left-behind families. They will never forget the incident and will be sad forever. The respondents also said that there should be proper programs to treat the depressed people of the district. As most of the cases are coming under this domain so that should be made proper plans to diagnose the issue and to find a solution for the problem.

6.2.11. Loneliness

Forlornness is an obnoxious enthusiastic reaction to seen segregation. Forlornness is additionally portrayed as social pain—a mental component that propels people to look for social associations. It is frequently related to an undesirable need for association and closeness. Depression covers and however is unmistakable from isolation. Isolation is essentially the state of being separated from others; not everybody who encounters isolation feels forlorn. As a subjective feeling, forlornness can be felt indeed when encompassed by other individuals; one who feels forlorn is

forlorn. The causes of forlornness are changed. They incorporate social, mental, passionate, and natural variables. Loneliness has been a key determinant as most of the youth are nowadays kept themselves alone for many reasons. Most of the respondents said that nowadays most of the youth are isolating themselves which is a sign of depression. Thus by isolating themselves, they became unaware of the surrounding. For a normal individual interaction with the people of the society is very much important. One can be aware of the social values and norms by interacting with the people of the society. If an individual will keep himself or herself alone then it is obvious that he or she will start violating the social values and norms. Therefore, loneliness causes different kind of issue with the individual. For example, a person becomes the victim of depression while being loneliness. Many other diseases are also occurring when it becomes functional. The person becomes double-minded and thinks of doing wrong deeds that are not acceptable for normal society. Thus, it will convert the mind of the individual towards many things and will force the person to take wrong decisions, which should be fatal.

Respondent "I" said, *"loneliness has a very bad effect on suicidal cases in Chitral. One of my class fellows has committed suicide due to this reason. My friend was a very genius in studies, and was giving full time to studies than other things. He was very keen on studying different books beside course books. He was always talking about studies and was feeling comfortable with those friends who were also keen to study."*

Later on, when he completed his matriculation, he started using drugs and alcohol. He kept himself totally away from the people of society and even started keeping himself away from the family members. Thus, this thing continued for three years after that he came under depression and started doing unwanted things. Even the children were afraid of him as he was fighting with everyone and was calling wrongs things to everyone.

The family members were also very afraid about him that what they should do if he will do any wrong thing in society. At last, he came to a stage where he was trying to kill the family members. He was even fighting with his father and mother. At last, he killed himself and ended his life forever. Although he was mentally disturbed, his death was a very big burden for his family members. For family members, it was a black day. The friends were also equal in the sorrow of the family members. The friends are still talking about him that we have missed a great friend who was keen on education and was trying to spread knowledge among the people of society. Thus, this death was a very sorrowful movement for the family members as well as for the friends.

6.2.12. Drug and use of alcohol

The use of drugs has become a fashion among the youth of today. They are feeling proud while using these things. It is very serious because it is common among the youth because the youth are considered as future assets. If this will be transferred from generation to generation, the youth will be terrorists for society instead of assets. In the rural areas of Pakistan, the use of drugs among the youth is in the last stage. Almost all the respondents said that nowadays our youth have become addict to drugs, and they are giving a negative impact on the coming generation. Due to the usage of drugs, the youth have indulged themselves in such bad things, which are creating issues for society. Thus, by using drugs, the youth will keep themselves away from studies and they will start violating the social values and norms. Thus, due to the violation of these values and norms the individual becomes a poison for the whole society. This is a very bad habit it will attract the youth together very quickly. When an individual start doing smoking, then with the passage of time he will be using a different kind of drugs, which are like poison for human health. By using too many drugs, the individual becomes the victim of anxiety. He will

come under depression and will keep himself away from the people of the society and even from the family members. He will only contact those people who are using drugs. Thus, it is away from the approach of a middle-class family member to use drugs daily. Most of the drugs are very costly. Thus, by using drugs the individual will become depressed and will try to do silly things, which should be fatal for him.

Respondent “J” said “in *district Chitral the youth have become an addict to drugs due to many reasons. For example, when youth fails in the exam or becomes jobless, he starts using drugs thinking that it will reduce the stress of the individual and will provide him with a peaceful environment. In our area, it has become common among the youths that they should use drugs at any cost*”.

They are not thinking about their parents who are always thinking for their betterment and they are always trying to facilitate them. Thus, when he becomes an addict to drug and alcohol then surely, he will take a step in future, which should be very serious for him as well as for the family. The usage of drugs and the use of alcohol has a very important role in suicidal cases. When an individual lost his sense, he will take the worst step in that situation and will end the life forever. He further said that the use of drugs in the district is increasing day by day. The coming generation will also adopt the same thing if the trend will continue in future.

6.2.13. Hopelessness

It is a big but bitter reality of the world that parents will keep hope from their children in every field of the life. They will hope that in future their children will grow up they should bright the names of their parents by taking good achievements. It will be the hope of every parent from the child that the child should perform well and should achieve the goals, which are expected from

him of her. Thus to achieve those goals the child has to work hard and should force themselves towards those goals. If they will not be able to achieve those goals, then the parents will become hopeless from the child and they will automatically start to give less importance toward the child. It will create misunderstanding between them, which will at last reach to a stage where they will start ignoring each other. Thus, when these things will happen between them then they will become both the victim of depression and many other diseases, which should be fatal for their health. When an individual becomes unable to materialize the dream then he or she becomes hopeless from the world. Thus, an individual who works hard and after the hard work when he or she does not get the fruit of that hard then he or she becomes very sad and becomes the victim of hopelessness. This creates many different kinds of issues in the mind of the individual and forces him to do wrong things, which are creating instability in the society. Thus, he will choose the wrong way in order to get something when he will get nothing from the right path. This also makes the person mentally weak and makes the individual depressed.

Respondent “D” said, *“hopelessness has remained a main reason behind the suicidal cases in the district from many years and it has created many problems in the whole society. It is very common among the youth of the society who have become hopeless after getting nothing. It is found mainly among those youths who after completing their education still get no jobs becomes the victim of hopeless and this may cause depression among those youths.”*

Thus, after being depressed they are indulging themselves in wrong deeds and creates disturbance in the society, which creates new problems for the family members as well as for the people of the society. Thus, the youth who are feeling hopeless are committing suicide thinking it was the best solution of that problem. Although the attempt is performed by and individual, but it has long-term effects on the family members as well as on the society. The next generation will

also perform the same thing when it will not be solved at right time. There is a need of serious attention towards this problem. When this will not be solved, it will create so many problems in the district.

6.2.14. Mental illness

It is also one of the main suicides causing factors in the district. Most of the people in the district are suffering from this bad disease. When an individual becomes mentally disturbed then he or she becomes a burden on the family and in the society. As the individual tries to violate the social values and norms of the society, thus by doing all these things the individual is given very less importance in the society.

Respondent “E” said, *“People of the district are facing so many issues regarding mental health, but the government and the NGOs are still silent. In the district, especially the youth are facing many problems regarding this nowadays. The youth when feeling these problems then they are indulging themselves in such things, which have bad impacts on the society. Thus the youth becomes a burden on the society.”*

He further said that there are people in many NGOs who are earning a lot by taking the name of mental health, but they are doing nothing for those people who are suffering from such issues. It is their responsibility to motivate them and to treat them in a good manner. As it is not possible for a layperson to motivate a person, who is suffering from a mental issue. Thus, a professional person can motivate such people easily. So many suicidal cases have been taken place due to these issues. When an individual becomes mentally ill then obviously, he or she will take a step which should be fatal and which should end the life forever. The people are still expecting from the government and from the NGOs that they should monitor the issue and will find solution to

diagnose the issue. He further said that when an individual becomes mentally ill then suicide would automatically come in the mind of that individual.

Chapter No.7

DISCUSSION AND CONCLUSION

7.1. Discussion

In this study, the researcher has identified the socio-psychological determinants of suicide among the youth in district Chitral. The results confirmed that socio psychological determinants are the main and foremost reasons of suicide in the district. Almost most of the respondents agreed that socio psychological factors are the leading factors towards the suicidal cases in the district. As the rate of suicide in the district is very high. Unfortunately, most of the suicidal cases are found among the youth of the district, which is a very sensitive issue for the people of the society. Suicide has remained a very serious issue of the district for many years. Every year there comes new cases of suicide from different areas of the district. As the people of the district are considering it taboos.

The people of the district are very worried about this but still they do not have found any solution to diagnose the disease. In order to find the socio psychological determinants of suicide the researcher has taken in-depth interviews from the members of the effected families. During the interviews, the researcher has found so many difficulties as the research topic is very sensitive and most of the effected families are not going to share anything about the person who has committed suicide. After conducting in-depth interview, it was found that the following socio psychological determinants are the foremost suicide causing agents.

According to (Baig 2018) says that the rate of suicide among the youth in the district is in the peak due to competition in education. The present research finding also gives the effects of competition among the youth and its role in the high suicidal cases in the district. Most of the suicidal cases which have been occurred in the district it has been witnessed that the case has been taken place due to failure in exam or due to scoring low marks. The people of the district have made it a compulsion for their children that they have to score high marks in any way.

Most of the respondents are considering academic pressure is the most-leading factor towards the suicidal cases in the district. They further said that the people of the district have made it a competition to score high marks only. When the child becomes unable to secure such marks then he or she become mentally disturbed and end his or her life forever.

Disorders like depression and anxiety are the main roots of suicide in the district (Bibi, Shah and khan, 2019). Thus the findings of the present research also give a brief account on depression causing suicide in the district. As the finding of the research have witnessed the thing that most of the suicidal cases which have taken place in the district depression has remain as the foremost reason of suicide. According to most of the respondents most of the youth thinks to end their lives when they become the victim of depression and they are thinking that suicide is the only solution in order to get rid of the disease.

It has also been considered as the main determinant of suicide in the district. As most of the people of the society, especially the youth have suffered from this worst disease due to many reasons. Most of the respondents gave their opinion regarding depression as the most suicide-causing agent in the district. They people are also expecting from the Government and from the related NGOS to take bold decisions regarding the issue and to find solutions in order to treat with the problem.

Beside the determinants discussed above the respondents have further notified son many determinants, which are causing suicide in the district. The socio- psychological determinants, which are causing the suicidal cases in the district, are as follow.

- High expectation of parents from the children
- Parents child gap

- Drug usage a use of alcohol
- Domestic issues
- Loneliness
- Hopelessness
- Mental health issue

7.2. Conclusion and Suggestions

Suicide is an act of killing by oneself, and this issue is increasing day by day in district Chitral. The people of the area are very worried about it, as it has been transforming from one generation to another. The people of the district are considering it as a taboo. Many new cases are happening day by day although the family members hide many of the cases due to many reasons. It has both long-term effects on the left behind families and on the whole society. In this research, the researcher has tried to identify the main socio psychological determinants of suicide. After conducting in depth, interviews from the effected families the following socio psychological determinants were found as the foremost suicide causing agents.

- High expectation of parents from the children
- Parents child gap
- Drug usage a use of alcohol
- Domestic issues
- Loneliness
- Hopelessness

- Mental health issue
- Education pressure
- Depression

As suicide is the main issue of the area and the researcher has tried to find found the socio-psychological determinants only, beside these there are also many other determinants which are causing suicidal cases in the district. It is suggested to the future researchers of the area that they should try to find out the other determinants beside these. It is also suggested to read this research so that they can be able to know that what are the socio psychological determinants which are causing suicidal cases in the respective area. If more and more research will be held over this issue, then we should be able to know the main roots of suicide and we should be able to diagnose those issues immediately.

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Appendix

Topic: Socio-psychological determinants of suicide among the youth in District Chitral (KPK)

Quaid- I-Azam University Islamabad

Name;

Gender:

Age:

profession:

1. What is suicide according to you?
2. Why people commit suicide?
3. Why Chitral is at high risk of suicide than other districts of kpk?
4. Why the youth are more vulnerable towards suicide?
5. What are the main determinants behind the problem?
6. What are the effects of the suicidal cases on the left behind families?
7. How we can overcome the suicidal problems?
8. What should be the role of the government in order to encounter the issue?
9. How can suicide prevention programs and initiatives be effectively evaluated?
10. Have you ever think to commit suicide in your life?
11. How we can create awareness among the youth in order to stop the problem?
12. Do you think that suicide is the only solution of any problem?
13. What kind of suicide is mostly practiced by the youth in the region?
14. Why the youth have chosen suicide as the best option for any problem?
15. What are the perceptions of other people of the society on the effected families?

16. What should you recommend to the youth in order to tackle any problem?
17. Is the government taking the issue of the region seriously?
18. What do you think are the most important psychological disorders which compel an individual to commit suicide?
19. Are the psychiatrists in the particular region playing their roles in order to motivate the depressed persons of the society?
20. How the government and other NGOs can engage the mental illness and depressed people of the region?