



## Student Suicides – What are the deep rooted problems?

### Description

#### Causes of student suicides :-

- What is causing them to suicide –
  - Pressure in studies.
  - Family problems
  - Physical & mental illnesses.
  - Drug addiction.
  - Love failures.
  - Financial problems.
  - Failure in exams.
  - Unemployment.
  - Unable to adjust to the college's culture.
  - Self-deprecating.
  - Depression.
  - Loneliness.
  - Physical & mental abuse.
- **But the underlying causes are different. They are –**
  - Lack of support from colleges in the times of distress.
  - High expectations of society.
  - Rote learning in our education system is making the college education dull, boring and purposeless.
  - Rigid structure of the syllabus & no freedom to skip the subjects.
  - Unbearable emphasis on marks.
  - Mental illnesses are still a taboo subject in India.
  - Incentivising competition and comparison between students.
  - Mechanical lifestyle.
  - Lack of importance to mental health in India.
  - Low budget allocation on mental health.
  - Violence and politics in college campuses.

- India has 6000 certified psychologists approximately. That means less than 1 psychologist for every 2 lakh people.

**Facts :-**

- India has one of the 'world's highest suicide rates among youth'.
- According to Assocham survey, 72% of the students in India don't know how to handle pressure.
- 71% of the students have broken relationships with friends & family.
- Earlier, on an average societal pressure used to start from 19 years age, but now it is reduced to 14 years.

**Steps taken :-**

- University Grants Commission (UGC) ordered all universities to establish counselling centers equipped with certified psychologists.

**Some of the Best practices worldwide :-**

- 'University of West Georgia' trains teachers to support students as psychologists. If the problem is serious, students are sent to college's counselling center.
- 'University of California' has 'Mind Spa'. It helps students in many ways including audio & video classes, head massages.
- 'New Jersey Institute of Technology' conducts special classes for drug addicts & Love failures. It even takes the help of expert psychologists in the city & bears the total expenses by itself.

**Conclusion :-**

We need to concentrate on the deep rooted problems, such as societal pressure and the loopholes in the education system. Every college needs a counselling center and friendly environment.

Students must be taught about the possible problems in life and the ways to deal with it. Emotional strength should be emphasized more than studies.

**Afterwords :-** What is your opinion on this topic. Express your thoughts in the comment section below.

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