

## **Attempt to Suicide: An Offence or Considering as a Solution of all Problem**

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### **Abstract:**

Suicidal-Behavior problems are a growing public health concern. An overview is provided on how widespread Suicidal-Behavior problems globally. This crisis created by mass- scale misemployment and loss of income, financial, distress isolation, loss of liberty, fears of infection and death and concern regarding social isolation, etc, has further strengthened the grip of anxiety, depression, stress on people's well being in India and this is happen because of Lockdown. The closure of the area creates unprecedented changes in people's lives. According to the 'Rebooting 2020: A Story of COVID-19, and Shifting Perceptions' survey conducted by Mavericks India, sixty-one percent of Indians experienced mental health problems during the closure period. This situation is not even considered for the intervention we are seeking.

- There is a lot of fear about the virus, death or loss of loved ones.
- The unchecked spread of misinformation and rumors adds to the existing anxiety.
- There has been an increase in partner violence during the closure.

**Key Words :** Covid- 19, Government, India, Media, Suicidal-Behavior.

### **I. INTRODUCTION**

*“The purpose of our lives is to be happy”*

*-Dalai Lama*

Now-a-days, society is plagued by more than just legal, economic, and societal issues. However, they are also dealing with "**social-legal problems.**" These issues have grown quietly but progressively around the world. India is not exempt from this. "Social-Legal-Problems" are problems that arise as a result of a society's norms, values, traditions, customs, morals, conventions, mores, and laws changing. These developments bring with them some issues that the old, opinionated society finds intolerable. Human trafficking, sexual inequality, gender discrimination, homosexuality, and other issues come to mind.

Modern human life, particularly in India's cities and semi-urban areas, is full of challenges originating from the aforementioned issues or problems. That included the issue of suicide as well. The word "Suicide" is derived from the Latin-Phrase "**Sui-Cadere.**" It implies "**deliberately killing one-self or own-self**". **Unfortunately, India has the highest suicide rate among younger generations aged 15–21 years.**

### **WHAT IS SUICIDE?**

Suicide is defined as self-inflicted death with the purpose of dying. A suicide attempt occurs when a person intentionally injures himself with the purpose of terminating his life but does not die as a result of his actions. Suicide is defined as a self-inflicted wound of self-inflicted wounds that provides further evidence of intention to die. **Worldwide, over 700,000 people die each year as a result of suicide**[1]. **It is estimated that approximately 1.5 million people will die from suicide by 2020.** The suicide rate for suicide in 2015 was 10.7 per 100,000, which means about one death every 20 seconds. More men than women die by suicide. The average for men and women varies between 4 to 1 (Europe and the United States) and 1.5 to 1 (Eastern and Mediterranean Pacific), and is very high in rich countries[2]. These suicide statistics are probably still undermined in actual cases. Suicide is also part of our ancient history. It was **Sati Pratha (burning of widow with pyre of her husband) or Johar (to burn own self in hearth by Rajput women to save their dignity from Muslim invaders)**[3] both are examples of suicide to avoid mortification and these incidences have been worshipped and celebrated. Between 1987, the suicide rate rose from 7.9 to 10.3 per 100,000, with the highest suicide rates in the southern and eastern states of India. Suicide played significant roles from time to time in ancient mythology and history, such as Ajax the Great who committed suicide in the Trojan War, and Lucretia who committed suicide about 510 B.C. began a revolt that overthrew the Roman Empire and replaced the Roman Republic [4].

### **AS LEGAL ASPECT- THE TERM ‘SUI-CIDE’:-**

Suicide attempts are a major problem requiring mental health intervention, but they continue to be treated as a criminal offense under section 309 of the Indian Penal Code (Hencefore-said Code). The article reviews the international legal perspective in various regions of the world, discusses the unintended consequences of section 309 of said Code and highlights the need for the withdrawal of suicide attempts in India. **The Mental Health Care Bill, 2013**, which is being considered in Rajya Sabha (upper house), has suggested that suicide attempts should not be prosecuted. Failure to withdraw the suicide attempt will work to reduce unnecessary stigma and avoid punishment after the incident, and will lead to a more accurate collection of suicide-related statistics.

Interestingly, the term ‘suicide’ is not defined in the said Code. However, a quick reference of **Clift v. Schwabe**[5] gives an apt definition of this term, “to ‘commit suicide’ is for a person voluntarily do an act (or, as it is submitted, to refrain from taking bodily sustenance), with the intent to destroy his own life, being aware of the possible consequences, and at the same time ‘having a sufficient sense of wanting to destroy life. Emphasis is placed on the terms ‘voluntary action’ and ‘awareness of that effect.’ This means that purpose is an important ingredient.

## II. LAWS REALATING TO SUICIDE: AS AN OFFENCE

In accordance with **Article 21** of the Indian constitution, "**No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.**" The case of *P. Rathinam v. Union of India* [6] established that Article 21's reach includes the "right to die." According to P. Rathinam, Article 21 contains good content, and its reach is not solely negative. The legality of Section 306 of the said code, which punishes or sanctions abetment of suicide, was called into doubt in the case of *Gian Kaur v. the State of Punjab* [7]. Although the constitution includes the right to life or liberty, **it does not include the 'right to die' with the reference of *Aruna Ramachandra Shanbaug v. Union of India and others***[8].

**Section 309** stated of the code[9]. Consider the following, an illustration: "X" is a medical student at ABC College. He received a 72percentage on his final semester assessment, which was lower than his previous academic performance, due to this thought of belief. He tries to kill himself by taking poison in his juice. This is "Attempting Suicide u/s 309 of the said code".

It should be noted that the support for the suicide commission (but not to prevent suicide attempts) is included under **Section 306 IPC** and for child suicide prevention is included under **Section 305 IPC**. The penalty for this varies from 1-10 years of imprisonment and heavy fines.

**The Commission of Sati (Prevention) Act, 1987** An Act to provide for the more effective prevention of the commission of sati and its glorification and for matters connected therewith or incidental thereto. Whereas sati or the burning or burying alive of widows or women is revolting to the feelings of human nature and nowhere enjoined by any of the religions of India as an imperative duty; And whereas it is necessary to take more effective measure to prevent the commission of sati and its glorification.

## III. CAUSES OF SUICIDE:

- ❖ **Suicidal Thoughts-** Many people experience suicidal thoughts, especially during times of stress or when they are facing mental or physical health challenges.
- ❖ Feeling or appearing to feel trapped or hopeless.
- ❖ Talking about revenge, guilt, or shame.
- ❖ Isolating themselves.
- ❖ Drugs & Unemployment
- ❖ Talk about being a burden to others.
- ❖ Saying goodbye to others as though it were the last time.
- ❖ Gender discrimination suicide

### For Prisoner Suicidal Rate 2019, Farmers Suicide Rate

- According to a recent study, the overall suicide rate increased by 6.7% from 762,000 to 817,000 annually between 1990 and 2016, while the average suicide rate dropped by a third. Globally, rates in 2016 were nearly 16 per 100,000 men and 7 deaths per 100,000 women: women also experienced a significant decrease compared to men during the study.

- The number of people working in the agricultural sector who died by suicide in 2020 is estimated to reach 10,677, up from 10,281 in 2019. Farmers accounted for over half of the deaths, up 18percentage from the previous year. (As per N National Crime Records Bureau, 2020)
- Prison suicide rates worldwide are around three times higher in men and nine times higher in women than those in the general population, underscoring an urgent need to address this issue. Prison population based research on prevalence, trends, and magnitude of suicide in India is sparse and inconsistent, Between 2000 and 2019, while the total population of India grew by nearly 30%, its prison population nearly doubled, from 272 079 to 478 600 people. The latest National Crime Records Bureau report indicates that 95·80% of people who are incarcerated are men, and that 69·10% of people living in prison are awaiting trial. **Among the 165 un-natural deaths of inmates, 116 convicts committed suicide**[10].

#### IV. FINDINGS-

##### 1. WHY LIC (Life Insurance Company) IS A REASON FOR INCREASE IN NUMBER OF SUICIDE?

Life insurance is usually taken by someone to ensure that his or her family remains financially secure after the death of the policyholder. **But, what is the policy holder commits suicide? Will the policy nominee receive a lump sum guarantee? Suicide may not be considered an uncertain event, so will life insurance pay for you?**[11]

In fact, however, it all depends on the principles of the policy. Generally, it may not be covered in the early years, but suicide usually covers up to 12 months from the date of purchase of the policy.

In such a case, during the policy period (after 12 months of discharge), the policy will pay the family (whoever is nominated) the death benefit (guaranteed amount) in the event of the policy owner committing suicide[12]. However, you should check the terms and conditions of the policy carefully to see if there are any offers that do not include suicide insurance. In this case, the nominee will not receive a guaranteed amount[13].

*So, this is the reason why human life is so cheap in this world because if they need money on behalf of their life that these Life insurance company help them in many manner.*

##### 2. THE CORONAVIRUS (COVID-19) PANEDEMIC'S IMPACT ON MENTAL HEALTH

Pandemic is not just a medical condition; it affects individuals and communities and causes disruption, anxiety, stress, discrimination, and xenophobia. Human behavior as a social or community unit has significant implications for epidemic fluctuations that include difficulty level, flow rate, and outcomes. The isolation, isolation from the community, and the closure of educational institutions, workplaces and recreation centers send people to live in their own homes to help break the chain of transmission. However, preventive measures have undoubtedly affected the social and mental health of individuals from all over the world.

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As more people are forced to live at home alone to prevent the further spread of the pathogen at the community level, governments must take the necessary steps to provide mental health care as prescribed by specialists. Isolation and isolation can have a detrimental effect on a person's mental health. Children, away from school, friends, and colleagues, staying at home can have many questions about the outbreak and look to their parents or caregivers for answers. Not all children and parents respond in kind. Children can experience anxiety, depression, social isolation, and a traumatic environment that may have temporary or long-term effects on their mental health. Physical withdrawal due to COVID-19 outbreaks can have serious effects on the mental health of older people and people with disabilities.

### **3. THE RISK FACTORS FOR COVID- 19 SUICIDES**

The combination of physical isolation, economic stress, barriers to treatment of mental health, global anxiety, and the increase in gun sales creates what JAMA Psychiatry calls a “complete storm” of suicides.

*"Suicide may be a major concern as the epidemic is spreading and has long-term consequences for many people, the economy and vulnerable groups,"* said **David Gunnell**, a professor of epidemiology at the University of Bristol and head of the institution. Bristol Suicide and Self-Harm Research Group, and his team of newly published researchers found it in *Lancet Psychiatry*. And these predictions do not exist without an example. There is evidence that suicide deaths have increased both since the 1918 flu epidemic and the 2003 SARS outbreak. We already see this with the top staff. A few weeks ago, two news headlines: Drs. Lorna Breen, of New York-Presbyterian Allen Hospital, and New York City E.M.T John Mondello.

### **4. ACCORDING TO SHRI JUSTICE JAHAGIRDAR REPORT**

**“Attempt at Suicide – A Crime or a Cry”, said that [14]**

“A person commits suicide for numerous reasons and in a variety of settings. In all circumstances, the purpose is to provide comfort with a few real or imagined sentences that the individual suffering from It is called liberty if he succeeds in his aspirations; if he fails, it is deemed a crime. It is a crime to survive. It is impossible to find any justification for punishing someone who has attempted to avoid the punishment he or she believes society is imposing.. Isn't survival itself a sufficient punishment? In the long run, fortunately, attitudes toward suicide and suicide attempts have changed and many civilized countries have dismissed the idea of suicide as a crime.

### **5. THE SNEHA-SUICIDE PREVENTION CENTRE**

India take a step with collaboration with The World Health Organization, aware of the NGO's efforts, SNEHA, Suicide Prevention Center, said that for them, suicide as described by law as a punishable crime has many negative consequences for the public health system. Moreover, punishing with imprisonment for behavior caused by a mental disorder or social hardship conveys a completely wrong message to people [15].

## **6. ACCORDING TO WORLD HEALTH ORGANIZATION (WHO) COVID-19 DISRUPTING MENTAL HEALTH SERVICES IN MOST COUNTRIES, WHICH CAUSE THE RISE IN SUICIDE**

The COVID-19 epidemic has disrupted or halted **critical mental health services in 93%** of the world's population while mental health demand is growing, according to a new WHO study. **A survey of 130 countries provides the first global data showing the negative impact of COVID-19** on access to mental health services and underscores the urgent need for increased funding.

The survey was published ahead of the WHO Mental Health event - **an international online advocacy event on October 10 that will bring together world leaders, celebrities, and lawyers to call for increased mental health investment after COVID-19.**

The WHO has highlighted chronic mental health support: prior to the epidemic, countries spent less than 2 percent of their national mental health budget, and struggled to meet the needs of their people.

And the epidemic is increasing the need for mental health services. Bereavement, isolation, loss of income and fear worsens mental health conditions or worsens existing ones. Many people may experience high levels of alcohol and drug abuse, insomnia, and anxiety. At the same time, COVID-19 itself can lead to emotional and psychological problems, such as depression, anxiety, and stroke. People with pre-existing mental, emotional or drug use are at high risk of becoming infected with SARS-CoV-2—and may be at higher risk of serious side effects and even death[16].

**"Good mental health is very important to health and well-being in general," said Drs. Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization.** "COVID-19 has disrupted important mental health services around the world when it was most needed. World leaders must move swiftly and decisively to invest heavily in programs that save mental health—during the epidemic and beyond. ”

## **7. CELEBRITY SUICIDE ARE ASSOCIATED WITH HIGHER SUICIDE RATES: MEDIA ANALYSIS**

In recent decades, there has been a huge increase in celebrity suicide rates, which has been visible in several cases, according to the Media Suicide Rate Analysis Report. Their findings are based on the findings of research that compared suicide reports on TV, in print or online, in books or non-fiction, at least once before and more than two months after they were broadcast.

Celebrity suicide reporting has been shown to increase the suicide rate by 8-18% over the next 1-2 months, and details on suicide pattern are associated with an 18-44% increase in suicide risk in the same way. To put it bluntly, in the UK, where 6,507 people in 2018 died by suicide (542 per month), a 13% increase would be about more than 70 deaths. Suicide-Deaths in the United States have increased by over 10% (1,841) in the five-months following the suicide of international celebrity Robin Williams.

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Several mechanisms could explain these effects, including the identification of the deceased,. According to the study, a rise in reporting leads to suicidal ideation as an appropriate method to cope with adversity. According to the tendencies identified in this study, media coverage of celebrity suicide may increase suicidal thoughts and contribute to suicidal ideation in some way, he writes. They point to certain limitations, such as the inability to diagnose the cause of actual subject designs, as well as the high levels of variability between subjects that cannot be fully calculated. For instance, **Sushant Singh Rajput Case (2020)[17], Jiya Khan Case (2013)**

But it says this provides clear evidence so far that suicide reporting, especially celebrity suicide, is associated with an increase in suicide among many people. Therefore, they suggest that strict control over media coverage of suicide may be needed. Concluding, they conclude, journalists and editors “must carefully consider the cost to human lives, as well as the details of this tragic death.

## V. CONCLUSION & SUGGESTIONS

***“There is no situation without any hope, and there is no one who could not reach for the possibility of a meaningful life”***

Suicide is a complicated issue that is influenced by a variety of demographic, biological, psychological, and social factors, as well as clinical hazards. Apart from the high number of risk variables, the likelihood of an individual committing suicide or attempting suicide is quite low. A range of studies targeted at understanding and preventing Suicidal-Behaviour demonstrate the complexity of suicide. However, there are few studies that look at how Durkin used his suicide study to establish that social science is a science.. There are obvious patterns of Human-Behavior that can be explained.

There are many struggles going on in life, but many people find that they have run out of options to help them get through this situation. A small act can send a person over the edge when he thinks of suicide or even commits suicide. There are many different causes that can lead to suicide or suicide. People with a mental illness are more likely to attempt suicide. For example, bipolar disorder or schizophrenia, In our article we show that how our farmers, prisoners, celebrities they are also facing a problem of loneliness & because of loneliness they are facing many mental issues.

In suicide prevention, it is question of the spiritual empowerment of a young person, which is guided to finding life as meaningful through the defiant power of the human spirit and acts of self-transcendence. Focusing on the individual's healthy and present circumstances, regardless of the difficulties and disabilities that plague one's life, makes and comforts them.

In this review, we examined ***“No matter how much strain you are under, “SUI-CIDE” is NOT a viable option or taken as a solution. You must appear in court now that you have been released from the hospital. You should be aware that ATTEMPTING OF SUI-CIDE is an OFFENCE OR ILLEGAL ACT’***

As noted at the beginning of this Article, the debate over aging among suicide prevention providers, its origins and effects, your proposed therapies, and your relationships (both causal and compliant with barriers to mental health care for adults) has varied and widespread. Although hours of reflection and

effort have been made in this endeavor, a lack of knowledgeable research in this area still exists. Few suggestions/ recommendations, with the hope of improvement in the current scenario of suicidal attempts & suicidal behavior are as follows:-

## **SUGGESTIONS/RECOMMENDATIONS**

- When passing or reporting news of suicide attempts or attempting to prevent turmoil among people, the media sector should use caution. They need to improve their working style and conduct the parallel panel rather than providing verdicts. They should place a greater emphasis on giving truthful news in a way that does not jeopardise people's health.
- The Government should develop a follow-up strategy for some effective therapy programmes or clinical trials for mentally ill people who are suffering from suicidal thoughts. There should be some excellent wellness seminars or camps included in that follow-up plan for people who have just recovered from the above illness condition.
- A DEPARTMENT NEEDS EDUCATIONAL TRAINING TO DEAL WITH THOSE PEOPLE: Suicide prevention training can be done in person or online. It is important to work with someone you understand to prevent suicide when making a plan. Regardless of how it is presented, there are some common elements, or topics, that should be discussed in each training.
- There is NEED TO TAKE STEP to start Mental-Health-Training for those people who really need this because these small steps can save a person's life.

*“The best dreams happen when you’re awake”*

*-Cherie Gilderbloom*

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