



## SUICIDAL TENDENCIES & RISK FACTORS AMONG UNIVERSITY STUDENTS: AN EXPLORATORY STUDY

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### Abstract

*Suicide among young generation has surged in Pakistan, and it has become a major concern. According to a recent report by the World Health Organization, Pakistan's suicide rate has alarmingly surpassed 08% and one in every 200 suicide attempts results in death (The Express Tribune, 2022). Thus, the purpose of the following exploratory study was to investigate the factors that increase suicidal ideation in male and female students and to discover which gender is more likely to acquire suicidal tendencies. 40 interviews with male and female students from three universities located in Jamshoro, Sindh, were performed using a qualitative research methodology to acquire the data. These factors were grouped into three major themes: 1) Environmental factors, 2) Historical factor, and 3) Health-related factors. Moreover, the outcomes of the second objective revealed that female students are more prone to develop suicidal thoughts than male students. The study concluded with policy recommendations to prevent student suicide, such as including mental health issues in the school curriculum to*



*ensure that children have a solid understanding of mental health from a young age and universities organizing seminars and workshops on life skills, problem-solving techniques, and communication skills to foster a positive attitude in students.*

**Keywords:** Psychological Disorders, Suicidal Ideation, Suicide Prevention, World Health Organization, Youth Suicidal Tendencies.

## **Introduction**

The birth rate of the population, average life expectancy, and mortality are direct indicators of a socially healthy environment in a society. Natural physiological reasons (such as disease and old age) and violent death both contribute to population mortality (homicides, wounds, calamities, suicides). In current ages, the cases of suicides have surpassed all other violent causes of death as the main cause of death. Suicide phenomena are among the variables that influence a positive setting in community, the socio-psychological condition of the people, spiritual and moral character, and economic progress. Suicide is utmost terrible forms of social conduct related with a person's unique response to a psychological disaster or loss of the purpose of a life lived. Suicidal behavior refers to all internal (intention, premeditation) and exterior (attempted killing) types of suicide, i.e., the termination of the body's essential functions (Elov, Z, 2022). Suicide includes killing oneself; it is the act or occurrence of purposely and voluntarily taking one's own life. As defined by Emile Durkheim "all situations of death occurring either directly or indirectly from a positive or negative act on the part of the victim which he knows will create this consequence" (Douglas, 2015). Every 40 seconds, a person dies by suicide on a global scale, and approximately one million people die by suicide annually (WHO, 2018; Lee et al., 2016). For the past 45 years, the global suicide rate has climbed by 60%, especially among young adults (WHO, 2014). Lately, suicide has become the second biggest cause of mortality worldwide, with a disproportionately high incidence among youngsters aged 15–29 (WHO, 2016). Similarly, suicide is the second largest cause of mortality among university students and a pressing public health concern (Curtin et al., 2016).

The difficulty facing researchers is that the question of why young generation today are highly prone to commit suicide. Several scholars have struggled to comprehend this topic and have undertaken legitimate research to support their hypothesis, particularly in terms of the growth in suicides in developing nations, stating that suicidal behavior is rapidly becoming a youth-related



phenomena influenced by broader socio-economic and environmental variables of the people (Taylor et al., 2002). Such variables consist of unemployment, poverty, and low socioeconomic status (Atkinson et al., 2003), as well as shifts in economic development and labor force attributes (Babbar, 2004). Accessibility to means of attempting or committing suicide is correlated with these factors. Suicide rates have often been connected to the availability and accessibility of prescription medications, tranquilizers, poisons, and guns (Cantor, 1998).

Recently, the rate of suicide in Pakistan has increased, and it has become a major concern for the current generation. Data indicated that approximately 5552 suicides were reported in Pakistan, with an incidence rate of 3.1% per 100,000 people (WHO, 2019). According to the recent report by World Health Organization's, the suicide rate in Pakistan has frighteningly surpassed 08% and one out of every 200 suicide attempts results in death (The Express Tribune, 2022). However, the suicide incidence among students in Pakistan has climbed in recent years due to the frighteningly high academic standards in Pakistan, which are doing more harm than good for our youngsters. Today's students experience academic stress, sadness, and other psychological disorders as a result of increased expectations and competition. Academic stress, fear of failure, physical and emotional maltreatment by parents, professors, or friends, feelings of isolation, despair, and worthlessness are all reasons that contribute to students taking their own lives. In addition, there are numerous socioecological, economic, and psychological causes of suicide among students (Shakil, 2019).

Without a shadow of a doubt, suicide among students is one of Pakistan's most prevalent and pervasive problems that receive insufficient attention. In Pakistan, suicide especially among youngster is an under-studied and under-researched phenomenon. Official suicide mortality figures among students are unavailable since they are neither included in the national vital registry system nor submitted to the World Health Organization. In light of this, the following study was conducted to focus primarily on male and female students at Sindh University (SU), Liaquat University of Medical & Health Sciences (LUMHS) and Mehran University of Engineering & Technology, Jamshoro. Despite the fact that numerous research studies have been conducted in Sindh, the risk factors associated with suicidal behavior among students in Sindh remain poorly understood and usually obscure, and there is a dearth of recent research that focuses solely on both of Sindh most prestigious universities. Consequently, the purpose of the present study is to in-depth investigation of the factors that foster suicidal ideation among students. With this study, we will be able to comprehend the idea and motivation behind student



suicide in recent times, which will allow parents, teachers, and other members of society to recognize such behavior in children, thereby enabling them to avoid suicide in advance.

## **Literature Review**

Decades of study and preventative struggles are unsuccessful to significantly improve suicide prediction or prevention. Inadequate knowledge of the shift between suicidal ideation and suicide attempts is one reason for limited progress. The distinction between suicide attempters and suicidal ideators is crucial because the majority of individuals with suicidal ideation do not attempt suicide. According to prior studies, despair, hopelessness, the majority of mental diseases and even impulsivity are predictors of suicidal behavior. However, a closer look finds that these characteristics are unable to differentiate among suicide attempters and idealizers, indicating that they are forceful predictors of suicidal ideation, not suicide attempts (May et al., 2016).

Moreover, suicide has been studied from numerous viewpoints, which can be generically characterized as moralist, libertarian, and relativist approaches. Protecting life and avoiding suicide are moral obligations for moralists. Philosopher Kant debates that humanity is an end in itself, meaning that the individual should be regarded as an end rather than a means. Consequently, a person contemplating suicide is viewed as utilizing the self as a means to an end (i.e., with an expected consequence), which is unacceptable to Kantians. Plato stressed the responsibility of individuals to society, arguing that suicide is incompatible with the greater good (Khan et al., 2010). From a libertarian standpoint, suicide can be a well-considered choice that is frequently justified as a fair response to prevent pain or suffering. Libertarians cherish freedom of choice, and suicide is a legitimate option. This outlook is prevalent in nations that have decriminalized suicide behavior or legalized euthanasia. In addition to this notion, the right to suicide includes the right to be left alone by others, although this is not often enforced by formal regulations. From a relativist standpoint, the obligation to defend life changes and the acceptance of suicide relies on a cost-benefit analysis of situational, cultural, and modern elements. The acceptability of suicide is contingent on the demands of the individual, the family, and society at the time; thus, the cost-benefit analysis is affected by the aim to maximize the social usefulness of a suicide or non-suicide (Ho, A. 2014).

Throughout the past century, theories of suicide have arisen across the academic spectrum, including biology, medicine, the social sciences, and the humanities. Suicidology (study of



suicide) has become a multidisciplinary field of research as a result. Suicidologists (people who study suicide) have spent decades attempting to explain why some people have suicidal ideas but do not act on them, why others act on their suicidal impulses, and why the majority of people do not consider or attempt suicide. In 1897, with the publication of "Suicide," Emile Durkheim initiated the modern study of suicidology. He began by stating: "There are two types of extra-social causes to which one can a priori attribute the influence on the suicide rate: organic-psychological dispositions and the character of the physical environment" (Durkheim, 2005). Emile Durkheim, presented the first significant theory of suicide, which focused on suicide at the societal level. The primary variables he discovered were social integration and social regulation, and he explored the relationship between these variables and the four types of suicide he identified. The first form, egoistic suicide, is common among those who lack social integration and are disconnected from traditional social relationships or society. Also, these individuals are frequently alone and lack a sense of belonging. The second type of suicide, altruistic suicide, occurs when individuals are very socially integrated and, as a result, believe their death would benefit society. The third form is anomic suicide, which occurs most frequently in societies with low societal regulation. This absence of social regulation results in the inability to inculcate a sense of purpose – or to offer a moral framework – in the lives of its residents, as well as social and economic instability. The fourth and last category is Fatalistic suicides, which occur in civilizations characterized by strict social regulation and repressive authority. According to Durkheim, suicidal people in these circumstances would rather die than continue living in such oppressive conditions (Moore, 2016).

In 1990, Roy Baumeister introduced the "escape theory" as a psychological model of suicide. It has had a significant impact, especially in explaining adult male suicides. Baumeister described suicide as a sequential process comprised of six parts:

- 1) **Failure to fulfill high life expectations** or unfavorable life experiences or setbacks results in falling short of standards.
- 2) **Internalization of self-blame** - these failures are internalized as being entirely the fault of the individual, contributing to low self-esteem.
- 3) **Aversive sense of self:** it occurs when a sharply negative image of oneself is firmly developed in contrast to a positive view of others.
- 4) **Negative effects and consequences** - these are the aftereffects of the preceding stage, which can emerge as depression, worry, or wrath.



- 5) **Intellectual restriction** is the avoidance and rejection of "serious thought" in order to prevent unpleasant outcomes. The individual prioritizes day-to-day necessities over long-term goals, resulting in tunnel vision or limited thinking.
- 6) **Irresponsible behavior**, an lack of feeling, and illogical cognition comprise in which substance abuse, self-harm, risky behavior, and/or social withdrawal are common manifestations of these problems. Suicide is becoming less frightening. This need to flee can sometimes lead to suicidality (Baumeister, 1990).

Antoon Leenaars is a strong advocate for multidimensional, evidence-based suicide models. They are also known as "ecological models" at times. When conducting a suicidal analysis, Leenaars employs both idiographic (particular) and nomothetic (generic) factors. This is necessary in order to convey a more full depiction of the lost life. He consults personal records, survivor interviews, government information, suicide notes, and other available materials. He evaluates both intrapsychic and interpersonal characteristics to determine what motivates a person to commit suicide. Intrapsychic encompasses intolerable mental suffering, conflicted views regarding living, discordant emotions, insufficient adjustment, and a weakened ego. Whereas Interpersonal consists of interpersonal ties that are strained, rejection/aggression loss or abandonment, inner anger, identification/egression intense attachment to another that is unsatisfied, want to flee (Leenaars, 1996). According to Leenaars, suicide is a "multidimensional malaise" comprised of "biological, psychological, intrapsychic, interpersonal, social, cultural, and philosophical" factors, as opposed to a simple escape from agony.

In its 2011 report, the World Bank cautioned Pakistan of an increasing trend in suicides over the past few years. According to the report, it was frightening that even students in Pakistan had begun taking their own lives. Instances of student suicide have been documented in the past, with poor academic performance and low exam scores being the primary contributing factors. According to the 2012 annual report of the Human Rights Commission of Pakistan (HRCP), the suicide rate among teenage girls in Karachi has increased. According to a 2011 report published by the National Poison Control Centre at Jinnah Post Graduate Medical Centre in Karachi (HRCP), five to six Karachi adolescents attempt suicide daily. Sixty percent are teenage girls whose families did not report a suicide attempt. According to reports, a final-year MBBS student from Ghulam Muhammad Mahar Medical College committed suicide in Sukkur after failing the exam (Pakistan Observer, 2021). Another incident of suicide committed by student is of Hussain Zohair, a 22-year-old student at a private institution, allegedly committed himself by hanging a noose around his neck. Suicide is believed to be caused by depression, according to police



sources citing preliminary investigations; the decedent also experienced economic hardship due to a lack of income in the present (The Express Tribune, 2022). Recently, in Hyderabad a 13-year-old sixth-grade student at a private school is said to have committed suicide by jumping from the third floor of the school building (Pakistan Today, 2023).

Youth suicides continue to be a significant concern in our country. Suicide attempts in younger children are frequently spontaneous and associated with feelings of despair, perplexity, rage, or concentration and hyperactivity issues. Moreover, they may be related with stress, self-doubt, pressure to perform, financial uncertainty, disappointment, and loss. Many youngsters may view suicide as a solution to their issues. Suicide methods include drug overdose, poisoning, hanging, and well-jumping, among others. The top three techniques utilized in youth suicides are firearms (46%), suffocation (37%), and poisoning (8%). The majority of young male and female suicide attempts involved hanging, with a greater predilection among males, while females preferred poisoning (Arria et al., 2010). According to a study conducted at Cambridge University, the lifetime prevalence of suicidal ideation, intentions, and attempts were, respectively, 22.3%, 6.1%, and 3.2%. The relative 12-month prevalence rates were 10.6%, 3.0%, and 1.2% (Mortier et al., 2018). Two studies in China found that between 10.72% and 19% of university students commit suicide (Tang et al., 2014; Han, D et al., 2015). According to a study conducted in Iran, 4.1% of 1,517 undergraduates reported suicidal ideation (Siziya, S. 2017).

In Pakistan, particularly in Sindh, where suicide rates among young students are on the rise, there is an urgent need to undertake such a study on university students in order to determine which factors are most influential in fostering suicidal ideation.

### **Research Objectives**

The current study is attempted to have following objectives:

- i.** To explore the causes that promotes suicidal thoughts among male and female students.
- ii.** To determine who, among males and females students is more likely inclined to develop suicidal tendencies.
- iii.** To suggest policy guidelines for suicide prevention.

### **Research Methodology**



This exploratory qualitative study sought to identify the risk variables that increase the suicidal tendencies among Sindh Pakistan's public university students. University of Sindh Jamshoro, Mehran University of Engineering & Technology, Jamshoro, and Liaquat University of Medical & Health Sciences (LUMHS) were selected as the study sites in Sindh Jamshoro. At the outset of data collection, the researcher emailed the registrar offices of each selected university in order to determine the prevalence of student suicide. However, there was no response from any of the registrars, and the hope of obtaining information about the suicide rate at these universities was dashed. The researcher then opted to perform the investigation based on print and social media data. This study was conducted using qualitative research methodologies, including in-depth interviews. The data gathering lasted around two months, beginning in December 2022 and concluding in January 2023.

The researcher selected study samples using a method of purposeful sampling. The sample comprised of (40) students, (20) males and (20) females. The researcher visited each university and obtained permission from appropriate departments. The researcher introduced the topic of research to a class of final-year students, and some of them agreed to be interviewed and wanted to share their personal experiences; thereafter, interviews were done after student class. Some interviews were held in the cafeteria and others in unoccupied classrooms. All the interviews lasted up-to 40 to 50 minutes. Every interview started with small talk, such as "What is your perspective of suicide?" or "How would you explain this?" The interviews were held in the respondents' native languages, Urdu and Sindhi. Due to the qualitative nature of the study design, only two people (researcher and participant) were present throughout the interview. All interviews were taped using cellphone recorder with the participants' permission.

The audio interviews were played multiple times in order to discover inconsistencies and themes. In a Word document, all audio interviews were transcribed and then translated into English. Using three steps (open, axial, and selective) of coding for assessing qualitative data, the researcher meticulously evaluated the data to discover the emergent patterns and themes. First, using open coding, we subdivided the data into different sections and assigned "a priori" codes to the multiple themes. Following the coding, the researcher then established many sub-themes under a major topic based on similarities and content. Three major themes were formulated as a result, those are: **1) Environmental Factors, 2) Historical Factors, 3) Health-Related Factors.**

## **Findings**



The findings of the thematic analysis uncovered three primary topics of discussion. Participants in the study explain different variables that raise suicide thoughts among students and compel them to act on those ideas, including (1) *Environmental Factors*, (2) *Historical Factors* and (3) *Health-Related Factors*; these elements are found through interviews with (40) male and female students. On the basis of the findings of this research, the factors that influence suicide and the ways in which they manifest themselves are graphically depicted in (Table 02). In addition, each of these highlighted concepts will be discussed in the following paragraphs. Detail of participants who took part in the study are provided in (Table 01) below.

**Table 01: Participant's list of the Study**

Name of Universities	No. of Participants	Male	Female
University of Sindh Jamshoro (SU)	18	10	08
Mehran University of Engineering & Technology, Jamshoro	12	07	05
Liaquat University of Medical & Health Sciences (LUMHS) Jamshoro	10	03	07
<b>Total</b>	<b>40</b>	<b>20</b>	<b>20</b>

Men and women who are currently enrolled in university and in their final year of a degree program comprised the universe from which the data was taken. The data presented in (Table 01) indicated that (18) students, including (10) males and (08) females from University of Sindh Jamshoro (SU) were chosen for interviews, whereas (12) students, including (07) males and (05) females from Mehran University of Engineering & Technology, Jamshoro were chosen, and only (10) students, including (03) males and (07) females from Liaquat University of Medical & Health Sciences (LUMHS) were selected.



**Table 02: Major Themes Developed From Suicide Risk Factors Identified Through Interviews**

<b>Major Themes</b>	<b>Risk Factors</b>
<b>Health-Related Factors</b>	<ul style="list-style-type: none"> <li>• Extreme mood swings</li> <li>• Anxiety disorders</li> <li>• Panic Attacks</li> <li>• Depression</li> </ul>
<b>Environmental Factors</b>	<ul style="list-style-type: none"> <li>• Harassment</li> <li>• Parents separation/ Family Issues</li> <li>• Parents Drug Addiction</li> <li>• Educational Problems</li> </ul>
<b>Historical Factors</b>	<ul style="list-style-type: none"> <li>• Family history of suicide</li> <li>• Experienced abuse, trauma, or neglect in childhood</li> </ul>

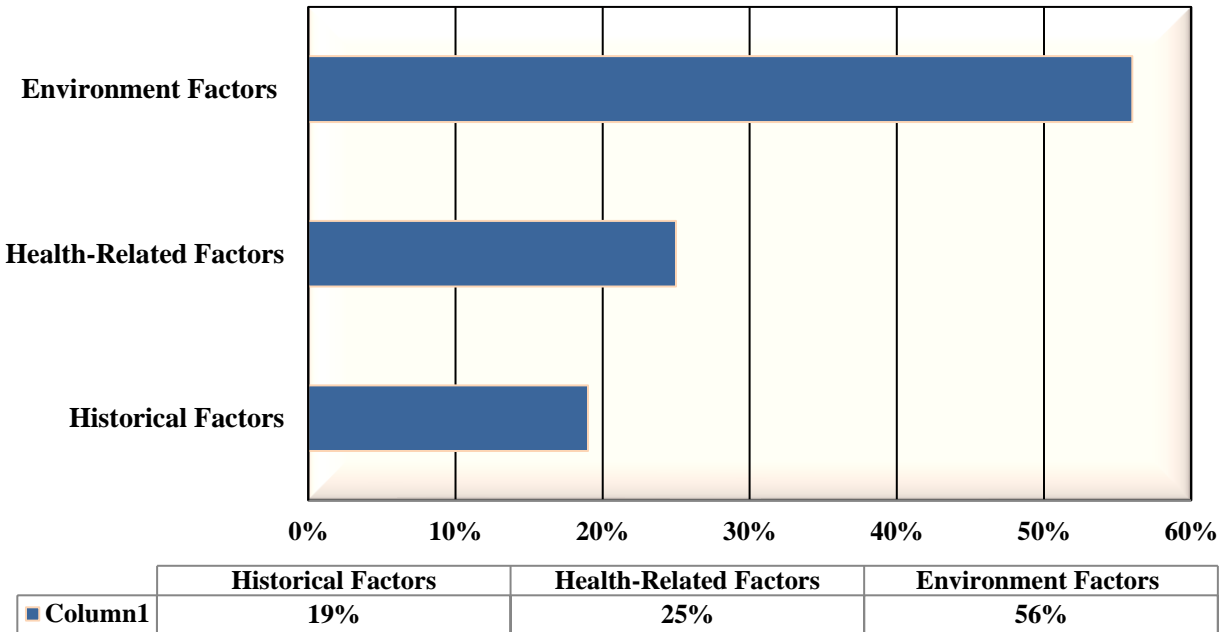
During in-depth interviews with students, a variety of risk variables that promote suicidal ideation among students were found. These risk variables are grouped into three major categories, as demonstrated in (Table 02).

Extreme mood swings, anxiety, panic attacks, and despair are the risk factors comprising the first theme, Health-Related Factors. While the second theme, Environmental Factors, identified harassment, parental separation/family issues, parental drug addiction, and educational problems as risk factors for suicidal ideation among students.

According to the third subject of the study, Historical Factors, the most significant risk factors are a family history of suicide, childhood abuse, trauma, or neglect. These themes will be examined and described further throughout the course of the research by examining relevant literature.



**Figure 01: Suicidal Risk Factors among Students**

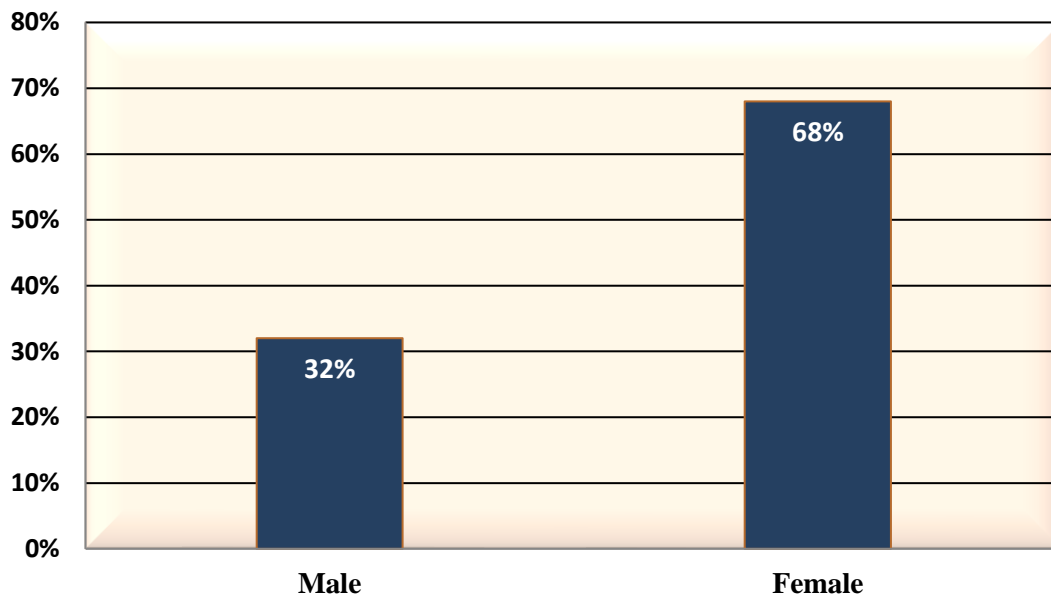


The research discovered, by way of the interviews, that environmental factors were the element that played the most significant role in the development of suicidal tendencies among the student population. The vast majority of the students, (56%) of them, believed that environmental factors were to blame for the rise in suicidal ideation among their peers and also in themselves.

While (19%) of the students stated that historical factors are responsible for suicidal thoughts, whereas (25%) of the students believed that health-related variables were to blame for the development of suicidal tendencies and risk factors among them. All of the information is provided above in (Figure 01).



**Figure 02: Comparison of Suicidal Tendencies Among Male and Female Students**



Pertaining to the second purpose of the study, which was to determine who, among male and female students, is more prone to have suicidal tendencies. According to the data acquired through interviews with (20) male and (20) female students, it was revealed that female students are more prone to develop suicidal tendencies than male students. As indicated in the (Figure 02) above, the results revealed that (68%) of female students were more prone to suicidal thoughts, whereas only (32%) of male students were at danger.

### **Discussion & Conclusion**

The dramatic rise of suicide among young students is a major source of concern amongst mental health professionals, as it poses a serious danger to our educational system and raises concerns among both parents and instructors. Past research has indeed been undertaken; however all of the existing literature focuses on suicidal attempts and thoughts in the general population, with an estimated death rate but there is a paucity of studies conducted in Sindh that specifically focus on



university students. Considering an astonishingly high prevalence of student suicide in Pakistan, psychologists, psychologist, social workers and authorities have failed to tackle the problem. This should have acted as a wake-up call for the government's approach to address the problem. As a result, the following qualitative study was designed to investigate the factors that promote suicidal thoughts among male and female students, to identify who among male and female students is more likely to develop suicidal tendencies, and to propose policy guidelines to prevent suicide among young students. The current study collected data by interviewing university students from the University of Sindh, Mehran University, and Liaquat University of Medicine & Health Sciences in Jamshoro, Sindh. Moreover thematic analysis method was used to analyze (40) interviews of male and female students.

According to the study's first objective, it was discovered that there are various causes behind suicidal thoughts among students. All of the factors responsible for the creation of suicidal thoughts were divided into three major themes: 1) Environmental Factors, 2) Historical Factors, and 3) Health-Related Factors. The first theme of the study is environmental factors, and the findings demonstrate that the majority of participants (56%) hold environmental factors responsible in increasing suicidal thoughts among them. Participants recognized a number of contributing causes to this theme. These contributing factors included parental drug addiction, educational difficulty, parental separation and family troubles, and harassment of students. Family troubles, drug addiction and poverty are seen as important socioeconomic core reasons that commonly inspire suicidal tendencies in dissatisfied portions of our society. Similar findings were reported by Perveen (2018) in her study she stated that the most common causes of youth committing suicide are failure to attain life goals, broken relationships, family difficulties, health issues, parental addiction, and loss of loved ones. The study found that the environmental factors were highly responsible behind developing suicide thoughts among youth.

The findings of the second theme of the research, which focused on historical causes, showed that the majority of the students (19%) are of the opinion that historical factors are to blame for the development of suicidal ideas in individuals. A history of suicide in the family, as well as abuse, trauma, or neglect throughout childhood, was all examples of historical causes that contributed to the tragedy. A research conducted in Korea revealed that poor familial support and a family history of completed suicide are associated with increased suicide risk, as a suicidal past recalls negative events and traumatic thoughts (Kim et al., 2010).



In addition, the results of the third theme of the study, which focused on health-related factors, showed that more than half of the participant i.e. (25%) who took part in the research stated that factors such as extreme mood swings, anxiety disorders, panic attacks, and depression are to blame for the development of suicidal thoughts among them. Pakistan's greatest psychological and societal challenge is psychiatric disorder. Suicide in Pakistan is strongly associated with unrecognized and undertreated depression and other mental disorders. Depression is implicated in more than 90% of suicides in Pakistan. It has been established that 90% of those who attempt suicide suffer from psychological disorders (Muzamil, 2022). Several studies reveal that more than 90% of those who tried suicide had at least one psychological illness (Moore, 2015; Hirokawa et al., 2012). In Pakistan, mental diseases account for almost 4% of the total disease burden, with women bearing a disproportionate share. It is estimated that 24 million individuals in Pakistan require psychiatric care. Unfortunately, screening and treatment resources for mental health issues are insufficient to satisfy the rising need. When these problems are not treated in a timely manner, they become the cause of suicide among our youth who do not know how to cope with such difficulties.

In the meantime, the findings of the second objective of the study, which was to discover who, among male and female students, is more prone to acquire suicidal tendencies, have been uncovered. The outcomes of the study showed that when compared to male students, female students have a higher likelihood of having suicidal tendencies. This finding contrasts with the conclusion that male students have a lower likelihood of developing suicidal tendencies. According to the findings, nearly (68%) of females and (32%) males have had suicidal thoughts at some point in their lives. In a study conducted in the United States, there were 344 undergraduates (62% women and 38% men) from a university in the southern region. According to reports, 18% of university students were identified as suicidal ideators. Suicide ideators were categorized as 22.5 % of female respondents and 15.4 % of male respondents. Hence the study shows that suicide ideation is higher among female students than males (Kohls et al., 2017). Another research conducted by Lakshmi (2015) explored gender disparities in suicide rates in South Asia, particularly India. Her research revealed that females are more prone than males to attempt suicide due to their greater exposure to psychosocial difficulties. Women are more susceptible to suicidal ideation. The social, cultural, physical, and emotional challenges that women encounter enhance their risk of suicide and suicide attempts (Tunio et al., 2019).

This study will bring a new perspective to the sparse research on the suicide risk factors among university students in Sindh. The government, administration, and educational institutions have



not yet taken actions to minimize the suicide rate among young students, despite the increasing trend of student suicides. Given these factors, it is necessary to develop suicide prevention techniques. As preconceptions and fear created by stigma may hinder youth from seeking assistance. Therefore, it is essential to alter the mentality of society and decrease stigmas associated with suicide and mental illness. This research's findings will aid professionals and students in preventing suicide. Although this research endeavored to obtain the finest possible understanding of the topic under investigation, it is not without constraints. Owing to financial constraints, this study collected primarily qualitative data without focusing on a quantitative survey, resulting in a limited sample size and inherent bias between participant and researcher perspectives. Due of the sensitivity of the study subject, researcher's also encountered challenges in data collecting. Although conducting the study among the students of three public universities of Sindh, we recognize that our findings about suicide risk factors among other universities students deserve further investigation in a larger population survey.

The following research concluded, based on the opinions of the students, that suicide is a severe public health issue in Pakistan, particularly among university students, that needs urgent preventative measures. For the development of suicide prevention programs, factors such as psychiatric diseases, family conflicts, broken relationships, educational issues, and childhood maltreatment should be considered. In addition, this study indicates that the university administration should create suicide prevention initiatives, including counseling and the organization of follow-up care services for suicide survivors, in order to address the worrying situation. On the basis of the present findings, it is also advised that parents and students be educated about mental health issues in order to decrease the existing social stigma associated with suicide.

### **Recommendations**

This study suggests the following suicide prevention techniques to minimize the suicidal inclination among students at public universities:

- Issues pertaining to mental health should be included in the school curriculum to ensure that children get a solid understanding of mental health from a young age.
- Involving university students in cultural events to combat social isolation.
- Universities organizing seminars and workshops on life skills, problem-solving tactics, and communication abilities to foster a good attitude in students.
- Workshops on parenting skills are also required at the community level.



- Mental health practitioners, legislators, researchers, and academics collaborating to raise awareness of mental illness among students.
- University administrations should provide financial aid and soft loans to underprivileged students in order to keep them stress-free and able to concentrate on their academics.
- Providing follow-up care for survivors of suicide attempts.
- Raising awareness of suicide among the general public through advertising or dramatization in the mass media or social media, and delivering a motivational speech focused on academic study or professional development in order to reduce depression among students regarding these concerns.



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