

# Suicide Literacy among Nurses: A Survey Approach

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## ABSTRACT

**Introduction:** The word, Suicide, is one of the most taboo words in the English language. It is rarely discussed. Suicide, from the Latin word Suicidium, is "the act of taking one's own life". The fatal act represents a person's wish to die. An irrational desire to die. Suicide is a symptom.

**Method:** This study was planned as survey research to analyze nurses level of suicide Literacy. Total (n=96) nurses gave their consent and filled the google form. The form was distributed to 150 registered nurses. The tool was developed by the researcher to assess literacy regarding suicide. **Results:** The study showed the average age of the participants was 23 years. The majority of participants were P.G. students and were registered with the state council. The majority was the resident of the urban area. Being nurses some participants did not have literacy regarding suicide warning signs. **Conclusions:** Prevention of suicide attempts is an imperative health concern. Awareness activities among medical and paramedical students at all levels must be developed and executed to prevent people from committing suicide.

**KEYWORDS:** Suicide Literacy, Nurses

## INTRODUCTION:

Every year about an average of seven lakh people take their life and numerous attempt to end their life worldwide. Suicide does not only affects the person who commits suicide, eventually but the whole nation also gets affected. It is a great concern for people working in the field of mental health. Young teens till early mid-age group had more deaths because of suicide [1].

Speaking of Indian states, more than one lakh people commit suicide in India annually. Data for the year 2019 shows an increase of 3 % in the rate of suicides. The majority of suicides were reported in Maharashtra has reported the highest cases followed by Tamil Nadu state, West Bengal, Madhya Pradesh, and Karnataka respectively. These five states accounted for 50 % of the total suicides reported in the country.

The most populous Union Territory, Delhi has reported the highest number of suicides A total of 22,390 suicides were reported in the 53 megacities of the country during 2019. The major causes for someone to attempt suicides were family disputes and

chronic illness[2]. There are many potential reasons that a person may consider suicide. Often, it is the result of long-term difficulties with thoughts, feelings, or experiences that the individual feels that they cannot bear any longer. Among many potential reasons could be underline, undiagnosed mental illness with prolonged feelings of sadness, shame, guilt, etc.

It may be due to certain situations that may lead to suicidal thoughts and attempts: loss of a loved one, abuse, end of a relationship, or a major change in life circumstances, such as divorce, unemployment, retirement, or homelessness. However, suicide does not always occur because of a specific life event, and not everyone who experiences these events will consider suicide. People respond to adversity in different ways.

It is important to be vigilant if someone is talking about dying, hopelessness, planning ways to harm themselves. Conversely, not everyone exhibits the same warning signs. Most people believe that talking about suicide stimulates the urge to commit suicide.

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Which is a wrong perception and may cause more damage. A study done in 2014 revealed that speaking about suicide does not increase the risk. The researches have shown evidence that talking about suicide allows the person to ventilate feelings and ask for help.

Another misconception is that people talk about ending the life to treat others or to get attention. Even if a person does not intend to kill themselves, talking about suicide or acting in a self-destructive manner can indicate that they need mental health support[3]. It is important to assess the suicide risk behaviours. The studies reveal that attempts and ideation occur in approximately 0.7% and 5.6% of the general U.S. population per year, respectively[4]. Although men

die more than women in developed countries. It is the opposite in low middle-income countries. Male deaths from violence show 50 % deaths from suicide among males and 71 % deaths among females[5].

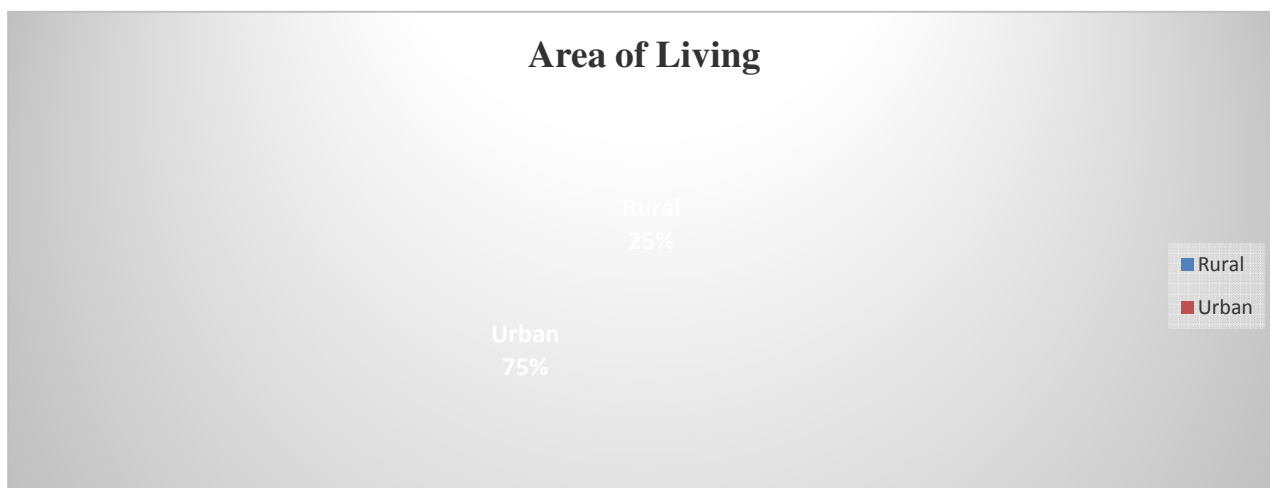
**Methods and Materials**

A survey was conducted using a google form, which was circulated among 150 registered nurses working or studying in Uttarakhand. Out of which 96 participants responded to the questionnaire. The self-developed tool was used to assess suicide literacy to collect the data from nurses, along with demographic variables. The reliability of the tool was r=0.7. The necessary permissions were taken from the concerned authorities. Written consent was obtained before data collecting the main data.

**Results**

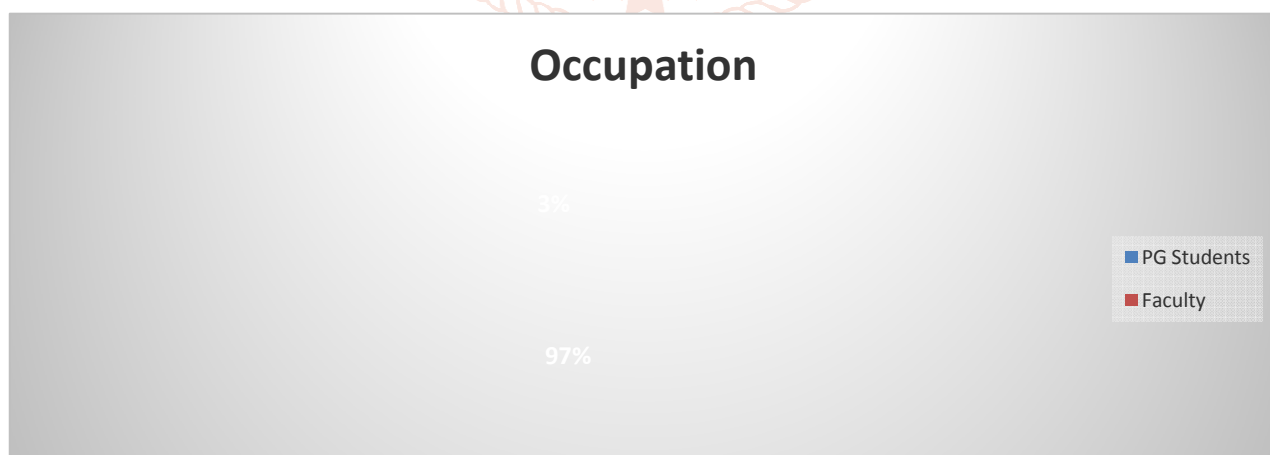
**Demographic profile of study participants**

n =96

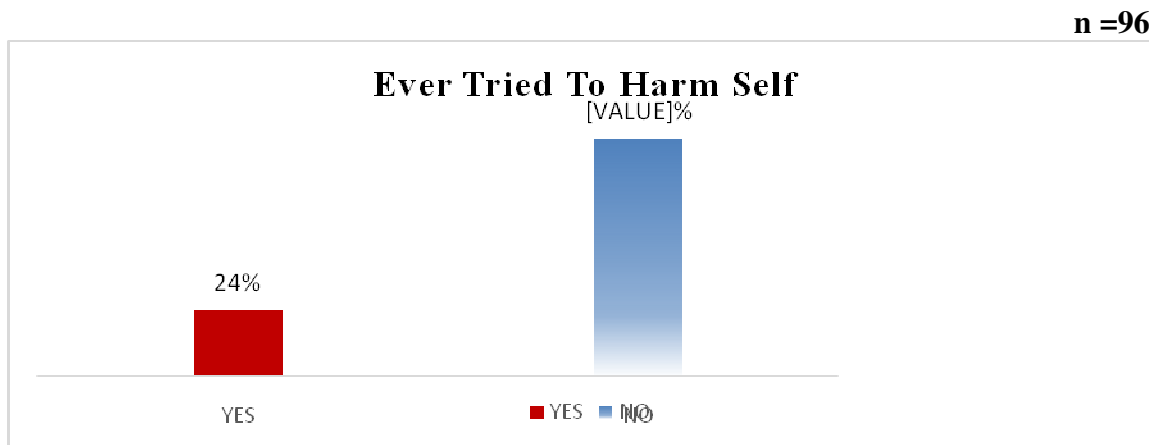


**Fig no 1 – Area of living of study participants**

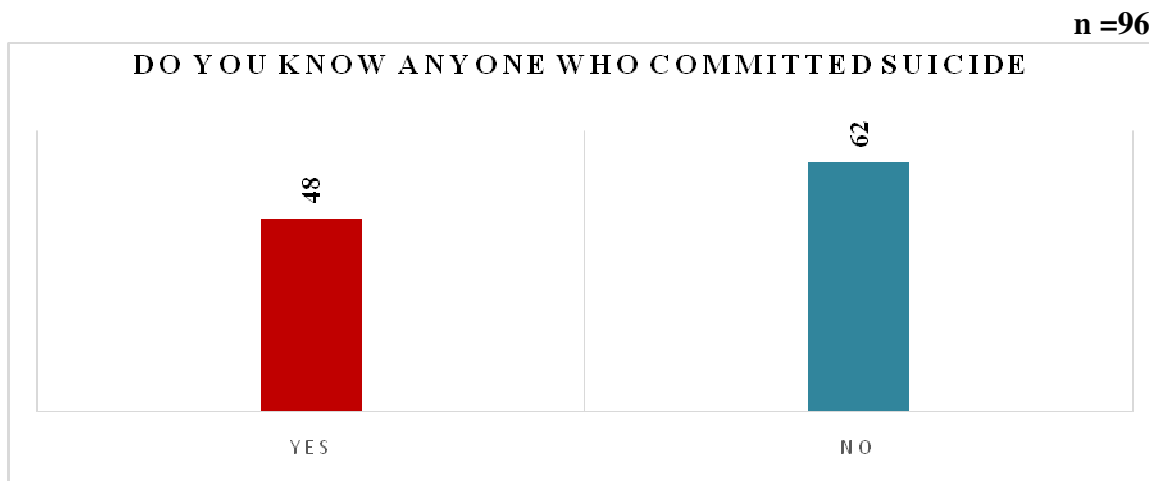
n =96



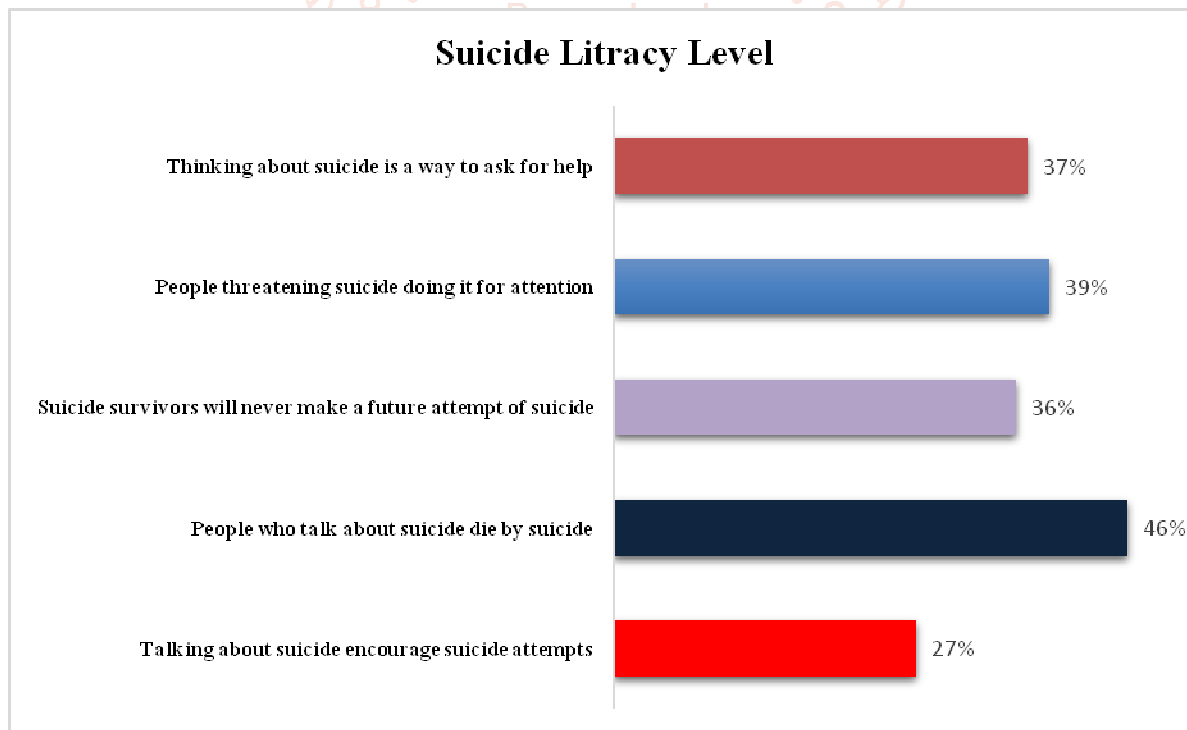
**Fig no 2 – Occupation of study participants**



**Fig no 3 – Suicide attempts among participants**



**Fig no 4 – knowing anyone who attempted suicide**



**Fig no 5 – Suicide Literacy Level**

**RESULTS**

The study consisted of 96 nurses who participated in the study.

The majority 75% of the participants were from urban areas.[fig -1]

The majority 97% of the participants were P.G. students [Fig-2]

Out of 96 nurses, 24% of participants tried to harm themselves in their life. 48 % per -cent participants

knew someone who attempted or committed suicide [fig-3,4]

Suicide literacy shows that nurses are unaware of suicide literacy and have a mistaken perception. About one-third of the participants had no awareness regarding signs among people with suicide. [fig-5]

### CONCLUSION

Deaths from suicides have become the leading cause. Health care professionals need to be equipped with the knowledge and skills to identify and understand the individual's mental health needs. The study results show that being in the nursing profession, people do not have suicide literacy. The present survey is an eye-opener for the administrators and Nursing leaders to focus on these topics and provide special training to nurses. Awareness is the key to the prevention and promotion of health.

### Acknowledgement

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### Declaration of Interest - NIL

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