



## Issue of Suicide Cases in Educational Hubs

**For Prelims:** Issue of Suicide Cases in Educational Hubs, [Suicides](#), Lokniti-Centre for the Study of Developing Societies (CSDS), Depression, Anxiety, and Bipolar Disorder, [Manodarpan](#).

**For Mains:** Issue of Suicide Cases in Educational Hubs, Salient features of Indian Society.

[Source: TH](#)

### Why in News?

Recently, the **Lokniti-Centre for the Study of Developing Societies (CSDS)** has conducted a survey, highlighting a **concerning issue of rising student Suicides** in Kota.

- The Lokniti-CSDS survey was conducted **face-to-face using a structured questionnaire** in Hindi, involving **over 1,000 students in October 2023**. 30 % of the sample consisted of girls.
- A majority of students who study in Kota's coaching centres come from Bihar, Uttar Pradesh, Rajasthan, and Madhya Pradesh. Nearly half of them belong to cities and small towns; only 14% come from villages.

### What are the Reasons for More Students Going to Kota?

- **Influence of Family and Relatives:**
  - A significant number of students have immediate family members or extended relatives who studied in Kota, **influencing their decision to come to Kota**.
  - Social media and recommendations from friends and **parents also play a role in their decision**.
- **Entrance Exam Focus:**
  - Students in Kota are predominantly preparing for [NEET](#) (medical entrance exam) and JEE (engineering entrance exam).
    - NEET is more popular among girls, while JEE is favored by boys.
- **Dummy Schools without Regular Attendance:**
  - Clearing board exams is a prerequisite for entrance exams. The majority of students **in Kota are enrolled in 'dummy schools' that do not require regular attendance** and only facilitate **board exam appearances**.

### What is the Status of Suicides in India as per NCRB's ADSI Report 2021?

- **Overall Suicides Status:**
  - According to the [National Crime Records Bureau's \(NCRB's\)](#) Accidental Deaths & Suicides in India (ADSI) 2021, a total of **1,64,033 suicides were reported in the country during 2021** showing an increase of 7.2% in comparison to 2020.
  - Rate of Suicides in **India was 12.0% in 2021**.

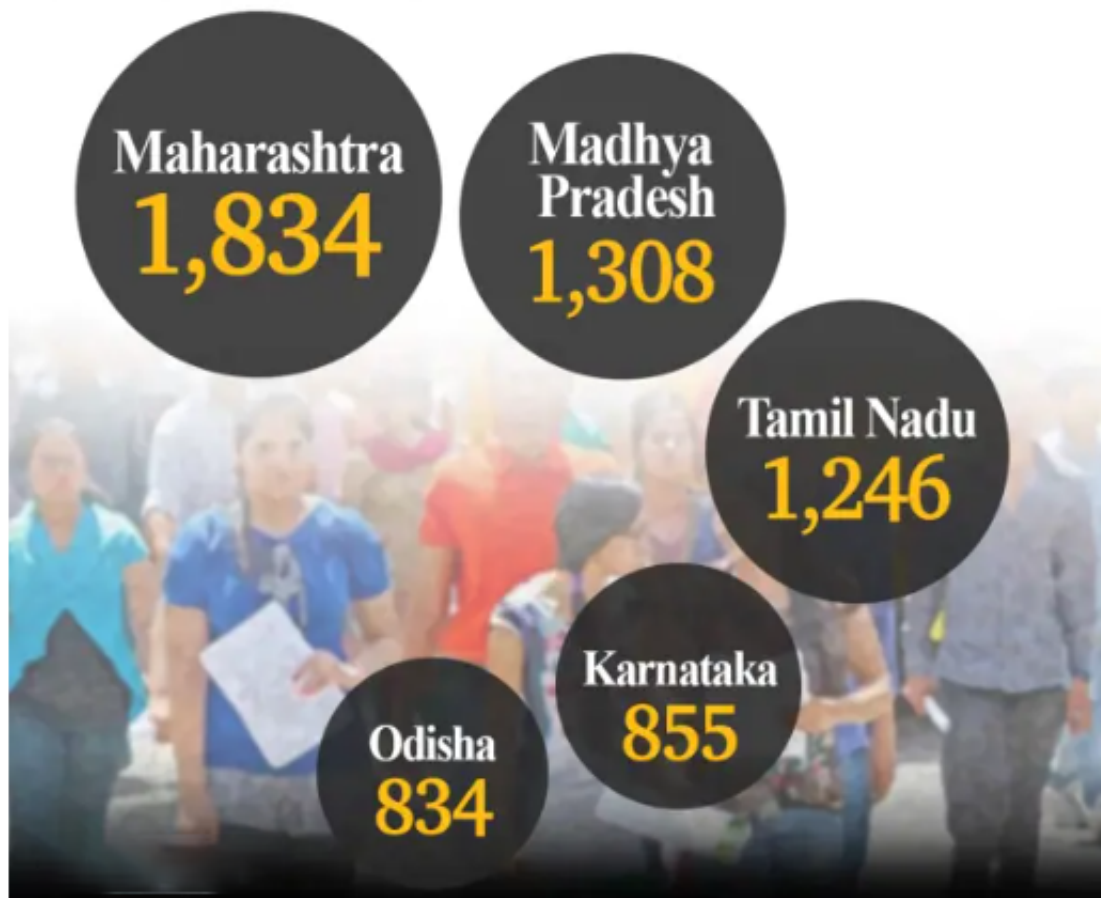
## States with Higher Percentage Share of Suicides during 2019 to 2021

Sl. No.	Year					
	2019		2020		2021	
1	Maharashtra	(13.6%)	Maharashtra	(13.0%)	Maharashtra	(13.5%)
2	Tamil Nadu	(9.7%)	Tamil Nadu	(11.0%)	Tamil Nadu	(11.5%)
3	West Bengal	(9.1%)	Madhya Pradesh	(9.5%)	Madhya Pradesh	(9.1%)
4	Madhya Pradesh	(9.0%)	West Bengal	(8.6%)	West Bengal	(8.2%)
5	Karnataka	(8.1%)	Karnataka	(8.0%)	Karnataka	(8.0%)

### ▪ Suicides Status in Students:

- Over 13,000 students died by in 2021 in India at the rate of more than 35 every day, a rise of 4.5% from the 12,526 deaths in 2020 with 864 out of 10,732 suicides being due to **failure in examination.**
- The report also showed **the percentage of women student suicide was at a five-year low of 43.49% in 2021**, while men student suicides made up 56.51% of the total student suicides.
- In 2017, 4,711 women students died by suicide, while in 2021 such deaths increased to 5,693.

## TOP FIVE STATES WITH HIGHEST STUDENT SUICIDES IN 2021



**What are the Reasons for Increasing Suicide Cases in Educational Hub?**

- **Academic Pressure:**
  - High expectations from parents, teachers and society can lead to excessive stress and pressure to perform well in exams.
  - This pressure to succeed can be overwhelming for **some students, leading to feelings of failure and hopelessness.**
- **Mental Health Issues:**
  - Mental health problems such as depression, anxiety, and bipolar disorder can contribute to student suicides.
    - These conditions can be exacerbated by stress, loneliness, and lack of support.
- **Isolation and Loneliness:**
  - Many students in educational hubs come from far away and live away from their families and friends.
  - This can lead to feelings of isolation and loneliness, which can be particularly difficult to deal with in an unfamiliar and competitive environment.
- **Financial Concerns:**
  - Financial difficulties, **such as not being able to afford tuition fees** or living expenses, can create a great deal of stress and worry for students.
  - This can lead to feelings of hopelessness and desperation.
- **Lack of Support:**
  - Many students in educational hubs are **reluctant to reach out for help when they are struggling.**
  - This can be due to stigma surrounding mental health problems or a fear of being judged.
  - This lack of support can lead to feelings of hopelessness and desperation.
- **Stigma Surrounding Failure:**
  - In Indian society, failure in competitive exams **is often stigmatized.** Students may feel ashamed to admit their struggles **or discuss their mental health issues,** leading to a lack of support and understanding.

## What are the Initiatives To Curb Suicides?

- **Global Initiatives:**
  - **World Suicide Prevention Day (WSPD):** Observed on 10th of September every year, WSPD was established in 2003 by the International Association for Suicide Prevention (IASP) in conjunction with the WHO. It focuses attention on the issue, reduces stigma and raises awareness among organizations, government, and the public, giving a singular message that suicide can be prevented.
  - **World Mental Health Day:** 10th October is celebrated as World Mental Health Day, every year. The overall objective of [World Mental Health Day](#) is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.
- **Indian Initiatives:**
  - **Mental Healthcare Act (MHA), 2017:** [MHA 2017](#) aims to provide mental healthcare services for persons with mental illness.
  - **KIRAN:** The Ministry of Social Justice and Empowerment has launched a 24/7 toll-free helpline “KIRAN” to provide support to **people facing anxiety, stress, depression, suicidal thoughts** and other mental health concerns.
  - **Manodarpan Initiative:** [Manodarpan](#) is an initiative of the Ministry of Education under Atmanirbhar Bharat Abhiyan.
    - It is aimed to provide psychosocial support to students, family members and teachers for their mental health and well-being during the times of Covid-19.
  - **National Suicide Prevention Strategy:** Announced in 2023, [National Suicide Prevention Strategy](#) is the first of its kind in the country, with time-bound action plans and multi-sectoral collaborations to achieve reduction in suicide mortality by 10% by 2030. The strategy is in line with the World Health Organisation’s South East-Asia Region Strategy for suicide prevention.

## Way Forward

- Providing students with access to mental health services and resources such as counseling services, **support groups, and psychiatric services can help prevent suicides.** Also, schools

and universities must train teachers, staff, and students in mental health first aid .

- Positive attitudes towards mental health and **help-seeking must also be promoted through open discussions** about mental health and suicide.
- Socio-economic factors such as poverty, homelessness, and unemployment should be addressed to **improve students' overall well-being and reduce stress**, anxiety, and depression.

## UPSC Civil Services Examination, Previous Year Question:

Mains

**Q. Why suicide among young women is increasing in Indian society? (2023)**

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