

The phenomenon of suicide and the efforts of international and national organizations



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The Forum for Development and Human Rights Dialogue.

A civil institution - registered with No. 6337 of 2005 - non-partisan.

Non-profit organization. Governed by Law No. 149 of 2019 on NGOs and Private Foundations.

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an introduction

The audio-visual and print media constantly inform us of the news of suicide incidents that occur from time to time in our Arab societies. In fact, indicators and statistics indicate that suicide incidents are increasing dramatically in our societies, where suicide is still one of the main causes of death around the world. Every year, the number of people who die by suicide exceeds the number of deaths due to HIV, malaria, breast cancer, or even war and murder. It was necessary to research the causes of this phenomenon and the factors that affect its increase significantly in all countries of the world without exception, knowing This phenomenon is concentrated in poor societies and countries, which suffer from underdevelopment and diseases, where suicide is considered a crime whose main motive is despair and psychological disorders.

Here, we will discuss the main themes related to this phenomenon, in terms of the reasons and motives for a person's desire to end his life by himself, and the most important ways and means by which a person ends his life. We will also present the most important evidence and indications that this person is contemplating suicide.

In addition, we will present the efforts of some international organizations to confront the spread of this phenomenon and try to eradicate it, with details of the most prominent cases that have occurred recently.

First: The causes of suicide, the psychological factors that lead to it, and its methods

There are many reasons that push a person to commit suicide. It was found that the causes of suicide are not supported by many evidence and studies, but some commit suicide as a result of a mixed set of reasons, and the World Health Organization confirmed that the causes of suicide differ from one country to another because of different cultures and the nature of people.



This phenomenon is widely spread among adolescents, due to lack of responsibility or exposure to family problems, and suicide is the first major cause of death in adolescents, especially since they suffer from huge crises, and hormonal confusion, and while parents are preoccupied with their personal problems, they do not pay attention to the psychological problems of their children, There are a number of factors that indicate a teenager commits suicide, as the family must pay attention to its children at this dangerous age, and monitor their behavior greatly.

(1) Among the main possible causes of suicide:

a) Lack of cultural and religious awareness:

We often see in everyday situations a lack of cultural awareness among the members of society. In many areas of life and not knowing how to act for any of the pressures of life that a person goes through. As a result of not allowing space for the exchange of opinions between people, and cultural awareness must be developed among the public about the diseases of depression, schizophrenia, addiction and anxiety so that they would harm themselves when despair and lack of help creep into their souls.

- We also see that wrong social upbringing plays a key role in the growing lack of awareness because it is concerned with the silent culture aspects and not confronting the wrong attitudes and aspects by deterring them and offering models and alternative means of dialogue.

- As for the lack of religious awareness: we find that all heavenly religions criminalize killing the soul and wasting the soul. Life is God's gift to man.

- Suicide is forbidden in Islam, God Almighty said: (And do not kill yourselves, for God has been merciful to you) and the matter was not limited to warning against killing oneself only, but God Almighty forbade everything that would harm it. The five faculties are: religion, soul, mind, lineage, and money.

In Christianity, we find that killing oneself is a sin in most Christian denominations, where suicide is considered a sin based on the writings of



influential Christian thinkers from the Middle Ages such as Saint Augustine and Saint Thomas Aquinas, and suicide was not considered a sin under the Byzantine Christian symbol of Justinian I. Throughout history in the Christian Church, people who attempted suicide were excommunicated, and those who died of suicide were buried outside holy cemeteries.

Therefore, the various religious institutions must increase awareness campaigns to curb this phenomenon. There must be a plan from the Ministry of Endowments, Al-Azhar Al-Sharif and the Egyptian Church to educate young people about the danger of this step.

B) addiction:

-Drug abuse or alcohol and alcohol consumption, is a common entrance to suicidal tendencies caused by the psychological effects of narcotic drugs, and excessive addiction to some types of circulating drugs. They also think about suicide if they do not find enough money to buy these substances. Choosing a tragic way to get rid of his life, he may end up using a drug overdose, drinking excessively with alcohol or alcohol, or trying a new type of synthetic drug that may end his life even before contemplating suicide.

C) mental disorders:

Available statistics and data indicate that many people who attempt suicide suffer from one or more psychological problems, but in many cases the injury has not been diagnosed medically. Mixing feelings of loneliness with despair may lead a person to suicidal tendencies. follows:

-Severe depression

Having this psychological problem leads to a great deal of turmoil, fatigue and loss of interest in things around the patient in addition to his loss of



hope, so these people with severe depression are more likely to attempt suicide than others.

-Manic-depressive

A person with this mental state suffers from a severe change in mood, meaning that he sometimes feels overwhelming joy, and sometimes very sad, and the unpleasant news is that one out of every three sufferers attempt suicide in such cases.

- schizophrenia

It is a long-term psychological condition that causes feeling and seeing things that do not exist in reality, delirium, and even the appearance of a change in the behavior of the patient.

Borderline personality disorder

This mental state is characterized by unstable feelings, distorted thinking patterns, and impulsive behavior. Usually, people with this type of mental state have suffered from sexual abuse or violence in childhood, and therefore they carry suicidal thoughts more than others.

- Anorexia Neurosis

It is an eating disorder, people with this type of disorder feel that they are obese and try to reduce their weight in all possible ways, which include vomiting the eaten food.

D) exposure to bullying:



Bullying is a terrible phenomenon with a wide range of consequences. Bullying is one of the main drivers of suicide among young people around the world. A study found that one in 8 young people around the world has suicidal behaviors; Bullying is strongly linked to suicide attempts, according to the British newspaper, The Independent.

A British study warned that 17% of children contemplate suicide because of bullying at school, 1 in 5 children.

Bullying is one of the real and difficult problems that a child may face at different age stages, and it is something that may have a negative impact on the child in the long run, and therefore it is one of the things that must be addressed or dealt with quickly.

Bullying is a crime for which everyone who dares to commit this act, which cannot be tolerated, must be held accountable, especially after the high number of suicide victims around the world because of it.

e) Emotional relationships:

- There have recently emerged in Egypt, many suicides of young men tired of love and love for long periods, but they decided to end their emotional stories with tragic tales that ended in getting rid of life and suicide after many of them failed to reach their life partner, so that the saying “and love did not kill” is a prominent title Inclusive of most of the various stories in the cities and regions of Egypt. This is something experts attribute to severe psychological crises and diseases, in addition to the weak religious determination of many suicides in general.

On the spread of these cases, Dr. Ahmed Fakhry, Professor of Psychology and Behavior Modification at Ain Shams University, confirmed that the age group from 14 years old to 24 years old is the most dangerous period for the individual, as a result of the lack of an incubating and supportive environment for them and the presence of immediate solutions to their problems. Disturbance in family relationships may be the biggest reason



that makes the adolescent vulnerable to suicidal behavior, as the adolescent does not have the concept of awareness and that he can change his life for the better, and often believes that suicide is what makes him comfortable away from the difficult life from his point of view, and this idea is exacerbated with the occurrence of disturbances Biological and physiological events that occur inside the adolescent's body make him in a state of psychological and emotional confusion. He cannot control his affairs or his emotions, as he is like a latent volcano on the verge of erupting at any moment. neglected by the family and society.

f) Domestic violence:

The family is one of the elements of social existence in human society, and one of its most important functions is the upbringing and upbringing of children physically and socially by providing children with the values and standards of the society to which they belong.

The family sometimes fails to play its role, and family violence is one of the forms of this failure, which is considered the most distinctive form of violence, because it occurs from whom the individual expects love, support and safety, and family violence is divided into two types: Negative violence through abandonment and neglect. Which causes psychological pressure on the other party. Positive violence is represented by unjustified assault or deprivation, and the result in both cases is psychological pressure that leads to violence, and the other party resorts to taking drugs or committing suicide in most cases.



g) Economic conditions:

-That is, people who suffer from poor economic conditions, who accumulate debts on them and cannot pay them, and are swept away by severe obligations and debts, into a cycle of thinking about suicide to escape those responsibilities. Many of those who suffer from harsh economic conditions commit suicide, whether as a result of their inability to spend their families, or as a result of their inability to manage the costs of marriage or meet their different needs.

h) Unemployment:

Many of the unemployed feel very negative feelings, in addition to their isolation from society and their unwillingness to talk to anyone, so they feel less competent than others and have thoughts of suicide.

(2) Methods and means of suicide:

Suicide methods are the means that some people resort to deliberately to end their lives for various reasons, and just as the motives and causes of suicide are multi-form and sources, so are the methods of suicide of varying forms and means. Below we review some of the methods of suicide and its forms that some people offer. Those methods that will be presented are not limited to, but as an example.

Arterial cut:



This is one of the moderately painful methods, which is done with a sharp instrument such as a knife, for example. As soon as this knife was run on the arteries of the hand, the closed circuit of blood opened in the body, and it leaked out of its vessels, leaving them empty, leaving the body in turn dead due to the lack of oxygen, which the body needs moment by moment. It is a medium pain method compared to many other methods

Throwing oneself in from high:

It is a primitive way of throwing a person from a high place, such as the window of his apartment located in an upper floor, for example, so that his body rests on a solid ground. This method is extremely painful because the pain includes the whole body, flesh and bone

Throwing oneself into the water:

It is also a well-known method, by which a person throws himself into sea or river water in order to take over the process of drowning him. To replace the air in the air in the body with water, and thus cut off the oxygen from the body, in the end it ends up lifeless and devoid of the pulse of life.

Electrocution:

It is done by delivering a current of electricity to his body after he has judged it, because if he was holding this current, he would not have been patient with this hold for more than a second to find his hand and his whole body rose away from the source of electricity. But what happens is that the person committing suicide binds his wrist with a metal wire, and then connects it to electricity to ensure the inevitable end of the process.

Poison dose:

It is one of the well-known methods of suicide since ancient times, and it is done by swallowing a sufficient amount of deadly poison, which in turn



does some chemical reactions in the body that cause the blood to clot and not reach the rest of the body loaded with the oxygen needed for it.

Swallowing a large amount of pills:

- Where the ingestion of a large amount of pills - especially Panadol - causes a rapid-acting poisoning in the body, with a rapid decrease in temperature and blood pressure, muscle spasms and difficulty breathing, which escalates to the point of interruption of breathing.

Drug overdose:

Taking a large amount of narcotics causes a sharp drop in blood circulation, which leads to a sudden cardiac arrest.

Pesticides:

About 30% of suicides worldwide are caused by pesticide poisoning, and agricultural chemicals are often poisoned in rural areas.

Second, the signs of suicide:

Suicide is rarely an impromptu decision of the moment. In the days and hours before a person ends his life and commits suicide, there are usually warning signs and signs, and the presence of all signs is not required for a person to be at risk of suicide, one sign may mean that a person is in danger.

A person contemplating suicide may talk about ending their life or express feelings of despair. Verbal warning signs include:



- Talk about suicide.
- Expressing the desire to die.
- Talking about a particular method of suicide.
- Telling the person how he feels that he is a burden to others.
- Expressing anger or desire for revenge.
- Expressing the feeling of being trapped.
 - Talking about depression or feeling unbearable pain.

People who are considering suicide may express their intentions indirectly. Behaviors associated with suicide risk include:

- Changes in sleeping and eating habits.
- Self-harm practices.
- Explore ways to commit suicide, such as searching for them on the Internet.
- Communicating with close people, especially to say goodbye to them or to express anger or love.
- Writing a suicide note.
- Stay away from the hobbies they used to enjoy.
- Withdrawal from the daily routine such as going to work or school.
- Abandoning property.

mood signs:

A person's mood changes may indicate that he or she is contemplating or planning suicide. Some of the mood-related symptoms to look out for are:

- A history of mental health symptoms.



- Psychotic symptoms such as detachment from reality or belief in things that do not exist.
- Despair or indifference.
- Anger or agitation.
- Depression and anxiety.
- Feeling ashamed or humiliated.
- Loneliness and isolation.
- Severe changes in mood.
- Feeling of being a burden.

In addition, some people at risk of suicide show a sudden, incomprehensible improvement in mood, which may be due to their decision to commit suicide and their feeling of relief.

Third: The efforts of international organizations and local institutions to eradicate the phenomenon of suicide.

1- World Health Organization

According to the World Health Organization, there are an estimated 700,000 victims of suicide around the world every year, which means that one suicide is recorded every 40 seconds. According to the organization, suicide is the fourth cause of death among young people aged 15-19 years. Egypt ranks first in the Arab world in terms of suicide rates, outperforming countries experiencing armed conflicts and civil wars. Followed by Sudan, Yemen and Algeria.

- The World Health Organization issues guidance on the implementation of its approach to suicide prevention entitled "Live the Life", and the Director-



General of the Organization stressed that the new guidelines chart a clear path for strengthening suicide prevention efforts. The guidelines include four main strategies, the first of which is to restrict access to means of suicide such as severe pesticides Dangerous firearms.

educating the media on the responsible formulation of suicide reports; enhancing adolescents' socio-emotional life skills; Early identification, assessment, management, and follow-up of cases of suicidal thoughts or behavior. The “Live the Life” guidelines also encourage the implementation of measures including mental health promotion, anti-bullying programs, linking to support services, and establishing clear protocols for school and university staff when identifying suicide risks.

Dr Alexandra Fleischmann, a suicide prevention expert with the World Health Organization, said, “While a comprehensive suicide prevention strategy should be aspired to as an overarching goal for all governments, initiating prevention efforts by implementing the interventions outlined in the Live a Life Guidelines will save lives and prevent The tragic suffering of those whose loved ones are absent from suicide.

The new guidance includes examples of suicide prevention interventions being implemented around the world, in countries such as Australia, Ghana, Guyana, India, Iraq, Republic of Korea, Sweden and the United States of America.

The World Health Organization also recommends that countries better train health workers and non-specialists to be able to “assess and deal with suicidal behavior.” It also recommends early treatment of mental health disorders, effective monitoring of alcohol and drug use, and responsible guidance by the media, as well as limiting access to means of suicide.

Since the release of the first report of the World Health Organization in 2014 that studies this issue, more countries in the world have adopted their own national strategies to prevent suicide, bringing the number to 38 countries after five years. However, this number is still very low, compared to the total number of Member States of the World Health Organization, which means that many governments need to commit to establishing such policies.



2- Economic and Social Council

- The Economic and Social Council warned that the phenomenon of suicide “has become alarming, with the remarkable increase in suicide cases in various regions of the Kingdom, and of different ages and among various segments of society with low and high incomes as well.”

- The paper stressed that primary prevention is the most important in facing the problem of suicide, and called for “a change in the religious discourse in mosques and churches, with regard to the issue of suicide by focusing on the concept of self-immunization, continuing to use various media and telling success stories of people who have faced experiences of attempts.” suicide and they managed to overcome it.”

The paper concluded with some directives by holding meetings with many institutions and some specialists in this field to create the necessary precautions to limit the consequences of this phenomenon. Statistics put other countries on the list with the highest suicide rate, and give the least developed and poorest countries the highest rate.

3- The General Secretariat of Mental Health and Addiction Treatment at the Ministry of Health and Population:

- Dr. Mona Abdel-Maqsoud, Head of the General Secretariat for Mental Health and Addiction Treatment at the Ministry of Health and Population, confirmed that most people who attempt suicide are "mental patients" who can be treated, noting that the "Your life deserves to be lived" campaign aims to save most of them from death, noting the training of 270 people to drive it.



Where the “Amanah” launched campaigns to spread hope and optimism, and how to deal with people who have suicidal tendencies, and reach them to safety, then the matter developed at the beginning of 2019 to train about 150 people, including psychologists, doctors, nurses, and students, to raise awareness of confronting Suicide, in addition to depression, addiction, and other problems, and another 120 individuals were trained, bringing the total number of trainees to confront addiction to 270 individuals.

Twenty-five psychiatrists have been allocated to respond to inquiries within the campaign on the Mental Health Secretariat's hotline (20818102).

4- The General Assembly of the United Nations

The world celebrates annually on September 10 of each year the International Day for Suicide Prevention, with the aim of raising awareness and spreading guiding advice on how to reduce suicide and identify its various causes, where the United Nations General Assembly organizes the celebration of the International Day for Suicide Prevention, and the World Health Organization seeks in cooperation with the International Association To prevent suicide, advocate providing appropriate treatment for those who attempt suicide, follow up on them, and urge the media to provide adequate awareness on this issue.

5- Al-Azhar Al-Sharif

On Friday, June 24, 2022, Al-Azhar Al-Sharif launched an initiative under the title “You are precious to us.” He also launched the hashtag “No to suicide” and “Do not despair” to confront suicide cases and to listen to young people, and to provide psychological support and constructive communication with those who wish to help them solve their problems and overcome their challenges. This is within the framework of the ongoing awareness campaigns from Al-Azhar Al-Sharif to confront suicide cases.



Fourthly: Documenting suicides during the years 2021 and 2022.

- Suicides in Egypt have increased significantly over the past years. And its pace increased for economic, social, political and other reasons, so the Arab Foundation for the Support of Civil Society and Human Rights monitored suicide cases in the last quarter of 2021 “October-November-December.”

According to the geographical classification, Giza ranked first with a rate of 23 cases, or 24.73%. And that's an average of about 8 cases per month. In the next place by a large margin, Cairo and Gharbia come with a rate of 7 cases, with a rate of 10.2%. Then the third place was the governorates of “Al-Sharqiya-Fayoum-Sohag” with 6 cases, or 7.52%.

Alexandria, Menoufia and Minya IV, with a rate of 5 cases, or 5.37%. Then Qalyubia fifth with 4 cases, 4.3%. And in the sixth place are the governorates of Beheira and Aswan, with a rate of 3 cases each, at a rate of 3.22%. Then (Dakahlia, Damietta, Kafr El-Sheikh, Assiut and Qena) with a rate of two suicides at 2.15%. Followed by 3 governorates, with a rate of one case in each, are the governorates (Bani Suef, Red Sea and New Valley) with a rate of 1.07%.

On the other hand, Fayoum and Sohag governorates topped Upper Egypt with 6 cases each. It was followed by Minya with 5 cases, then Aswan with 3 cases.

The report indicated that the governorates of Greater Cairo ranked first with 34 suicide cases, or 36.55%. Then the governorates of Lower Egypt, including Alexandria, with 32 cases, or 43.4%. Then came the governorates of Upper Egypt, including Fayoum, the Red Sea and the New Valley, with 27 cases, or 29.03%.

That period also witnessed 11 attempts, the highest in October with 7 attempts. Thus, the second half of 2021 (from July to December) witnessed 191 suicides.



Among some cases of suicide, we find:

- The 23-year-old girl from City Stars committed suicide, Mayar, who is studying at the College of Dentistry. She went to City Stars Mall to meet her friend, Naira, who accompanies her in the same college. The two friends sat in one of the cafes in the mall in Nasr City, and talked. The girl committed suicide because of her family's mistreatment of her, and she is in a state of great sadness and depression, and with the approach of five in the evening, her friend went and left her alone and the idea of suicide controlled her until she took the step and threw herself from the sixth floor.

- In another incident in Giza Governorate (Faisal Metro Station), a 26-year-old girl named "Iman Hussein Ali" threw herself in front of the wheels of the train as she entered the station.

- And another victim in Dakahlia Governorate, where a 25-year-old young man named Mustafa Tawakkul committed suicide due to family disputes, as he drove his car and deliberately jumped over the Mansoura Bridge.

- We find another victim in Gharbia Governorate who committed suicide because a young man fabricated pictures of her using a photo-editing program and then posted them on Facebook to blackmail her. The 17-year-old girl, Basant Khaled, took some toxic substances with the intent of ending her life, leaving a message to her family explaining her innocence from these photos.

- Another is that a young man jumped from the Cairo Tower, where the source reported that the deceased was called "M.H," 26 years old, an accountant under training, and he lives in the Bulaq al-Dakroul area, with the elderly's parents. He added that he has a brother working in the Gulf countries, and that the financial condition is easy, and preliminary investigations suggest that an emotional relationship is the cause of the accident.

- In Helwan, we find the suicide of a 20-year-old wife, H.S., as a result of a marital quarrel that occurred between her and her husband, after which she threw herself from the fifth floor.



- And another in Al-Darb Al-Ahmar area, Cairo governorate, who works in a famous bank, who swallowed a pill of poisonous yield with the intention of ending his life, due to family disputes.
- As a result of a bad psychological condition, a girl in her twenties called "Nurhan" ended her life in the Gharbia Governorate, the center of Al-Santa, by swallowing the toxic yield with the intention of ending her life.
- In the Sharkia Governorate, a 15-year-old girl in the third preparatory class "NJM" got rid of her life by hanging, after returning from the exam, as she was unable to answer well.
- A 27-year-old young man named "A.Z" in Sharkia Governorate (Belbeis) got rid of his life by drowning, as a result of passing through a bad psychological condition after the death of his mother out of grief for her.
- A woman was killed after she ate a poisonous grain after her husband divorced her in the Old Cairo region, after she was in a bad psychological state.
- A 27-year-old young man named "M..F.M" took his life by jumping and throwing himself in the waters of Bahr Mowais Canal in Minya Al-Qamh, Sharkia Governorate, due to disputes erupting between the young man's family and the family of a girl who had an engagement. Writing a list of marital movables, A dispute occurred between the two parties, which caused the young man to enter a bad psychological state.

Conclusion

- In conclusion, after we have learned about the reasons and motives that lead an individual to suicide, and some of the means that some use to end their lives and the signs that enable us to understand what the person who is going to take this step is going through; Individuals themselves must have sufficient awareness of the damage arising as a result of exposure to bad psychological states and entering into depressive episodes, and to deal appropriately with these cases before starting to think about suicide.

It is also necessary to follow the instructions issued, whether by international organizations or national institutions that help in spreading



awareness and guiding advice to reduce suicide with various causes, and to provide treatment and appropriate support for those who attempt suicide and follow-up.

Media channels must broadcast media materials that carry within them hope, optimism, patience, strength of faith in God, and sufficient awareness to confront suicides.

