

## On Suicide

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**Abstract:** *The nation shook by the news of suicide of an Indian actor, Sushant Singh Rajput, who started his career from TV serial in 2008. In 2013 he started working for Indian cinema when he signed for the first movie 'Kai Po Che' based on the story written by Indian novelist Chetan Bhagat. He was also nominated for the Filmfare Award. He contributed seven movies to the Indian Film Industry. All movies can be related sociologically relevant to the society in change. "Known for films like 'MS Dhoni: The Untold Story' and 'Kedarnath', Rajput was found hanging at his Bandra home on June 14. Initial reports suggested that the actor had allegedly died of suicide. No suicide note was found in Rajput's apartment. His post-mortem report said that he had died of asphyxiation" (Economic Times, 2020). The sources revealed Rajput was under medication to treat depression. The reason for his depression was not known to anybody neither he himself knew the reason. He stopped taking medicine as he felt better despite the fact he was fighting depression and was consulting psychiatrist. "The National Mental Health Survey 2015-16 suggest that nearly 15% Indian adults need active intervention for one or more mental health issues and one in 20 Indians suffers from depression. It is estimated that in 2012, India had over 258,000 suicides, with the age-group of 15-49 years being most affected" (World Health Organization, India report, 2020).*

**Keywords:** *suicide, mental health, depression*

On 16<sup>th</sup> June 2020 evening the moment I opened my twitter account the account was over flooded with the news of loss of a youth in our nation. The Indian Express headlines reads something like this, "Bollywood actor Sushant Singh Rajput was found dead at his Bandra residence on Sunday. He was 34. Mumbai Police DCP Pranay Ashok said, 'Sushant Singh Rajput has committed suicide and investigations are on.'" (The New Indian Express, 2020).

The New Indian Express (2020) states:

"Bollywood actor Sushant Singh Rajput passed away on June 14. His sudden demise left his fans and colleagues in shock, and many continue to express their feelings over his demise on social media. Rajput, 34, died by suicide, Mumbai police confirmed. The actor's father K K Singh on Tuesday told police that his son would often feel "low", but was unaware why he was depressed." (The New Indian Express, 2020).

The recent report of NCBI, 2016 suggest the increased rate of suicide among the population of India by 36.6 percent and 24.3 percent for women and men respectively.

The people under the age group of 15-39 years are more vulnerable to suicide, facts for women and men shows 71.2 percent and 57.7 percent respectively. Sociologically speaking the future of the nation, the hope of bringing changes in the patriarchal structure of the society, means the young and youth of the nation is in danger. The question arises here is why there is an increment in the suicide? What factors playing behind to provoke an individual to give up their life? How to conserve the most important group of people in the nation so we can celebrate the changed societal structure in upcoming eras?

Emile Durkheim in his one of the major work titled 'Suicide' took an argument "the most individual action-the decision to end one's life-and shown that there were social patterns which required a social explanation" (Kieran Allen and Brian O'Boyle, 2017). He also taken family as an institution to explain the occurrence and lack of coping in the individual who is going through the episodes of depression and when the suicidal tendency incurs the victim himself couldn't identify. The individual 'self' in small family where the family members don't get time to interact

very often and their conversations is limited to the productivity in work and status of the work are easy victim of depression. The familial gap and the societal or peer pressure, competition, heartbreaks and even when an individual is not able to express the vulnerabilities is caught into the vicious cycle of depression, anxiety, panics, rage that sometimes results in suicide.

Despite the fact there have been various attempts by the professionals to create mental health awareness, still young and youth of our nation is in dark. Can we explain it in terms of class and availability of resources to access the treatment, therapies, medications, counseling or the stigma relating to the mental health that restraint youth to approach the adequate source that can help them out in dark hours of their lives and bring them back to the wellbeing?

My take on this is to relate the concept of suicide directly to the socialization process of the 'self'. Take an imagination world where the self is socialized in the manner that s/he is not hesitant to behave, to speak, to show the vulnerabilities to the family. The

family as an institution too has to take responsibility of supporting, giving time to the 'self', transforming from individualism to more emotional bonding, open conversation, freedom to be honest in the feelings. Identification of depression can only be made by opening up with near and dear ones. Then comes the role of educational institution that demands again the transformation from class work and home work to identifying the problem of the students, be it relating to the studies or family or personal or hormonal. The structure of the educational institutions must have counseling sessions mandatory to the children and parents. This will contribute to the awareness of mental health and a shift from just mental health to wellbeing, breaking all the stigmas around the vulnerabilities. Media has a vital role to create awareness of mental health to help the people undergoing depression through making people aware of symptoms of depression both mild and chronic. So, the people can easily identify the incurring of the symptoms at its initial stage.

#### METHOD

The work is a brief report based on recent life incident of an individual who is popular in the film industry. For writing a report the author referred social media news like twitter and Google, The Indian Express news paper and edited volume of Durkheim's work.

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