

Methods and Causes of Suicide

A Comparative Study between India and Japan

MahilaMahavidyalaya P.G. College, Kanpur.(India)

Dr. Saba Yunus

1. Aim

Suicide is the leading cause of death and most important public health issue in India and Japan. Approximately one million people commit suicide each year or about one life lost every forty second. Within Asia, suicide methods vary across countries. The current study is to compare the major causes of suicide and to delineate the leading suicide methods in India and Japan.

2. Data & Methods

For this purpose, W.H.O. data and literature (1990-2011) and data from Google scholar related to suicide in India and Japan has been used. Books and book chapters obtained through independent search or mentioned in the reference list were included.

3. Results

We found that Japan ranks 10 by average of 21.7 suicides per 100,000 people per year whereas India ranks 47 by average of 10.5 suicides per 100,000 people per year, as per W.H.O. statistics (2011).

Hanging and solid/liquid poisoning is the first leading cause, self immolation was the second most common suicide method and drowning is the third leading method of suicide in India. In Japan , hanging has been the dominant method of suicide accounting for more than 60% of the suicide deaths. An increasing trend of poisoning suicide (mainly gas inhalation) has been observed in the past decade and has replaced jumping as the second common suicide method, accounting for approximately 10% of suicide nowadays. Suicide rate in Japan started to escalate in 1990's and the trend continued in 2009 especially in males. The time period overlapped with the increased incidence of charcoal burning suicide.

The major causes of suicide in India and Japan were unemployment, academic underachievement, health problems, depression, over ambition, broken relationships etc.

4. Conclusion

A recent trend of common suicide methods and causes in India and Japan reflects specific socio-cultural, environmental, economic, and religious situations in the region. As the data reviewed repeatedly indicates that method availability as a major factor in method choice and likely as a factor that increases overall suicides, measures should be taken where possible to limit asses to means of popular methods of suicide and to diminish the major causes of suicides.

References

- Ministry of Health, Labour and Welfare, Japan. Summary of Vital statistics 2000 (Online).
- Centres for disease control and prevention. Programs for the prevention of suicides among adolescent and young adults; and suicide contagion and repoting of suicide, recommendations from a national workshop.. MMWR 1994.
- Suicide in adolescents: using life charts to understand suicidal process. J Affect Disord 2007.