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SUICIDE IN OUR TODAY’S SOCIETY

At certain points in our individual lives, we all have had one reason or the other to give up, and certain situations we encounter just give us good reasons to actually do so but are these difficulties enough reasons to take your life? It is so unfortunate that people decide to kill themselves just to avoid the problems life has to offer. Research has shown that close to 800 000 people die due to suicide every year which is equivalent to one person every 40 seconds. The question that therefore arises is what is suicide? This is the act of taking your own life deliberately. It is sometimes seen as a way for individuals to escape from pains or sufferings.

A critical issue we also need to consider is why do people commit suicide? Several suicide cases occur impulsively in moments of crisis with a breakdown in the ability to deal with life stresses, such as financial problems. Individuals with financial problems with no forth coming solutions see suicide as an alternative. Relationship break-up is also a reason why people commit suicide. When individuals who are emotionally and psychologically attached to their partners breakup, most people become depressed over such situations and as a result of that have suicidal thoughts and some go as far as killing themselves. Individuals that suffer from chronic pain or sever illnesses, sometimes commit suicide to relieve themselves from pains and suffering. Also, categories of individuals that commit suicide include: individuals who are experiencing conflict, disaster, violence, abuse, or loss and a sense of isolation, significant losses in a person's life, such as the death of a loved one, loss of an important relationship, loss of employment or self-esteem, etc.

Is Suicide preventable? Yes, it is. If or when having suicidal thoughts, try as much as possible to keep both your body and mind busy. As the saying goes, an idle man is the devil’s workshop. also, try to seek professional help, stay around loved one’s and most of all, get involved in activities that make you happy. Suicide is a complex issue and therefore suicide prevention efforts requires coordination and collaboration among multiple sectors of society, including the health sector and other sectors such as education, labor, agriculture, business, justice, law, defense, politics, and the media. These efforts must be comprehensive and integrated as no single approach alone can make an impact on an issue as complex as suicide.

A person who is at risk of committing suicide usually shows signs whether consciously or

unconsciously that something is wrong. The following signs include**:** signs of clinical depression , withdrawal from friends and family , sadness and hopelessness , lack of interest in previous activities, or in what is going on around them , physical changes, such as lack of energy, different sleep patterns, change in weight or appetite , loss of self-esteem, negative comments about self-worth , bringing up death or suicide in discussions or in writing ,previous suicide attempts , getting personal affairs in order, such as giving away possessions, or having a pressing interest in personal wills or life insurance , though many people considering suicide seem sad, some mask their feelings with excessive energy. Agitation, hyperactivity, and restlessness may indicate an underlying depression that is being concealed. Many people believe that even though a person might talk about suicide, they will not actually do it. In fact, talking about suicide is a warning sign that the person is at greater risk. Talking about suicide means that the potential exists to take your own life even if you do not actually do it. Denial will not make the threat of suicide disappear and can only leave you feeling more alone and in anguish.

In conclusion, suicide is an irritational decision taken by individuals who are not willing to fight to change life’s unpleasant situations they find themselves in. Suicide should not in any way be considered. No matter how difficult life is, suicide is not the solution.