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MATRIC: 19/MHS02/003

DEPT: NURSING

COURSE: GST122

LEVEL: 100

TOPIC: THE EFFECTS OF RAPE AND SUICIDE IN THE SOCIETY

 It is estimated that around 20% of global suicides are due to pesticides self-poisoning, most if which occur in rural agricultural areas in low and middle income countries.

 Suicides is the act of intentionally causing one’s own death. Mental disorders, including depression, bipolar disorder and substances abuse including alcoholism. Some suicides are impulsive act due to stress, such as from financial difficulties and relationship problems. Suicide is a serious public health problem and for a national response to be, a comprehensive multi-sector suicide prevention strategy is needed.

In addition, experiencing conflict, disaster, violence, abuse, and a sense of isolation are strongly associated with suicidal behavior. Suicides rates are high amongst vulnerable groups who experience discrimination, such as refugees and migrants, indigenous people and prisoners.

The measures that be taken include;

* Reducing access to the means of suicides e.g pesticides and certain medication.
* Reporting by media in a responsible way.
* School based interventions.
* Early identification, treatment and care of people with mental and substances use disorder and acute emotional distress.

Furthermore, Rape may be carried out by physical force, abuse of authority or against a person who is incapable of giving valid consent. The term rape is sometimes used interchangeably with the term sexual assault. Rape is a huge issue that plagues the world today. It is a worldwide issue and it is not specific to anyone neighborhood, race, gender, age or financial status. Rapes continue to happen frequently, and yet many are not reported to the police. And it is widely thought to be the most underreported crime. There are many stigma that go along with rape, so it makes it difficult to come forward. Many victims experience rape trauma which can severely impact their lives. With the prevalence of rape in all communities, it is crucial for people to stay vigilant and aware of their surroundings.

In conclusion,

 The prevention efforts require coordination and collaboration among multiple sectors of society including the health sector and other sector such as education, justice, law, defense and politics. These efforts must be comprehensive and integrated as no single approach alone can make an impact on an issue as complex as rape and suicide. So we have to use the power of our thought to help us stop screaming in pain and fear and start yelling in joy and excitement.