

Why anxiety, depression, stress and after that commit suicide: A systematic review (India) (prevalence and factors are associated)

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ABSTRACT

Now-a-days Anxiety, Depression, Stress and Suicide has become one of the most common causes of the death. The purpose of this study is to explore **Why Anxiety, Depression, Stress and after that Commit Suicide** in India. Now-a-days suicidal gesture, attempted suicide & well successful suicide cases are seen in the society often on. This study attempts to provide a theoretical work/information regarding Why Anxiety, Depression, Stress and after that Commit Suicide? and why people try to end their lives? Mental health issues affect many people across the country. While there's a 25 times greater risk of suicide, even during the recovery process, the American Association of Suicidology reports that treatment for depression is effective 60 to 80 percent of time. These types of challenges are not new and have been around for a long time.

Keywords: Social Media, Social Networking, Addiction, Anxiety, Depression, Stress, Suicide, Self-concept, Mental Illness.

The purpose of this study is to provide a summary of some of the most important findings about the psychology of suicidal behaviour. The **Anxiety** is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure [1]. On the other side The **Depression** is classified as a mood disorder. It may be described as feelings of sadness, loss, or anger that interfere with a person's everyday activities. and The **Stress** was generally considered as being synonymous with distress and dictionaries defined it as "physical, mental, or emotional strain or tension" or "a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize." [2] The word **Suicide** was first used by Sir Thomas Browne in his "Religio Medici" in 1642 and subsequently by Walter Charleton in 1651. Prior to the introduction of word "Suicide" self-destruction, self-killing and self-murder were in practice.

Recent cases in India

There are some recent cases of Anxiety, Depression, Stress and after that Commit Suicides in India. Suicide leading cause for over 300 lockdown deaths in India, the group, comprising public interest technologist Thejesh GN, activist Kanika Sharma and assistant professor of legal practice at Jindal Global School of Law Aman, said 338 deaths have occurred from

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March 19 till May 2 and they are related to lockdown.[3]. And on May 25,2020 – Crime Patrol Actor Preksha Mehta committed suicide at the age of 25 on Monday night by hanging herself from her ceiling fan. She was said to be stressed about work.[4]. Another case was-Sushant Singh Rajput dies by suicide at the age of 34 in Mumbai, Initial reports from the police say that he was suffering from depression for the past six months.[5]. Few days ago, Rajput's former manager Disha Saliyan was also found dead in Mumbai. She had allegedly committed suicide by jumping off the 14th floor of a building of the Jankalyan area of Mumbai's Malad.[6]. On dated June 25,2020-A 16-year-old TikTok artist and dancer Siya Kakkar died by suicide on June 25 in New Delhi.[7].

Every hour one student commits suicide in India, with about 28 such suicides reported every day, according to data compiled by the National Crime Records Bureau (NCRB). The NCRB data shows that 10,159 students died by suicide in 2018, an increase from 9,905 in 2017, and 9,478 in 2016.[8]

LITERATURE REVIEW

Depression and anxiety are common mental illnesses worldwide. The word anxiety is derived from Latin word “angere,” meaning to cause distress (Sharma & Sharma, 2015).[9]. Anxiety has also been defined as a vague, uncomfortable feeling exacerbated by prolonged stress and the presence of multiple stressors (Lazarus & Folkman, 1984).[10]. One type of anxiety is social anxiety, which is marked by fear or anxiety of social situations in which individuals feel that he/she will be scrutinized by others. Social anxiety has been found as a barrier to developing social ties in several studies (Brook & Willoughby, 2015.[11]; Goguen, Hiester, & Nordstrom, 2010.[12]; Pascarella & Terenzini, 2005.[13] This type of anxiety is found to be more prevalent in college students, ranging from ten to thirty-three percent, when compared to the general population, ranging from seven to thirteen percent (Russell & Shaw, 2009).[14].

Many individuals that have symptoms of anxiety also have symptoms of depression. According to the American Psychiatric Association (2013), “Individuals whose presentation meets criteria for generalized anxiety disorder are likely to have met, or currently meet, criteria for other anxiety and depressive disorders” (p. 226).[15].

There are two types of anxiety, state and trait, were researched, as well each one’s effect on academic performance. State anxiety is “the emotional state of an individual in response to a particular situation or moment that includes symptoms of apprehension, tension, and activation of the autonomic nervous system, and can include tremors, sweating, or increased heart rate and blood pressure (Spielberger, Gorsuch, Lushene, Vagg, & Jacobs, 1983, p. 27).[16]. Trait anxiety is the tendency of an individual to respond to stress with state anxiety. It was found that average state and trait anxiety have a positive effect on academic performance and lead to good academic performance, but high and extremely high state and trait anxiety leads to poor academic performance. This finding could indicate that some anxiety might be conducive to academic achievement, but also that more than average anxiety could be counterproductive.

Hypertension, coronary heart disease, alcohol dependence, nicotine addiction, depression, and suicidality are some of the complications that may be experienced by those with untreated anxiety (Boden, Fergusson, & Horwood, 2006 [17]; Goodwin, Fergusson, & Horwood, 2004 [18]; Sonntag, Wittchen, Höfler, Kessler, & Stein, 2000 [19]; Stein,

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Fuetsch, Muller, Hofler, Lieb, & Wittchen, 2001 [20]; Volgelzangs, Seldenrijk, Beekman, vanHout, deJonge, & Penninx 2010 [21]; Yan, Liu, Matthew, Daviglus, Ferguson, & Kiefe, 2003. [22].

The individual must also experience three or more of these symptoms: sleep disturbances, difficulty concentrating, restlessness, fatigue, irritability, and muscle tension.

In a study done by Nail, Christofferson, Ginsburg, Drake, Kendall, McCracken, & Sakolsky (2015) [23] which surveyed teachers and parents, excessive anxiety has been associated with academic underachievement, including low grades and academic performance.

Depression is a condition that is marked by sadness, emptiness, hopelessness, and loss of interest for most of the day (American Psychiatric Association, 2013).[15]. Other indicators can include: significant weight loss or gain, insomnia or hypersomnia, fatigue/loss of energy, psychomotor agitation or retardation, feeling worthless, excessive guilt, inability to concentrate, thoughts of death, and suicide ideation (American Psychiatric Association, 2013).[15]. Five of the symptoms must be notable for a two-week period or longer and cause impairment in functioning to meet the criteria for a depressive disorder.

Depression and anxiety are the most common types of mental disorders, and comorbidity is also very common with these two disorders. Many individuals with anxiety also have depression and vice versa. Anxiety and depression have been found to be more prevalent among college students than the general population (American College Health Association, 2013 [24]; Beiter,Nash, McCrady, Rhoades, Linscomb, Clarahan, & Sammut 2015 [25]; Holliday, Anderson, Williams, Bird, Matloc, Ali, & Suris, 2016. [26]. On the other side A study done by Larson, Orr, and Warne ,2016. [27]. explored both physical and mental health issues. Some of the physical health difficulties the study measured included asthma, allergies, mononucleosis, strep throat, and urinary tract infections. The results of the study also showed that physical health issues were often correlated with mental health issues.

Recent studies have opined several contributing factors to mental illness including social demographic, behavioral, and educational factors. These include gender, residence, relationship status, socioeconomic status, loneliness, personal autonomy, family and peer pressure, academic performance, studying in the English language, heavy lecture schedule, pressure to succeed, and future planning (Abdallah & Gabr,2014 [28];Alimetal.,2017 [29]; Beiter et al.,2015 [25]).

Aims and Objectives

To find out the various factors regarding Why Anxiety, Depression, Stress and after that - Commit Suicide.

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THE EFFECTS OF DEPRESSION IN OUR BODY

feelings of sadness or emptiness

Lasting sadness, emptiness, hopelessness, or guilt that lingers and affects you day-to-day may be a symptom of clinical depression.

trouble with memory or decisions

Cognitive changes, such as trouble remembering things or difficulties with making decisions, can occur. These symptoms are especially common in older adults with depression. Some people also report difficulty concentrating.

risk of heart attack

People who are depressed are more likely to die following a heart attack.

weight fluctuations

Depression can lead to overeating or appetite loss. Using food to cope can lead to obesity-related illnesses and stomachaches, while poor eating may result in nutritional deficiencies.

fatigue

Untreated depression can wipe out your energy levels during the day. Daytime fatigue may also occur from nighttime insomnia.

insomnia

Depression can keep you awake at night. This may be related to difficulties getting comfortable or quieting the mind.

preoccupation with death

Depression may cause a preoccupation with hurting oneself. It can also increase the risk of suicide.

feelings of clinginess

Depression can interfere with your everyday activities, but it can ultimately make you feel lonely, too. In children, depression can cause clinginess and a refusal to go to school.

constricted blood vessels

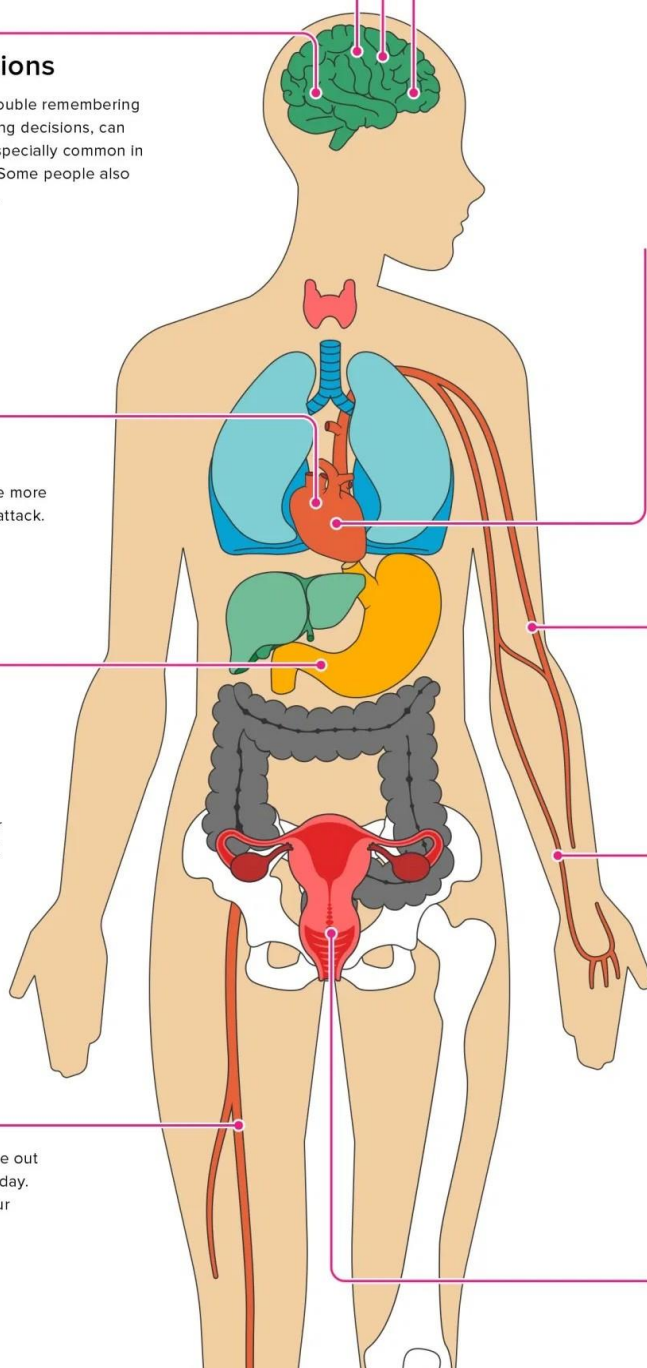
Depression and stress cause blood vessels to constrict, raising the risk of cardiovascular disease.

increased pain sensitivity

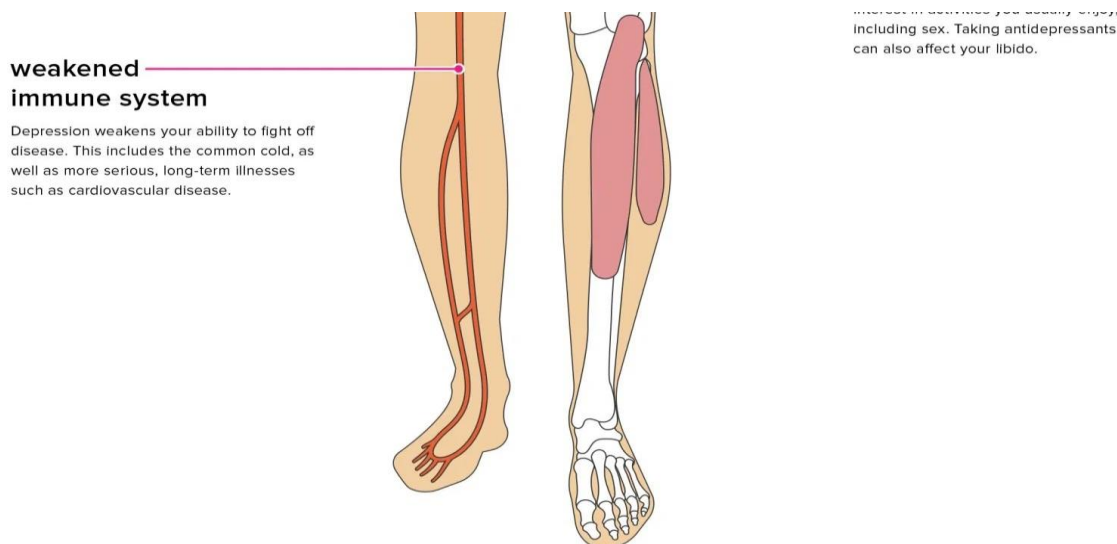
Headache and other aches and pains may affect a person with depression. Often, pain doesn't improve with medication.

lower interest in sex

Being depressed causes a loss of interest in activities you usually enjoy.



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Source: Ann Pietrangelo and Kristeen Cherney, 2019 [30]

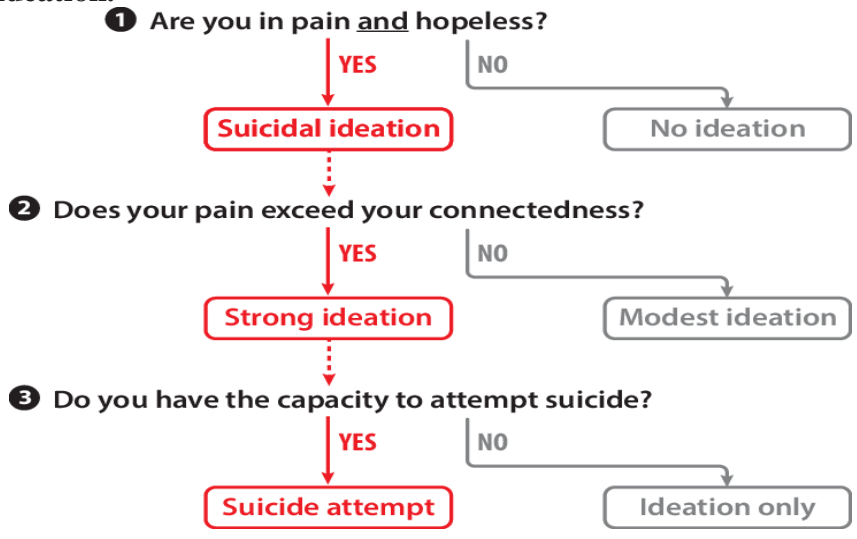
The Effects of Depression in our Body

Depression affects how you feel and can also cause changes in our body. Major depression (a more advanced form of depression) is considered a serious medical condition that may have a dramatic effect on your quality of life.

Central nervous system: Depression can cause a lot of symptoms within the central nervous system, many of which are easy to dismiss or ignore. According to the American Psychological Association, older adults with depression have more difficulties with memory loss and reaction time during everyday activities compared with younger adults with depression. [30].

Digestive system: While depression is often thought of as a mental illness, it also plays a heavy role in appetite and nutrition. Some people cope by overeating or bingeing. This can lead to weight gain and obesity-related illnesses, such as type 2 diabetes. [30].

The three-step theory (3ST) of suicide (Klonsky & May 2015). [31], which we feel has the potential to improve understanding and prediction of suicide, suicidal behavior, and suicide ideation.



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The three-step theory (3ST) of suicide. Key constructs of the 3ST are pain and hopelessness, connectedness, and suicide capacity. Figure adapted from Klonsky & May (2015). [31].

SYMPTOMS ANXIETY, DEPRESSION, STRESS

Feeling sad or anxious at times is a normal part of life, but if these feelings last more than two weeks they could be depression. Depression may be more difficult to detect. Changing patterns of behavior or seeing some activities we can only judge the depression. Symptoms of depression include overwhelming sadness, worry, grief, a sense of guilt and unwillingness to do any work and may also be excessively irritable and negative. It may be described as a feeling of emptiness or hopelessness. Some people may find it difficult to put these feelings into words. It may also be difficult for them to understand as symptoms can manifest and cause physical reactions. Frequent episodes of crying may be a symptom of depression, although not everyone who is depressed cries. You may also feel tired all the time or have trouble sleeping at night. Other symptoms include: irritability, anger, and loss of interest in things that used to bring pleasure, including sex. Depression can cause headaches, chronic body aches, and pain that may not respond to medication. It's also sometimes an effect of certain neurological diseases, such as Alzheimer's disease, epilepsy, and multiple sclerosis.

People with depression may have trouble maintaining a normal work schedule or fulfilling social obligations. This could be due to symptoms such as an inability to concentrate, memory problems, and difficulty making decisions. Some people who are depressed may turn to alcohol or drugs, which may increase instances of reckless or abusive behavior. Someone with depression may consciously avoid talking about it or try to mask the problem. People experiencing depression may also find themselves preoccupied with suicidal thoughts, plans or behaviors – including self-harm (i.e. Intentionally cutting or burning or hurting themselves). Changes in appetite (i.e. eating too much or too little)

Symptoms and Factors associated with Suicide

The motives behind suicide in our study are marital disharmony and shattered family relations, Unhappy, Love affairs and depression. Kuo W H, Gallo J J and Eaton W.W. et al (2004) [32], where they have mentioned depression as the motive for committing suicide. Gupta S.C. & Singh H. (1981) [42] who has found marital or relationship dispute as one of the motives for suicide. Marital disharmony is the most common precipitating factor both in India and abroad (Philips M. R. et al. 2002. [33]), (Vijay Kumar L. et al -2003. [34]) The WHO has also reported the poverty as a major factor for suicide followed by stress, mental illness, unemployment and substance abuse. (Jancloes M.1998, [35])

It is often stated that over 90% of individuals who die by suicide have mental disorders (Bertolote & Fleischmann 2002, [36]). In developed countries, the disorders that most strongly predict a subsequent suicide attempt are bipolar disorder, posttraumatic stress disorder, and major depression; in developing countries, the most predictive disorders are posttraumatic stress disorder, conduct disorder, and drug abuse/dependence (Nock et al. 2009, [37]).

Findings from psychological autopsy studies suggest that more than 90% of people who die by suicide have a psychiatric disorder before their death.[39].

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The risk of nonfatal suicidal behaviour is increased in young people, women (who have higher rates of non-lethal suicidal behaviour than do men, although men are more likely to die by suicide), people who are unmarried, and people who are socially disadvantaged (eg, low income and education, or unemployed) [40][41]. psychological risk and protective factors for suicidal ideation and suicidal behaviour.

Regarding Students : The factors which are associated with the high prevalence of mental health illnesses ragging, living and sleeping in large dormitories, loneliness, personal autonomy, family and peer pressure, academic performance, studying in English language, heavy lecture schedule, pressure to succeed, and future planning, as well as factors related to being in new and different environments with new people (e.g., new city, new residence, new curricula, new friends, new teachers, etc.) (Abdallah & Gabr,2014 [28]; Alim et al.,2017 [29]; Beiter et al.,2015 [25]).

The present study shows some more factor/causes of Anxiety, Depression and Stress (i) lack of sleep satisfaction, (ii) lack of physical exercise, (iii) excessive daily internet use, (iv) socio-economic status (those coming from a lower class family more likely to be depressed than those coming from middle and higher class families), physical exercise (those engaging in less physical exercise more likely to be depressed than those engaging regular physical exercise), smoking (cigarette smokers more likely to be depressed than those being non-smokers), and relationship status (those in a relationship more likely to be anxious than those who were single). Previous studies have also reported that mental health illness was correlated with detrimental behaviors such as lack of physical exercise, poor sleep habit, poor diet, smoking, and noncompliance with medical care guidance (refusal of medicines or treatments) (Beiter et al., 2015 [25]; Doom & Haeffel, 2013 [38]).

FACTORS ASSOCIATED WITH DEPRESSION, ANXIETY, STRESS

(Rory C O'Connor, Matthew K Nock, 2014) [43]

Age factors which include

1. Poverty
2. lower socio-economic status
3. lack of social capital and support

Personality and individual differences factors which include

1. Hopelessness
2. Impulsivity
3. Perfectionism
4. Neuroticism and extroversion
5. Optimism
6. Resilience

Cognitive factors which include

1. Cognitive rigidity
2. Rumination
3. Thought suppression
4. Autobiographical memory biases
5. Belongingness and burdensomeness
6. Fearlessness about injury and death
7. Pain insensitivity

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8. Problem solving and coping
9. Agitation
10. Implicit associations
11. Attentional biases
12. Future thinking
13. Goal adjustment
14. Reasons for living
15. Defeat and entrapment

Social factors which include

1. Social transmission
2. Modelling
3. Contagion
4. Assortative homophily
5. Exposure to deaths by suicide of others
6. Social isolation

Negative life events factors which include

1. Childhood adversities
2. Traumatic life events during adulthood
3. Physical illness
4. Other interpersonal stressors
5. Psychophysiological stress response

CONCLUSIONS/FINDINGS

How to overcome Depression, Anxiety, Stress and Suicide

Always Try to Talk to one person (friends or family) face-to-face and share your feelings, emotions and problems.

Through Cognitive-behavioral therapy (CBT)- often used to treat anxiety disorder with depression. CBT can teach people to manage their fears, anxieties and depressive symptoms; people also learn how to take control of their emotions.

1. Listen, but don't judge, argue, threaten, or yell.
2. Visualize a happy memory.
3. Eat a healthy diet which include: Foods rich in Omega-3 fatty acids, Vitamins B.
4. Intake of regular exercise- Exercise is a powerful depression fighter.
5. The improving sleep quality- Sleep regularly.
6. Avoid toxicity, including food, drink tobacco, drugs, and people.
7. The moderate use of internet.

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Conflict of Interest

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