

Suicide points

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"The man who kills himself kills all the men; as far as he is concerned he wipes out the world". - G.K.Chesterton

BETWEEN DEVIL and the deep sea, some prefer the sea half-heartedly to avoid the devil, that is the hardships of life. "They never dare to give it a try before going for the final solution", says Raveendran.

"But some cases deserve sympathy", says A. Sreelal, clinical psychologist as he recalls the plight of a boy who went to the newspaper office along with his friend to know the results. "He was so happy when he learned that he got distinction. He informed his parents and his relatives about his achievement. His expectations never went beyond a first class and that prompted him to look again. He was thunderstruck, as he realised that it was not 'his result'. He got only a second class. "The boy was crying over the phone. He didn't know how to inform his happy parents about this reversal of fortune", he says:

Suicidal thoughts and feelings are extremely painful and take up a lot of energy. This can leave one feeling further drained and depressed and, as such, further committed to the idea of suicide.

"Suicide, being an impulsive act can be prevented to a great extent with the timely intervention of parents and friends", believes Dr Elizabeth.

In some cases, suicides are well planned. But even at the last moment they try for some options to desist themselves from the action. "Most suicides occur because parents and relatives fail to read the sudden changes in the behaviour of the person", she adds.

"If a friend confides to you his suicidal thoughts and feelings, listen to and help your friend to see the suicidal thoughts and feelings more realistically", says another trained psychologist. A sudden loss of appetite, sleeping for most part of the day, insomnia, sudden anger, depression, and

unwillingness to mingle with the society can all be pointers to some hidden agenda. "Parents should talk to such children to find out what is eating into them", says Dr.Elizabeth. "They should try to find some solutions to their problems. But in extreme cases it is better that they seek the services of a professional counselor", she adds.

Gireesh, psychologist, says that in some cases, family therapy is needed as the problem has something to do with the attitude of parents. "In a nuclear family, it is natural for the child to have an insecure feeling. If they don't find their parents supporting them in crucial moments, they will just crack up. So the rapport between the children and the parents should have to be strengthened", he insists, "to push out negative thoughts from the minds of young children".

Exams come and go. But there is only one life. And that is to be enjoyed as it is.