

Annihilation, Suicides and Suicidal behaviour

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Abstract

Self - asperity, Suicide, annihilations are serious age old yet continuing universal mental health problem that leave long-lasting effects on individuals, families, and communities. Suicide prevention and care is everyone's responsibility. Every individual, society and organisations have various roles and vested responsibility to play. Historically, most of the research suicide and studies mental issues have evolved from psychiatry departments. This is because of an evident reason that people with suicidal thoughts and behaviours are hospitalized in psychiatric Superintendence. However, the incumbency and role of psychologists is being at the intervention end and they impersonate simultaneously as counsellors, clinicians, researchers and educators.

Positive psychology is the newest faculty that highly focused on strengthening Virtues, character, attitude and behaviours. This cynosure is built and practiced to correlate and complement to extend help to the problem-faced Individuals to rebuild a life of happiness, meaning and purpose—to scale and up heave beyond day to day survival to flourishing.

This paper reviews in brief, the options and effectiveness of holistic psychiatry interventions in addressing self-infliction and suicidal thoughts and behaviour and the impact by the use of the theory and practices prescribed in positive psychology aided by regular psychology counselling.

Introduction

Suicide is a very highly complicated and complex and multifaceted phenomenon, with multitudinous contributing and facilitating interlinked factors. A report from the WHO states that at least 700 000 fatal cases are reported due to suicide every year.

Suicide and Suicidal tendencies are not only medical terms; they are also definitely aligned to the stream of psychopathology. It is also the physiologically interaction between various factors, such as neurobiology, personal and family history, stressful events, and socio cultural environment. There is also scientific research based evidence that signifies that there is also a genetic link associated with suicide.

Here is a list of some common factors that alleviates suicidal tendency

- Mental Debility
- Aggressive Behaviour
- Anxiety disorders
- Bipolar disorder

- Depression
- Use of substance
- Severe physical health problems

A deep observation on the above listed maladies are much aligned to emotions, thoughts, feelings, attitudes and behaviour, while some of them may be oriented to pathological conditions of the human body.

Positive psychology is a focused and a scientific approach towards healing emotion labyrinth thoughts, feelings, and behaviour, by focusing on strengths possessed by the subject. Positive psychology also fosters to alleviate serialized episodic disturbance of mood, insomnia, attitude and behaviour, and perceptions that lead to depression and suicidal tendency.

The PERMA approach is taken here to discuss on how to harness the dominion of creating motivity to create positive perspective and maximize the potential for positivity, build self-esteem, happiness and contentedness.

Positive course to Reduce Inducements for self-harm and suicide

Positivity is a eulogistic factor that adjuncts factors for felicity, wholesomeness and to Ameliorate depression and other psychosomatic disorders. Positive Psychology, an offshoot of clinical psychology is built upon harnessing positivity and to cultivate what is best within them and can be a pragmatic approach to treat children and young adults and the old people with psychological and mental issues.

The problem of low self esteem, depression, Annihilations, Suicides and Suicidal behaviour is an age old problem. The Bhagavad Gita is the first known Hindu scripture which illuminates every human about the realization of self, righteousness and divinity Arjuna was profoundly confused, depressed and was in a highly agitated mental state to fight against his own kith and kin. Lord Krishna forfeited the duty of a Warrior to Arjuna. He rendered the divine and positive message – The Bhagavad Gita. The Bhagavad Gita also indoctrinates to live life with ethics, righteousness, discipline, honesty, kindness and integrity in order to find the purpose and to live it consummately.

The Yajur Veda says

One should not use the God gifted body for self torment or killing the almighty's creation, whether they are self, other human, animal or whatever.

~Yajur Veda, chapter 12

The Positive Intervention – The PREMA Framework

Traditional psychology centers on the dysfunction and abnormalities of human behaviour while positive psychology emphasis on creativity and self-actualization. The PERMA model is based on principles and practice positive psychology. The PERMA framework defines five kernels for psychological well-being: Positive emotions, Engagement, Relationships, Meaning, and Accomplishment. This is a multidimensional approach beyond the basic positive - negative dichotomy.

In a Research based survey and study the department of psychology – patients at high risk of suicidal intent displayed anxiety, hopelessness (primary outcome), loneliness or withdrawal, low morale had the suicidal ideation and depressive symptoms. Also, there was an observation made that People who have endeavoured into the act suicide in the past and the People with a family history of suicide were more at risk of developing suicidal tendency. In general it was observed that people at stress and people who are in hopeless and negative situations are prone to suicidal tendencies.

Positivity and Prevention of the suicidal intent – Role of a Psychologist in PERMA implementation

The engagement and counter with a person bearing suicidal ideology is a profound emotional experience. Psychologists are the right choice of connoisseurs help and work in adjunct to treat emotional, cognitive, and social processes and behaviours of humankind. One of the main goals is to evaluate and understand intents, emotions, and the behaviour.

Psychologists assess, appraise, diagnose, evaluate conditions, and address the problems and demeanour along with the behavioural disorders ensuing from, or related to physical and mental debility. They work with individuals to figure out and alleviate the problems and impact of mental health issues using counselling, psychotherapy, and adjunct systemic practices.

The acronym PERMA stands for Positive Emotion, Engagement, Relationships, Meaning, and Accomplishments.

The PERMA framework is chosen to discuss because there is a wide acceptance of the fact that increasing positive emotions complements to build intellect, cognizance, psychological, physics and social contextures that will lead to resilience and holistic wellbeing.



Actually, this PERMA is a systems approach to “self-actualization”. Positive emotions will emasculate the adverse effects of negative emotions and activities to foster resilience. The mission and work of a physiologist and the department of psychiatry is to help the subject recognize the triggers of stress and to collaboratively work a plan manage the issues. Psychologist can also access and identify behaviours, plan to work and modify and

to promote the health and wellness of affected individuals. They can also help in building a positive social environment to avert and prevent syllogistic and cognitive decline which contribute to better physical and mental health.

Digital Technology and Wearable Devices for Good Mental Health

The advent of new technologies, the internet and miniaturization have brought in advanced invention in electronics, mechanics and computerization. The age of IoT and leading-edge technologies have brought in novel innovations like wearable devices have further moved up to advanced miniaturized mechanical devices like Neurostimulators. These connected devices are automated yet controllable from a remote monitoring system. They help shortages in personalized treatments in mental health, particularly in distressed and critically ill patients.

Conclusion

In conclusion, as trained psychologists we need to seek knowledge on suicide and suicidal tendency by identifying particular psychological characteristics. PERMA model helps to build the feeling of being supported, adored and loved, build optimism and valued by others. This model is also helps to build achievement and competence in due course leading to well being.

A plan should be devised to facilitate objective plan for prevention, scientific intervention methods, and long term programs to engage people with issues and to build optimism. Optimistic people gravitate to live healthy and longer, possess lower levels of depression, and have better social life.

In case of subjects who may need extra care, the healthcare provides can provide with electro-mechanical miniaturized devices to manage and handle the Physical, mental and emotional imbalances and manifestations of stress, aggrieved and suicidal intentions.

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Soundarya is a skilled post graduate Psychology student and an Ambitious Research Assistant, pursuing Applied Psychology in MS Chellamuthu institute. Madurai. She is highly skilled in communication - oral, visual, written and an exponent in communication instruction, counselling, interviewing and assessing clients.

Her expertise is in documenting mental illness and working closely with Department of psychiatry to gather specific data for preparing Counselling and Cure plan, supervised interaction with residents, and facilitation of group activities.

Soundarya is now engaging and gaining expertise in providing multi-disciplinary and evidence-based therapies to aid positive behavioural changes in student, young adults and senior citizen communities.

Her team has created an after-school engagement program that raised homework completion rates by 20% as part of her collegiate curriculum in her undergraduate studies.

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