

SUICIDE ON THE RISE AMONG YOUTH

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Why do people take their own lives? It is difficult to imagine what led a friend, family member, or a celebrity to commit suicide. But a suicidal person are in so much in pain that they cannot see any other option in their miserable life.

Suicide is listed as one of the top 10 causes of death in the world. Befriender KL stated research shows that suicides are the second leading cause of death for youths between the ages of 15- 29 in Malaysia in 2017. What are the possible causes for their decision?

First and foremost, bullying is a possible reason why people commit suicide. Bullying may provoke suicidal thoughts, examples of bullying includes physical or verbal abuse, as well as cyberbullying. Social media such as Facebook, Instagram, Twitter and many others is a platform where the youth communicate and socialize. The youth who experienced bullying or cyberbullying are at higher risk and more likely to attempt suicide. Bullying caused the victim to feel worthless, hopelessness and loneliness.

The victims of bullying are at risk for depression. They lose interest in their normal activities, cut off contact with people around them, feel sad and hopeless like nothing could go right for them. They are not in their right mind, causing them to choose the wrong path.

Another possible factor is academic achievement and pushing oneself to get good results, as well as failure to achieve the expected results. Students have to bear the pressure from parents who expect their children's best performance in exams.

In the current education system, society place great emphasis on the achievement of a person in education. Opportunities and privileges will be given to students who obtains excellent results in an exam. Therefore, students have to deal with burdensome competition amongst themselves. When they fail to reach their goals, they chose to take their own life because they feel useless due to the pressure.

Another factor is the experience of having relationship problem for example breaking up. Divorce and separation may be the risk of having suicidal thoughts. They commit suicide when they did not expect and cannot accept the fact when their relationship to be over. Loss of a loved one for example family, friend or lover also can contribute to suicidal thoughts. Losing someone who is very special to them made them feel hopeless as they feel no meaning for them to stay alive. People who experiences domestic violence are also at risk to take their own life. This is because they feel helpless and believe the only way out from the pain is to kill themselves.

In Islam, suicide is a major sin and anyone who commits it is faced with an eternity in the Fires of Hell, where Allah will punish them. Islam is very concerned about the well being of its followers as suicide is criminal act in Islam.

Prophet Muhammad SAW said that people who commits suicide will be prevented from receiving blessings and will instead get the wrath of Allah The Almighty. Islam teaches to fight harder in facing any challenges and obstacles in their life, no matter how hard or difficult life may be, and to always depend to the Almighty Allah. Remember that Allah does not burden a soul beyond that it can bear.



