FACTS OF THE TRUTH

On completion of the current research, I touch the feet of my Guru and Mentor Professor Sh. Vishwa Vijay Upmanyu to receive his blessings. He is an extra ordinary researcher and not less than Lester (American Psychologist) in research on suicide. I express my gratitudes to Dr. Seema Vinayak, Chairperson (Psychology) for helping me at administrative level. I am also thankful to former Chairpersons Professor Meena Sehgal and Dr. Harpreet Kanwal for their help in past years.

I feel much thankful to Dr. Sushma Upmanyu, Dr. Poonam Sharma, Dr. Rakesh Dhar, Dr. Dharmender Gupta, Dr. Vikram, Dr. Roshan Dahiya for their valuable guidance and help. I say hundreds of thanks to all the researchers and artists whose researches and arts have been used in the current research to illustrate the concept of suicide.

I express my thanks to Sh. Amitabh Dhillon for helping me in the difficult time. I must say thanks to my friends - Rajiv Gulati, Rajeev Arora, Abhishek, Mohinder Kumar, Bijender, Prerna Sharma, Neha Pandey Taranjit, Mamta, Reena, and Jyoti. I am also thankful to Mrs. Reena and Dharam Pal Ji for helping me in Library. I have same feelings for Sh. Mahendru ji for Statistical analysis done by him.

I express my thanks to my students Monu Sharma, Rajan, Suneel, Birsingh, Anuradha Sharma, Mamta and Monica Sharma. In my family, I feel highly obliged for the help done by my elder brothers and sisters. I have special thanks for Nephews - Lakshmi Kant, Yashobushan and Nieces - Anchal, Anjali and Mukul for their help in the work of research.

ON AND ABOUT THE CURRENT RESEARCH

First of all, I sincerely regret for not writing the current research in the National Language (Hindi). We are still slave of a foreign language for writing even our own research because the university rules don’t allow us to do so.

Before starting the current research, I was aware of three great researches done in the name of doctoral research. Durkheim submitted his first doctoral research on suicide. His classification of suicidal behaviour is still a first and foremost classification. Thorndike presented his “Trial and Error Theory of Learning” in his doctoral research. His Laws of Learning are great contribution to the Psychology of Learning. Sh. Sarva Palli Radha Krishanan, former President of India wrote “History of Indian Philosophy” for his Doctoral Research that was published as Mind of India which is a world famous book on Indian Philosophy. These three Doctoral Researches motivated me to write research with sincerity and seriousness. Inspired by said researches I made efforts to do some classical work. The special features of the current research are as -
**Concept of Suicide**: In the current study, the concept of suicide is shining like a diamond. The way a diamond is shaped from multiple angels, in the same way, the concept of suicide has here been discussed from multiple angles. *Suicidology, the study of suicide, has been confused and stagnated because of the lack of adequate standard definitions for suicidal behavior* (Kidd, 2003). Keeping in view, the scarcity of research on the topic the concept of suicide has been discussed as:

Very opening paragraph of introductory chapter provides a picture of laymen’s view about the suicide in three ways:

i) Suicide is as known by common man through media

ii) How suicide is prevailing in all strata of the society from top to bottom

iii) Major methods of committing suicide used in society

Laymen’s view about suicide has again been illustrated with the historical incidences of suicide. After that major aspects of suicidal behaviour have been discussed from dictionary meaning to technical definitions till Nock’s (2008) definition. No major aspect of the concept of suicide has been left without defining and its meaning. The concept of *suicide ideation* (chapter-I) and *adolescent suicide ideation* (chapter-II) have been discussed in detail for two reasons because suicide ideation is a root cause of suicidal behaviour and it is also a fundamental concept of the current study. Moreover the concept of suicide has also been elaborated with the help of research models, pictures and different theories in the whole thesis.

**Review of Literature**: A review of literature is a back bone of the research. Every research is erected on it. The review of literature of the current study has carefully been written with much sincerity and seriousness which has been entitled as *Global literature on suicide* that has following special features:

i) The current research provides a beautiful concised and comprehensive conceptual summary of major theories of suicide in a systematic and logical order. I can say it is a *juice* of theories of suicide. If one wants to go through major theories of suicide within 15 minutes, he can consult this thesis.
ii) The current study also provides a concise Epidemiology of all continents of the world on the basis of literature of WHO and NCRB, Delhi. The epidemiology has again been illustrated with maps of suicide prone areas and tables with the views of researchers like Lester. However, it is difficult to write on Asian epidemiology and African epidemiology.

iii) The study also highlights on social evil like a dowry suicide with the help of relevant picture and classification of dowry suicide. Since dowry may cause suicide, so, it has been termed as dowry suicide. To get more meaning out of it I developed a classification of dowry suicide that is on the backside of the picture of Dahej. The current researches also attract attention of researchers on the last year’s (2012) burning problem of the country i.e. sexual abuse. A picture of the suicide of Lucretia: A legendary rape victim shows that sexual abuse may cause suicide. Sexual abuse can also lead to suicide e.g. last year, a girl of village Sachha Kherha, Distt. Kaithal, Haryana, India committed suicide just after immediate moment of victimisation of rape.

All the relevant variables have been elaborated in the conceptual, theoretical and dimensional context e.g. hopelessness has been interpreted on its special dimensions such as global or general hopelessness, achievement hopelessness, and social hopelessness. Depression is, however, not a part of the study, but it has also been elaborated in the study. Since depression is the strongest predictor of suicidal behaviour.

The study has been invaluable on two aspects -

i) Study has speciality on Indian Philosophical Thoughts on suicide. The research of suicide is dominated by Western thoughts and thinkers. This is the study which highlights on Indian thinkers and thoughts on suicide from Vedas to Bhagwad Geeta. It also establishes link between Western thoughts and Indian thoughts. Moreover, Indian and Western thoughts are shining like stars in the beginning of every chapter.
In the current research, efforts have been made to study the interaction between risk factors and protective factors. Majority of researches on suicide are studying either risk factors or protective factors. A few researches are available on the interaction of risk factors and protective factors of suicide. Majority of researches focus on suicide “as a result of risk factors”. In fact, suicidality is a continuum of risk and protective factors. One side of it may reflect risk factor while the other side may reflect as a protective factor and vice versa. Latest literature reveals that suicide is an outcome of interaction of risk and protective factors. Therefore, there is a special write up in the thesis on the interaction of risk and protective factors and their nature.

I also regret for not including two major aspects on suicidal research in this study –History of suicide and Mode of suicide. I wrote a complete chapter on History of suicide of all cultures and all continents. However it was approved but it was rejected by GURU JI on certain technical grounds of research. A few researches are available on time, places and methods of suicide or when, where and how of suicide. I again wrote a chapter on Mode of suicide on the basis of such researches which relate time, places and methods of suicide with the personality and other variables. It was again rejected by GURU JI by saying beautiful words, ‘Mahesh, you can write good article on this topic but it is not worthwhile for Ph. D thesis.’ In this way History of suicide and Mode of suicide were deleted from the review of literature of the present study.

Pictures and Colours also have a special beauty of this study. For example photograph of Hitler’s suicide stands for history of suicide, stands for depression as a cause of suicide, stands for hopelessness as a cause of suicide and also stands for psychoticism as a cause of suicide. Colours have some symbolical meaning in models, drawings and pictures. Red colour stands for risk factors and act of suicide. Green colour stands for protective factors. In some places different colours have been used to differentiate one factor from other factor. The thoughts of three great religions of the world have been highlighted on the cut pages of the last chapters as a last concluding remarks on the suicidality of mankind. The thought of Holy Quran has been coloured in Green because Muslim religion considers Green colour as holy.
and pious. The thought of Vedas has been coloured in *Saffron colour* which is considered holy and pious in Hindu culture.

I would like to say something about the concept of Hope. Hope is a positive construct while hopelessness is a negative construct. Hopelessness has also been supported by the researches. Perhaps, hope is a better construct than hopelessness. Low score on hope may reflect hopelessness as a risk factor while high score on hope may reflect hopefulness as a protective factor e.g. social support is a positive construct. Low score on social support reflects risk factor while high score on social support reflects protective factor. Suicidality is a continuum of risk and protective factors. One side of it may reflect risk factor while the other side may be as a protective factor and vice versa. *If social support is studied as social supportlessness, it is not a justice with the positive concept of social support. Hopelessness is a backbone of Beck's research and he saw the back side of hope.*

I would like to attract the attention of researchers about wrong practice in the researches of psychology. In the literature I came across the *racism in research studies* as – suicide ideation among Black and Whites, Whites and Non Whites, African-Americans and European Americans. According to Shneidman ‘There is no youth suicide, adult suicide or elderly suicide. There is just human suicide.’ Is there any psychological difference among individuals on the ground of Black and White.

At this moment, I feel happy and satisfied because I brought my research writing up to the peak of perfection. Having completed the current research, I find suicide as a blot on humanity; I wish that researchers may find solution of it in future. On dedication page, I made an effort to develop the Vedic view as “**LIVE THE LIFE**” in a flag like symbol that has been surrounded with *green colour* which stands for protective factors. “**LIVE THE LIFE**” may be a good slogan to save humanity from the blot of suicide. At last, I agree with the view of Holy Quran “*It is a greater sin for a person to kill himself than to kill a fellowman*” and in the same time, I also advocate view of Vedas “*We must live happy and healthy full span of life till hundred winter seasons even more than that*” in the welfare of humanity.

\[\text{Date: 12 4 13} \]

(Mahesh Chand)

(April 2013)