1.1 Introduction

More people are interested to know about personality and its acquisition. The problem of personality is generally most important point for most of us. When it is interesting people then chances are there that they learn more.¹

Gordon Allport (1937) described about two things to learn personality i.e. homothetic and the idiographic. Homothetic science is a science which seeks generic laws and allots antithetic groups. Homothetic science also helps to understand the self-actualization and trait of sociability. Idiographic science is a science through which one can understand incomparable aspects of single.² Psychologists who studies personality are interested more on incomparable characteristics of individuals.³ Generally this domain includes difference in blood and friends, group etc.⁴

These problems had recognized in a workshop on Suicidal Behaviors in Teenagers and Young⁵. Because of this concern most the Verbalize his colleague was licensed critically criticism the literature on the classification of suicidal behaviors among adolescents. Supported on their remembrance, individual conclusions regarding the categorization of somebody suicidal conduct were wage, including the pursuing.⁶ Bag, for case-finding instruct separate unsafe behaviors was far from yield. Ordinal, the premeditated purposes of umpteen of the instruments were indistinct. Ordinal, normative assemblage were pauperization for galore of the instruments, as symptomless as data pertaining to sexuality and social differences.⁷
1.1.2 Objectives of the Study

The aims of the said research are as follows:

1. To measure the Personality of the Trainee students.
2. To examine the effect of Personality in the context of Sex, Faculty, Type of College, Residential area and Type of Family of the Trainee students.
3. To measure the Quality of Life the Trainee students.
4. To examine the effect of Quality of Life in the context of Sex, Faculty, Type of School, Residential area and Type of Family of the Trainee students.
5. To measure Suicide Tendency in the Trainee students.
6. To examine the effect of Suicide Tendency in the context of Sex, Faculty, Type of College, Residential area and Type of Family of the Trainee students.
7. To examine effect of the Quality of Life and Suicide Tendency in the context of the Personality of the Trainee students.
8. To examine the Co-relation of the Personality, Quality of Life and Suicide Tendency of the Trainee students.
1.1.3 Scope of the Study

The aim of this research study had been to measure Personality, Quality of Life and Suicide Tendency of the Trainee students and to find out work is the effect of personal variables like Gender, Faculty, Type of College, Residential area and Type of Family over Personality, Quality of Life and Suicide Tendency in the Trainee students. The Conclusions of the research indicates that there is effect of Gender, Faculty, Type of College, Residential area and Type of Family of the Trainee students over the Personality. There is interactional effect of Gender, Faculty and Type of College of Trainee students over the Personality. There is effect of Gender, Faculty, and Type of College of Trainee students over the Quality of their Life. There is interactional effect of Gender and Faculty, Faculty and the Type of College over the Quality of Life of the Trainee students. Whereas there is no collective interaction, affect of Gender, Faculty and Type of College over the Quality of Life the Trainee students. There is effect of Gender, Type of College, Residential area and Type of Family over the Suicide Tendency of the Trainee students.

Whereas there is no effect of Faculty over the Suicide Tendency, and there is collective interactional effect of Gender, Faculty and Type of College over the Suicide Tendency. While no interactional effect has observed of Faculty and Type of College over Suicide Tendency. No effect of the levels of the Personality has observed over the Quality of Life and Suicide Tendency. The effect of medium and lower level of Personality has found over the Quality of Life. Today age is progressive but it has left no stone unformed in doing progress towards the negative direction.
1.2 Personality

“Personality is generally a set of characteristics patterns of thoughts and feelings of individuals. One of the unique things about personality is that it remains unique throughout the life of a person.

1.2.1 What is Personality?

We most of time think that the people we meet in life possess different characteristics and behavior. Some people are very quiet but some are very aggressive. So all these behaviors of a person may give rise to personality. It clears following things.

- It gives a clear picture about person’s psychological process. Investigating cause differences-how grouping are unique.
- The word personality has a long meaning and was an outcome of word persona means mask.

1.2.2 Defining Personality

“Personality is generally a set of characteristics patterns of thoughts and feelings of individuals. One of the unique things about personality is that it remains unique throughout the life of a person. It remains consistent throughout the person’s life.

Allport

has rightly said that psychology of personality can make following contribution

- To forecast the behavior of a person and hence knowing its characteristics
- To find out the different personality traits of people.
- To find out the structure that holds personality together.
- To find out the common characteristics.

Henry Murray and the Harvard Guidance Clinic (Murray, 1938) made this statement:

Man is very complex to learn and it is very difficult to find out information from them. Many psychologists have done several experiments so that they can find out information related to man. Personality is all about inherent characteristics of an individual’s
which determines that how an individual’s thinks and behaves.\textsuperscript{13}
1.2.3 Theories of Personality

The judgment on personality is extremely different and people are incompatible with others. Personality is generally making others different in terms of several characteristics. Most of the psychologist gave different definitions about personality as it is a psychological system of a person which makes him/her perfectly fit towards the environment\textsuperscript{14}

1.2.3.1 Trait theories

Personality traits are the most important things to describe a personality. Generally inherent traits of a person describe how a person will be and what will be his or her behavior. Some of the results given by Psychologists are as follows. (a) Traits do not change over time, (b) Traits are different among different people, (c) traits of the people influence other people’s behavior. Other important characteristics of traits are that they remain consistent for many years.

There are two types of traits found by Allport 1) Central traits and 2) Secondary traits. Common traits are those recognized within a culture and thus may vary from culture to culture. Allport in the year 1937 described in his book about the traits and its theories. Allport in his book also introduced about the first modern trait theories.

- **Raymond Cattell's** Raymond also has done much research on the personality traits of a person. Cattell, defined personality in terms of behavioral prediction. Raymond also has done research which describes how a person does in given situation."\textsuperscript{15}

- **Hans Eysenck** was another psychologist who believed in only three traits of a person. The three traits said by Hans Eysenck are 1) Extraversion 2) Neuroticism 3) Psychotics. He has also said that these three traits are enough to define a human personality.

- **Lewis Goldberg** has given five-dimension personality model. The name of the personality model given by Lewis Goldberg has been name as “Big Five”\textsuperscript{16}
1.2.3.2 Type theories

Type theories are the important theories of personality. Type theories are generally been describing people extrovert and introvert. Type theories say that generally people are classified into two main types one who are very sociable and other who are shy in nature. According to the trait theories Type theories say that generally people are classified into two main types one who are very sociable and other who are shy in nature. A personality writer distinguishes from personality traits, which develop in various levels or degrees. Type theories say that generally people are classified into two main types one who are very sociable and other who are shy in nature. For example, according to identify theories, there are two types of fill, introverts and extroverts. 17

It is said that expose is an older hypothetical airway to personality. There are two types personality factors Extroversion and Introversion. 18

- **Perceiving functions**: Perceiving function is generally a thinking component. A person generally believes that any thing in life occurs with some reasons. Perceiving functions is generally associated with thinking in life. Thinking components makes any situation to reach to its problem. For e.g why certain things have happen…

- **Judging functions**: Judging functions means thinking and feeling. The second important function is judging functions and it is associated with feeling of a person. For e.g Positive or negative feeling about certain things or people are generally formed with judging function. A negative feeling towards boss is example of judging function.

**Type A and Write B personality theory**

An Economist named Meyer and its co-workers have found out Type A and Type B activity patterns. He found out two types of Personality Type and Type B. Type A personality people are likely to face coronary disease because they are junk food lovers and on other hand Type B personality people are less agonistic and lower in Risk taking. The Economist also found out that apart from Type A and Type B there was an integrated personality of A and B. 19.
1.2.3.3 Psychoanalytic theories

Psychoanalytic theories are also important theories of the personality. Psychoanalytic theories are generally describing different parts of the personality. Every people may behave according to its own personality. Psychoanalytic theories were being given by Sigmund Freud. Sigmund Freud was the creator of the Psychoanalytic theories. Sigmund Freud got the idea of these theories from its class of physics. He thought if heat energy is converted to mechanical then it’s also possible to convert Psychic energy into behavior. Sigmund Freud’s theory gives much importance on dynamic, unconscious and psychological conflicts.

Sigmund divided psychoanalytical theory into three types 1) id 2) Ego and 3) Super ego. Sigmund said that all this components are having its own characteristics. The Id behaves according to the principle of enjoyment, immediately demanding its need. The id generally is regarded as the conscious part of the mind. The ego generally checks the demand of id and fulfills it as per the necessity. The ego generally works on the reality principle. The super-ego generally does a particular in a moral way. The id demands something but if it is morally good or bad is decided by super ego. The super ego is an important component of the freuds theory which generally works on the principle of morally right. The Sigmund freuds theory is the dynamic interactions of all of this three components.

Freud gave the psychoanalytical theory which clearly says that human minds work on the three main component of the body. The three components i.e. Id, ego and super-ego generally works on the principle of demanding the needs and fulfilling it with the moral objectives.

Freud has also given the psychosexual stages of personality. These psychosexual stages of personality development has different phenomenon. Freud also said that the personality of one’s is the generally the reflection of its childhood activities. He also said in majority of cases generally personality results due to childhood experiences.
1.2.3.4 Behaviorist theories

Ivan Psychologist was another person who described behavior change in terms of doing experiment. He performed dog’s experiment and came with the conclusion that behavior change is responsible factor for behavior. Ivan Pavlov was a Russian psychologist who conducted a classical conditioning experiment on dog. Pavlov generally selected dog for the purpose of the research. Pavlov gave a dog and piece of meat and found that dog started salvation after seeing the piece of meat. Now Pavlov rang the bell and then gave the piece of meat and found again dog started salvation. Pavlov did this thing several times and found that dog was doing salvation. Pavlov now rang the bell but not given the meat but he found that dog started salvation immediately after the bell was ranged. Pavlov found that behavior of any person can be molded when you link a particular thing with other and repeatedly mould the behavior of the person.

Behaviorist theories are generally been given by a psychologist i.e. B.F. Skinner. Behaviorist theorist generally believes that the behavior is the outcome of extrinsic stimuli. External stimuli are responsible for the personality change in a human being. B.F Skinner generally believes that personality is an outcome of stimuli which is available in the environment. Jack was a psychologist who believes that children usually do bad things. He further said that they engage in bad behavior because they are reinforcing according to that. Richard Herrnstein was another psychologist who gave explanation of this theory keeping base as attitudes and traits. Psychologist believes that attitudes and traits are responsible for the behavior change. Generally behavior change is factor which is associated with attitude and characteristics.

Ivan Psychologist was another person who described behavior change in terms of doing experiment. He performed dog’s experiment and came with the conclusion that behavior change is responsible factor for behavior.
1.2.3.5 Social cognitive theories

Cognitive theories of the personality are generally dependent on thinking component. Albert Bandura, was a famous social learning theorist which suggested the forces of memory and emotions work according to the external environmental influences. Bandura has given a “Bobo Doll Experiment”. The history of this experiment says that one day Bandura show a boy kicking the Bobo doll and from that day he gave a bobo doll experiment. He showed this video to all the small children in kindergarten. These children were ready to go out and play. When all the children entered to the play room they all show bobo doll and the hammers. Some people show there that some children’s were beating the bobo doll with the hammers. Hence this theory was named as observational learning theory or modeling theory.  

- Attribution style theory generally explains events in people’s life. Attribution style theory generally finds reason for the particular events which has occurred. Attribution generally means finding appropriate reason for particular event.

- Achievement style theory also generally focuses on individual’s locus of control. There are two types of characteristics of people one is people on internal locus of control and people on external locus of control.

Walter Mischel (1999) has given a cognitive approach on personality. Walter Mischel gave cognitive approach on personality in the year 1999. Walter Mischel gave the name for its work as “Cognitive Affective Units”. Cognitive Affective Units show the approach on cognition

Cognitive-Experiential Self-Theory (CEST) is considered to be as cognitive theory of personality. Cognitive-Experiential Self-Theory was generally developed by Seymour Epstein. CEST generally argues that human being operates on two information processing system. Experiential system and rational system are two types of processing system. Experiential system is generally considered to be as fast and emotion-driven. The rational system is generally slow and logic driven.
1.2.3.6 Humanistic theories

Some psychologist generally disliked the psychodynamic and behaviorist theories of explanation. The reason for disliking the approach was because that they felt those theories don’t explain human characters. Two psychologists, Abraham Maslow and Carl Rogers are famous people who gave humanistic theories.

Five levels of Maslow’s Need Theory

1. Physiological Needs:
Physiological needs are generally most basic needs of human being and they include food, water, air and sleep.

2. Security Needs:
Security is most important factor a person usually looks for after it acquires the basic necessities of life. Security is required for every person and hence it is most important need for any person. Some of the examples of security needs are employment opportunity, health, good neighborhood etc.

3. Social Needs:
Social needs are also one of the most important needs of person’s life. Social needs arise when a person fulfills physiological needs and security needs. Social needs are all about a social recognition and aspiring something in the society.

4. Esteem Needs:
Maslow said that esteem needs are also important in the life of a person when he satisfies above three needs in his life. Esteem needs are associated with personal worth of a person. A person considers a personal worth very important in its life.

5 Self-Actualizing Needs:
Maslow said that self-actualizing needs are the last step in the life of a person. If all the above needs are satisfied in the life of a person then a person aspires for last needs.
1.2.3.7 Bio-psychological theories

Bio-psychological theories are one the most important theories of the personality. Bio-psychological theories have evolved from Phonies Punt. In 1848 a research was done to know the personality characteristics of the people. The research gave the opposite results. 29

Cattell and Eysnck know planned that genetics hold an iron like influence on personality. Tally concluded that there is a correlation between twins. Tally also said that five cipher personalities represent: disturbance, sociability openness, disposition and conscientiousness. Tally concluded that there is a correlation between twins. It is generally said that property and environment interact with each other to view ones personality. 30
1.2.4 Gender difference

Gender differences are the most important factor in determining the suicidal incidence. It is found that female are more likely to cause neuroticism. Female’s nature is extremely different from its male counterpart. Females are more likely to cause neuroticism means they are poor in reacting to any stress related conditions. Female’s natures are different and as a result male can relieve stress more quickly than its female counterparts. A Research was conducted in 55 nations to generally know about neuroticism. Research concludes that big five personality traits differences they found in gender. 31

Research concludes that 49 nations were carefully studied. The percentage of women in terms of neuroticism was higher in compare to men. There was no single country which was found male dominated then female. This Gender differences were seen in different nations in terms of neuroticism. 32 Research gave a brief idea related to the gender differences and also suggested that who among male and female are more dominant in terms of neuroticism. Sex differences became more pronounced in countries where human development was higher.33

1.2.5 Neuroticism

In the study of psychology Neuroticism is the most basic personality trait. Neuroticism generally is related with the negative emotional states. The people who have neuroticism are generally very high in terms of stress, anxiety, anger, guilty and bad mood. Neuroticism is very important traits in the personality. The people who suffer from the neuroticism respond more to environmental stress and are generally poor in reacting to it. These types of people are often self-conscious and shy nature. Neuroticism is generally a risk factor for knowing mental disorders such as phobia, depression etc. 34
1.2.6 Personality Disorders:

Personality disorder is estimated at 10 to 15% in adults in US. It is seen that every one personality disorder is experienced by 10 to 15 % person in the US. Personality disorder can defined as chronic and pervasive mental disorder. The personality disorder generally affects thoughts, behaviors and interpersonal functioning.  

1.2.7 Personality Tests:

There are number of personality tests. There are number of sites where we can easily find out different Personality Tests. Generally idea behind personality tests and quizzes are only to know them how assessments are done.

Personality test is set of questionnaire or other standardized instruments for the purpose of reveal the psychological makeup of any person. Personality test is very important to reveal the personality of any person and as a result to make important predictions of people. Personality test is a phenomenon or a process whereby it makes very easy to find out an overall personality behavior of a person.

Different methods are used for the purpose of knowing the personality characteristics of a person. Questionnaire is one of the oldest methods to find out the overall personality behavior of a person. Questionnaires are generally a set of questions which is to be asked to the respondent and which generally makes it very easy to find out personality behavior of a person.

Personality test is set of questionnaire or other standardized instruments for the purpose of reveal the psychological makeup of any person. Personality test is very important to reveal the personality of any person and as a result to make important predictions of people. Personality test is a phenomenon or a process whereby it makes very easy to find out an overall personality behavior of a person.
1.2.8 Characteristics of Personality

1. **Personality is generally Structured & Constant.**

Personality is structured and constant means that it cannot change overtime and remains same throughout life. Generally personality of people remains consistent over longer period of time inspite of minor changes in it overtime. For e.g If a person possess an extrovert types of personality means he may be more sociable and friendly in nature.

2. **Personality is said to be psychosomatic.**

Personality is also influenced by biological needs and processes. Personality is generally said to be psychosomatic because it depends upon internal factors of the people that drives its character.

3. **Personality makes behavior changes.**

One of the other characteristics of personality is that it makes changes in the behavior of the person. We see different characteristics of people depending on their personality but important thing lies that it also gets changes to some extent in lifetime. It is said that personality of a person is difficult to change but it is not impossible. Personality usually changes when certain emergency things happens in the life of a person like sudden death of family member. Personality changes come when any emergency situation occurs in the life of a person.

4. **Personality is reflection of beliefs, mind-sets, behaviors etc.**

Personality is reflection of beliefs, mind-sets, and a behavior of people means these factors plays an important role in shaping mans characteristics. Personality is mostly depended on the characteristics of a person like its beliefs, mind-sets and behaviours etc. One of the other characteristics of personality is that it makes changes in the behavior of the person.
1.2.9 The Study of Personality

There are different methods to study personality. All methods are having strengths and weaknesses. Different methods to study personality are as follows:

- **Experimental methods** are the types of method to study personality. In Experimental methods investigator is controlling and manipulating the variables. Generally investigator selects those variables which are of its own interest.

- **Case studies and self-report methods** are one of the most important methods to study the personality. Case studies & Self-report methods generally are dependent on psychotherapy. Case study & self-report methods is complex in nature and generally requires deep understanding.

- **Clinical explore** are third types of methods that usually rely on clinical patients entropy. Clinical explore methods are mostly dependent on clinical patients information. Clinical explore methods generally are highly prejudiced and awkward to verbalize. 37 Galore type of personality theories are supported upon this research. In this type of research the investigate subjects are unequalled.

  It is said that trait of type Sociable-introversion is the central dimension of manlike personality theories. 38

1.2.10 Extraversion

Extraversion is a type of personality trait. People who have such kind of traits are generally more social able and frank compared to introversion. Extraversion generally means dominant in activity and enthusiasm, People who are having such traits are generally having more friends and they even love to go in company. Extraversion makes a person to be friendlier with the other people and is more party type personality. Extraversion means outgoing soul. 39 People who has such characteristics are more energetic in their work. Mostly such peoples are in the profession of politics, broking etc.

...39...
1.2.11 Introversion

Introversion is the second type of traits which means generally having reserved types of personality. Introvert people are having few friends and they are mostly reserved in nature. Introvert people don’t like to go in party and generally avoid a social gathering. Introvert means such people have a mindset that to be alone. Most of the writers are introvert in nature.\textsuperscript{40}

1.2.12 Eysenck's theory

Hans Psychologist was the psychologist who described extraversion and extraversion. Psychologist generally described both as different characteristics having different behavior. Extrovert generally means outgoing and sociable. Introvert means a reserved personality. Extrovert people like to go in party on weekend but the introvert type of personality doesn’t like to go in party on weekend.

Eysenck was a psychologist which suggested that extroversion was the outcome of two words 1) Impulsiveness and 2) Sociability. Impulsiveness and Sociability are generally creating personality trait extroversion. Such peoples having extrovert type of personality are going for party on weekend.\textsuperscript{41}

Eyesenck further compared these types of traits to medication. Eyesenck compared both the traits to the ancient medication. Eyesenck said that extrovert means its angry people and introvert means sad people.

\begin{figure}
\centering
\includegraphics[width=0.5\textwidth]{twin.png}
\caption{Twin shown in the figure generally resembles both the characteristics i.e. extraversion/introversion.}
\end{figure}
1.2.13 Biological factors

Biological factors are playing an important role in determining the personality and its characteristics. Extroversion and introversion types of personality characteristics also depend on the biological factors. Biological research has confirmed that around 39% to 58% are outcomes of heredity. Heredity factors also play an important role in making a person extrovert or introvert.42 This higher sensation is generally seen among the extrovert type of personality people.43

Biological factors are playing an important role in determining the personality and its characteristics.44 Extroversion and introversion types of personality characteristics also depend on the biological factors.45

1.2.14 Behavior

There is wide difference between the both types of personality. Extrovert types of personality are generally means more sociable and friendlier. Introvert on the other hand means reserved personality and having few friends. Energy, enthusiasm and activeness is seen in the people having extravert traits of personality. Extravert types of personality like crazy clothes.46 Extraverts are energetic and sociable compared to introvert people.47 People with an outgoing personality often decorate their offices with flowers and others items.48

1.2.15 Extraversion, introversion, and happiness

People with extravert personality have got higher levels of happiness. Introvert peoples are generally having low level of happiness. Extraverts generally have higher levels of happiness. Introvert means it is lower level of happiness.49 Personality, specifically outgoing and emotional stability are best known factor of well-being. Extraversion trait was found to be happiness by Extraversion Scale.

Argyle and Lu found that Extraversion is related with the happiness. Extraversion is related with the happiness and again it was measured by Hills and Argyle in 2001.50 Research was done carrying 14,407 participants from 100 areas of continental United States. The result of the research was that Extraversion may be related with the happiness.51 Again in the year 1991 two psychologist conducted the same research and came out with the same results. Larsen and Ketelaar were two psychologists which carried out the research.52
1.2.16 Components of Personality

Personality is reflection of beliefs, mind-sets, and a behavior of people means these factors plays an important role in shaping mans characteristics. Personality is mostly dependent on the characteristics of a person like its beliefs, mind-sets and behaviors etc. One of the other characteristics of personality is that it makes changes in the behavior of the person. We see different characteristics of people depending on their personality but important thing lies that it also gets changes to some extent in lifetime.

Personality generally is not related with the person’s physical appearances but it is its unique adjustment to the outer world. Personality is different for the different people and hence we can define personality as which is generally being made of patterns of thoughts, feelings and behaviors.

1.2.17 Fundamental features of personality:

- **Consistency**

  Consistency generally means to act in the same way or similar way. Consistency is the most important factor which says that people generally behave in the same manner.

- **Psychological and physiological** –

  Personality is generally outcome of psychology. Personality is also affected by biological processes and needs.\(^{53}\)

- **Impact behaviors and actions** – Personality is having a different meaning in terms of acting. It is said that personality is not only related to respond to the environment but also to act.

- **Multiple expressions** –

  Personality also displays more just behavior.\(^{54}\)
1.3 Quality of Life

The Quality of life can be described as the way of living life in a way which meets everybody’s requirement. In today’s life all peoples want is meeting there all requirement in terms of basic amenities of life.

Quality of life always reflects the difference, the gap that is between hopes and expectations of a person and its own experience. Quality of life may also be called as subjective well-being. Human adaptation is such that people usually don’t have a good quality of life and they always adjust themselves with the basic life styles. Hence it enables different people who have very difficult life circumstances and they are not able to maintain a good Quality of life.  

Most of the time Quality of life may be influenced by number of factors from the environment. Personal and environmental factors are also playing an important role in influencing a good quality of life. Usually Enjoyment is always having two components: 1) Experience of satisfaction 2) Achievement of some characteristics.

1.3.1 What is Quality of Life?

“Quality of Life is related to the perception of „meaning“. The definition for meaning its simple and its central to the human situations. Quality of life is related with the well being of mental health and physical health. - Frankl VE. New York: Pocket Books, 1963. Various writers on the other hand have defined the concept of Being, Belonging and becoming as the important domains of good Quality of life.”

“Quality of Life is generally a related with factors such as social, health, economic and environmental conditions. These factors generally affects human and social development.”

“Quality of Life is the outcome of physical and mental health of persons well-being.”
1.3.2 Quality of Life: A Systems Model

The important feature in analyzing quality of life is measuring Human Developmental Index (HDI). Human Developmental Index is generally measure and publishes annually by UNDP around the world. UNDP is generally most important name in doing research about Human Developmental index. UNDP measures Human Development index by measuring many factors. The different factors which are useful in knowing HDI are as follows:

- The average period that a person expect to live.
- By measuring GDP which is based on PPP exchange rates one can know standard of living.\(^{60}\)
- **SOCIAL**: Social factors include Children care and Aid for people. For a good quality of life one must be ensured about their social factors.
- **HEALTH**: Health is also an important to describe about babies and their weight, suicide rate etc.
- **ECONOMIC**: Economic factor also plays an important role in good quality of life. For e.g. number of people unemployed, number of people working etc.
- **ENVIRONMENTAL**: Different environmental factors are also responsible for good quality of life.\(^{61}\)

1.3.3 Dynamic Fitness

Dynamic fitness is generally considered to be one of the most important elements in recovering from stress. When a person remains fit then it is a positive factor towards reducing the stress in human being. Fitness of the people is most important factor for people in reducing and controlling stress.\(^{62}\)

There are several uses of being physically and mentally fit. A person who is physically as well as mentally fit can remain away from all the stress and is less likely to do suicide. Suicide related cases are seen nowadays among many people and its result of a person mentally upset. Dynamic fitness thus is required for person to remain fit both physically as well as mentally. Due to growing competition and increasing workload has created a life more stressful.
1.3.4 Optimizing Needs

Every person has got imperfect needs. We always go for the other needs in spite of the important needs i.e. psychological needs. The primary needs of a person that is food, water and shelter are of most important. Most of the people go towards imperfect needs. Optimizing needs are generally a concept needs and does not go in the reality. Optimizing needs are in theoretical concept and does not opt for the reality.⁶³

Every person has got imperfect needs. There are different categories of needs found and its value depends on the basis of its necessity. Different like physiological needs, social needs, security needs and Esteem needs are some of the examples of needs. Physiological needs are the most basic needs and other needs emerges ones basic needs are fulfilled. Basic needs like food, water and shelter are the most important categories of needs a person always aspire in its life.

1.3.5 Attitudes to Life

Attitudes towards life should be positive one. Optimistic person sees every where there is an opportunity. Optimistic person are successful in their life. Pessimist person sees that there is no opportunity in the external environment. In various respects, spirit is what we represent it. It is our individual psychological attitude that defines our concept storey spirit or otherwise with our lives. Thus if we are an optimist we present see the salutary aspects of our surround, whilst a pessimist module only see the bad - thus the synoptic surround is perceived differently.⁶⁴

1.3.6 Meta needs

Meta needs are generally highest forms of the needs and it is related with the personal growth of a person in its career and life. Meta needs usually involves to achieve a new height in person’s life. If a person is doing business then its Meta needs would be to become the most richest and successful businessman in the world. If a person is doing job then its meta needs would be to become an director or president of the company.⁶⁵
1.3.7 Social Needs

Social Needs are very important factors for the purpose of determining the suicidal tendency in a person. Social needs are one of the most important factors in determining the tendency of people in terms of Suicidal tendency. Social needs are one of the most important to know the suicidal tendency of the person.

1.3.8 Primary Needs

We are all connected species of the ecosystem and are interrelated to each other. All species are interconnected to each other and hence they all affect each other. We comprise of primary needs and secondary needs for our upbringing. Every individual is concern with the fitness of it and its called quality of life. We have to manage ourselves as individuals and species. This is called Quality of work life.

1.3.9 Quality of life (healthcare)

Quality of Life (QOL) is all round development of person in terms of education, health and social life. Quality of Life is very important for a person because only economic development is not essential. Quality of Life is very important for the purpose of improving a health of a person. Quality of Life is used in many contexts comprising of good health and medicine.
1.3.10 Why is it important?

**Quality of Life** (QOL) is all round development of person in terms of education, health and social life. Quality of Life is very important for a person because only economic development is not essential. Quality of work life is important for a person because it clearly tells an all round development of an individual. \(^7\)

Health sector is more concern issue for the people nowadays. Quality of work life is important for the people. Good quality of life includes goods education and good health.\(^7\) **Quality of Life** (QOL) is all round development of person in terms of education, health and social life. Quality of Life is very important for a person because only economic development is not essential.\(^73\)

1.3.11 Future Implications of QOL

The future implications mean impact of QOL on people’s life. QOL of life is an important means through which you can know the differences among health standards of people. Many agencies are doing research on QOL to known people’s health standards. CDC is doing survey on QOL to know about health differences among people. Hence, through survey and Research important knowledge about people’s life can be found out. The findings can be used in number of ways by the government of the country.

There is a growing field of research related to health issues. Health sector is the most concern area for the country in today’s world. Health sector is more concern issue for the people nowadays.

**Quality of Life** (QOL) is all round development of person in terms of education, health and social life. Quality of Life is very important for a person because only economic development is not essential. Quality of work life is important for a person because it clearly tells an all round development of an individual.
1.3.12 Research Pertaining to QOL

There are several researches which have been conducted for the purpose of good Quality of work life. Research includes Quality of Life and other things like education, health etc. Good Quality of Life is important for the people.  

The Remarkable 0.5 of Standard Deviation

1.4 Suicide Tendency

Suicidal tendency is seen among people who are very young. Suicidal tendency is important to know whether at what condition and which reasons are involve in people having suicidal tendency. In recent years the awareness about the suicide as a problem has increased considerably. Hence the efforts are also increased to identify the youth who are at high risk for doing suicides. Suicides have also been ranked as third leading cause of death among young people.

The case was published in November 1998 about suicides in youth. This case has discussed more about suicides and it has brought many other researchers doing the researcher in the same area. Researcher in areas like child psychiatry and human development also have came together to discuss on the topic suicides. Researcher have identified and discussed on following areas.

1. Need important constructs regarding the study of suicidal behavior.
2. Need to evaluate behaviors with regards to high-risk behaviors.
3. Need for some consensus as to evaluate ways to cure suicidal.

It was advised that for the researcher conducting research on children and adolescents. The researcher will have an advantage of updated critical review of the instruments. Generally Problems which occurs in designing treatment studies for individuals facing suicidal tendency has been discussed by the researcher. The researcher has also identified several treatments to deal with the people of suicidal tendency. The researcher on the other hand has also identified which method will be of best value for the suicidal tendency people. This study done by researcher have also reviewed several instruments which are generally been used to evaluate suicidal behaviors and risk among different youths.
1.4.1 What is Suicide?

“Work with a warning in opposition to notions vulgates, together with an insistence that our first task must be to establish the order of facts to be considered under the name of suicide.”

Durkheim, 1997

"Specified foreknowledge is a weigh of honor, varied substantially from one individual or situation to add. At what part, for warning, does the end of a non-recreational dare-devil or that of a man neglectful of his health cease to be an "accident" and turn to turn kill."

Clarke, 1992

Robert Burton a Psychologist has written on suicides that “Melancholy has a negative outcome, except in some cases. The Psychologist also has said that person having suicidal tendency also sometimes commits suicides”.

Generally it is seen that Medicine and psycho-pathological approaches gives the situation of the depression. For the purpose of knowing aspects of isolation generally sociological approaches research plays an important role.

1. **Suicidal ideas**: Suicidal ideas may also appear in the healthy people. When a person goes into depression and feels lot of pain from inside such ideas may emerge.

2. **Biological readiness to act (impulsivity)**: This refers to a neurobiochemical disorder among people. It also describes about the genetic disorders which also manifests on the neurobiochemical level. (Praag, van., 1986).

3. **Current psycho reactive triggering factors**: In this point Loss, insult, existential inevitability plays an important role in this kind of experience.

4. **Despair, helplessness, hopelessness**: This factors plays an important role in doing suicides. (Beck, 1990).

5. **Loss of or loss of effectiveness of protective factors** The factors which are responsible for suicides are religious, spiritual or family bonds etc.
1.4.2 Overdoses and Suicide

Overdoses and Suicides are the most important topic that will highlight how suicides is been done. Lester in 1989 presented two methods of doing suicides i.e. poisoning by solids/liquids and by gases. The author also highlighted that these two methods were positively associated with killing one. Again in the year 1989 lester and agarwal concluded the corresponding memory for intoxication. 88

Suicidal ideas may also appear in the healthy people. When a person goes into depression and feels lot of pain from inside such ideas may emerge. Suicidal ideas may also start with an accumulation of pain in the minds of the people and just thinks of doing suicides. Most of the people consume overdose of specific drugs and die. Overdose and suicides are considered to be as responsible factor for person being death. 89

1.4.3 Suicide Rates as Social Facts

Social needs are also one of the most important needs of person’s life. Social needs arise when a person fulfills physiological needs and security needs. Social needs are all about a social recognition and aspiring something in the society.

Person is said to be a social animal and he likes to make friendship, attachments and get together in the society. Social needs plays an important role in person’s life as it is associated with community, religious groups etc. Social needs make a person strong and in any problem it may be useful to find out a needed solution.

The society has different meaning for the suicides. Every society in our country has got different aptitude for suicide. The intensity of the suicide is recorded on the basis of the voluntary deaths and population at every age. Suicide rate is generally higher among male people compare to the female. The suicide rate can be identified using the facts from the society. Suicide rate is a fact because people are classify through available options with them. Different statistical data express the suicidal tendency which every society is attached. Every society is having different figures related to the 90 (Suicide, pp. 48, 51).
1.4.4 Social Explanation

Suicide tendency in a person is an outcome of the social factors. Social factors are responsible for a person to commit suicide. Many people have social pressure on account of with a person is force to commit suicide. Social factors are the most responsible factors of suicides. It is also seen that suicides are committed more during summer season then in winter. Hot atmosphere is responsible for the suicide in human being. (Suicide, pp. 121-122).

1.4.5 Four Types of Suicide

There are basically four types of suicides 1) Egoistic suicides 2) Altruistic suicides 3) Anomic Suicide 4) Fatalistic Suicide. Most of important reason for the suicidal tendency in human being is a responsible factor due to social cause. Egoistic Suicide generally occurs due to depression among people. Peoples are generally feeling alone in these types of research. Egoistic Suicides are generally seen among people who don’t have too many friends or whose friends circle is less.

1. Egoistic Suicide: Egoistic Suicide generally occurs due to depression among people. Peoples are generally feeling alone in these types of research.

2. Altruistic Suicide: Suicide tendency in a person is an outcome of the social factors. Social factors are responsible for a person to commit suicide.

3: Anomic Suicide: Suicide tendency in a person is an outcome of the social factors. Social factors are responsible for a person to commit suicide.

4: Fatalistic Suicide: Fatalistic Suicide generally a result of regulation and social pressure. Durkheim has rightly said that a person who is not allowed to follow its passion and too much regulation from the home and society may lead to Fatalistic Suicide. Fatalistic Suicide may also occur when a person sees no possible manner to improve its life.
1.4.6 Overview of Suicide

Suicides are when a person voluntarily ends his life due to depression or other types of pain. A suicide in today’s world is one of the major concerns for the world. Suicides globally rank ninth in terms of global concerns. According to a research around 700,000 people die due to suicides. Huge numbers of people end its own life and commits suicides. Hence we can conclude that suicide is most major concern issue for the governments of the world. The reason for the suicide may be ample and hence its most important issues the government is facing in today’s era. The psychologist has done research on this area as why the people use to commit the suicide.  

An unnerving increase in suicides has reportable in the last decennary. Rockett, all bed according that over the sub terminal decennium, mortality rates for individual, poisoning, and h2o resentment substantially accrued. Because of mercantilism hit measures, end has surpassed inductive goal crashes as the directive make of happening mortality.

This article discusses the following:

- The article discusses the basic theory applied to self-destructive activities and events.
- It also has the Risk factors that can work as a early indicators for the suicides.
- It should indicate if the person’s suicide attempt is impending. Intrusions
- The diagnosis and treatment of the fundamental mental disorder resulting in the self-destructive behavior.
- It has also suggested the necessary steps that can be taken by a clinician if a person does suicides.
1.4.7 Diagnostic and treatment considerations

Diagnostic and treatment is the most important part where things about suicide can be known and cured. When one is successful in knowing the problem then it is easy to cure it but when problems cannot be rectified it is difficult to cure it. The first and foremost work is to know about the problem and should have proper alternatives available. The first and foremost thing is to know that whether the patient is safe or not. If it is found that the patient is safe then next important thing is to analysis about the self-destructive behavior.\textsuperscript{103}

1.4.8 Terminology of Suicide

Suicide is a psychological activity which means to ends oneself. Suicide is an activity infamously done by one. When a person lost all of its hope then he/she thinks to do suicides. In Suicide the person becomes self-destructive. Suicide is generally an psychological activity which is aiming at ending oneself.

Methods of suicides are many and it differs from country to country. Suicides may be done by many methods like hanging, pesticides, poisoning and firearms. Suicide is generally a fatal attempt which is carried out by organism. Suicides generally are dangerous for the people.\textsuperscript{104}

For admonition, an mortal ingests a decisive become of drugs with the belief that unit members gift be housing before dying occurs.\textsuperscript{105}

Suicide is a psychological activity which means to ends oneself. Suicide is an activity infamously done by one. When a person lost all of its hope then he/she thinks to do suicides. In Suicide of the person becomes self-destructive. Suicide is generally an psychological activity which is aiming at ending oneself.\textsuperscript{106}
1.4.9 Etiology of Suicide

A number of factors are playing an important role in suicide attempts. The factors are as follows: 107

- Medications
- Mental illness
- Sex
- Genetics
- Availability of firearms
- Life experiences
- Physical illness
- Economic instability and status
- Media and the Internet
- Psychodynamic formulation

1.4.9.1 Medications

Medicines and there overdoses may sometimes create much of the problems for a person. Medicines are good but up to certain limits but if it is taken more than the limit then it becomes dangerous. Many authorities have put a ban on selling of certain drugs as they are responsible for the suicide or they encourage suicide. 108 Medicines are proving harmful under certain cases as there easy availability may encourage a person who is depressed to end his life by eating such medicines. 109

1.4.9.1.1 Anticonvulsants

Anticonvulsants are used in many bipolar disorders because it provides a great relief in the minds of people after having such medicines. Anticonvulsants are useful in curing much disorder and mainly they are related with mental disorders. Anticonvulsants are also used in doing suicide by many people and hence government of India has been many such drugs. In 2008 FDA also put the warning signal on its drugs. 110
1.4.9.1.2 Pain medication

Pain medication always provides several drugs and in that Tramadol is pain alleviator. This medicine contains narcotic drugs and it has also come under warning signal by FDA. The FDA\textsuperscript{111} has made a note between Tramadol and emotional instability patients. It increases the self-destructive behavior among people.\textsuperscript{112}

1.4.9.1.3 Smoking cessation medications

\textbf{Moore} et al firmed that the risk of depression and suicidal or self-injurious behaviors is substantially augmented and statistically significant with the use of varenicline. Risk was also present, but smaller, with bupropion, and was even smaller with nicotine replacement. The investigators suggested that varenicline is unsuitable as a first-line agent to aid in smoking cessation.

1.4.9.2 Mental illness

Mental illness is also considered to be equally responsible for suicide attempt. It is also seen that people who commit suicide are having mental illness.\textsuperscript{113} Mental illness thus is most important factor in causing a person to go for suicide. In general we can say that mental illness is an important factor which is correlating with the suicide.\textsuperscript{114}

1.4.9.2.1 Depression

Depression is one of the responsible factors which cause a person to go for suicide. It is generally seen that a person in depression is more likely to go for suicide. Depression is also considered to be a state of low mood. There are many causes for the depression in person.\textsuperscript{115}

Depression generally mean when a man has lost self-esteem. When a person feels himself to be helpless and hopeless i.e Depression. There are many side effects of Depression and it’s very dangerous for a person’s health.\textsuperscript{116}
1.4.9.2.2 Schizophrenia

A person who has a problem of Schizophrenic is at high risk for suicide. Person with such disability may experience an inner voice which will say them to end their life. They generally receive command from inside and as a result they want to end its life. Such people generally feel they are lonely and nobody else to support them. Such people feel loneliness from inside and hence they want to end their life.

1.4.9.2.3 Anxiety disorders

Anxiety disorders are also the important factors whereby a person kills himself. Generally person who has such symptoms feels afraid of himself and it is physically unfit. Generally two types of disorders are seen i.e. Obsessive-compulsive alter and other is phobic disorders. Both these symptoms are responsible for anxiety. Anxiety disorders generally make a man to feel afraid of others and terrorized.

Katz et al was a psychologist which clearly found that anxiety symptoms are generally risky. Psychologist furthers suggested that anxiety disorders are having multiplied venture of dangerous ideation.

1.4.9.2.4 Abuse

Substance abuse is also considered to be as most important methods of the suicides. Suicides which are generally been done by substance abuse are considered to be as dangerous for the person.

Person who has an addiction for liquor then he is more dangerous compare to other peoples. Person who becomes addicted to liquor may also endanger their family and social life. They are more dangerous for doing suicides and other activities. Person who has been addicted to alcohol is considered to be as more risky and dangerous suicidal.
1.4.9.2.5 elirium and dementia

Suicidal tendency is seen among people who are very young. Suicidal tendency is important to know whether at what condition and which reasons are involve in people having suicidal tendency.

1.4.9.2.6 mia

Bulimia is generally considered to be as most dangerous. Bulimia has got much dangerous expression. General symptoms for the Bulimia are psychiatric disorders, childhood shout and difficulty dealings with the exoteric. \(^{124}\)

1.4.9.3 Sex

Sex is the most important factor responsible for the suicide. According to an estimate man due more suicide compare to women. Men is having lot of tension in its social life and hence he is not able to reveal his problem to anyone. Women on the other hand reveal her problem to others and hence suicide rates among women are less. Men do 4 times more suicide then women.

Females generally use more poison in doing suicides then Male. A study was conducted by Hoon et al which has evaluated the negative effects of self-poisoning. \(^{125}\) The research also suggested that female who live without female do more suicide attempts then male. The female who also has long history of depression problem also does suicides. \(^{126}\)

Early the person who has such symptoms may go for psychological intervention and close observation. \(^{127}\) (See the chart below.)

The above figure shows the ratio of female and male ratio of suicide in the year between 1984-2006.
1.4.9.4 Genetics

Suicidal tendency is seen among people who are very young. Suicidal tendency is important to know whether at what condition and which reasons are involve in people having suicidal tendency.

Several authorities consider that transmissible factors alone may be responsible in kill, that kills runs in families, and that having a organism who commits slayer is indeed a danger constant. Hence, a clan chronicle of suicide is real big. Thorough evaluation of pedigree chronicle of feature malady and slayer should be a turn aspect of enduring evaluation.

1.4.9.5 Family history

Suicidal tendency is seen among people who are very young. Suicidal tendency is important to know whether at what condition and which reasons are involve in people having suicidal tendency. In recent years the awareness about the suicide as a problem has increased considerably. Hence the efforts are also increased to identify the youth who are at high risk for doing suicides. Suicides have also been ranked as third leading cause of death among young people. A family history of suicidal behavior gives an idea of a risk factor for the same behavior in offspring.
1.4.9.6 Availability of firearms

Firearms is one of the most important method of Suicide.\textsuperscript{130} (see the chart below). When an individual with a dejected mood consumes alcohol and has a gun available; the condition can easily twist fatal.

Of 34,598 completed suicides, 17,352 used guns.\textsuperscript{131} Hence specialist is more concern with the firearms. Firearms are one of the important methods whereby a person commits suicides. Specialist is generally more concern about a person who goes for firearms because it may be indicating factors to commit suicide.\textsuperscript{132}

The important records from the National Institute of Mental Health \textsuperscript{133} has been given as follows:\textsuperscript{134}

- Suicide by firearms - Males (56%), females (30%)
- Suicide by suffocation - Males (24%), females (21%)
- Suicide by poisoning - Males (13%), females (40%)
1.4.9.7 Physical illness

Personality is also influenced by biological needs and processes. Personality is generally said to be psychosomatic because it depends upon internal factors of the people that drives its character. Personality always is influenced by biological needs of a person and its internal characteristics. Social background of people having extrovert type of personality usually show activeness more compare to introvert type of people. If a person possess introvert types of personality it means he remains lonely and reserved in nature throughout its life. Hence, Structured and constant implies which remains same overtime and doesn’t get changes.

1.4.9.8 Life experiences

Predestinate recent spirit events can fall dangerous behavior. These allow romance-related losses, specified as the expiry of a mate relation or a part; a job terminus, or the red of a pet. The penetrating going can be disrespectful.

The most chief is killed by a kin member or a person. Not infrequently, record of an ancestor, parent, or sib committing killing matches with slayer by other member of that kindred.135

Kill by an associate may make others to jibe the event; indeed, killer has a contagious facet, especially among adolescents. One kill in a spiky down is followed by other suicides or attempts.

1.4.9.9 Economic instability and status

Economic instability and status is also responsible factors for the suicide. In our country we see financial problems are one of the most important factors a person will attempt a suicide. Psychologist Emile Durkheim believe that because of Economic instability and status a person becomes self destructive. He also named these changes as dangerous for a person.136
1.4.9.10 Media and the Internet

Media and internet are also playing an important role in suicide. Media and internet have grown overtime and as a result we can say that people gets motivated on account of Media and Internet. Thoughtfulness found many Websites providing specialized techniques on suicide. That very mulls also plant more any kill sites and a startling product of pro-suicide sites.

Withal, a circumscribe of Web sites do cater aid for treatments, accounts of eminent interventions, and key resources. In gain, individuals score utilized the Internet to interpret online questionnaires that can point period and killing possibleness; any college trainee students launch to bonk wanted communication because of winning these surveys.

Media and internet are also playing an important role in suicide. Media and internet have grown overtime and as a result we can say that people gets motivated on account of Media and Internet.

1.4.9.11 Psychodynamic formulation

Personality is also influenced by biological needs and processes. Personality is generally said to be psychosomatic because it depends upon internal factors of the people that drives its character. Personality always is influenced by biological needs of a person and its internal characteristics. Social background of people having extrovert type of personality usually show activeness more compare to introvert type of people.

Psychoanalytic intention of people is believed to be attacking and killing there family members in most of the situation. A person is found to first attack its family member and then killing itself.

Personality is also influenced by biological needs and processes. Personality is generally said to be psychosomatic because it depends upon internal factors of the people that drives its character.
1.4.10 Impulsivity of Suicide

Personality is also influenced by biological needs and processes. Personality is generally said to be psychosomatic because it depends upon internal factors of the people that drives its character. Personality always is influenced by biological needs of a person and its internal characteristics. Social background of people having extrovert type of personality usually show activeness more compare to introvert type of people. If a person possess introvert types of personality it means he remains lonely and reserved in nature throughout its life.

Hence, Structured and constant implies which remains same overtime and doesn’t get changes.

In many cases, suicidal behavior results from a person acting impulsively. Colleagues showed that a lack of executive functioning in the form of poor impulse control inhibition represents a suicide risk. Impulsivity can often separate people who just have suicidal ideation from those who actually attempt suicide.

1.4.11 Other risk factors

Personality is also influenced by biological needs and processes. Personality is generally said to be psychosomatic because it depends upon internal factors of the people that drives its character. Personality always is influenced by biological needs of a person and its internal characteristics. Social background of people having extrovert type of personality usually show activeness more compare to introvert type of people. If a person possess introvert types of personality it means he remains lonely and reserved in nature throughout its life.

Hence, Structured and constant implies which remains same overtime and doesn’t get changes.

Apart from the above factors other factors are also playing an important role in committing a suicide. The other responsible factors for suicides are marital status, Perceived incarceration, lack of exposure to daylight and height.¹⁴
1.4.11.1 Marital status

Marital status also plays a prominent role in suicide. People who are married commit less suicide and people who are unmarried, divorced or widowed commits more suicide. People who are alone and lonely generally commits more suicide than other people. Marital status also plays a prominent role in suicide. People who are married generally commit less suicide compare to a single person. The reason for it is because being lonely it makes mind emptier and many thoughts comes to the mind of a person. When a person is alone he things number of negative things and as results he goes for suicide.

Married person are not ending their life because they are so much engage with their family and as a result negative thoughts don’t come to their mind. The divorced people too are going for suicide as because of lonely environment and as a result they continuously think in negative direction.

1.4.11.2 Geographic altitude

Geographic altitude is also responsible factor for the purpose of the having an exaggerated personality. Different geographic altitude plays an important role in causing suicide. People generally living in high altitude are more prone for suicide as compared to people living in plain areas. Geographic altitude of different regions is not same as a result they play an important role in making a person to go for the suicide. This type of relationship may easily connect with the metabolic pronounce. This metabolic pronounce is generally associated within individuals with feeling disorders.

People living at higher altitude have different lifestyle and hence they may predict different characteristics than plain area peoples. Geographic altitude plays a very important role in predicting lifestyles of the people living in different regions.
1.4.11.3 Incarceration and hospitalization

In counterpoint, during the opening week after a diluents firing from a psychiatric hospital or organization, the seek of killer is particularly lofty. For some, the transmutation is serious, hard, and anxiety provoking.\(^\text{144}\)

The chance of slayer should employ to all persons involved with the reprehensible adjudicator grouping. Writer discovered that statesman welfare and cultural problems frequently coexist in this accumulation, including sinning, psychopathology, and suicidal behaviour. Further bar strategies needed for this unit, including built psychogenic eudemonia employment stock for all fill in the offender administration system, straight those constitute not shamed and those not supposition protective services. Better coordination needful in people services to attach synchronous welfare and multiethnic problems.

1.4.114 Lacking of daylight

Generally lack of daylight is connected with depression and suicide. It is seen that places which are having long winter season such as Scandinavia\(^\text{145}\) and P.T.C of Alaska region are having more suicides than any other regions.\(^\text{146}\) People who lives in this region does not experiences sunlight and hence are at higher risk of causing suicides.\(^\text{147}\)

1.4.11.5 Serum cholesterol

There are two types of cholesterol which is found in the body of a person. There is usually a great confusion between cholesterol as whether it is bad or good. Generally there are two types of cholesterol which is found among people one is dietary cholesterol which comes from food and other comes from bloodstream.

A correlation has long noted between low levels of total serum cholesterol and suicidal activity. Ollie and associates found lower cholesterol levels in persons who attempted suicide, suggesting serum cholesterol levels could possibly used as a biologic marker for potential suicide risk. Usually plant doesn’t produce cholesterol but animals produce cholesterol. Different foods like dairy products, food items produce good cholesterol.
1.4.11.6 Sleep problems

Sleep difficulty remains an indicator for not only depression and anxiety disorders but also a risk factor for suicide. Colleagues studied sleeping problems and suicide in 75,000 Norwegian adults for 20 years.\textsuperscript{148}

Slayer rates in the Amalgamete States by realm, 2000-2006.

The top 15 causes of death (in persons aged 1-85+ y) in the United, States in 2007, according to the National Institute of Mental Health, are as follows:

- Heart disease - 615,616
- Malignant neoplasm - 562,795
- Cerebro vascular - 135,814
- Chronic lower respiratory disease - 127,875
- Unintentional injury - 122,387
- Alzheimer disease - 74,629
- Diabetes mellitus - 71,373
- Influenza and pneumonia - 52,492
- Nephritis - 46,304
- **Suicide - 34,592**
- Septicemia - 34,543
- Liver disease - 29,185
- Hypertension - 23,963
- Parkinson disease - 20,056
- Homicide - 17,984
1.4.12 Religion-related demographics

Religion may also play a role in suicide. It is seen that Protestant peoples are more likely to do suicide than Catholics or Jews. It is also found that some religion too encourage suicide. There are different views of religion over suicide. Suicides are seen in different manner in different religion.

1.4.13 Race-related demographics

If we see the Race-Related demographics then in United States there are different races of people are living. For e.g 1) Black 2) White and 3) Hispanic etc races of people live in United States. Most of the Suicides in United States take place among white people. According to an estimate Every 13.5 cases per 100,000 populations and 5.1 cases per 1,00,000 populations among black people. According to an estimate cases for Hispanic men is around 6.0 cases per 1,00,000 populations. The rate for Native American and Native of Alaska was around 14.3 cases for the 1,00,000 people.

Other important characteristics of people doing suicides are people with low skin color then person with darker skin color.

1.4.14 Sex-related demographics

The number of suicide among male people is more comparing to female. The reason for this difference in suicide is because female people generally tell their feelings to others but in compare to man it only hide. In suicide related statistics men commits more suicides compare to female.

When we compare the difference it is quite striking. Suicide is considered to be leading cause among males and 15th among females. The research was conducted in the year 2007. When it comes to the path of suicide female makes more attempt then male people.

Suicide is also related with the hiding of the feelings. When we compare both male and female then male hides their feelings and never confronts to anybody. Hence its most important factor in doing suicide. Women confront their to others and hence they commit suicide less than men.
1.4.15 Age-related demographics

Suicide increases with the age of a person. It is seen that a person with higher age are more likely to attempt suicide. It is seen that at higher age the suicide rate increases. It is also seen that a number of suicides in the adolescent age group has been increase considerably. In recent decades, the number of adolescent suicides has increased dramatically. Surveillance was done in the year 2007 which have showed that around 7% of high school trainee students had attempted suicide.

Rate of suicides, sex, race and age.
1.4.16 Occupation-related demographics

Generally Suicides are also seen among different occupations. People in the occupation of Police and Public safety are at very high rate for suicide. The people who do long hours of work are more likely to go for suicide then a normal being.

Suicides vary according to the occupation. Suicides are seen in occupation which are more related with the stress and targets. Suicide risk in military personnel has been increasing, as demonstrated in the chart below.


1.4.17 Seasonal variances in suicide

Suicide is generally seen more in the spring season. According to studies suicides are generally seen in the month of May. Suicide is mostly seen in spring season. Suicides are mostly seen in month of May. The risk is that during the winter season and in early spring time people who are having low motivation surround people with depression. The people who are generally depressed are cheered during the month of May and people who are depressed due to other reasons remain depressed.
1.4.18 Suicidal ideation

Suicidal Ideation is concern with asking the questions related to suicide and finding the reason for the suicide. It is seen that suicidal idea is lead to suicide. Some of inexperienced clinicians have much difficulty in asking such a question. Suicide is a planned person where a person being lonely thinks for innumerable plans to end his life.

1.4.19 Suicide plans

Mainly the idea of suicide comes from inside. More the person faces the problem of depression and anxiety changes for the suicide. Anxiety and depression are the root cause of all the evils. Patient usually remaining lonely are more likely to quit his or her life. Although the uncertain risk, such as a threat to go for ending one’s life are the reason for the concern

1.4.20 Purpose of suicide

Purpose of suicide for the patient is many and it shows why a patient does suicide. It also suggests that why the patient believes his or her suicide may achieve. There are number of reasons for purpose of suicide. For example, some patient believe that there suicide may provide a way for their belongingness may realize their emotional distress. There are different reasons why a person goes for the suicide. Following are some of the purpose of suicide.

1. **To find out a solution:** Many people don’t find answers to multiple problems they might be inhibiting and hence they go for suicide. There are different psychological problem which a person might be experiencing and in many situation it might be difficult to find out the answer hence he goes for suicide.

2. **Internal attitude is negative in suicide:** It is seen that when a person is committing suicide then he might be having innumerable thoughts which are very difficult to resists for it and hence he goes for suicide.

3. **Emotion in suicide is helplessness and hopelessness**

4. **Action in suicide is escape**
1.4.21 Things and risk factors

There are number of things a clinician may study to make themselves alert with the real suicide potential. The below given are the 12 things that should indicate a clinician to suicide potential.

- Generally Patients with proper plans that they will end themselves are at high risk. The thought of people is positive towards suicide are at high risk.
- Generally Patients where there any family members have committed suicides are also at high risk. A Patient with strong family history of suicide is also at high risk.
- If there is a presence of handgun.
- If the patients are under the influence of alcohol or any other mind-altering drugs. There are many drugs which are called depressants and Patient in such contact are also at high risk.
- When patient is lonely and alone.
- A Patient is at high risk of doing suicide if he has depression.
- The most important reasons for suicides by a person are Anxiety. Anxiety is the major reason for a person to end is life.

1.4.22 Suicide-related characteristics

The person who will commit suicide has got number of characteristics. Some of the features for such persons are as follows:

- The people who are preoccupied with death.
- When a person is lonely and alone.
- A Person who has got few friends and family members.
- When a Person feels himself emotionally away from other peoples.
- The people who are remaining in their own imagination and have got less sense of humor. Such people are lacking in sense of humor.
- The Person who have defeated in the past and their inner voice continuously tell them to end their life. Those people are lonely from inside and they continuously engage in suicidal activities.
1.4.23 Affect of Suicide

The two characteristics makes a person suicidal i.e. Depression and Anxiety. Depression and Anxiety are the root cause of all evils. The one specific emotion i.e. concern with suicide is a person having self-destructive behavior.

1.4.24 Thoughts of Suicide

There are major three types of thought that changes the persons mind to go for suicides. The first most thought is his inner voice that tells him to kill himself. The inner command is one the most important reason why a person ends his or her life. It also takes in the form of God\'s voice.

The second important type includes delusion. Delusion is generally considered to be as mental illness. It includes, “The world around me and my family will live in better conditions if I am dead”

The third type of thought includes obsession of a patient. In this type of obsession a patient wants to kill his or her life. Following figure shows the suicides of people. (See the chart below.)

Suicidal thoughts and behaviors among adults
1.4.25 Suicide and homicide

Suicides and homicides are two different phenomenons. Suicides and homicides are generally peculiar to killing. The person who carries gun is more to cause danger. The people who carry gun are more likely to cause suicides.

In suicide investigation, the clinician moldiness asks around bloody possible. Hostility turned inner most is killing; action turned outward is homicide. Homicide should follow the above criteria.

- It is generally an absolute mental position exam.
- It is said that there is inheritance between the homicides and suicides. It is also said that in adolescents 2 of the 4 reasons are either homicide or slayer.

Suicide and homicides are two different phenomenon's which contradict each other. Suicide is associated with the mental problem of ending one's life but homicide is concern with the person who kills other person. Suicide is also a mental problem at the same time homicide is also associated in same manner but it is ending some other person's life.

Suicides and homicides are generally a different thing which is generally related with a mental problem. Suicide is a continuous result of depression and anxiety person inhibits due to number of reasons and homicides on other hand are having a mental disorder which is killing other people.
1.5 Outline of Chapter

**Chapter-1**: Introduction
- Personality
  - Meaning of Personality
  - Definition of Personality
  - Theory of Personality
  - Caricaturist of Personality
- Quality of Life
  - Meaning of Quality of Life
  - Definition of Quality of Life
  - Types of Quality of Life
  - Caricaturist of Quality of Life
- Suicide Tendency
  - Meaning of Suicide Tendency
  - Definition of Suicide Tendency
  - Types of Suicide Tendency
  - Caricaturist of Suicide Tendency

**Chapter-2**: Review of Literature
- Review of Personality
- Review of Quality of Life
- Review of Suicide Tendency

**Chapter-3**: Method and Process
- Objective
- Hypothesis
- Sample
- Design
- Tools
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**Chapter-4**: Analysis and Result Discussion

**Chapter-5**: Conclusion
- Reference
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Footnotes

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