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Sociological Analysis of Religious Practices in Prevention of Suicidal Thoughts Among Youth

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Abstract: *Spiritual practice can play a role in suicide prevention by providing individuals with tools and support to cope with emotional distress, find meaning in life, and cultivate resilience. This study is designed to measure the role of spiritual practice and social support in suicidal thoughts. A sample size of 25 respondents was selected purposely in the district of Swabi. The findings of the study revealed that suicide attempts were from the group of 25 and 30 literate. Findings about the meaning aspect of spirituality were closely associated with the Prevention of Suicidal Thoughts Among Youth. Spiritual teachings often provide ethical and moral frameworks that can guide individuals in making choices that align with their values.*

Key Words: Sociological Analysis, Religious Practice, Suicide, Swabi, Spiritual Practice

Introduction

Suicide

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with any intent to end their life, but they do not die as a result of their actions. Suicidal behavior is a complex phenomenon that is associated with a set of ideas, intentions and actions related to the desire to cause one's own death. Youth are more susceptible to this phenomenon due to a variety of factors, including work-related issues, family dynamics, experiences in groups, pre-existing psychopathological conditions, increased substance use, future prospects, and personal conflicts that surface during this developmental stage that signal the shift from adolescence to the challenges of adulthood. This stage is characterized by increased emotional mobilization as well as increased fragility when confronted with a range of challenges. Furthermore, it is imperative to comprehend the suicide issue in this age group in light of its impact on social support networks, which is a phenomenon that primarily impacts families (Turecki & Brent, 2016). Sociological research typically demonstrates that married persons tend to have a considerably lower suicide rate due to the social and emotional comfort and stability that the "family society" provides (Stack & Ehrenfeld, 1998). The general trend indicates that there is a higher suicide rate among those working in unskilled and semi-skilled blue-collar jobs, which are characterized by low job autonomy, increased external supervision, less on-the-job training, poorer promotion possibilities, lower wage levels, and greater sensitivity to market forces. Moreover, their suicide rates have risen dramatically with advancing years (Law, 2002).

Australia's suicide patterns for this century indicate a significant relationship between unemployment and the suicide rate. Australia had the greatest rate of male suicide and the highest total suicide rate during the Depression. Additionally, it seems that there were more suicides in the three months leading up to and six months following the late 1987 stock market meltdown. Approximately 15% more suicides occurred during these months, while there's a chance that other related factors were also at play (Ales, Maziero, & Yared, 2014).

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An estimated 800,000 people worldwide take their own lives each year. That is one individual every forty seconds. Because suicide carries a stigma and is prohibited in certain nations, this number is probably underestimated because some suicides are mistakenly labeled as unintentional accidents. Using action to create hope Globally, an estimated 703,000 people commit suicide annually. According to Vatnik (2012), for every suicide, there are probably 20 more persons who try suicide and many more who have suicidal thoughts.

Pakistan Suicide Rate

Pakistan has a higher suicide rate than the global average. In 2008, the global rate was 15.6%; in 2015, it was 89.5 per 100,000 persons. Suicide accounts for about 0.9% of all fatalities. According to Naveed, Qadir, Afzal, and Waqas (2017), the World Bank estimates that in 2015, Pakistan's death rate was 7.28 per 1,000 inhabitants.

Statement of the Problem

One category of the death rate is said to include suicide. Pakistan has a higher suicide rate than the global average. In 2008, the global rate was 15.6%; in 2015, it was 89.5 per 100,000 persons. Suicide accounts for about 0.9% of all fatalities. The World Bank estimates that in 2015, Pakistan's death rate was 7.28 per 1000 inhabitants. The personal, religious and social factors compel an individual to commit suicide. Personal factors, the most important, are mental stress that leads to tension, diffraction and anxiety. The social determinants of suicide are unemployment, poverty and lack of resources to fulfill the necessities of one family. Miss interpretation of religion is also one of the contributing factors of society. The present study was designed for the purpose of accessing the various social and religious factors that lead to suicide and also to suggest recommendations to reduce the menace of suicide.

Methods

Universe of the study The present study was conducted in the district of Swabi Khyber PuktoonKhawa (KPK). With the sole aim of measuring the relationship between social support and the prevention of suicidal thoughts. Only those respondents who are currently seeking a healing process through spirituality and social support were selected for primary data collection. A sample size of 25 respondents was selected through purposive sampling. A structured interview was used for data collection, which covered the study variables. Responses of the study participants were measured in shape of frequency and percentage.

Results and Discussion

Table 1

Age of the respondents

Age Group	Frequency	Percent	Valid Percent	Cumulative Percent
20-25	7	28.0	28.0	28.0
25-30	9	36.0	36.0	64.0
30-35	5	20.0	20.0	84.0
35-40	4	16.0	16.0	100.0
Total	25	100.0	100.0	

Explanation

Table 1 above shows the age of the sampled respondents. The findings of the study show that more than one-third of the sample size 9(36%) age group was 25-30. Likewise, about one-third 7(28%) of the sampled respondents were in the age group of 20-25. Moreover, one-fifth of the sample size 5(20%) was 30-35 years old.

It has been concluded from the above results that the majority of the suicide attempts were from the group of 25 and 30.

Table 2



Education of the respondents

Age Group	Frequency	Percent	Valid Percent	Cumulative Percent
Literate	15	60.0	60.0	60.0
Illiterate	10	40.0	40.0	100.0
Total	25	100.0	100.0	

Explanation

Table .2 disclosed information pertaining to the education of the sampled respondents. The study's findings show that more than half of the sample size, 15(60%), were Literate. More than one-third of 10(40%) of the sampled respondents were illiterate. It has been concluded from the above results that the majority of the suicide attempts were Literate.

Table 3

The living area of the respondents

Reason for living	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	1	4.0	4.0	4.0
a little bit	6	24.0	24.0	28.0
Somewhat	9	36.0	36.0	64.0
quite a bit	7	28.0	28.0	92.0
very much	2	8.0	8.0	100.0
Total	25	100.0	100.0	

Explanation

Table 3 shows information about the meaning aspect of spirituality. More than two-thirds of the respondents, i.e., 9(36%), reported that they somewhat reason for living. Moreover, about a third of 7(28%) of the respondents had quite a bit of a reason for living. In addition, more than one-fifth 6(24%) of the respondents disclosed that they had a little bit of reason for living. While only 2(8%) of the respondents stated that they have very good reasons for living.

It has been concluded from the above results that the majority of the suicide attempts had some reason for living.

Table 4

I am religious

	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	2	8.0	8.0	8.0
a little bit	4	16.0	16.0	24.0
Somewhat	9	36.0	36.0	60.0
quite a bit	7	28.0	28.0	88.0
very much	3	12.0	12.0	100.0
Total	25	100.0	100.0	

Explanation

Table 4 shows information about the meaning aspect of spirituality. More than two-thirds of the respondents, i.e., 9(36%), reported that they are somewhat religious. Moreover, about one-third, i.e., 7(28%) of the respondents, were quite religious. In addition, below one-fifth 4(16%) disclosed that they were a little bit religious. While only 3(12%) respondents said that they have very much religious

Table 5

religious practices

	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	2	8.0	8.0	8.0
a little bit	8	32.0	32.0	40.0

	Frequency	Percent	Valid Percent	Cumulative Percent
Somewhat	7	28.0	28.0	68.0
quite a bit	3	12.0	12.0	80.0
very much	5	20.0	20.0	100.0
Total	25	100.0	100.0	

Table 6

Have you ever thought about or attempted to kill yourself?

Attempted To Kill Yourself	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	5	20.0	20.0	20.0
a little bit	1	4.0	4.0	24.0
Somewhat	11	44.0	44.0	68.0
quite a bit	4	16.0	16.0	84.0
very much	4	16.0	16.0	100.0
Total	25	100.0	100.0	

Explanation

Table 6 shows information about suicidal behavior. More than one-third 11(44%) of the respondents reported that they have some reason for having ever thought about or attempted to kill themselves. Less than one-fifth 4(16%) of the respondents had quite a bit of reason for this. In addition, less than a fifth 4(16%) of the respondents have a little bit of reason for having ever thought about or attempted to kill themselves, 4(16%) of the respondents disclosed they had very much reason for have ever thought about or attempted to kill himself, and one fifth 5(20%) of the respondents have no reason.

Table 7

It was just a brief passing thought

Brief Passing Thought	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	3	12.0	12.0	12.0
a little bit	9	36.0	36.0	48.0
Somewhat	8	32.0	32.0	80.0
quite a bit	4	16.0	16.0	96.0
very much	1	4.0	4.0	100.0
Total	25	100.0	100.0	

Explanation

Table 7 shows information about suicidal behavior. More than one-third 9(36%) of the respondents reported that they had a little bit of reason for it, for it was just a brief passing thought. More than one-third 8(32%) of the respondents had some reason for it was just a brief passing thought. In addition, less than a fifth 4(16%) of the respondents have quite a bit of reason for it was just a brief passing thought, 1(4%) of the respondents disclosed they had very much reason for it was just a brief passing thought and only three 3(12%) of the respondents have no reason.

Table 8

I have had a plane at least once to kill myself but did not try to do it

Plane at Least Once	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	4	16.0	16.0	16.0
a little bit	3	12.0	12.0	28.0
Somewhat	4	16.0	16.0	44.0
quite a bit	10	40.0	40.0	84.0
very much	4	16.0	16.0	100.0
Total	25	100.0	100.0	



Explanation

Table 8 shows information about suicidal behavior. More than one-third 10(40%) of the respondents reported that they have quite a bit of reason for having had a plane at least once to kill themselves but did not try to do it. More than one-fifth 4(16%) of the respondents had some reason for having had a plane at least once to kill themselves but did not try to do it. In addition, less than a fifth 4(16%) of the respondents have no reason to have had a plane at least once to kill themselves but did not try to do it, 4(16%) of the respondents disclosed they had very much reason for they have had a plane at least once to kill himself but did not try to do it and only three 3(12%) of the respondents have a little bit reason they have had a plane at least once to kill himself but did not try to do it.

Table 9

I have had a plan at least once to kill myself and really wanted to die

Really Wanted To Die	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	2	8.0	8.0	8.0
a little bit	6	24.0	24.0	32.0
Somewhat	11	44.0	44.0	76.0
quite a bit	4	16.0	16.0	92.0
very much	2	8.0	8.0	100.0
Total	25	100.0	100.0	

Explanation

Information regarding suicidal behavior is displayed in Table 9. Over one-third (44%) of the respondents said they had a good reason for having at least one suicide plan and a strong desire to end their lives. Over one-fifth (24%) of the respondents gave a vague explanation for why they had at least one suicide plan and a strong desire to end their lives. In addition, less than a fifth 4(16%) of the respondents have quite a bit of reason for they have had a plan at least once to kill themselves and really wanted to die, 2(8%) of the respondents disclosed they had very much reason for they have had a plan at least once to kill himself and really wanted to die. and only two 2(8%) of the respondents have no reason.

Table 10

I have attempted to kill myself and really hoped to die

Really Wanted To Die	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	3	12.0	12.0	12.0
a little bit	3	12.0	12.0	24.0
Somewhat	1	4.0	4.0	28.0
quite a bit	7	28.0	28.0	56.0
very much	11	44.0	44.0	100.0
Total	25	100.0	100.0	

Explanation

Table 10 shows information about suicidal behavior. More than one-third 11(44%) of the respondents reported that they had very much reason for they have attempted to kill themselves and really hoped to die. More than one-third 7(28%) of the respondents had quite a bit of reason for they have attempted to kill themselves and really hoped to die. In addition, less than a fifth 3(12%) of the respondents have a little bit of reason for they have attempted to kill themselves and really hoped to die, 3(12%) of the respondents disclosed they had no reason for they have attempted to kill themselves, and really hoped to die and only one 1(4%) of the respondents have somewhat reason.

Table 11*How often have you thought about killing yourself in the past year?*

Killing Yourself In The Past Year	Frequency	Percent	Valid Percent	Cumulative Percent
a little bit	6	24.0	24.0	24.0
Somewhat	13	52.0	52.0	76.0
quite a bit	2	8.0	8.0	84.0
very much	4	16.0	16.0	100.0
Total	25	100.0	100.0	

Explanation

Table 11 shows information about suicidal behavior. More than half 13(52%) of the respondents reported that they had some reason for often thinking about killing themselves in the past year. More than one-fifth 6(24%) of the respondents had no reason often to think about killing themselves in the past year. In addition, less than one-fifth 4(16%) of the respondents have very much reason for how often they have thought about killing themselves in the past year, and only two 2(8%) of the respondents have quite a bit of reason.

Table 12*Have you thought about killing yourself rarely (one time)?*

Yourself Rarely (One Time)?	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	5	20.0	20.0	20.0
a little bit	4	16.0	16.0	36.0
Somewhat	7	28.0	28.0	64.0
quite a bit	7	28.0	28.0	92.0
very much	2	8.0	8.0	100.0
Total	25	100.0	100.0	

Explanation

Table 12 shows information about suicidal behavior. Moreover, one-third of 7(28%) of the respondents reported that they had some reason to think about killing themselves rarely. More than one-fifth 7(28%) of the respondents had quite a bit of reason for they thought about killing themselves rarely. In addition, a fifth 5(20%) of the respondents had no reason for thinking about killing themselves rarely, 4(16%) of the respondents disclosed they had a little bit of reason for thinking about killing themselves rarely, only two 2(8%) of the respondents have very much reason.

Table 13*Have you thought about killing yourself sometimes (2 times)?*

Killing Yourself Sometimes (2 Time)?	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	13	52.0	52.0	52.0
a little bit	6	24.0	24.0	76.0
Somewhat	3	12.0	12.0	88.0
quite a bit	2	8.0	8.0	96.0
very much	1	4.0	4.0	100.0
Total	25	100.0	100.0	

Explanation

Table 13 shows information about suicidal behavior. More than one-half 13(52%) of the respondents reported that they have not at all reason for they thought about killing themselves sometimes. More than one-fifth 6(24%) of the respondents had a little bit of reason for they thought about killing themselves



sometimes. In addition, 3(12%) of the respondents have some reason for thinking about killing themselves sometimes, 2(8%) of the respondents disclosed they had quite a bit of reason for thinking about killing themselves sometimes, only 1(4%) of the respondents have very much reason.

Table 14

Have you thought about killing yourself often (3-4 times)?

Killing Yourself Often (3-4 Time)?	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	13	52.0	52.0	52.0
a little bit	1	4.0	4.0	56.0
Somewhat	5	20.0	20.0	76.0
quite a bit	4	16.0	16.0	92.0
very much	2	8.0	8.0	100.0
Total	25	100.0	100.0	

Explanation

Table 14 shows information about suicidal behavior. More than one-half of 13(52%) of the respondents reported that they have not at all reason for they thought about killing themselves often. One-fifth 5(20%) of the respondents had some reason to think about killing themselves often. In addition, 5(20%) of the respondents have quite a bit of reason for thinking about killing themselves often, 2(8%) of the respondents disclosed they had very much reason for thinking about killing themselves often, only two 2(8%) of the respondents had a little bit reason.

Table 15

Have you thought about killing yourself very often (5 or more times)?

Killing Yourself Very Often (5 Or More Times)?	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	19	76.0	76.0	76.0
Somewhat	2	8.0	8.0	84.0
very much	4	16.0	16.0	100.0
Total	25	100.0	100.0	

Explanation

Table 15 shows information about suicidal behavior. More than one-half 19(76%) of the respondents reported that they have not at all reason for they thought about killing themselves very often. Less than one-fifth 4(16%) of the respondents had very much reason for they thought about killing themselves very often. In addition, 2(8%) of the respondents have some reason for they thought about killing themselves very often.

Table 16

Have you ever told someone that you were going to commit suicide or that you might do it?

Ever Told Someone	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	3	12.0	12.0	12.0
a little bit	2	8.0	8.0	20.0
Somewhat	7	28.0	28.0	48.0
quite a bit	10	40.0	40.0	88.0
very much	3	12.0	12.0	100.0
Total	25	100.0	100.0	

Explanation

Information about suicidal behavior is displayed in Table 16. Over one-third (40%) of the participants stated that they had a good cause for telling someone they were planning to commit suicide or that they might consider doing so. Furthermore, a third (7%) of the participants stated that they had a cause forever

telling someone that they intended to commit suicide or that they might consider doing so. Furthermore, 2 (8% of respondents) disclosed that they had little reason for ever telling someone that they were going to commit suicide or that they might do so, while only 3 (12% of respondents) had no reason at all. Additionally, 3 (12% of respondents) had very good reasons for telling someone that they were going to commit suicide or that they might do it.

Table 17

Have you often committed suicide at one time but didn't really want to die?

But Didn't Really Want	Frequency	Percent	Valid Percent	Cumulative Percent
not at all	4	16.0	16.0	16.0
a little bit	12	48.0	48.0	64.0
Somewhat	7	28.0	28.0	92.0
quite a bit	2	8.0	8.0	100.0
Total	25	100.0	100.0	

Explanation

Table 17 shows information about suicidal behavior. Moreover, one-half 12(48%) of the respondents reported that they had a little bit of reason for committing suicide at one time but didn't really want to die. Moreover, one-third of 7(28%) of the respondents had some reason for committing suicide at one time but didn't really want to die. In addition, 4(16%) of the respondents have not at all reason they often commit suicide at one time but didn't really want to die, and only two 2(8%) of the respondents disclosed they had quite a bit reason for they often to commit suicide, at one time, but didn't really want to die.

Conclusions

The present thesis aims to discover the association between spirituality, social support, and the prevention of suicidal thoughts. It has been concluded from the study findings that spirituality indeed gives meaning to life and productivity. Likewise, the study of findings further explored that life purpose and spirituality are closely associated with each other. Moreover, it has been inferred that spirituality and peace of mind, along with séance of harmony, are significantly associated; moreover, spiritual beliefs are also found significant with the removal of suicidal thoughts. In addition, spirituality and suicidal ideation are negatively affecting each other; thus, it can be concluded from the study that spirituality has a positive impact on eliminating suicidal thoughts. It's important to note that while spiritual practices can be beneficial, they should not replace professional mental health care. If someone is experiencing suicidal thoughts or mental health difficulties, it is crucial to seek help from a qualified mental health professional or contact a helpline or crisis center in their country. These professionals are trained to provide appropriate support and interventions for individuals in crisis.

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