

# **Study on sociopsychological causes of suicide with medicine and poison**

**Reihaneh Alnabi Charity Institute**

**Esmat Sheikh Momeni**

**Iran universal periodical study**  
**Report presented by Reihaneh Alnabi Charity Institute**  
**Study on sociopsychological causes of suicide with medicine and poison**

**Suicide**

This report has been prepared by Reihaneh Alnabi Charity Institute and supervising women empowerment and entrepreneurship center with regard to scope of activity on the basis of need of the target group with cooperation of educational, therapeutic and charity hospitals of Mashhad city in Iran.

**Summary**

Equality of the human beings in human society is the evident and confirmed principles of Islam. Members of civil society, whether men or women, have equal rights of living. In this case, gender has not effect at all and the effort is made to bring the women to desirable point in the cultural and legal fields and make suitable bed by removing the barriers to achieve perfection socially and individually so that they can reach human and real rights in the society and promote their talents to the final level and achieve their human perfection and help the society and human being make progress in their scope of powers.

With regard to the above said goals, this report tries to study factors that cause the person to be hopeless and kill himself and identify challenges and gaps available in Iran and discuss about suicide with medicine and poison including self burning which is the most common type of suicide in Iran : 1- generally and 2- specially in women.

The government is suggested to amend the laws which may be abused and not sanctioned by the legislators and present suggestions and recommendations on that basis.

**Introduction of the organization:**

Reihaneh Alnabi Charity Institute is a nongovernmental, nonprofit and nonpolitical organization which has been established in 1996 by Board of Directors including the specialist and experts such as sociologists, psychologists, lawyers and social workers whose services cover the entire country by aiming at supporting the patients suffering from kidney diseases and cancer and vulnerable classes especially women through training and creating

job opportunities with emphasis on improvement of life quality and eradication of poverty and preserving position human dignity and showing family foundation. Primary capital of this centre was granted by the managing director and its founder and at present, it has 2000 voluntary members and is managed by paying membership fee.

This institute is working independently of government in accordance with goals of its Articles of Association in Iran and its aim is to empower and hold applied training with the purpose of stable employment in multipurpose manufacturing workshops of which products are competitive with global markets. It acts in national and international levels and has achieved considerable successes as follows:

- 1- to receive first rank of handicraft among 48 countries in Emirates universal festival
- 2- this movement has many visitors from different countries and we can name visiting of Global Bank members and United Nations Organization in three consecutive years(2002-2003-2004).
- 3- To be as state top institute in 2005 selected by Ministry of the Interior
- 4- To receive Poverty Control Certificate

### **Definitions and challenges:**

In modern society, suicide is a problem which is increasing in most industrial societies and even in developing countries. Phenomenon of suicide has been found since long time before up to now on the basis of cultural, social and geographical conditions of different societies. Suicide is a conscious action for killing oneself. On the basis of the performed research and statistics, rate of self burning is more common in rural regions than in urban regions so that the person who decides to burn himself commits the severest and the most violent action. The purpose is only to inform others in order to pay attention to his needs not to die. Unfortunately, they die due to high percentage and in spite of regretting. In accordance with studies and statistics in this field, the factors which lead to suicide in some persons include: age group between 10 and 25 and then persons with age of 50 above. In the married men, suicide is more common. Suicide is more common in women with lower education. The most important reason for suicide especially self burning in women is family conflicts with

husbands and children and conflict of ideas with parent due to crises during puberty. of the major reasons are economic and financial problems , addiction , record of mental diseases and accidental events in life. Sometimes, it is for release from problems and crises of life.

### **Study on sociopsychological causes of suicide with medicine and poison**

Purpose of this research is to study sociopsychological causes of suicide with medicine and poison in order to take preventive actions. For this purpose, a questionnaire has been prepared for study on sociopsychological causes of suicide (the first Iranian conference on social work (ICSW), cases of suicide with medicine, Gonabad, June 2008 by expert of Reihaneh Alnabi Charity Institute) randomly for 720 poisoned patients during 2004-2007. The most important reason for suicide among these patients was family conflict (65%), then addiction and accidents (28%), poverty and unemployment (9%), mental disease (6%) and physical defects (3%).

In terms of position and manner of this action, 85% decided to commit suicide suddenly and due to emotional excitation and others decided to do so with preplanned purpose. With regard to results of MMPT test, 11% were afflicted with depression, 4 % were afflicted with psychosis, 4% were afflicted with personality disorder and 2% were afflicted with epidemic diseases. Ratio of women to men was 20.36 with the minimum age in a 6-year girl and the maximum age in the 75-year man. The maximum age in the second decade was 49% and the third decade was 28% which decreased gradually and reached 2% in the sixth decade of age. In terms of family problems, 53% of the patients were married and 45% were single and 2% were divorced.

Relationship of education with suicide is reverse so that 26% had primary education and 2% had high education. Most of the patients were housewives (49%), and then unemployed (29%) and students (14%), workers (8%), employees (3%) and self employed (7%). In terms of medicines and poisons, tranquilizers 69%, opium 4%, insecticide 2%, detergents 1%, rat poison 2%, pesticide 5%, alcohol 1%, and other medicines 15% were consumed. It is hoped that we can prevent from social damages to some extent by improving socioeconomic condition.

### **Side effects of self burning:**

Self burning is a bad action before all persons even a person who has committed this action has regretted in case of release and salvation and has faced some physiological conditions. Not only others are not happy with his/her survival, but also they have been depressed and afflicted with mental problems which double problems of the society.

#### **Prevention from self burning and suicide:**

Prevention from self burning can reduce rate of the casualties resulting from it. Unfortunately, prevention from this case is not 100% but one can recognize the endangered groups immediately with help of powerful consulting centers with experienced psychologists. With more attention to family of which core is woman and providing the opportunity for them to express their ideas and solving their problems

Decreasing tension and crises during teen years and relationship and understanding between them and parent

Generally, self burning is a major but preventable problem in health of the society.

#### **Approach of law and sovereignty**

Constitutional Law of Islamic Republic of Iran has had a desirable approach to women's rights, for example, it has been stipulated in principle 20 that all people of a nation including men and women are government by law and enjoy all human, political, and economic, social and cultural rights in accordance with Islamic rules.

#### **Principle 21 of Constitutional Law:**

The government is obliged to guarantee rights of women in all aspects in accordance with Islamic rules and perform the following cases:

- 1- to provide suitable opportunity for growth of women personality and restore her material and spiritual rights
- 2- to support mothers especially during pregnancy and custody of child and support the unsupervised children
- 3- to create competent court for preserving the family
- 4- to create special insurance for the widows and old women and unsupervised women
- 5- to grant guardianship of the children to the competent mothers

**Principle 43:**

For providing the economic independence of the society and eradicating poverty and fulfilling needs of human being in growing trend by preserving his/her freedom, economy of Islamic Republic of Iran is based on the following rules:

- 1- To fulfill fundamental needs: house, food, clothes, health, treatment, education and necessary equipment for family formation for all
- 2- To provide working conditions and equipment for all in order to achieve perfect employment and give work tools to all those are able to work but lack work tools.

**Recommendations and suggestions to the government:**

Legal support of the women by amendment of some prevailing laws in experts' views and execution of the laws which don't have sanctions in courts and marriage registration office on behalf of the law executive

- 1- More attention to family of which core is woman and providing the opportunity for them to express their ideas and solving their problems
- 2- Decreasing tension and crises during teen years and relationship and understanding between them and parent and taking serious action regarding removing illiteracy
- 3- With regard to education in the society and increase of social knowledge, promoting public culture level because most of the victims are comprised of the illiterate or low literacy persons.
- 4- Prevention from marriage in low age because the person has not achieved personality and mental evolution
- 5- Promoting living and primary welfare level because poverty is regarded as factor of suicide and optimization of the economic condition of the society can decrease rate of suicide considerably.