

CAUSES AND PREVENTION OF SUICIDE ATTEMPTS AND ACTIONS BY POLYTECHNIC FEMALE STUDENTS IN OGUN STATE

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ABSTRACT

The rate at which female youth attempt and commit suicide has become a serious challenge in the world that needs urgent and pragmatic solution. It is a fact that, suicide has become a common phenomenon among Nigerian youth, especially students in higher institutions of learning. Hence, the causes to this menace should be investigated so as to reduce and possible to stop it. This study through questionnaire and structured interview examined causes of suicide attempt among female students of Polytechnics in Ogun State and the need for pragmatic joint approaches proffer solution especially from women folks. Three hundred and fifty female students from 7 polytechnics in Ogun were used for this study. The study adopted the descriptive survey methods. Data collected was analysed using descriptive statistics of tables and percentages. The results from the analysis showed that female student commit suicide for many reasons among which are; poor parent-child relationship, poor academic performance, disappointments, sexual harassment, child abuse, and peer pressure group. Some of the methods being used for committing suicide are; drinking rat killer(sniper), using dangerous weapons (gun, knife, needle), by hanging, to mention few. The following recommendations among others were made; that parents especially mothers should create a very cordial relationship with their female students, etc. That the Government should engage these students because an idle hand is the devil's abided, by empowering them.

Keywords: Causes, Female Students, Polytechnics, Solutions, Suicide Attempts

1. BACKGROUND OF THE STUDY

Human being devise various means and methods to bail himself out of every problematic and challenging situations he find on his way at every difficult charged situations man find on his ways, there are always numerous ways out of solution performed by man. Man at times finds himself in difficulties that can be grouped under the social, financial, physical failures to mention a few.

Out of the myriads of solutions available to human beings, suicide has been one out of many solutions available. The history of suicide can be traced to the bible days when Judas Iscariot committed suicide after betraying Jesus Christ. He fell headlong to the hard ground when he realized that he was a betrayal, he therefore committed suicide in order to safe his face from nasty comments. Portes, etal(2002),defined Suicide has been def as the killing of oneself after trying to solve some problems individuals believe they cannot surmount. It is morally and legally wrong for anyone to commit suicide; Suicide is not alien to any country, tribe or community and not limited to any group of people in respect of age, educational qualification or social strata.

Suicide has been attributed to certain factors which are social, psychological and phonological; most people who commit suicide inclined into solitary scenes when they are about to commit suicide.(Shain, 2007) Therefore suicide is defined as the act of voluntarily or intentionally taking of one's own life, this definition did not specify the outcome of such acts, it is therefore not limiting or differentiating between fatal suicides and attempted or non fatal. History has it that suicide has been both condemned and praised by various societies. (Mayer & Ziain, 2002): It is condemned by all religious sects like Islam, Judaism and Christianity and any attempts are punishable by law in several countries. History also has it that, Vijayakumar etal. (2005), opined that Brahman of India tolerates it but however the involuntary suicide of an Indian widow made it outlawed but somehow involved praising at sometimes before. Also in ancient Greece, convicted criminals were allowed to commit suicide, when there were high incidences of committing suicide by the slaves, the Roman attitudes towards committing suicide was hardened through committing the act which deprived their owners of valuable property.

In Japan, the custom of seppuku also called hara-kiri or self disembowelment was practiced and accepted, the samurai were granted the option of punishing themselves in this way for wrong done and also used to escape the humiliation of failure to shame ones enemies or to demonstrate loyalty to a dead master or emperor which was also outlawed in 1873.

The western society has first used the canonic and later the criminal law to curb suicide. The French revolution of 1789 criminal penalties for attempting to commit suicide was abolished in European countries. England also followed suit in the year 1961. A number of theories have been developed to explain the causes of suicide. The psychological theory emphasizes personality and emotional factors, while sociological theories stress the influence of social and cultural pressures on the individuals committing suicide. Social factors such as widowhood, childlessness, residence in big cities, high standard of living, mental disorders and physical illness have been found to be positively responsible for committing suicide.

At the beginning of the year 2000, the incidences of suicide in Nigeria have been on the increase. Suicidal attempts by unemployed graduates, high class workers had been on the increase. Pages of newspaper, news bulletins and in the air are awash with news of various suicides either by jumping into the high sea, hanging or drinking poisonous substance. Between 2017 and 2019, the rates of suicide by female students have been on the increase on the pages of newspapers, bulletin, and the air waves are full of news of suicide by graduate and undergraduate female students. The reasons for this can be attributed to the following:

Sociological- Peer group influence, most students commit suicide if they believe they may or cannot cope with academics, friends including boyfriends and increase negative attitudes of parents.

Physiological- Unable to cope with the standard of living of peer groups, academic attendant, life styles of friends. Some physiological needs make many female students to commit or wanting to commit suicide and this include poisonous, either in class or among peer group.

Health- some undergraduates indulge in smoking and consumption of hard drugs which eventually affect their mental fitness. And in most cases peer group influence create room for females students to indulge in consumption of hard drugs.

There has been no single approach that has been declined to curb the high rate of act of suicide. In most cases it has been observed that the culprits reclined into themselves when about to commit the act of suicide. Some look for crevices or a closed environment to commit the act.

1.1 Statement of the problem

Suicide is an act of killing oneself intentionally. The suicide rate among female students has risen to an unprecedented level in our higher institutions. There are many reasons accredited to this sinful act but the major and viable reasons have not really been identified for proper solution to minimize or put a stop to this menace. Suicide is multi-dimensional phenomenon which has different meanings to students in different cultures and places. WHO studies in 2009 showed that adolescent people are often at risk and suicide is the second to the largest causes of mortality in Nigeria. Also in Iran, a systematic review of the research on suicide and attempted suicide showed that attempting suicide is prevalent among adolescents. Haghigal et al(2013), on the epistemology of pediatric acute poisoning in Shiraz found out that the prevalence of attempting suicide by female students was estimated to be 38.5% which was significant increase compared to that report in previous study in 2005 which was 15.8%.

1.2 Significance of the work

A democratic government of any nation will always want the best for its citizen and work towards developing the country in terms of structures, economy and human resources. It is the belief of the researchers that the outcome of this research work will serve as working tools for both the government to protect its citizens. Parents to care for their children and give parental guides, monitoring and advises. Also female students and other youths will benefit other stake holders in health sector and social ministries of government with the whole citizens of the nation will not be left out.

1.3 Objectives of the work

The research work has the following research objectives to find out the cause of female students' suicide attempts and actions.

- ✓ To find out their reasons for committing suicide.
- ✓ To find out the prevailing methods of committing suicide by female teenagers.
- ✓ To know the likely negative effects of such on the female polytechnic students.

1.4 Research questions

The under listed questions will guide the collections of responses for data analysis on this work..

1. What are the causes of female suicide actions?
2. What are the reasons for committing suicide by female polytechnic students?
3. What are the methods used by female polytechnic students to commit suicide?
4. What is the age range of the students committing suicide?
5. What are the possible solutions to female students' suicide actions?

2. LITERATURE REVIEW

The world order has been battling the case of suicide among her citizens, the news is afresh with notes of committing suicide, and it is a global health problem. Vijayakumar (2015), asserted that approximately one million individuals die through suicide, while 10-20 million individuals attempted suicide and 50-120 million are affected by the suicide or attempted suicide of a close relative or associate. She affirmed that Asian countries 60million people are affected by suicide or attempted. The world population has increased to 7.7 billion this year and so there must have been increase in the number of suicide or attempted suicide commission.

The role and behaviors of man and woman to everyday issues differs in all ramification, the way and manners with which crises are reviewed and comprehended differs greatly in both men and women. As some women or ladies are masculine in nature, there are still rooms for misconception of ideas, as such there are differences in the roles, responsibilities, status and power and these socially constructed differences interest with biological differences that contribute to differences in suicidal behavior of man and woman.

As asserted in this writing, the rates of suicide in most countries are higher in males than in females. China is one important exception with higher rates in female, Tam Cai-Lian (2011) especially young women in rural China. In Nigeria, with a population of about 200 million people, the suicide rates among young undergraduate students are in the increase. The WHO (World Health Organization) records that Nigeria is the 5th country with the number of undergraduate committing suicide.

Schwartz (2011) gave Dialectical Behavior Therapy (DPT) as a therapy that can be used to help an individual recognize disruptive or unhealthy feelings or actions. In relation, this therapy method then introduces techniques on how to deal with difficult or troubling situations. More research is needed on psychotherapy related to suicide prevention though, as DBT in particular has been shown to decrease the prevalence of attempted suicide but has shown no effect on completed suicides.

Cantor & Veulinger (2000), affirmed that medications can also be prescribed as prevention method to suicide; however, controversy exists in this method, as many medications used in the treatment of mental disorders include increased risk of suicide as a side effect. He also agreed that increased awareness among doctors is again a preventive technique to suicide.

Research indicated that many individuals who have completed suicide or attempted suicide did seek medical attention in the year prior; however, warning signs may have been missed. Increased education and awareness among medical professionals might decrease suicide rates in the future. Kwok SY, Shek DT

Gregory (2019), affirmed that mental disorders play an overwhelming role on the increase rate of suicide; he identified an assisted suicide as a controversial topic in the medical field and this asserted that an individual helping another individual in committing suicide by providing them with the means to carry it out or by providing ways and methods to use. It was also confirmed by Gregory that the most risk factors of suicide include psychiatric disorders, genetics substances, abuse family and social situations, in most countries psychiatric factors and abuse of drugs co-exist. Mental disorders play an overwhelming role in the increased risk of suicide with estimate of up to 90% of individuals who

take their own life as a result of psychiatric disorder; but the risk of suicide for individuals suffering from mental disorder have drastically reduced due to effective treatment. It was also confirmed by Gregory that depressive disorder, bipolar disorder and substances abuse ranks in the second highest risk factors for suicide. Along with these factors of depressive disorder, bipolar disorder are; Schizophrenia, personality disorder, post-traumatic stress disorder and eating disorders, also confirmed in that individual suffering from major depressive disorders and bipolar disorder are at the highest risk of suicide.

These factors are prevalent in almost all individuals in every country committing suicide. Also responsible for suicide, is broken home or relationship. The available data affirmed that Equatorial Guinea ranks 7th in the world highest rate suicide country followed closely by Cote d'Ivoire 8th and 9th Angola to mention few. Kiunquyu (2017), affirmed that risk factors for suicide vary according to age by age, gender and ethnic group. He affirmed that large percentage of people that committing suicide has clinical depression or another mental disorder. Some of the factors highlighted are associated with attempted suicide or committing suicide. It is also affirmed by Kiunquyu that males always commit suicide by hanging, carbon-monoxide poisoning and firearms, but in Nigeria today it's either by hanging, drowning or use of hard substances. Professor Deshapande of Auburn of University USA a psychiatric asserted that suicidal desire generally leads to decisive fatal action in males while in females it manifest as depression, ideation and generally non-fatal actions.

Tam et.al (2011), confirmed that teenage suicide occurs in every corner of the world; it is a very serious problem. The report of a newspaper in Malaysia, Nanyang Siang Pao (2010), affirmed that there was 445 suicidal cases where 347 were males and 98 were females, also confirmed were suicidal cases of ages 30-39 years which amounted to 109 cases of 20-29 years old which also amounted to 108 cases; the report further revealed that suicidal acts are culture bound in most cases linked to suffering from perceived burden on someone which includes emotion, study and work. Tam also asserted that suicide occurs throughout the world in different ways; various studies conducted to examine the relationship of suicidal behavior and the rates of suicidal attempts which the demographic factors such as sex/gender, race/ethnicity, age and marital status. In the United States, males commit suicide more than three times compared to the females (Keyvanara & Haghshenas, 2011)

Alake (2018), affirmed that Nigeria is ranked 5th on annual suicide list, Nigeria placed fifth with 15,000 suicide in every 100,000 suicides. The list was topped by South Korea with 24,000, followed by Russia with 18,000 then India with 16,000 and Japan with 15,400.

It was also confirmed that factors such as terminal disease can lead to resignation and then suicide, it's a common knowledge that 90 percent of people who commit suicide suffer from mental illness, and other factors identified include sickness 26%, poverty 24%, and malnutrition 7%. Nigeria is termed to be a highly volatile country where hardships are part of everyday life, a significant number of Nigerians live below the minimum wage of #18,000 and the intending #30,000.

Bazrafshan (2016), concluded that family is very influential in the life of adolescent. He gave emotional distance between adolescents and their parents, weak communication and conflict between parent and adolescent child, and significant changes in the family, such death of parents, parents' divorce that could lead to living with step-parents are some of contributing factors to adolescents' attempting or committing suicide. Out of the myriad advises suggested include regular examination, companionship of friends and members of the family, regular employment and content, regular communication with the individual concerned and noticed.

Ellien (2002), gave the following as campus environmental protective factors that can be used to prevent attempts and actions on suicide

- Implement regular screening programmes for depression and other serious mental illness and suicide related behavior
- Provide educational programmes and materials to parents and to families of incoming and old students
- Take a campus-wide approach to address both individual and environmental factors associated with suicide
- Reach out to students when their symptoms are just developing to fewer students and up at risk for serious depression
- Develop a continuum of activities to decrease risk factors and increased protective factors

- Establish past-bention programmes to help the community cope after a suicide death on campus
- Develop comprehensive medical leave policies, which include mental illness
- Participate in statewide surveillance system for reporting suicide deaths and serious suicide-related behaviour on campus

Pelkonem & Marltonen (2003) suggested that there is no need for campus protective factors for students in higher institutions for preventing suicide attempts and actions. The suggested factors are; need for strong connections to family and community support, need for relationships, need for skills in problem solving, conflict resolution and non-violent handling of disputes and the urgent used for cultural and religious beliefs that discourage suicide and support self preservation.

3. RESEARCH METHODOLOGY

This research adopts the survey method in sampling and data collection. The data collection instruments for the research work are questionnaires and structured interview. Four (4) points Likert scale (strongly agreed, agreed, strongly disagreed, and disagreed) was use to get responses for the questions asked. 385 respondents were administered, on from each of the polytechnic female students understudy. However, 350 were retrieved and found useful for the analysis. While the data collected was analysed using descriptive statistics of tables and simple percentages

All researches have its scope and limitations, the scope of study for this work is ‘Causes and Prevention of suicide attempts and actions among female polytechnic students in Ogun state’, the reasons, factors responsible with preventive ways were discussed. Since it is not possible for any research work to cover the entire research population, the target populations are the female students in 7 polytechnics which are; The Federal Polytechnic, Ilaro, Moshood Abiola Polytechnic, Ojere, Abeokuta, ICT Polytechnic, Igbesa, ICT Polytechnic Adegbenro Polytechnic, Itori, Abraham Adesanya ICT Polytechnic, Ijebu Igbo and All Over Polytechnic, Sango Otta. These Polytechnics were used to represent all polytechnics in Nigeria, because the researcher cannot go round all polytechnics in the cause of doing this research. Apart from the above mentioned limitation, the researcher was also faced with financial constraint which of cause is the fuel to completing researches.

4. DATA ANALYSIS AND INTERPRETATION

1. Figure 1. Sources of ideas to commit suicide.

S/ N	OPTIONS	SA	A	SD	D
1	Television	50 (14.3%)	70 (20%)	170 (48.6%)	60 (17.1%)
2	Movies	225 (64.3%)	75 (21.4%)	15 (4.3%)	35 (10%)
3	Peer pressure	197 (56.3%)	83 (23.7%)	45 (12.8%)	25 (7.2%)
4	Parents/Guidance	42 (12%)	15 (4.3%)	199 (56.9%)	94 (26.8%)
5	Friends	20 (5.7%)	30 (8.6%)	175 (50%)	125 (35.35.7%)
6	Social Media	208 (59.4%)	120 (34.3%)	17 (4.9%)	5 (1.4%)

In the figure above, where do polytechnic female students get the idea to commit suicide, 50 (14.3%) strongly agreed to television as the source, 70 (20%) agreed while 70 (48.6%) and 60(17.1%) strongly disagreed and disagreed respectively. On movies as source for getting idea to committing suicide, 225 (64%) and 75 (21.4%) respectively strongly agreed and agreed while 15 (4.3%) and 35 (10%) respondents strongly disagreed and disagreed respectively. Peer pressure, 197 (56.3%) and 83 (23.7%) respondents strongly agreed and agreed respectively that peer pressure is a very common and easy way of getting idea to commit suicide while 45 (12.8%) and 25 (7.2%) respondents strongly disagreed and disagreed respectively. On whether friends are the source of getting ideas for committing suicide by female students, 20 (5.7%) respondents strongly agreed, 30 (8.6%) agreed but 175 (50%) and 125 (35.7%) respondents vehemently disagreed to friends being source of committing suicide. It was also found out that 42 (12%) and 15 (4.3%)

respondents responded in affirmative to parents/guidance being a source to committing suicide, while 199 (56.9%) and 94 (26.8%) respondents respectively strongly disagreed the source being parent/guidance. Social media has 208 (59.4%) and 120 (34.3%) gave strongly agreed and agreed that social media is a major source while 17 (4.9%) and 5 (1.4%) gave strongly disagree and disagree to the notion.

Invariably from the data interpreted, it was deduced that movies has the highest score 300 (85.7%) for respondents who agreed to it as a source where female polytechnic students get ideas on committing suicide, this is strictly followed by social media with 320 (93.7%), while peer pressure has 280 respondents of (80%). It shows that respondents can get the idea to attempt and commit suicide majorly from these three ways.

Fig.2 Vulnerable ages to suicide.

S/N	OPTIONS	SA	A	SD	D
1	15-20	23 (6.5%)	20 (5.9%)	215 (61.4%)	92 (26.2%)
2	21-25	219 (62.6%)	122 (34.8%)	14 (4%)	5 (1.43%)
3	26-30	209 (59.7%)	109 (33.1%)	12 (3.4%)	20 (5.9%)
4	31-35	15 (5.5%)	75 (21.4%)	135 (38.6%)	85 (24.3%)

Fig 2: on the age group that are vulnerable to commit suicide, age 15-20 has 23 (6.5%) and 20 (5.9%) respondents respectively who strongly agreed and agreed with age range mentioned above. 21-25 years of age has 219 (62.6%) and 122 (34.8%) in affirmation for the respondents who disagreed with 21-25 age range for committing suicide. Ages 26-30 has 209 (51.7%) 109 (31%) respondents in agreement while 12 (3.4%) and 20 (5.9%) respondents respectively did not agree.

Age 31-35 has 55 (15.7%) and 75 (21.4%) agreed respectively that 31-35 years of age can commit suicide, while 130 (38.6%) and 85 (24.3%) respondents did not agree. However during personal interview, some respondents said that ages 31-35 may have graduated from polytechnics, therefore they may not be students any longer but Nigerian youth.

It was deduced that most age ranges that are vulnerable to committing suicide are between ages 20-35, it is from this age that disappointment, abandonment, academic failure becomes meaningful to their future and existence and they are desperately looking for means of getting out of it by resulting to attempting and committing suicide.

Fig 3 Reasons for committing suicide.

S/N	OPTIONS	SA	A	SD	D
1	Disappointment	115 (32.9%)	122 (34.9%)	68 (19.4%)	45 (12.8%)
2	Hopelessness	132 (37.7%)	158 (45.1%)	38 (10.9%)	22 (6.3%)
3	Abandonment	107 (30.6%)	79 (22.6%)	78 (22.3%)	86 (24.5%)
4	Academic Failure	224 (64%)	76 (21.7%)	26 (7.4%)	24 (6.9%)
5	Parental Attitudes	189 (54%)	96 (27.4%)	37 (10.6%)	28 (8%)

Fig 3: respondents were asked the reasons for committing suicide and the following reasons were gotten. 115 and 122 respondents of (32.9%) and (34.9%) respectively strongly agreed and agreed that disappointment is one of the strong reasons why female polytechnic students commit suicide while 68 of (19.4%) and 45 (12.8%) respondents gave strongly disagreed and disagreed to disappointment as a key reason for committing suicide.

Hopelessness was again seen as an issue to committing suicide because 132 (37.7%) respondents and 158 (45.1%) respectively strongly agreed and agreed to it as a factor to committing suicide while 38 (10.9%) respondents and 22 (6.3%) vehemently disagreed.

On if academic failure is a reason for committing suicide, 224 respondents of (64%) and 76 (21.7%) strongly agreed and agreed respectively while 26 (7.4%) and 24 (6.9%) respondents respectively objected to academic failure being a reason for committing suicide by polytechnic female students. Parental attitudes towards their children was also strongly agreed to by 189 (54%) respondents and 96 (27.4%) respondents while 37 (10.6%) and 28 (8%) objected to

parent attitudes towards committing suicide. Abandonment is the last option from this figure and it has affirmation of 107 (30.6%) and 79 (22.6%) while 78 (22.3%) and 86 (24.5%) did not agree.

From the figure above, it was confirmed that, there are many reasons responsible for female polytechnic students to commit suicide. Some of which are; disappointment from any angle, hopelessness, abandonment, parental attitudes, however, academic failure is seen to lead the reasons followed by the remaining reasons mentioned. This implies that parents, family members, community members, government of the day and all stakeholders have lots of work to do on our female polytechnic students to minimize and if possible put a stop to suicide attempts and actions.

Fig.4 what are the factors associated with committing suicide.

S/N	OPTIONS	SA	A	SD	D
1	Mental Disorder	65 (18.6%)	78 (22.3%)	141 (40.3%)	66 (18.8%)
2	Drug Misuse	155 (44.3%)	93 (26.6%)	21 (6%)	81 (23.1%)
3	Low self esteem	81 (23.1%)	95 (27.1%)	111 (31.7%)	73 (20.8%)
4	Family antecedents on suicide	72 (20.6%)	78 (22.3%)	127 (36.3%)	73 (20.8%)
5	Poverty	192 (54.8%)	108 (30.8%)	35 (10%)	15 (4.3%)
6	Government uncared attitude to youth	121 (34.5%)	115 (32.8%)	141 (49%)	65 (18.6)

Factors associated with committing suicide among female polytechnic students, the figure above showed that poverty that has 192 (54.8%) and 108 (30.8%) respondents in agreement with suicide attempt. This strictly followed by drug misuse which has 155 (44.3%) through strongly agreed and agreed respectively to drug misuse. Government uncared attitudes to Nigerian youth was strongly agreed and agreed to by 121 (34.5%) and 115 (32.8%) respondents respectively. However family antecedents of suicide attempt was strongly agreed and agreed to by 72 (20.6%) and 78 (22.3%) while 127 (36.3%) and 73 (20.8%) vehemently disagreed with family antecedents as an associated factor to committing suicide. Also 81 (23.1%) and 95 (27.1%) respondents confirmed low self esteem as a factor to committing suicide. Mental disorder has 65 (18.6%) and 78 (22.3%) respondents.

The data interpretation above indicated that poverty, misuse of drugs, government uncared attitudes to Nigerian youth are the major and prominent factors associated to committing suicide. But, with little respondents agreeing to low self esteem, family antecedents on suicide and mental disorder were not given priority in the responses given.

Common methods used for committing suicide.

S/N	OPTIONS	SA	A	SD	D
1	Sniper/Rat Killer	245 (70%)	57 (16.3%)	16 (4.6%)	32 (9.1%)
2	Hanging oneself	40 (11.4%)	33 (9.42%)	177 (50.6%)	100 (28.6%)
3	Using Dangerous weapons	97 (27.7%)	81 (23.1%)	89 (25.4%)	83(23.7%)
4	Jumping to oceans	23 (6.6%)	27 (7.7%)	156 (44.6%)	144(41.1%)

Fig.5 sought to know which are the most common methods used by the respondents to commit suicide. The table above showed that, 302 respondents (86.3%) out of 100% agreed to consumption of sniper/rat killer as a very common method of suicide action. Close to this is the use of dangerous weapons which has 178 respondents of 50.8% and confirmed jumping into the sea/ oceans is not very common to the respondents under study because 300 (85.7%) respondents strongly disagreed and disagreed respectively to jumping into the sea.

It is therefore proofed beyond doubt that the common methods used by female polytechnic students to committing suicide are; taking snipers/rat killer and using dangerous weapons are the leading methods for suicide attempts and actions. Which of cause need to be looked into with all actions and dedications from all angles.

Who is responsible for female youth suicidal attempts?

It was found out that 319 respondents of (91.1%) confirmed that parents are responsible more for female polytechnic students' suicide attempts and actions, this was closely followed by social media that has 159(45.4%) and 97(27.7%) who strongly agreed and agreed respectively while 31(8.8% and 63(18%) respondents disagreed with social media as the factor responsible for female polytechnic students to attempt or commit suicide. environmental factors has in affirmation 210 respondents of 60% while Government is also to be blamed for female students committing suicide, this is affirmed when 108 (30.8%) and 158 (45.1%) agreed to the point.

Invariably, parents (especially mothers) have the largest respondents who apportioned blames to them for their children suicide attempts and actions. During a personal interview with some of the respondents, it was confirmed that mothers on many occasion are not concerned with their children welfare, especially girl-child. These students are too

free and can engage in any act once they are not seriously catered for and monitored. Again a greater percentage of the respondents said many mothers want to force them into unripe marriages for the love of money, while some gave unfriendly attitudes coupled with not having a listening ears for their children to express themselves in whatever challenges they might be facing has been subjecting many female students to result into attempting and committing suicide, because they do not have confidence in their mothers who suppose to be their best and close friends.

Respondents were asked to suggest ways to prevent female/youth suicide actions, the under listed are some of the suggestion gave;

1. Parent cordial and friendly relationship with their children especially female child
2. Government should engage provision of intermediate and important needs for Nigerian youth
3. Intermittent moral education seminars from the religious organizations
4. Female youth orient age should change on drug abuse
5. Learn how to be independent rather than being dependent on people
6. Female youth should learn to be contented on what they and their parent can afford..

Parent cordial and friendly relationship with their children and wards especially female child should be put in place (315 [90%]) while 265 respondents of 75.7% said government should provide immediate and essential needs like work, health, education free for Nigerian Youth both male female

179 (51.1%) respondents suggested that there should be intermittent moral education seminars and training from religious organizations to change youth orientation or suicide attempt and drug abuse.

Also, 201 respondents of 57.4% suggested that Nigerian female students/youth should always be engaged on positive ventures so that they can be dependent and contented with what their parents can afford to give them. This will save them from engaging in unholy activities that will put families and the nation into troubles

5. DISCUSSIONS ON FINDINGS

This research work found out that majority of the respondents confirmed various sources of getting the idea to commit suicide from. This ranges from watching movies, televisions to social media, peer pressure and finally to friends. Hence, there is need to monitor and educate our students on use of television and movies, since the ideal could be gotten from anywhere. On the ages that are more likely to commit suicide, it was deduced that from the respondents responses that 26-30 and 31-35 years of age prone to suicide attempt. It is therefore important to monitor all ages closely to detect any unusual behavior as early as possible

Reasons for committing or attempting suicide by female adolescent youth were given as academics failure, parental unhealthy relationship, this is followed by various types of disappointment and hopelessness, and all the options have larger percentages. This in essence depicts that all the above listed options are the reasons for female students attempt to commit suicide. It was deduced that various factors are associated with suicide attempts and actions. Some of which are: poverty, drug abuse, government uncared attitudes to the youth, low self esteem antecedents to suicide attempt and mental disorder. This implies that all the above mentioned factors are associated with suicide attempts and actions in our female students.

The following methods were given by the respondents as the common means of committing or attempting suicide; drinking rat killer (Sniper), taking advantages of availability of dangerous weapons (like knife, gun, injection), hanging oneself and jumping to river/ ocean. From the listed methods, it was found out that poison like rat killer has over 300 respondents. This is enough to say that the quick and fast way to commit suicide nowadays is using the rat killer called SNIPER, however, all these methods can prevented by the concerned stakeholder to allow for peaceful co-existence in the nation.

On who is responsible for female youth suicidal attempts 91.1% respondents believed that parents especially mothers are responsible. On further interview, majority of these respondents said their parent's non-challant and uncaring attitudes towards their well being is a serious issue that bothered many of them and has done a lot of havoc to the girl-child. Also 73.1% and 60% agreed that social factor coupled with environmental challenges also contributed to female youth suicidal attempts. While 75.9% respondents confirmed that Government at all levels are responsible for suicidal

attempts of female youth. The reason given behind this is that the government has failed to cater for the essential needs of Nigerian youth which has made them to result into attempting and committing suicide.

Further interrogation from the respondents revealed that hopelessness is also a hiding factor for committing suicide. In a situation whereby hope is not coming from any angle for a female students when in dilemma, the child could result into attempting or committing suicide. Loneliness and rejection were also given as causes of suicidal attempts. It was also deduced from interview that, the level of insecurity both on human being and properties; like kidnapping, raping, ritualism attempts, robbery and the likes could make female /youth to attempt or commit suicide.

6. SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION

6.1 Summary of Findings and Conclusion

This study revealed that various sources have been found useful to committing and attempting suicide among which are: movies, social media, peer pressure, television, parents/guidance and friends. It therefore implies that finding solution to this menace will have to be addressed through these sources.

It was again found out that the age groups that are vulnerable to attempt or committing suicide among our female adolescent youth are between the ages of 21-35 years. Invariably, female youth both at school level and young married female youth is found out to be attempting and committing suicide depending on the factor that could be responsible

Various reasons were also given by the respondents for attempting and committing suicide procurement among the reasons are; parental attitudes (especially mothers) towards the girl-child, academic failure, hopelessness (of various levels or degree), disappointments and abandonment or rejection. It could be inferred that a lot of work needs to be done from parents (especially mothers) to get our female child closer and be confident in us. Mothers are suppose to be best friends and confidants to our children (especially female youth) parents (mothers especially) need to change our orientation towards our children, no matter what happens , we must still love and care for them and encourage them not to lose hope because sky is not ever their limits.

This and the remaining reasons can still be worked upon

Poverty, drug abuse, government uncared attitudes, low self esteem, family history on suicide, insecurity and mental disorder have been found out to be some out of many factors associated with attempt and committing suicide among adolescent female youth nowadays. This shoes that if the above listed factors can be reduced, from all the stakeholders, suicide attempt will be reduced in our country only on girl child or female adolescent youth but among all classes of Nigeria citizen

On methods of committing suicide, it was found out that rat killer (sniper) has the highest respondents, hanging oneself, jumping to rivers/oceans, using dangerous weapons like knives, gun, infectious and others are the most common methods/means of committing suicide. Invariably, there is need for urgent measure to be taken covering the issue of this particular rat killer (sniper) and similar drugs.

It was found out that parent (especially mothers) environmental influence, social factors, government at all levels of religious organizations is all responsible for suicide attempt or committing same. This therefore implies that to put a stop to attempting or committing suicide. It must be with the collective responsibilities of all and sundry. Since in one way or the other, we have all been responsibilities, we must again work together to get it out of our nation.

Having highlighted and discussed the findings, it will not be out of place to suggest ways to prevent suicide attempt among our female adolescent youth, some of which are listed below;

- i) Parental cordial and friendly relationship on children or wards especially female child, so as to know their needs and challenges
- ii) Government at all levels should engage and provide immediate and essential needs for Nigerian youth, most especially, females

- iii) There should be constant moral education seminars and discussions from the religious leaders and the concerned arms of the government, like Ministry of Women Affairs, Ministry of Youth and Development.
- iv) Youth orientation to drugs and other dangerous weapons should be changed while they should be encouraged to engage in more meaningful things.
- v) Female adolescent youth should be encouraged to be independent, contented, focused and reliable
- vi) Above all, they should believe and put their hope in God Almighty

6.2 Recommendations

The future of any nation will largely depend on how the youth of such nation is fairing (especially female youth). Our youth remains our future; it now depends on how we want the future of our nation to be which will determine how seriously the stakeholders are ready to take the bull by the horn in addressing and solving issues and challenges that might hurt our female students.

If training a girl child amounts to training a nation, it means the future of this nation lies more on female youths of today. Therefore, parents, government, institutions, religious leaders, law makers/policy makers are to work with all sincerity to save our female youth so that our nation could be in harmony. The under listed are the considered to look into;

Parents (especially mothers) should see themselves as friends to their female children rather than becoming dictators who will always want to enforce things on them, they should allow them to say their mind out without fear, this will let them know where and how to come in to proffer solution to their minor or serious challenges without being hurt

- ii. Governments as a matter of urgency, ban the importation of sniper and other cough syrup that has become instrument of suicide in the country. The perpetrators of the rat killer should also be brought to book.
- iii. Provision of social amenities, to all and sundry is the duty of the government of the nation, thus if done could go a long way to reduce the rate of suicide by Nigerian youth.
- iv. Suicide prevention programmes should be done by all the stakeholders with female specific strategies. It should also be made on public and social objective rather than a traditional exercise in mental sector, if suicidal behavior in women is to be reduced. In corroboration to the above

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