

# What are the causes and effects of suicide? essay sample

[Law](#), [Criminal Justice](#)



The issue of suicide is an important one as the changes in the society has led to an increase in the number of cases of suicide. At first thought, suicide is an act that goes against the principles and values of the society and affects strangers who cannot deal with the social and emotional stressors in life.

But, in recent times, the issue of suicide has taken a more serious effect on many individuals as suicide victims are children and young adults who can be easily identified with. A number of the cases of suicide occur because individuals suffer the physical, psychological, and emotional and drugs related problems that many individuals cannot deal with effectively.

The causes of suicide will vary according to the individual and their ability to cope with the “ individual, community, and societal factors that contribute to the risk of suicide,” (Centers for Disease Control and Protection, para. 1). The more common causes of suicide includes a history of suicide in one’s family, child abuse, mental health challenges, history of suicide attempts, depression, death, physical illnesses, peer pressure, drug abuse, and aggressive tendencies, (Centers for Disease Control and Protection, para. 1).

While these causes are different for those who commit suicide, the common trend is that individuals who commit suicide are no longer able to deal with the problems that they encounter. Everyone faces challenges, but the problem with the victims of suicide lies in the fact that those who suffer from suicidal thoughts do not seek the necessary professional help that will help them to cope with the challenges in their lives.

According to the Centers for Disease Control and Prevention, suicide is the third most important factor that causes death in young adults between the ages of 15 to 24, (Centers for Disease Control and Protection, para. 2). As a

young adult, it is sad to see that suicide has begun to make a significant mark in others in the said age group. For many of these suicides, the common factor of hopelessness leads these youngsters to commit suicide. The reality of these acts is frightening as one would want to believe that individuals who commit suicide can get the necessary help that they need in order to deal with the problems at hand.

Those who commit suicide leave their families and friends suffering the devastating loss of having to cope with the financial and emotional challenges of losing a loved one. Each individual will react differently to suicide. For partners of the victims, there is a feeling of betrayal as the expectation and hope for a future of togetherness vanishes. Families may feel guilt as they believe that they could have done more to help the suicide victims to deal with the problems that they faced. Children of suicide victims may feel as if their parents abandon them and this in turn can lead to the destruction of the child's self-esteem. Friends of these suicide victims may feel a sense of grief as they wonder what else they could have done to help the victim to cope with the distress they faced.

In concluding, suicide should never be an option in dealing with the problems that individuals have to face in life. The act of suicide does not solve any of the problems that one faces and only leaves others with the belief that the easiest way to deal with one's problems is to commit suicide. The truth is that the problems that individuals face help them to become stronger. Therefore, suicide should never be an option because those who are left behind often suffer the burden of grieving the loss of a loved one.

## **Works Cited**

Centers for Disease Control and Protection, Suicide: Risk and Protective

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