

SUICIDAL TENDANCY AMONG ADOLESCENT

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SUBJECT- RESEARCH METHODOLOGY

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A} INTRODUCTION

MEANING OF RESEARCH-

The word research is composed of two syllables, re and search. Research means to search or to find out and examine again. This is very essence process of acquiring new knowledge. Research means scientific and systematic re- examination of existing facts or knowledge to ascertain whether the existing conclusion can be varied or not.

In simple words , research is any inquiry or search for facts or truth. Investigation of every kind which is based on original source of knowledge may be said as research.

The Advance Learner's Dictionary of current English lays down the meaning of research as “a careful investigation or inquiry specially through search for new facts in any branch of knowledge”.

Burns defines-¹ Research as a systematic investigation to find answer to a problem.

According to Encyclopaedia Britannica, - Research is an act of searching into a matter closely and clear fully , inquire directly to the discovery of truth and in particular the trained scientific investigation of the principles and facts of any subject , based on original and first-hand study of authorities or experiment.

WHAT IS LEGAL RESEARCH –

Legal Research means Research is that branch of knowledge which deals the principles of law and legal institution. The contents of various sources of law legislation, precedent, custom, juristic writings, etc.

SORCES OF DATA-

Primary Source-y

Legislation

Precedent

¹ Legal research methodology –Shipra Agarwal

Custom

Secondary sources

Juristic writing

OBJECTIVES OF LEGAL RESEARCH –

The obvious purpose of the research is to discover the answer to question through the application of scientific procedures. The main aim of the researcher is to find out the truth which has hidden and which has not been discovered as yet. ²

CHAPTER-II

² Legal research methodology –Shipra Agarwal

B} FORMULATION OF THE RESEARH PROBLEM:

In Research process the first and foremost steps happen to be that of selecting and properly defining the Research problem. The Formulation of topic for the purpose of research is called research problem.

At the initial stage the researcher has to decide the area of a subject matter in which he is interested. Hence the researcher needs to formulate a specific problem within his general area of interest before collecting the data for analysis of it. He has to put a great deal of thought in the formulation of the problem if he expects to get anything worth from his effort to solve it.

RESEARCH PROBLEM :

Suicidal tendency among adolescent.

PROBLEM PROFILE:

DEFINITION OF SUICIDE

Suicide is a process of purposely ending own life or killing self. Suicide it is the act of a human intentionally causing its own death.

MEANING OF SUICIDE

The suicide is stated to mean as the intentionally killing of oneself.³

A finding of suicide must be in evidence of intention. Every act of self-destruction is, in common language described by the word 'suicide' provided it is an intentional act of a party knowing the probable consequence of what he is about. Suicide is never to be presumed intention is the essential legal ingredient.⁴

Sometimes, suicide can be committed with the help of others, which is called medically assisted suicide (euthanasia, or the right to die) involving people who are terminally ill, in extreme pain, or have (perceived or construed) minimum quality of life through injury or illness however, it is currently a controversial ethical issue.

³ (as per counoise oxford dictionary , 9th edition , p. 1393).

⁴ (as per Halsbury's fourth edition ,_ninth volume , page 686.)

A suicidal child or adolescent is a minor who intends or plan to end his life. Child suicide designates the act by which a child voluntarily brings about his death. In most cases, this this is not simply a wish to die, but the ultimate means of escaping from great suffering or from a situation from which the child can find no exist.

ADOLESCENT SUCIDES

Suicide is an act where one intentionally ends his /her own life. Suicide has existed for a long time and has increased substantially in the past 2-3 decades among adolescents.

In order for a death to be considered suicide it must be one's own doing where the person intentionally used a physical action to kill himself, this is different from an accidental self-inflicted death.

If a suicide does not result in death, it is labelled as an attempted suicide . suicide is the ---- leading cause of death for adolescents , where age , sex, and race are important risk factor.

TYPES OF SUICIDE

Durkheim⁵ defines suicide as follows.

The term suicide is applied to all cases of death resulting directly or indirectly from a positive or negative act of the victim himself which he known will produce this result.

He also distinguished between **4 sub types of suicide-**

1. egoistic suicide
2. altruistic suicide
3. anomic suicide
4. fatalistic suicide

SUICIDE METHOD-

1. Physical - Physical modes are typically destruction of one or more key components.
2. Chemical - Chemical modes focus on interrupting biologically significant processes such as cellular respiration or diffusion capacity.

⁵ French sociologist

PSYCHOSOCIAL STATE

A number of psychological states increase the risk of suicide including hopelessness, loss of pleasure in life, depression and anxiousness. A poor ability to solve problem, the loss of abilities one used to have, and poor impulse control also play a role. In order adults there is a perception of being a burden to others in family.

INDIAN HISTORY OF SUICIDE –

Views On Suicide Have Been Influenced By Broader Cultured Views On Existential themes such as religion, honour and the meaning of life.

THE PRACTICE OF SATI –

In the ancient India , two forms of altruistic suicide were practised. One was Jhohar, a kind of mass suicide by women of a community when their men folk suffer defeat in battle; the other was sati, a suicide of widow on the funeral pyre of her husband or after the cremation.

Sati is a Hindu funeral practise, now outlawed, in which the widow was expected to immolate herself on her husband's funeral pyre, either willingly or under pressure from the family and society. In the 20th and 21st centuries, suicide in the form of self – immolation has been used as a medium of protest.

Suicide was believed to be closely related to murder, many worry about the welfare of the soul for one who has committed suicide .

Today the reasons for suicide are many, and the ways to achieve it are broad. However, some found it to be the only way to redeem them from failure.

HISTORY OF SUICIDE LEGISLATION

Suicide has historically been treated as a criminal matter in many parts of the world. However, in the western societies, social secularisation has led to the decriminalisation of individual suicides, although the act is still stigmatised and discouraged.

Historically law against suicide and mercy killing have developed from religious doctrine, for example, the claim that only God has the right to determine when a person will die.

INDIAN LEGISLATION FOR SUICIDE

In our country, attempt to suicide is an offence punishable under section 309 of the Indian Penal Code. Section 309 reads thus:

ATTEMPT TO COMMIT SUICIDE- *“Whoever attempts to commit suicide and does any act towards the commission of such offence, shall be punished with simple imprisonment for a term which may extend to one year or with fine, or with both”.*

Article 21 of the Constitution of India enjoins that no person shall be deprived of his life or personal liberty except according to procedure established by law.

However, suicide or the right to take one's own life is not considered to be a right in India. Indian law for suicide do not accept this argument as the right to die is not part of an individual's fundamental right to life. However, many debates have taken place to establish whether committing suicide is right or wrong? Many people argue that every individual shall have a right to not to live a forced life, unless he/she, is violating others rights or causing any harm to anyone.

LEGAL VIEW OF SUICIDE ATTEMPT-

As per the Indian penal code attempt to commit suicide and abetment to suicide are offence under its section 305, 306, and 309, respectively. 306 and 309 are cognizable and Non-compoundable offence. However, case under sec- 309 is Bailable and tried by any magistrate, while under section -306, the case is Non -Bailable and tried by the Court of Session.

In **Maruti Shripati Dubal v. State of Maharashtra**⁶

The Bombay High Court held that section 309, IPC is ultra vires the Constitution being violative of Articles 14 and 21 thereof and must be struck down. It was pointed out that the fundamental rights have their positive as well as negative aspects.

For example, the freedom of speech and expression includes freedom not to speak and to remain silent.

The freedom of association and movement likewise includes the freedom not to join any association or to move anywhere.

The freedom of business and occupation includes freedom not to do business and to close down the existing business.

If this is so, logically it must follow that right to live as recognized by Article 21 of the Constitution will include also a right not to live or not to be forced to live.

To put it positively, Article 21 would include a right to die, or to terminate one's life. The Court further pointed out that the language of section 309, I.P.C is sweeping in its nature. It does not define suicide.

In fact, philosophers, moralists and sociologists are not agreed upon what constitutes suicide. What may be considered suicide in one community may not be considered so in another community and the different acts, though suicidal, may be described differently in different circumstances and at different times in the same community. While some suicides are eulogized, others are condemned. That is why perhaps wisely no attempt has been made by the legislature to define either.

The want of a plausible definition itself makes the provisions of section 309 arbitrary and violative of Article 14. There are different mental, physical and social causes which may lead different individuals to attempt to commit suicide for different ends and purposes, there being nothing in common

⁶1987 CriLJ 743

between them. Section 309 makes no distinction between them and treats them alike, making the provisions thereof arbitrary. Further, the Court observed that if the purpose of the punishment for attempted suicide is to prevent the prospective suicides by deterrence, the same is not achieved by punishing those who have made the attempts, as no deterrence is going to hold back those who want to die for a social or political cause or to leave the world either because of the loss of interest in life or for self-deliverance. The provisions of section 309 are unreasonable and arbitrary on this account also. As is rightly said, arbitrariness and equality are enemies of each other. The blanket prohibition on the right to die on pain of penalty, it was pointed out, is not reasonable.

The High Court also observed that there is nothing unnatural about the desire to die and hence the right to die. The means adopted for ending one's life may be unnatural varying from starvation to strangulation. But, the desire which leads one to resort to the means is not unnatural. Suicide or an attempt to commit suicide is not a feature of a normal life. It is an incident of abnormality or of an extraordinary situation or of an uncommon trait of personality. Abnormality and un commonality are not unnatural merely because they are exceptional. The High Court further observed that the right to die or to end one's life is not something new or unknown to civilization. Some religions like Hindu and Jain have approved of the practice of ending one's life by one's own act in certain circumstances while condemning it in other circumstances. The attitude of Buddhism has been ambiguous though it has encouraged suicide under certain circumstances such as in the service of religion and country. Neither the old nor the New Testament has condemned suicide explicitly. However, Christianity has condemned suicide as a form of murder. In contrast, the Quran has declared it a crime worse than homicide. The High Court quoted the eminent French sociologist, Emile Durkheim's threefold classification of suicides made on the basis of the disturbance in the relationship between society and the individual: (i) Egoistic suicide which results when abnormal individualism weakens society's control over him; the individual in such cases lacks concern for the community with which he is inadequately involved; (ii) Altruistic

suicide which is due to an excessive sense of duty to community; and (iii) Anomic suicide which is due to society's failure to control and regulate the behaviour of individuals.

This classification is not regarded as adequate by many, but gives us the broad causative factors of suicide. It is estimated that about one third of the people who kill themselves have been found to have been suffering from mental illness. The Court observed that those who make the suicide attempt on account of the mental disorders require psychiatric treatment and not confinement in the prison cells where their condition is bound to worsen leading to further mental derangement. Those on the other hand who make the suicide attempt on account of acute physical ailments, incurable diseases, torture or decrepit physical state induced by old age or disablement need nursing homes and not prisons to prevent them from making the attempts again.

In P. Rathinam v. Union of India⁷,

A Division Bench of the Supreme Court also held that section 309, IPC violates Article 21, as the right to live of which the said Article speaks of can be said to bring in its trail the right not to live a forced life. Quoting from a lecture of Harvard University Professor of Law and Psychiatry, Alan A Stone, the Supreme Court noted that right to die inevitably leads to the right to commit suicide. However, the Supreme Court disagreed with the view of the Bombay High Court that section 309 is also violative of Article 14.

Dealing with the argument relating to the want of a plausible definition of suicide, the Supreme Court observed that irrespective of the differences as to what constitutes suicide, suicide is capable of a broad definition and that there is no doubt that it is intentional taking of one's life, as stated at page 1521 of Encyclopaedia of Crime and Justice, Volume IV, 1983 End. As for the reason that section 309 treats all attempts to commit suicide by the same measure without regard to the circumstances in which attempts are made, the Supreme Court held that this also cannot make the said section as violative of Article 14, in as much as the nature, gravity and extent of attempt may be taken care of by tailoring the sentence

⁷AIR 1994 SC 1844

appropriately, in certain cases, even Probation of Offenders Act can be pressed into service, whose section 12 enables the court to ensure that no stigma or disqualification is attached to such a person.

The Supreme Court observed that suicide, the intentional taking of one's life has probably been a part of human behaviour since prehistory.

Various social forces, like the economy, religion and socio-economic status are responsible for suicides. There are various theories of suicide, to with, sociological, psychological, biochemical and environmental. Suicide knows no barrier of race, religion, caste, age or sex. There is secularization of suicide. The Supreme Court further observed that suicide is a psychiatric problem and not a manifestation of criminal instinct. What is needed to take care of suicide-prone persons are soft words and wise counselling (of a psychiatrist), and not stony dealing by a jailor following harsh treatment meted out by a heartless prosecutor. It is a matter of extreme doubt whether by booking a person who has attempted to commit suicide to trial, suicide can be taken care of. The Supreme Court expressed the view that section 309 of the Penal Code deserves to be effaced from the statute book to humanize our penal laws. It is a cruel and irrational provision, as it may result in punishing a person again (doubly) who has suffered agony and would be undergoing ignominy because of his failure to commit suicide.

An act of suicide cannot be said to be against religion, morality or public policy, and an act of attempted suicide has no baneful effect on society. Further, suicide or attempt to commit it causes no harm to others, because of which State's interference with the personal liberty of the concerned persons is not called for. The Supreme Court also observed that the view taken by it would advance not only the cause of humanization, which is a need of the day, but of globalization also, as by effacing section 309, we would be attuning this part of our criminal law to the global wavelength.

IN Gian Kaur v. State of Punjab⁸, however, a Constitution Bench of the Supreme Court overruled the decisions *in Maruti Shripati Dubal* and *P. Rathinam*, holding that Article 21 cannot be construed to include within the 'right to die' as a part of the fundamental right guaranteed therein, and therefore, it cannot be said that section 309, IPC is violative of Article 21. It was observed that when a man commits suicide he has to undertake certain positive overt acts and the genesis of those acts cannot be traced to, or be included within the protection of the 'right to life' under Article 21. 'Right to life' is a natural right embodied in Article 21 but suicide is an unnatural termination or extinction of life and, therefore, incompatible and inconsistent with the concept of 'right to life'. The comparison with other rights, such as the right to 'freedom of speech', etc., is in apposite. To give meaning and content to the word 'life' in Article 21, it has been construed as life with human dignity. Any aspect of life which makes it dignified may be read in to it but not that which extinguishes it and is, therefore, inconsistent with the continued existence of life resulting in effacing the right itself. The 'right to die', if any, is inherently inconsistent with the 'right to life', as is death with life. It is significant to note that the Supreme Court in **Gian Kaur** focused on constitutionality of section 309, IPC. The Court did not go into the wisdom of retaining or continuing the said provision in the statute it may not be inapposite to also note *C. A. Thomas Master v. Union of India*, where in the accused, a retired teacher of 80 years, wanted to voluntarily put an end to his life after having had a successful, contented and happy life. He stated that his mission in life had ended and argued that voluntary termination of one's life was not equivalent to committing suicide. The Kerala High Court held that no distinction can be made between suicide as ordinarily understood and the right to voluntarily put an end to one's life. Voluntary termination of one's life for whatever reason would amount to suicide within the meaning of sections 306 and 309, I.P.C. No distinction can be made between suicide committed by a person who is either frustrated or defeated in life and

⁸AIR 1996 SC 946

that by a person like the petitioner. The question as to whether suicide was committed impulsively or whether it was committed after prolonged deliberation is wholly irrelevant.

SECTION 306 OF IPC, ABETMENT OF SUICIDE:

If any person commit suicide, whoever abets the commission of such suicide, shall be punished with imprisonment of either for a term which may extend to ten years, and shall also be liable to fine.

In England, the Suicide Act 1961 abrogated the law laying down that attempt to commit suicide is an offence. Although suicide is no longer an offence in itself, any person who aids, abets, counsels or procures the suicide of another or an attempt by another to commit suicide, is guilty of an offence and liable on conviction on indictment to imprisonment for a term which may extend to 14 years.⁹

In India, not only abetment of suicide is an offence (vide section 306, IPC), but also attempt to commit suicide is an offence (vide section 309 IPC).

Suicide is one of the important factors contributing to premature or unnatural end of precious human lives. It is a global problem and the World Health Organization has in regard to attempted suicide expressed the view that punishing with imprisonment a behaviour consequent to either a mental disorder or a social difficulty gives completely a wrong message to the population, and that the WHO encourages efforts for the prevention of suicide.

The International Association for Suicide Prevention has also expressed the view that attempted suicide should be decriminalized and that suicidal individuals need to be helped and imprisonment only makes their problems worse. The said Association on **September 10** every year sponsors 'World Suicide Prevention Day' as a part of its efforts to achieve effective suicide prevention.

⁹Halsbury's Laws of England, 4th ed. 2000 Reissue, Vol. 11(1), Para 106)

GENERAL CAUSES OF SUICIDE

Suicide is often seems to have committed out of despair, or by Some underlying mental disorder which includes depression, bipolar disorder, schizophrenia, alcoholism and drug abuse, Pressures or misfortunes such as financial difficulties or troubles with interpersonal ,relationships may play a significant role.

It is very rare that someone dies by suicide because of one cause. Thus, there are usually several causes for suicide.

Many people people die by suicide because depression is triggered by several negative life experiences, and the person does not receive treatment or does not receive effective treatment for the depression.

Besides it, a significant association was found between suicidal tendency and underlying medical including chronic physical pain and intense emotional pain.

In patients with more than one condition the risk can be particularly high, suggesting a need for increased screening & careful medical evaluation in general medical settings as many medical conditions present with psychiatric symptoms that leads to suicidal tendencies.

Genetics also has an effect on suicide risk. Much of this relationship acts through the heritability of illness. There is also evidence to suggest that if a parent has committed suicide, it is a strong predictor of suicide attempts. Some of the negative life experiences that may cause depression, and some other causes for Depression include:

1. Unemployment, Loss of hope.
2. A serious loss, such as a loss of a job, house, or money.
3. A serious illness, chronic physical & emotional pain.
4. Alcohol abuse.
5. A feeling of not being accepted by family, friends, or society.
6. Breakup of a relationship, divorce, or separation.
7. Feeling Inability to conceive (in women) or be a father (in men).

8. Feeling "trapped" in a situation perceived as negative.
9. Feeling that things will never "get better. " Feeling helpless, Inability, to deal with Perceived "failure".
10. Being victimized (domestic violence, rape, assault, etc.).
11. Physical abuse, Verbal abuse.
12. The death of a loved one.

A big reason people commit suicide is because of family problems. A person's family has a huge impact on an individual's life children that experience family problem such as their parents getting divorced are more likely to commit suicide.

Children that get abused or neglected are also a lot more likely to take their own life. Most children that are put into these situations feel that they have nowhere to go for help. Most try to communicate their feelings to others but they don't get the necessary help needed. These children probably feel very confused and very alone at such a young age that they resort to suicide.

Problem with people's relationships can also be a reason that people commit suicide. Some people when they break up with someone who they love or; loved for a very long time don't know how to deal with being by themselves. Some feel that they're going to be alone forever and some feel they can't possibly live without that person so they just end their life. In a case of breakup, people may feel that they may be good enough for anyone else. Some feel that they have failed and can't handle that act. Problems with school are also a big reason that people commit suicide.

Disintegration of family system and laxity in parental control over children is yet another cause of increase in suicide.

The rapidly changing patterns in modern living also make it difficult for children and adolescent to adjust themselves to new ways of life.

Poverty is yet another potential cause of suicide. Mostly youngsters today are so ambitious that they constantly draw comparisons with their peers and find themselves to be less worthy.

Failed romance are another big reason for young people committing or contemplating suicide. Apart from the normal pressures of teen life, specific circumstances can contribute to an adolescent's consideration of suicide. It's especially difficult when adolescents are confronted with the problems that are out of their control, such as; Divorce, A new family formation (e.g. steps-parents and steps-siblings), Moving to a different community, Emotional neglect exposure to domestic violence, Alcoholism in the home, Substance abuse. Many suicides are committed by people who are depressed—depression is a mental health disorder. It causes chemical imbalances in the brain, which can lead to despondency, lethargy, or general apathy towards life. Almost half of 14 and 15-year-olds have reported feeling some symptoms of depression, which makes coping with the extensive stresses of adolescence all the more difficult.

Symptoms of depression in youth are often overlooked or passed off as being typical “adolescent turmoil”.

Another serious problem that can lead to teens suicide or aid in their plans to end their lives is the easy access, many of them have to firearms, drugs, alcohol, and motor vehicles.

CHAPTER-III

C. FORMULATION OF HYPOTHESIS.-

Meaning of hypothesis:-

‘Hypo’ means less than or under and ‘thesis’ means idea or general opinion to be defended by a person and thus hypothesis mean an ideal formed beforehand which has less value than the generally formed view.

If we have to proceed towards some destination for which we don’t know the way, we try to form an idea about the direction to proceed and by trial and error, we reach that goal. The primary idea is called a hypothesis.

The **Webster’s New International Dictionary** ¹⁰ gives the meaning of the term ‘hypothesis’ as a proposition, condition or principle which is assumed, perhaps without belief, in order to draw out its logical consequences and by this method to test its accord with facts which are known or may be defined.”

According to George A. Lundberg , a hypothesis is a tentative generalisation, the validity of which remain to be tested. In its most elementary stage the hypothesis may be any hunch, guess, imaginative idea, which becomes the basis for action or investigation.”

According to **Goode and Hatt**, ‘hypothesis is propositions which can be put to test determine its validity.

SOURCES OF HYPOTHESIS

The available literature should be consider. Theories and assumption will form the bases of several hypotheses. Personal experience, other hypothesis, observation, all helps a researcher to formulate hypothesis.

STEPS FORMULATION OF HYPOTHESIS-

1. To observe the phenomena.
2. Identify causes and consequences of the phenomena.
3. Logically deduct the fact relating the phenomena.

¹⁰ Legal research methodology –Shipra Agarwal p- 78

4. Verification with the empirical situation.

CHARACTERISTICS OF HYPOTHESIS

A **good** hypothesis is one which is testable and must be based directly on existing data. It might even be expected to predict or anticipate previously unknown data. According to Galtung,¹¹ there are ten dimensions of a useful hypothesis:

Generality, Complexity, Specificity, Determinacy, Falsifiability, Testability, Communicability, Reproducibility, Predictability, Tenability.

Goode and Hatt suggest the following characteristics of a useful hypothesis.

1. **Specific-** the hypothesis should not be too or general. There is a general tendency to select hypothesis that are too vast.
2. **Conceptually clear. The** hypothesis should be properly expressed. The definition and terms used in the hypothesis should be those which are commonly accepted terms and not our own creations.
3. **Related to available technique-**the hypothesis should be capable of being verified. For this purpose we have to take into consideration the technique of study that is available.
4. **Related to body of theory-** it is desirable that hypothesis selected must be in continuation with theory already evolved.
5. **Simple-** it should have logical simplicity.

TYPES OF HYPOTHESIS –

1. **Alternate hypothesis**
 - A. Null hypothesis
2. **Research hypothesis**
 - A. Null hypothesis
 - B. Hypothesis of difference
 - C. Hypothesis of point prevalence.

¹¹ Legal research methodology –Shipra Agarwal- p-80.

D. Hypothesis of association.¹²

HYPOTHESES-

My hypotheses is-

- 1. Comparative competition among youth, stress, and emotional imbalances leads to suicidal tendency among adolescents. (15-25 years)*
- 2. Inadequate moral support, insure relationship, emotional trauma, sexual abuse, these factors may contribute to increase in suicidal tendencies among adolescents.*

METHODOLOGY ADOPTED

The present study is basically a socio-legal study. Necessary and important data for this study will be collected from primary and secondary sources.

Primary source-

- 1. A visit at Ponda police station for review number of suicidal attempts reported during last 5 years.*
- 2. The study shall consist of interview of various police officers at Ponda Police Station and collection of data by way of questionnaires.*
- 3. Statistics shall be collected via interviews and records of police officers from ponda police station. Etc.*

Secondary sources-

- 1. Reference books*
- 2. Relevant internet sites.*

CHAPTER-IV-

SCOPE-

¹² Legal research methodology –Shipra Agarwal-page no-83

The scope of Research in my problem I have chosen is limited to Ponda area in state Of GOA.

OBJECTIVES OF STUDY-

1. To find out the suicidal tendencies among adult in Ponda .
2. To find out, which is the prominent causes and means of suicide among adults.
3. To study the effect of suicide.
4. Laws Relating To Suicide and Its Legal Control.
5. Creating awareness among general public.

CHAPTER –V

E} RESEARCHER DESIGN

Meaning of research design:

To design is to plan, that is, designing is the process of making decisions before the situation arises in which the decision has to be carried out. Designing is thus a process of deliberate anticipation directed towards bringing an expected situation under control.¹³

Sampling technique.

The Sampling technique is made maximum use of, and in no field of research can its importance and value be belittled. In researcher in education, economic, commercial and scientific domains the sampling techniques is used and considered most apt for research. Sampling technique has also vary high value in day-to day life.

Some criteria to select a sample-

1. The Sample must represent the universe.
2. The sample must adequate size to produce reliable result.
3. The sample must be an efficient one.

Types of Sampling-

There are various techniques in selecting Sampling for study, they are purposive Sampling, Random Sampling and stratified Sampling ans each of which have their own merits.

Random sampling method used to select my research problem as the scope of investigation is limited to a particular place only PONDA.

Random sampling method is applicable to a homogeneous universe. The selection of sample at random from the given universe facilities a purposeful study of the universe through the selected unit.

DATA COLLECTION-

¹³ Legal research methodology –Shipra Agarwal ,page no- 87.

One must be careful in the choose of research method then collect a data by way of Questionnaires, interview, observation etc.

QUESTIONNAIRES-

Questionnaires is a printed list of question sent through mail to respondent to be returned by the respondent after filling up the questionnaires .this method of question and answer by mail is the most economical of all other research method of data collection .

INTERVIEW –

The interview is the oldest and most often used devise for obtaining information among human being. It is verbal method to securing the data .interview techniques used for the both literate and illiterate persons. There are various types of interviews.

Observation –

This is very important and vary old method of data collection. This is basic instinct of man to observe, things, events, facts happening or taking around him. This enhances his knowledge which in turn enables him to make more meaningful adjustment with his surrounding and environment.

The method of interview is suitable method for research and I have selected. I will interview police inspectors. It is very much useful to collect the data.

Processing of data-

After the data collected, it has to be processed before analyzation and interpretation. Data processing depends upon the nature of data.

Analysis And Interpretation Of Data.

Analysis of data incudes -

- a. classification of data**
- b. tabulation**
- c. systematic analysis of data**
- d. Inference about the relation.**

CHAPTER-VI

F} CONCLUSION

Here hypothesis compared with the data collected. It includes suggestion, Recommendation and facts etc.

SUGGESTION

1. It's essential that you take suicidal behaviour or previous attempts seriously and get assistance quickly.
2. Aside professional treatment, a suicidal teen needs to know there are people who care, and who are available to talk to good support means listening to what's troubling somebody without passing judgement on his or her feelings.
3. A person should be reassured that there are always solution to problems or ways other than suicide for coping with them giving an adolescent the chance to open up and talk about his or her feelings will help relieve some of the distress of those intense emotions, and make that person feel less alone.
4. Restricting access to firearms and ammunition is also an important preventive measure weapons kept in the home increase the risk that suicide attempts will be successful, by giving a suicide adolescent the means to take their own life.
5. It is very important to seek professional help for the adolescent who may be suicidal. Guidance counsellors at crises centres can help ensure that a distressed teen receives the needed assistance.
6. Psychological counselling will help a teen develop effective mechanisms for coping with problems. These will be of value long after adolescences have ended when a person has to face many of the stresses routinely encountered during adulthood.
7. Government should eradicate unemployment by providing employment as per ones qualification because if one is highly qualified and if he doesn't get job or gets the low post then the person is frustrated.

8. Government should undertake steps to implement free counselling cell having confidential referrers for public in every taluka wherein they can take advantage of it and reduce their mental tension which will be helpful in reducing mental disorder cases.

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