



Suicide Profile Among Youth in Tanzania: An Alarming Situation, How Can We Salvage Youth?

Majani Edward^{1*}; Aisha Khalfan²; Withness John¹; Elton Mussa¹

¹St. Francis University College of Health and Allied Sciences.

²Hubert Kairuki Memorial University.

***Corresponding Author(s): Majani Edward**

St. Francis University College of Health and Allied Sciences.

Email: majanimedward@gmail.com

Received: Mar 06, 2023

Accepted: Apr 13, 2023

Published Online: Apr 20, 2023

Journal: Journal of Psychiatry and Behavioral Sciences

Publisher: MedDocs Publishers LLC

Online edition: <http://meddocsonline.org/>

Copyright: © Edward M (2023). *This Article is distributed under the terms of Creative Commons Attribution 4.0 International License*

Introduction

According to the United Nations' definition; youth are people falling in the age group between 15-24 years (about 1.2 Billion youth in the world account for about 16% of the global population). In Tanzania, youth are defined as people of age between 15-35 years [1], making up approximately 60% of the population. Youth are the main contributors to the economy, technology, politics, diplomacy, and education which fosters development [1].

Suicide can be defined as a process of terminating one's own life to die through several approaches mostly hanging, poisoning and firearms [2,3]. Suicide is the fourth leading cause of death among youth worldwide. Youth are by nature vulnerable to mental health problems suicide inclusively, especially during the year of adolescences this period of life is characterized by movement, changes and transition from one state into another in several domain at the same time. Furthermore youth have to make decision about important concrete directions in life, for example school, living situation, peer groups. Global statis-

tics reveal that Middle and Low-Income countries contribute to about 77% of all suicides worldwide and it is estimated that every 40 seconds 1 person dies from suicide making a total of 800,000 deaths every year [4].

Epidemiological status

According to the latest published WHO data in 2020, the suicide rate in Tanzania reached 2,474 or 0.84% of the total death rate of 8.15 per 100,000 of Tanzania's population [4]. The reports show that suicide happens to many youths who had prior suicidal ideation [5]. Although females are more susceptible to suicidal behaviors, males have an increased rate of successful attempts in a ratio of 3:2. Suicide is spoken to people of all education from those with primary education to those at the university level in both rural and urban areas due different factors to be mentioned in the body.

What are the drivers of suicide among youth in tanzania?

Assessment of the drivers of suicide among youth should include a comprehensive psychiatric evaluation including col-



Cite this article: Edward M, Khalfan A, John W, Mussa E. Suicide Profile Among Youth In Tanzania: An Alarming Situation, How Can We Salvage Youth? 2023; 6(1): 1079.

lateral information from parents or other family member, care givers and to sometimes even friends, Psychopathology, substance misuse and history of suicide attempt are considered as the greatest predictors of suicide. In Tanzania numerous studies indicate that Depression is strongly associated with suicide among youth [3] with most causes being preventable including

- Overwhelming love affairs due to lack of loyalty and emotional torture
- Teenage pregnancies and the burden of raising kids on their own together with ending their studies and ruining their futures.
- Severe marital and family conflicts which affect both the parent's psychological well-being and distort the children's minds and peace
- Domestic violence, abuse, and childhood trauma
- Health problems like HIV which leads to worthlessness and hopelessness
- Financial crisis and burdens with food and shelter insecurities
- Stigma towards mentally ill patients especially depression also leads to the delay in seeking care [6,7]

As the result, overwhelming feelings of confusion, hopelessness, loss of direction, and the burden of disappointment to their family and societies with poor social support bring about both suicidal ideation and attempts [5].

Ways in mitigating the burden

Suicide being a threat to youth's life, thorough investigations and measures should be taken from the individual, systems, and community levels. Policies directed at means of restricting and public awareness campaigns on the burden and strategies in identification, proper diagnosis, and treatment of the problem should be made and implemented. Given the complexity of the problem, identifying people at risk, promoting healthy connections, teaching coping and problem-solving skills from the family to schools, improving access and delivery of suicide care, and routine screening for depressive symptoms and suicidal behaviors in adolescent services centers may reduce the burden. Affected families should also be involved with thorough investigations to prevent other siblings from a similar fate [3].

References

1. Tanzania | Factsheets | Youthpolicy.org.
2. Suicide Definition & Meaning - Merriam-Webster.
3. Facts About Suicide | Suicide | CDC.
4. Suicide.
5. Suicide rates rise sharply in Tanzania amid economic, and social woes.
6. Tanzania Suicide Rate 2000-2023 | MacroTrends.
7. Frontiers | Suicide and Youth: Risk Factors.