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NEED FOR COUNSELING AMONG COLLEGE & UNIVERSITY STUDENTS

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ABSTRACT

It is a matter of fact that colleges and Universities of our country are working for our young generation for higher educations. The colleges and Universities can play a significant role not only to upgrade the higher education but also play a vital role for the development of healthy personality among the young generation. In this paper I would like to discuss on suicide among students.

It is also found that most of our students are suffering from depression for various reasons. It is also found that age from 15 to 29 the rate of suicide is highest in compare to other countries.

I strongly emphasizes that government, colleges & Universities should think for the counselling for our young generation so that we can prevent the suicide of our youngsters of our country.

Introduction

WHY ARE THEY AT RISK

Suicide is the second leading cause of death among college-aged students in our country more than 1000/-. It is estimated that college students die by suicide each year. It is important to recognize women attempt suicide about two to three times as often as men. The majority of suicides occurred in the 20-29 age group.

One the research indicates more than 9 percent of students admit to seriously thinking about suicide with another 1.5 percent having made an attempt. One third reported feeling hopeless and 22 percent felt so depressed as to not be able to function. These percentages increase for those students who have seriously considered suicide. These students are more than 90 percent likely to have felt sad and hopeless to the point of not functioning.

WHAT ARE THE RISK FACTORS FOR SUICIDE :

Presence of a diagnosable mental illness, often major depression, has been consistently identified as a major risk factor for suicide in all segments of the population. Many depressed individuals are never diagnosed or a adequately treated. One of the serve college students found 22 percent reported feeling so depressed that they were unable to function at least three times within a one-year period.

Students identified as being at greatest risk of suicide ideation and attempts are those with an existing mental health problem when they start school and those who develop mental health problems while enrolled.

- A variety of factors have been determined to contribute to suicidal ideation and attempts in college students, including loneliness, helplessness, academic problems, relationship problems, difficulties with parents and financial concerns.

It is observed that Transitioning into college life can be challenging.

- Students are introduced to new freedoms, new responsibilities, and feel overwhelmed with academic and social pressures.
- This is also the age period (18-24 years of age) in which severe psychiatric disorders, like bipolar and schizophrenia, typically manifests and disrupt a student.

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