

## Psychological and Sociological Causes of Suicide

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**ABSTRACT:** Although the use of the word suicide in our lives means that an individual ends his/her life voluntarily for spiritual and social reasons, kills himself/herself or takes his/her own life, the increase in suicide cases today is also seen as alarming. In general, suicide acts are one of the most important health problems of our society. Many studies have been conducted on suicide attempts, which is one of the social realities worldwide. The fact that the phenomenon of suicide is more common among young people is due to the fact that they remain unsolvable in the face of problems. In the light of the studies conducted, it has been determined that the factors that cause suicide incidents are very diverse. Although suicide cases are seen as an individual behavior, it is seen as a phenomenon caused by the correlation of social processes and conditions. The fact that young individuals who attempt suicide make such attempts in the best and most productive times of their lives causes it to be seen as a serious problem. This study is a part of institutional research. In the light of the data obtained, discussion was carried out according to the literature information.

**KEYWORDS:** Suicide attempt, Personality disorder, Mental problems, Stress, Nervous breakdown

### INTRODUCTION

It is obvious that individuals who commit suicide usually have a serious health problem. If we evaluate suicide events from a broad perspective, we will process it as a sociological, psychological and even psychiatric social phenomenon. It is seen that the individuals who commit suicide actually start this behavior due to the interaction of many factors. The importance of religion, economic, sociological and cultural influences has been emphasized at the beginning of these factors. The relations of these factors with each other have also been determined. It is also known that individuals who attempt suicide are generally depressed and unhealthy. Suicidal acts have been observed as a process that starts with stress and progresses to the loss of mental integrity and abnormal behavior by aggravating the conditions in the individual's life. When individuals face threatening events, they attempt suicide as a way out when they encounter their own dilemmas and cannot find a solution or alternative ways out. (Dirik, 2009). Since individuals who are at risk are more likely to attempt suicide, it has been found that therapy practices play an important role in preventing suicide incidents by reducing suicide incidents according to the data obtained from meta-analyses in relation to the prevention and prevention of such behavior. Understanding and studying the structure of society and the functioning of social rules has guided the work of social researchers as well as the founders of the Sociology unit. The growing popularity of structural functionalism has contributed to the development of different perspectives and perspectives. One of them, according to Durkheim, argues that modern society has its own unique reality.

Some researchers and scientists have explained the associations with the causality of suicide as follows; According to the psychodramatic theory; Freud's explanation as the effect of uncontrolled anger in the subconscious, Beck's thought and observations, he had a pessimistic view of the world, Lestler explains it as a learned reaction to traumatic events. The fact that the phenomenon of suicide varies from individual to individual, that it is caused by different types of thoughts and different reasons leads to the emergence of such different theories. According to the data received from official institutions, suicide incidents are hidden and not reflected in the data due to the pressures we put on individuals as a society. This rate is thought to be between 35%-45% in 2024. It is also noted with concern that suicide cases have been increasing in recent years. Despite the measures taken, they cannot prevent suicide attempts, which is a great tragedy for humanity. According to the researches, when we examine the studies in the lands we live in, there are more than one researches in which the cultural and financial power of the society, age, gender distribution, the behavior of individuals and the difficulty of expressing their feelings, pessimism, feeling of loneliness, psychiatric attitudes and social situations are questioned. The main purpose of such studies and research is to prevent individuals from committing suicide and to understand the cause and effect relationship.

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### PURPOSE

In this research, it is aimed to address the psychological and sociological effects of the suicide phenomenon and to closely follow its development and to ensure that studies and measures are taken to eliminate the problem by analyzing the factors that are effective.

### METHOD

In this study, literature review, one of the qualitative research methods, was used. Qualitative research based on literature review has several advantages and limitations. Qualitative data allow researchers to explore areas of interest in greater depth, paying special attention to the cause, pattern and purpose of behaviors and events. Qualitative research is presented as a useful method and technique to look deeper into human phenomena, especially those related to the learning process and the main actors of the subject. However, this approach allows to obtain a basic answer without precise quantitative values. When it comes to the psychological and sociological causes of suicide, it is this research method that will provide the most data for this study.

### FINDINGS

When we look at the data of the studies conducted in the society we live in, it is seen that suicide cases increase regularly between the ages of 14-25 in the rates of suicide cases. (Şahin 2003). Suicide cases are seen as a very dangerous health problem in the age group below the age of 13, compared to the fact that suicide cases are seen at all ages. According to the data of the studies conducted by the World Health Organization, an average of 165,000 people commit suicide every year in Europe, while an average of 800,000 people are lost annually in suicide cases worldwide, and an increase of 70% in the rate of suicide cases in the last 50 years is seen to be individual. It is also known that suicide has a social dimension as well as an individual one. According to research, every forty seconds an individual attempts suicide to end his/her life in the world, and at least 1000 people a day end their lives due to suicide. According to the World Health Organization, suicide cases are among the top 10 causes of death in the world. These data vary according to the conditions of the countries. The most prominent aspect of these conditions is due to cultural and economic reasons. Religious beliefs and traditions in society are effective values that have the power to prevent suicide cases. The phenomenon and perception of suicide may vary according to religion, culture and sociological systems. In some cultures, suicide may be chosen as a way out when individuals engage in shameful behaviors. However, in Turkish culture and social values, the act of suicide is not welcomed. In Islam, there are some hadiths about suicide and how not to commit suicide. Suicide events

Studies to prevent self-harm have been developed and started to be implemented since the beginning of 1981. According to the results of the researches, the fact that the individual has some experiences as a result of painful events and is exposed to this pain will cause individuals to develop habitual processes and increase the power of self-harm. Preparing for suicide or understanding some of the psychological factors and reasons underlying the decision to commit suicide will help us to analyze the individual more. The interventions and resistances to be made as a result of the analyses aim to better understand the causes and factors of the event before starting a suicide attempt. The treatment method applied to control and manage the causes that trigger suicidal behavior is called therapeutic practice. Many studies and researches have been conducted on the subject. As a result of systematic studies carried out on a regular basis, it is possible to learn how to intervene first to individuals who attempt suicide, and many things that experts in the field of the individual will apply and say can affect the individual through professional practice. According to the research on resilience to problems, it is defined as the equipment that the individual has to succeed in the face of difficulties.

Although some data suggest that resilience has a protective effect on military personnel, substance addicts and prisoners, the fact that it was not conducted on some professional groups was found to be an obstacle and deficiency in obtaining a very healthy result. This study will shed light on future researches thanks to the situations that individuals create in their own minds and that involve repeatedly thinking or dwelling on the outcome of negative experiences. Individuals' suicide attempts will be attributed to clearer reasons. With the studies conducted, it will be seen to what extent the individual's sense of being social and the idea of belonging to the community in which he/she lives are effective on suicidal behavior. According to the findings and data obtained, it is seen that the suicidal thoughts of individuals and the realization of these actions resulting in death are integrated with each other. An examination is also made in terms of the rates and risks of being affected by the actions of individuals who have been exposed to suicide. It is emphasized to what extent the individual who attempts suicide contributes to the creation of a number of negative mental health problems. Scientifically, cubic and complex suicide models are seen as a result of the comparison of suicide attempts. In all studies and research on suicide attempts, the common consensus of the society is the relationship of suicide with deviance and obsessive thinking.

According to sociologists, one of the reasons for the rapid spread of obsession in society is the commodification of labor as a result of the developing economy and industry, the killing of emotionality by modernity and the opening out brought about by urbanization, the process in which relationships and lives are restructured and formed due to the development of economic relations. Such changes affecting the lives of individuals have led to an increase in suicide attempts and actions without any reason. Therefore, it is also emphasized that suicide cases can vary according to the phenomenon it creates in society, and the traces of development are carried to other generations. In some societies, suicide is not welcomed according to the moral rules of the society. It would be a normal behavior to consider suicide events in detail and ethically. We need to take a critical approach to societies that see suicide

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as a normal and right action. Therefore, the way we evaluate death and suicide attempts should be based on ethical rules. Otherwise, to continue with an attitude that threatens economic order and comfort will be rejected by society. The society in which we live needs to favor the path of moral compromise on a regular and consistent basis. A person begins to learn the concept of self in the family structure. The individual's later life process continues with school and work life. The biggest factors affecting the formation of the self-concept, the religious and cultural values of the community where the individual was born and raised are very important for the formation and development of the self-concept. In this way, the formation of the individual's self-identity is realized.

The individual's perspective on all events develops with the events experienced. When the place that the individual holds as having a place of its own, stable in its human relations with other individuals, and when the values and judgments accepted by the society are supported by other ideas, a developed society will have a desire to have a regular system. (Fromm 1993: 143). The fact that the individual has developed ideas of the upper self in the community where the individual lives will eliminate the suicide attempt by resisting external influences. We all perceive suicide attempts differently. For example, we have a very different perspective on the individual who sacrifices his life for his homeland without blinking an eye and the individual who ends his life by committing suicide for no reason at all. According to the scientist and researcher Baudrillard, he drew attention to the fact that death events that do not gain importance are not approved and accepted in modern societies. It is determined that the decrease in death penalties is inversely proportional to the number of prisoners executed. At this stage, individuals who attempt suicide condemn themselves by judging the society in which they are in the processes. (Baudrillard 2008). As we can understand from here, the facts of the death and life process change according to the state of the person that day. Individuals have the knowledge that they can never escape the reality of death and that every living being will eventually experience this event. It is known as the only possession of the individual.

It will depend on him/her how he/she wants to treat this being and in what process he/she wants to help its development. The relationship between life and death as we know it is perceived and evaluated differently by each individual. It is very important that individuals are not alone in the society they live in, and that every decision and behavior they will make is determined by respecting the rights of other individuals according to their own norms and rules. They have to be aware that the actions and behaviors we apply are perceived as correct by other individuals, otherwise they will cause reactions of other individuals. Based on these data, we will try to examine and address the social factors of suicide cases and some of the sociological views that have developed in relation to this. The low percentage of suicide cases in some communities emphasizes the importance of individuals' perception of the importance of the fact that this phenomenon is not adopted and that the individual will not be accepted by the society by investigating the reasons why and under what conditions the individual wants to resort to this path in the process of this situation. In Japan, which is one of the developed and modern contemporary societies, and in other societies, suicide is perceived as an honorable behavior by the community and society in which the individual kills himself, thinking that he has exhibited humiliating behavior due to an irreparable mistake he has made both in the face of society and in his own order.

For this reason, the individuals of the society who started to lose their villages after the Second World War ended their lives in an honorable way by committing suicide instead of being imprisoned. If we consider this type of behavior in another way, they resort to this way because it is perceived as a learned and honorable way of behavior in the society consciously by knowing their personal responsibilities, assimilating the concept of self. Individuals' distancing and detachment from their social values causes a kind of disturbance and may lead to suicide attempts (Geçtan, 1994). According to Durkheim, after explaining suicide, the most common mental disorders and their connection with insanity were discussed. According to this idea, the concept of insanity was seen as a special form of behavior and thought, and it was seen as impossible for the sudden change of emotions not to cause a change in the roots of spiritual life. According to Durkheim, some mental disorders would not be the cause of suicidal acts and suicide was not a form of insanity. According to his thesis, there is no connection between suicide and mental disorder.

It is underlined that the low number of suicide attempts in developed communities is not due to the low number of mentally ill people in that community. It has been clearly determined that the deterioration of the mental state of individuals for different reasons is not one of the reasons that can lead them to kill themselves. According to the conditions, it is accepted that individuals with mental disorders are more easily prone to suicide than healthy individuals. The need to investigate what known or unknown factors underlie the suicidal individual's tendency in this regard comes to the fore (Durkheim 2014). In some undeveloped tribes, in some cases, suicides are considered to be an event that must be followed as a rule given by the gods to save the honor of the tribe, and the person who commits this act will be branded as cursed within the tribe. In some indigenous African tribes, where there are many such examples, it is believed that the individual who commits suicide should not be touched. It is superstitiously believed that touching the person who has committed suicide will cause the same calamity. They believe that the body of a person who dies by suicide should not be touched by any acquaintance and should be destroyed by an unknown individual. Some tribes also have a tradition of rewarding the unknown person with an ox. In another tribe, this belief and thought is seen differently and a sheep is killed in order to dissuade the suicidal individual from committing suicide. According to the beliefs in East African countries, the suicidal individual is asked to be burned with the tree he hanged himself. (Metzger 1969). In the historical events of societies with deep-rooted historical backgrounds, there are many beliefs and stories involving mythological events related to suicide. The most well-known of these is Antigone, who committed suicide to take her own life, which has an important place in Greek mythology. In

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Egypt, there are many drawings representing suicide. In Mayan history, there is the belief and tradition of offering his body to the gods is also observed. Among the Mongol peoples, the belief that there are evil spirits named "Abaz and Alban" as representatives of suicide is also found. In Turkish mythology, there is also the figure of "Satilay hanım" as the goddess of evil. The association of the name with the act of selling as the definition of the name leads to the perception as an evil spirit. Satilay Hanım, who causes mental disorders and suicide, is called as an evil spirit that deceives especially desperate and hopeless individuals and encourages them to commit suicide (Sümer 2016).

The existence of suicide in all societies is a certainty. Each suicide event has its own style and causes. The process of suicide events varies according to the occurrence and form of the phenomenon and the reactions it generates among communities. To give an example of these, war events, the risk of infectious diseases and the transition to social development and transformation, which were common at that time, are seen as a few of them. In primitive times, the general style and characteristics of suicide events are known as the fear of aging, disease and the action taken to get rid of these problems instead of suffering from incurable pain. In tribes, when one of the members of the tribe follows a behavior that is contrary to the rules of that society and a dishonorable behavior, it is normally expected to take their own lives.

### CAUSES OF SUICIDE

According to scientists, after analyzing and analyzing the causes of suicidal acts, social values are seen as the main theme of the main causes of suicide cases. After researching and analyzing the causes of suicidal acts, a comparison is made with the social causes according to the data obtained. When conducting this research, individual suicidal acts should be analyzed. If a large number of cases, independent of each other and with a variety of styles and forms, information on the diversity of causes will be provided. In the light of this data, the existence and cause associations of suicide cases will go a long way. In Durkheim's studies, although he states that there cannot be a relationship between social factors and normal suicide in the suicidal acts of individuals, he processes these factors to be directly negated. In the light of these studies, it has contributed to making it easier to distinguish social effects by changing suicide events. The factor that the expectations and demands that cause individuals to act socially cannot be met adequately comes to the fore. If expectations and demands are met sufficiently, social communication is disrupted and relationships are damaged. It has been proven that the degree to which individuals act by integrating with other individuals interacts with the suicide incidents in those communities. It has been emphasized that the age, gender and religion of the individual are of great importance in the interaction in the state of integration. (Metzger 1969,) One of the most important and well-known theories of the relationship between suicide and society is Erving Goffman's theory. Erving defined his theory as the influence of individuals with negative thoughts on each other by interacting with the interaction individuals of the society according to the external appearance of individuals. The theory argues that the defect in the body of individuals (such as not hearing, not seeing or loss of limbs, weak willpower, passions, perverted beliefs and beliefs that are susceptible to oppression, and character disorders such as moral disorders can be caused by character disorders. As an illustration of disorders, mental disorders, being a prisoner, alcohol and substance addiction, lesbianism as sexual perversion, sexual preference differences, and suicidal acts are often stigmatized in society. There are also stigmas related to social sciences such as religion, race and nation, which are different factors. These stigmas can be transmitted through the family lineage and can reach all members of the family in various ways.

Stigma is a phenomenon that individuals are forced to live with as a result of the fact that they behave differently from the way they live according to the rules in their society. Individuals apply methods such as treatment, operation and even rehabilitation in order to get rid of the effect of such stigma label. An individual who does not have any physical defect tries to impose himself/herself on the community in which he/she lives because he/she feels like a stranger in the society to which he/she belongs. For this reason, people who receive a stigma label cannot live a normal life compared to normal individuals. Stigmatized individuals, who are constantly trying to impose themselves on the society they belong to, make an effort to comply with the rules and norms of society. Some stigmatized individuals take their own lives instead of fighting against these rules. Maurice, another researcher, analyzed suicide cases due to social reasons while evaluating Durkheim's studies on suicide. The common feature of both researchers is that they argue that the troubles experienced by individuals during their lives are an important triggering factor for suicide. According to Halbwack, he tried to identify the shortcomings of previous studies by using technological opportunities in his own period.

With this model, he guided many researchers in psychopathological research and studies of individuals. Halbwachs developed many well-established studies and researches and in some cases criticized them. According to Halbwack, he also criticized that selfish and abnormal causes of suicide were not addressed in the process of examining the suicide cases handled by Durkheim and that this was a major deficiency. He argues that hypnosis can be used to detect changes in suicidal individuals' attempts in relation to changes in their consciousness. Although his work was similar to Durkheim's in many respects, there were some areas where he was harshly criticized and where he disagreed with Durkheim. First and foremost, there are differences of opinion on the unreliability of the data results of the statistical approach. When the suicide reports of countries are examined in the studies, it is emphasized that the results of these data can always vary and should be kept confidential. On another issue, he criticized the importance of differentiating between the living conditions in cities and rural areas. According to the theory he defends, he mentions the importance of the difference between individuals' living spaces and living conditions and what kind of factors are important. Halbwachs, one



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of the criticisms he made according to Durkheim's studies and theories, emphasized that the family structure of individuals and the concept of religion should be handled together and that this is an important issue. According to Halbwachs, it is necessary to create a particularly wide field of investigation on religious issues. Halbwachs made a comprehensive and detailed analysis of suicide cases in rural and urban areas. He carefully analyzed Durkheim's studies and propositions on suicide cases and adopted examples of sociological variations between the cases. He discusses and confirms Durkheim's theory that suicides increase as economic difficulties and crises increase in the causality of suicides, since job opportunities in a developed community are not the same as in a rural village. In such processes, the level of depression increases and suicidal tendencies increase at the same rate. According to Halbwachs, unlike Durkheim's episodes, there can be flat suicides. These normal suicides are caused by the failure to establish proper communication and social relations with other individuals, as well as many different factors, both psychological and sociological factors can be factors. Factors such as failures in business life, unrequited love, chronic illnesses can lead to suicide.

In the case of suicides, it has been realized that the situation is progressing differently. It has been proved that one of the main reasons for pathological suicides is related to the isolation of society, that is, from society. Durkheim's statement that "suicide is a social phenomenon" confirmed the validity of the sociological attitude (Giddens 1965). Another researcher, Jacques Peuchet, has written many works and memoirs on this subject. When Karl Maxx closely analyzes these memoirs, he finds that the repressive and conservative attitudes of the modern rich lead to a patriarchal family structure that is primarily oppressive towards young people and women. Criticizing the restriction of free life and the attitudes and pressures that are formed and imposed on individuals, Karl argues that this is one of the main reasons for suicide cases. It is seen that oppressive families and managers who apply pressure and resort to this method apply violence to individuals under their protection, exhibit bad and unfair behavior, mobbing practices and punishments, and individuals with sensitive, thin, nervous and excited structures easily attempt suicide in the face of these situations. Apart from political or economic issues, it is seen that the main issue in Marx's studies on the private lives of individuals other than political or economic issues is the oppression and violence applied to women individuals in the society where the individual is prohibited. According to Maxx, female individuals are perceived as slaves and are oppressed by male individuals who think that they are the owners of the property with a sense of jealousy. If we start from this attitude of female individuals; Marx, who dealt with oppressive attitudes on the basis of the structure of life in developed societies, also criticized this event very much.

In Marx's opinion, the concept of suicide is actually just one of the many reasons for the universal social behavior that many warrior individuals exhibit because they are bored of being among other individuals who are always motivated and encouraged to do new forms of behavior. Marx and Peuchet scientists show that economic reasons are among the causes of suicide, low wages, poverty, increased unemployment and economic injustice are important factors affecting the lives of individuals. This is briefly emphasized as a phenomenon brought about by social injustice. If we consider Henry-Short, Marx and Goffman's studies on suicide events and their views in a general way, one of the most important factors in suicide events is how effective the place and status of the individual in the society in which he/she lives is associated with the events. As we can see, a number of ruptures are observed in individuals who cannot keep up with the changes taking place in the country we live in and who have adaptation problems. Individuals who lack the sensitivity to act as a whole with the individuals in the society in which individuals experience the ruptures they experience, will tend to commit suicide by emerging more dominantly in individuals who cannot socialize. On the basis of these views and analyses, which are absolutely beyond any doubt, it is understood that Durkheim's theory of suicide is of great value. The level of suicide and the factors that cause suicides in communities are determined by the values, customs and traditions of their societies. The sudden global developments in our world are changing our cultural traditions. For this reason, it is seen that the rate of suicide cases and the main causes of suicide have changed. As a result of the increase in variability, it has been determined that the most common suicides today are anomic suicides. In today's developing world and society, changes are taking place at an unprecedented rate and many oddities are taking place. Change is very advanced in the 21st century, and the problem of globalization is looming. Although there are political, financial and economic aspects of this process, the cultural dimension, which is more important than these factors, is more important. The speed of the change of cultural values brought by globalization and the determination of the direction of the direction of the line of travel is shown as the use of information and technology and its rapid development. One of the handicaps brought about by this development is the communication problem that individuals have problems in establishing with each other in society. With the developing technology, they provide communication from the lifestyles and cultures of many people that people have not seen and known before, and they communicate and interact with people they do not know in this way. With this kind of communication, the interaction of the individual with other individuals will have an impact on the change in social values and rules that will emerge. It is seen that the effects and changes realized by global development on individuals occur starting from the family, which is the core structure of the individual, his/her status in society, gender preferences and perception, and business life. Such changes adversely affect the self-concept of individuals and cause them to evolve. These sudden and compulsory changes disrupt the mental state of individuals with such complicated and different dimensions. In a contemporary and modern world structure, the dominance of the capitalist attitude has led to the emergence of new mental disorders in individuals. These changes in individuals generally consist of the stress brought about by work life, depressive problems and disorders that arise as a result of not being able to adapt to the era of sudden development, personality disorders, substance abuse, alcohol and schizophrenic behavior, mental problems brought about by variables in sexual preferences. The

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damage that individuals inflict on themselves during these sudden changes can harm not only the individual but also all the values that are seen as important in society. The fact that both the individual who commits this act and the person who harms himself/herself are the same is not a social problem, but concerns all moral and all value parameters. For this reason, it is stated that anomic suicide events are mutual in the society we live in, both in the emotional analysis of the individual and in the disregard of the values of the society.

### PSYCHOLOGICAL EFFECTS

According to Freud, one of the many researchers who examine the behavior and moods of individuals, he argues that our two main basic impulses affect and trigger the psyche. He emphasized that there are sexual drives and another one is the drive for aggression. According to Freud, the phenomenon of suicide is triggered by the aggression drive, which is one of our second impulses, causing the individual to turn inward and perform this action. If the individual tries to combine the feeling of anger that the individual creates for himself with death, it will be inevitable to attempt suicide at the end of all the movements that occur (Fromm, 1996). Karl Menninger says that the idea advocated by Freud should be expanded and considered as an event with three actions. According to him, the individual's primary desire to kill should be to want to be killed, this should be seen as the direction of anger and anger, and the third one is to want to die, and according to the result, he argued that the death impulses are activated and the phenomenon of suicide occurs. Individuals who lose their self-confidence and the desire to make an effort for themselves will turn inward and resort to the act of introversion, and instead of understanding the events that may happen to them and solving the problem, they will choose the easy way and eliminate the logical thinking method and turn to suicide. As a result of the increase in the psychological causes of suicide cases on individuals, there has been a 40% increase in case rates in the last 10 years.

It has been determined that 85% of suicide incidents are caused by individuals becoming depressed. As the trigger of the actions of individuals to enter depression, it is due to the inability to produce ways out of the problems by increasing the feelings of pessimism, the negative functioning of their thinking abilities and the inability to use their correct and logical thinking abilities. Instead of the irrational ways of thinking that individuals have, they can adopt resentment, anger, a sense of revenge against the other individual and hostility. In such suicide incidents, which are very common in individuals, it is thought that the suicidal instinct of the individual may be due to the fact that the family members left behind by the individual will be held responsible for his death. Suicide is one of the most important issues that psychologists and psychiatry specialists have scrutinized and emphasized meticulously in the century we live in. In the examination of such cases, they have considered the act of suicide as an individual's own responsibility and problem. They have not ignored the conditions and circumstances of our society on this issue, and they emphasize the importance of these factors and mention the necessity of addressing these factors as a very important issue. In these analyzes, our experts generally look for answers to their questions by examining the psychological structures of individuals and the depth of the problems they experience by looking at sociological perspectives. They realized that the views put forward in this direction actually had many shortcomings. Despite such shortcomings, they have contributed to the causes of suicide by taking important steps with their studies. Although psychologists and psychiatrists act together on common studies, there is no definite finding as a point where they differ, although these disciplines are intertwined with each other, it will be difficult to distinguish these sciences, so gathering the views under the roof of a science will enable faster results to be reached and more clearly understood. Starting from this subject, the perspective of the science of psychiatry will be discussed and then a comparison will be made according to the data put forward by the science of psychology.

The attitudes and evaluations of psychiatry towards suicide cases and phenomena are quite interesting. For a very long time, this attitude has been to take the shortcut of solving the problem of suicide by diagnosing any mental illness. They have determined that individuals commit suicide unconsciously as a result of mental disorder behavior. It has been observed that psychiatrists, acting in the light of this data, tend to solve this problem within mental hospitals by assuming that every suicide case has a mental illness. On the contrary, according to the data obtained, it has been clearly demonstrated that there is no correlation between insane behavior and suicidal tendencies and that they differ greatly from each other in terms of frequency. After the fact that it would not be correct to call the act of some mentally ill people attempting suicide unconsciously and ending their lives by taking their own lives as suicide, there is a huge difference between the realism of normal individuals in attempting suicide and the rate of suicide attempts of individuals who exhibit normal behavior in their lives and the suicide rates of individuals with mental and mental illness.

Psychiatric science still takes the same approach to this issue. An individual who commits suicide is usually classified with one of the following disorders: personality disorders, psychosis, psychological depressive behaviors, panic attack psychosis. These factors can certainly play a role in an individual's suicide attempt. However, the importance of these disorders in the formation and development of the personality structure of individuals, the importance of the family and the rules of the society in which the individual lives in his/her close environment cannot be ignored. Taking these data into consideration, the individual's resort to suicide will play an important role in explaining the causes. According to Bourdine, one of the French psychiatrists, suicide is a pathological event. According to Esquirol, another French psychiatrist, the individual who commits suicide does so while experiencing a major mental breakdown. The fact that he treated suicide as a form of insanity prevented this theory from being accepted for a very long time. The scientist Delmas, who later explained suicide cases psychopathologically, rejected the

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sociological theories put forward and argued that the important point in suicide cases is that the determinism of the individual's death wish and will in the suicide event is entirely the personal determinism of the individual. He argues that the individual chooses death by his own will. According to him, the real causes of suicide were divided into three. These are;

1. Melancholic periods of the individual
2. Chronic depressions and the persistence of this state by the individual
3. Excessive excitement due to the nature of the individual

According to him, 93% of suicides are caused by chronic mental breakdowns or mental breakdowns arising from the structure of the individual. At the beginning of the topic, Delmas, who tried to explain suicide in psychological terms, attributed suicide events to the structure of the individual. Many researchers did not adopt Delmas' theory and approached it critically. In the field of psychology, the theories that deal closely with suicide and its phenomenon are called psychoanalytic theories. According to Freud, the practitioner and advocate of these theories, he argues that suicide cannot be explained and fully defined. Because of this theory, Freud and his followers have done a lot of work to prove that psychic states are one of the reasons why an individual is suicidal. The main source of Freud's work is aggression. He has tried to unravel the dynamics of suicidal events by examining individuals' states of mental breakdown and argues that personality consists of three layers. The id is the main basic system in the formation of personality. It is a definition given to the whole of a psychological hidden power that includes the internal motives that individuals inherit from their family. Therefore, the excess energy accumulated in the body of the individual will be released and cause tension in the organisms of individuals. The ego is called the most important part of psychic events. It develops slowly by separating from the id definition after childhood and contributes to the formation of the individual's personality. The part that regulates the relations of individuals with the outside world is called ego.

In the definition of the superego, it is stated as the representative of all the values that are thoroughly adopted by the reward and punishment system transmitted by the child's parents. In normal individuals, these 3 basic elements function regularly and without interruption and are also responsible for balancing the conflicts in the inner world of the individual. In the event of unconscious uncontrolled development of internal conflict, the ego becomes inactive and neurosis begins. At the moment of danger, the individual goes into a self-defense mode. After confirming the reality of the danger, he/she directly activates the escape plan, but if escape is impossible and there is no other way out, he/she may prefer to end his/her own life as another way to get rid of this pain. In the face of such dangers, like all living beings, what the individual should do is to protect himself or herself or to escape from the dangerous situation. Freud has been criticized by many of his followers for focusing more on the instinct part of suicide cases. Freud's biological approach to suicide has been criticized as weak in terms of the sociological aspect of the individual, whereas one of the most important characteristics that distinguishes individuals from other living beings is that they are psychosocial beings. Karl Menninger, another famous researcher on this subject, is the famous psychoanalyst Karl Menninger who defended Freud in his studies. Menninger mostly attempted to explain the details of Freud's basic ideas. According to Menninger's explanation, he argues that the desire to kill and kill decreases with the advancement of age in individuals, while the desire to die increases on the contrary. In the younger generation, suicide cases increase due to problems in bilateral relationships. While stating that real suicide incidents increase in the older age group, he once again processed and emphasized that older individuals prefer death in order not to suffer more and the importance of human instincts.

According to Adler, he tries to explain suicide as the emergence of suicide as a clear social problem in cases where the individual's social interest is absent or even absent. He stated that the decrease in individuals' interest in society is the common point in revealing failures. The fact that the individual is spoiled is also a trigger for suicide, and even when they are in difficult situations, it is seen that they become helpless and helpless and tend to commit suicide. According to Jung, suicide events are defined as active or passive, planned or unplanned, as an act of attracting attention in the society in which the individual lives. According to the views of all the researchers, they have dealt with one part of the individual's personality and have only paid attention to the individual's personality, although they are interested in the effects on the other and other parts. Individuals, however, live in a society and are given status by society and rules on how they should behave. For this reason, they should be aware that views that ignore social factors and factors cannot actually reach a healthy conclusion and that some of the research conducted will necessarily be incomplete. In recent studies on people who have recently committed suicide, it has been reported that in the stories of suicide attempts, individuals have often stated that they have attempted to commit suicide because of the bad things that other individuals have done to them. The feeling of hopelessness in individuals actually arises as a result of the exhaustion of their power to fight against the difficulties they face. In addition to this, individuals with psychological and psychiatric problems in terms of balance and personality problems do not attempt suicide.

## SOCIOLOGICAL IMPACTS

Although we have focused on the causes of suicide in the issues we have discussed so far, sociology also has an important place in suicide. Among the most important factors, the importance of social factors cannot be underestimated. The social structure, as well as the physical environment, can control the behavior of the individual. In the normal process, an individual who attempts suicide will exhibit a behavior contrary to his/her nature. In unfavorable and unfavorable societies, the rate of suicide is much higher

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than in healthy societies. The reason for this is that the individual's resistance to unfavorable conditions is the same as everyone else's. Sociologists argue that the failed control of society on individuals has an effect on suicidal acts. Many theories put forward in sociological terms have been influenced and supported by Durkheim's theories. Durkheim conducted many studies investigating the causes and factors of suicide, and among his studies, statistical studies were the first to use statistical methods in sociology. Statistical studies show that suicide rates in certain societies do not change within 10 years. For this reason, the causes of suicides should not be ignored not only for individual reasons but also for social reasons. Durkheim, in analyzing suicide incidents, tries to determine the relationship between suicide incidents and individuals by addressing non-social causes rather than social causes. In his studies, he tries to shed light on his research by comparing psychological, organic and physical environmental factors with non-social factors and statistical rates. According to his theory, he concluded that factors such as mental illness, alcohol addiction and race have no relationship with suicide. Although the rate of mental illness is higher in female individuals, suicide rates are higher in male individuals. This is seen across racial differences. Although Jews have high rates of insanity, they have very low rates of suicide. This is due to the fact that according to their beliefs, suicide is not considered normal and accepted in their religion. Some climatic movements have also been investigated in terms of their effect on suicide incidents. It is believed that the increase in suicide incidents according to the seasons or the fact that suicide cases are more common during the daytime than at night is entirely due to the fact that social life takes a more intensive and intense form. Although Durkheim states that there is no relationship between factors unrelated to social phenomena and suicides, he emphasizes that these factors indirectly affect suicides.

He emphasizes that it is due to the fact that individuals are not protected by the religion, politics, community and family to which they are attached. In other words, it occurs when the individual feels lonely in that community due to the fact that the social ties with the individual are not very strong. In the event that the bonds that individuals establish with the groups they belong to weaken, their commitment to the community they think they belong to also decreases. In this case, the individual feels lonely as a result of being left alone with his/her private areas and the issues he/she is interested in. According to him, life loses its color and meaning according to the feeling brought by this loneliness. Belonging to society is the most basic need of the individual's need to live. According to Durkheim, in his researches, he proved this theory with statistical data by suggesting that in all developed societies, suicide attempts of single individuals are higher than married individuals, but suicide incidents of individuals without children are higher than individuals with children. According to another argument, an individual commits suicide not when he/she is separated from the community to which he/she belongs and becomes lonely, but because he/she is overly attached to the community to which he/she belongs. The best example of this is Hindus. In the country of India, it is shown by the fact that the woman whose husband died in the country of India asked to be cremated at the ceremony of her husband. According to the conclusion drawn from this, it is perceived as an action taken by the individual to fulfill a social duty. The individual who fails to fulfill this obligation in the face of the society knows that he will have a dishonorable life and will be punished for it by the society to which he belongs. The pressure and attitudes that society as a whole exerts on individuals lead to the encouragement of suicide attempts. According to the interaction theory, the individual's interaction with other individuals in the society

what he/she thinks is important. This behavior of the individual causes his/her personal pride, regret and feelings of shame to predominate. It has been determined that the social structure that forms the environment of the individual keeps the individual under constant control, and if the behavior is exhibited in accordance with social rules, it is accepted, appreciated and supported by the individuals in the society where the individual lives. On the contrary, if the behavior is the opposite, it is rejected and not accepted by the society and the individuals around it. It argues that the individual may be driven to suicide in the face of this situation. In the field theory, the tendency of individuals to attempt suicide is shaped according to the influence of the individual's environment. It argues that the individual directs his/her behavior according to the response reaction from the society.

According to Douglas, one of the researchers, he rejects Durkheim's theory by comparing the analysis of suicide. According to Douglas, he argues that any theory should not be made according to statistical data, and even the establishment of sociological theories is not healthy. He explains that during the act of suicide, the individual punishes himself and wants to end his life. Ginsberg, on the other hand, treated anomie as a psychological problem rather than a phenomenon. According to Gibbs, the rate of suicide incidents in a community varies inversely proportional to the unification of intentions and goals in that community, and the higher the rate of unification statuses in communities, the lower the suicide incidents. Durkheim also shaped his own work in line with the results of the researches carried out as a result of these views. In some developed societies, the relationship between social phenomena and suicide is a necessary factor in showing the angle that can be of great importance for similar theories. The traditions, religion, customs and values of some countries' societies are themselves factors in suicide attempts. Communication breakdowns between individuals, both economically and industrially, have become a common problem with the development of both economic and industrial aspects, and often appear as a factor that triggers suicide cases.

In modern developed societies, the suicide rate of individuals living in cities is higher than the suicide attempt rate of individuals living in rural areas with a traditional structure. In short, when comparisons are made between countries that have difficulty in developing and countries that have achieved technological and industrialization development, it is seen that suicide rates are higher in rural areas than in developed areas. Individuals who migrate from rural areas to developed cities and towns can come to a situation up to suicide due to the difficulties and adaptation problems they experience within themselves as a result of changing a cultural



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environment. Individuals who are used to living in another country for various reasons, which is a different version of the same problems. When they return to their own country, they face various problems and adaptation problems. Due to such cultural conflicts, it is seen that individuals attempt to commit suicide. According to the data of some studies, suicide incidents of individuals migrating from one country to another country are lower than the suicide incidents of the country they migrated to. Although factors such as unplanned and unbalanced urbanization, technological and industrialization, migration may be the reason for the increase in suicide incidents, problems may appear differently in situations such as the decrease or even disappearance of cultural differences in societies. During the war years, when social life increases and the community spirit is deeply felt, a decrease in the rate of suicide attempts by male individuals can be observed. As a result of individuals coming together for a common purpose, merging and exchanging ideas, it is easier for them to push their own problems to the background. In the face of such a developing situation, instead of individuals expressing their feelings of aggression, it results in the realization of social cohesion.

## CONCLUSION

The main subject of sociology is how is it possible to be a society? It seeks the answer to the question. Durkheim claimed that the concept of society can only be preserved through the establishment and observance of a set of social rules. It was emphasized that the general social order can be preserved and maintained through the basic social organizations and institutions in the lives of individuals. At the beginning of these institutions are some institutions such as politics, the family institution and educational institutions. Durkheim mentions that when these institutions fail to fully fulfill their duties, the resulting anomie situation will have a negative impact on individuals and weaken their ties with society. Although Durkheim states that the phenomenon of suicide is a completely sociological phenomenon, he argues that suicidal acts are caused by disruptions in the functions of basic social institutions. He stated that the efforts of individuals to become social are not only realized through cultural comparison and hybridization through the media, but also through migration, which is increasing very rapidly. One of the biggest problems caused by migration is the lack of economic livelihood, and accordingly, the rate of individuals being satisfied with this situation is also increasing. Factors that directly affect the lives of individuals negatively also reduce the quality of life of the individual and cause pessimism. Depression, which is the most common disease of today, is moving out of the definition of disease and becoming a part of individuals' lives. These reasons are seen as reasons that directly affect the quality of life of the individual and lead individuals to suicide. According to this result, the factors that trigger and cause suicide incidents have been discussed and it has been tried to make determinations in this direction. It is seen that suicide incidents are actually an increase in the gaps caused by the rapid life style of the individual in this period of time, which has passed from the traditional form of society to the modern form of society. One of the main reasons for suicides can be seen as economic reasons.

Difficulties and problems experienced during the transition from one culture to another lead to an increase in suicide incidents. In the opposite of this cycle, disasters and wars lead to a decrease in suicides. Alcohol and substance addiction is one of the reasons for suicide. Recently, competition in the work and education process has increased stress, which in turn triggers the risk of suicide. Exclusion, labeling and stigmatization from the community where the individual lives, while individuals with different beliefs and beliefs are at risk of suicide. Technologically attacking an individual's private life and humiliating the community in which the individual lives are among the high risks of suicide due to the increased sense of shame of the individual. While cases of death are unpreventable and sudden, suicide is a preventable and expected reality. Therefore, the factors that lead to suicide should always be kept under control and appropriate measures should be taken. Economic and social structures affect suicide attempts. It poses significant risks for individuals who are generally at a young age.

## RESTRICTION

This study is limited to previous scientific studies from around the world. While the literature review was conducted within the existing framework, it is important to note that different geographical regions and cultural contexts were not considered from a broader perspective. However, given this study's adoption of a specific methodology and time constraints, it may have limitations in terms of general validity.

## NOTICES

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## ETHICS DECLARATION

The publication ethics of the Turkish Journal of Psychology and Psychiatry is a nationally based scientific journal in the field of social sciences that aims to ensure that scientific research and publications are carried out in accordance with basic principles such as honesty, openness, objectivity, respect for the findings and creations of others. Helsinki declaration criteria are taken into consideration.

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