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**Keywords:** Pakistan, Social Action, Student Suicidality, Suicide

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Suicide is considered as an alarming threat because of its high incidence up to 1500 cases annually in Pakistan, involving 25% teenagers (Rauf, 2022). Despite the discouragement of suicide in religious values of Pakistani public, they chose the path of suicide to escape from the perceived darkness in their life (Rauf, 2022). World Health Organization (WHO) estimated the prevalence of suicide rates in Pakistan up to 19331 in 2019 (WHO, 2021). However, there is a lack of official data regarding suicide rates in Pakistan and underusage of medicolegal reports regarding self-harms and suicides (Asad et al., 2022). The scarcity of data regarding reporting and registration of self-harm and suicides hampers the achievement of targets of World Health Organization, because individuals engaged in self-harm increase their risk of suicide attempt in future up to 49% as compared to general population (Hawton et al., 2015; WHO, 2023).

Suicide is a worldwide concern in student population especially in low middle-income countries like Pakistan. Different factors like social expectations, inadequate social support, academic pressure and psychological issues contribute to suicide in students. A medical student in Pakistan committed suicide in 2019, because of her failure in exams (Shakil, 2019). Similarly,

150 students in Kota, India committed suicide due to exam pressure between 2011-2022 (National Crime Records Bureau, 2022). The statistics revealed that more than 720,000 people die annually because of suicide which is up to 73% percent in low- and middle-income countries, males are two times more likely than females to die due to suicide (WHO, 2021).

The expectations of performing well in academia cause an enormous pressure on students, and made them to feel that they are disappointing their families. Psychological conditions such as stress, anxiety and depression are too common but remain unrecognizable which lead students to feel hopeless, isolated and worthless causing suicide related thoughts. Academic success of children in more emphasized in families in South Asian culture (Lyu et al., 2019). Poor emotional support from school, friends and families, unfavorable experiences with classmates and friends as well as bullying make students vulnerable to isolation and to experience of psychological issues. Students belonging to families with low socioeconomic status are more prone to anxiety related to their future. The community of school must assess the impact of academic pressures and promote discussions to foster good mental health by decreasing pressure on students.

Different factors such as genetic, social, psychological and biological influence the suicide in adolescents (Alonzo & Gearing, 2017). Risk factors for adolescent suicidality includes discord in familial relationships such as interparental conflict, conflict between children and parents, lack of perceived support, and lack of

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interconnections (Zainum & Cohen, 2017). The most common factor responsible for suicide in Pakistani context encompasses relational issues and domestic disputes or conflicts. Domestic conflicts and relationship issues are the most common precipitants for suicide in Pakistan. The encouragement of children by parents to be submissive to their parental authority and considering relationships before marriages as immoral are the most common causes of suicide in Pakistani adolescents/young adults (Imran et al., 2023). Studies also reported the correlation of mental disorders and suicides and report that psychiatric disorders contribute to 81-95% of suicides (Sivertsen et al., 2024). Various gaming platforms like Player Unknown Battleground (PUBG) is also influencing self-harm, aggressive behaviors and suicidality (Sunil et al., 2023). Therefore, there is a need of comprehensive research studies to determine an individual's vulnerability factors and their contribution to detrimental impacts of online games and suicide (Imran et al., 2023).

Educational institutes need to adopt a holistic approach to prevent suicidality in students. Arrangement of seminars and debates about etiology and negative impacts of suicidality on family members, provision of resources to improve mental health, and counseling services must be encouraged. Such awareness campaigns will help students to recognize their mental health issues resulting in seeking of mental health services. Family and teachers should adopt a balanced approach towards education and prioritize emotional support to decrease the pressure on students. They must be supported by families to feel free while discussing their feelings. Educational institutions' environment must discourage students from bullying and improve community connectedness of students facing chronic interparental conflicts. Students should be discouraged to decrease the usage of social media platforms

such as online gaming like PUBG to prevent the incidents of suicide. Social policies should be implemented to prevent the availability and ease of access to lethal substances such as bleach and corrosives, firearms, wheat pills and pesticides for the prevention of suicidality generally in public and students especially. Researchers should carry out studies identifying the factors causing suicide to prevent deaths of students. Organizations should play a role to help students facing financial burdens and suffering from mental illnesses like depression and anxiety.

### **Contribution of Author**

Saba Riaz: Conceptualization, Investigation, Writing – Original Draft, Writing - Reviewing & Editing

### **Conflict of Interest**

There is no conflict of interest declared by the author.

### **Source of Funding**

The author declared no source of funding.

### **Data Availability Statement**

The data sharing is not applicable to this guest editorial as no dataset was used in the current study.

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