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**The Silent Crisis: Understanding Suicide Risk Factors Among College
Students in Metropolitan Cities**

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Abstract

Rates of suicide among college students in urban areas/metropolitan cities has emerged as a significant concern of public health. This review indulges into various factors contributing to this alarming trend, encompassing academic pressures, mental health challenges, social isolation, financial constraints, and failure to meet societal-expectations. The impact of social media, inadequate coping mechanisms, substance abuse, relationship problems, incompetence and limited emotional support are also explored. By understanding the underlying causes, we can develop effective strategies to prevent suicide and promote mental well-being among college students in urban environments.

Introduction

In this article, we shall discuss about the rising suicide-rates among college students located in urban/metropolitan cities. Three out of four suicides occur in low and middle-income countries, which is a topic of concern. The confluence of academic demands, social pressures, and mental health challenges can create a perfect storm for vulnerable individuals. This review aims to identify and analyze the primary factors contributing to suicide risk among college students in urban settings.

Purpose/Objectives

To identify the reason for a rise in suicide-rates among college-students, particularly in urban areas.

Methodology/Approach

Literature review

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1. Academic Pressure and Performance Anxiety

- Rigorous academic schedules and high expectations
- Fear of failure and parental pressure
- Intense competition for academic honours and job opportunities

2. Mental Health Issues and Mental Turbulence

- Prevalence of depression, anxiety, and substance abuse
- Stigma associated with mental illness
- Limited access to mental health services
- Impact of sedentary lifestyle on mental health

3. Social Isolation and Loneliness

- Difficulty in forming social connections in urban environments
- Impact of social media on social interactions and self-esteem
- Cultural and societal barriers to seeking help

4. Financial Constraints and Uncertainty

- High cost of living in metropolitan areas
- Financial stress and academic performance
- Job insecurity and future uncertainty

5. Parental and Societal Expectations

- Pressure to meet unrealistic expectations
- Cultural norms and family dynamics
- Fear of disappointing family and society

6. Impact of Social Media

- Social comparison and negative self-perception
- Cyberbullying and online harassment
- Addiction to social media and decreased face-to-face interaction

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7. Inadequate Coping Mechanisms and Life Skills

- Lack of emotional intelligence and stress management skills
- Difficulty in seeking help and support

8. Substance Abuse and Risky Behaviour

- Use of substances as a coping mechanism
- Increased risk-taking behaviour and impulsive decisions

9. Relationship Problems and Identity Struggles

- Romantic relationship difficulties
- Family conflicts
- Sexual orientation and gender identity issues

10. Limited Institutional Support and Awareness

- Inadequate mental health services on campus
- Lack of awareness and training among faculty and staff
- Stigma associated with seeking help

Discussion

The complex interplay of these factors highlights the need for a multi-faceted approach to address suicide risk among college students. Interventions should focus on reducing academic pressure, promoting mental health awareness, enhancing social support networks, addressing financial concerns, and providing adequate institutional support.

Conclusion/Implications/Recommendations

Suicide among college students in metropolitan cities is a serious public health issue with far-reaching consequences. By understanding the underlying causes and implementing effective prevention strategies, we can work towards creating a more supportive and compassionate environment for young people.

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Acknowledgments

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