



Mains Practice Question

Q. Explain why suicide among young women is increasing in Indian society. (Answer in 150 words, UPSC Mains 2023)

04 Dec, 2023 GS Paper 1 Indian Society

Approach

- Introduce the answer with a statement that sets a context that suicide among women is increasing.
- Discuss the factors responsible behind increasing suicides among women and some possible solutions to this problem.
- Conclude with a positive note that suicide is preventable through collective efforts.

Introduction

In 2021, **women comprised 27% of India's suicides**, with homemakers, students, and daily wage laborers being the most affected, per the **National Crime Records Bureau**. This underscores a critical societal concern.

Body

Some Factors Behind This Are:

- **Economic Dimensions:** Lack of adequate economic opportunities and economic overdependence cause **helplessness and hopelessness**.
- **Early Marriage and Post Marriage Issues:** **Forced early marriages, dowry demands, marital and family conflicts, marital rape, emotional abuse**, and mental health stigma lead to despair and isolation.
- **Sexual Harassment and Violence:** **Underreported sexual harassment and violence** cause trauma and mental health problems.
- **Media Influence and Unrealistic Expectations:** **Idealized images of beauty and success, online harassment, and cyberbullying** create low self-esteem and body dissatisfaction.

Some Possible Solutions Are:

- **Emotional Fitness Programs:** Including **emotional intelligence, resilience, and stress management skills** in schools and colleges curriculum.
- **Accessible Mental Health Services:** Provide mental health services in rural and underserved areas through **mobile clinics, telemedicine, and community-based programs**.
- **AI-Powered Upskilling Platforms:** Develop **online platforms** that personalize skill development programs for homemakers.
- **Social Media Literacy:** Promote **social media literacy programs** that teach critical thinking skills to young women.

Conclusion

Suicide among young women is a preventable tragedy that can be avoided with timely and appropriate interventions. It is the collective responsibility of the society to create a supportive and nurturing environment for all young women, irrespective of their age, background, and economic conditions, and to ensure their mental health and well-being.

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