Sociological perspective of Suicidal Ideation and Attempts in Adolescents living in District Swat of Pakistan

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ABSTRACT

Social Dimensions of suicide specifically through qualitative research approach have hardly been examined by researchers in Pakistan, the particular qualitative study conducted in Swat; A District of (KPK) Pakistan tends to deem the social perspective of the issue. The study aims at scrutinizing the underlying social factors' role in the production of suicidal ideation in youth which ultimately convinces them to attempt suicide. Ten respondents who attempted suicide but survived are interrogated through a semi-structured interview technique. Interpretative phenomenological analysis (IPA) strategy is utilized for the analysis of collected data. The findings reveal that social determinants like family pressure, family structure, customs and traditions, social exclusion, religious perceptions and social status play an extensive role in suicidal ideation and attempts among adolescents living in Swat. Durkheim theory of suicide (integration- regulation theory) up to a greater extent supported the primary social factors' role in suicidal ideation among youth living in district Swat. The study concluded that the identified Social features of the study were crucial in the suicide attempts of the selected respondents. The study clarifies that both psychological and sociological perspectives are correspondingly vital which need to be contemplated in the investigation of suicide.

Keywords: Sociological perspective, suicidal ideation, adolescents, Swat

Introduction

Suicide is one of the major reasons of death; its figures are extremely high across the world. one million individuals take their own lives each year across the globe while 10 to 20 million people have attempted suicide so for. One individual becomes an enemy of one's self and dies after every 16 minutes, it is the third major factor of death in superpower country USA. The figure of suicide in the USA reached to 14% as compared to 5% in the past (Buchanan & Harris, 2014). Suicide contributes 50% violent deaths in men and 71% in women throughout the globe. The intensity is shifting now from western Europe to Eastern Europe and then to Asia. In Asia, the recent figures reveal considerable increase as compared to developed countries (Perry, Pullen, & Oser, 2012).

Pakistan is one of the thickly populated countries in South Asia, the country is developing with 200 million population in which nearly 50 percent is under the of 25 years (Shekhani et al., 2018). Analytical work on suicide in Pakistan is quiet marginal, due the fact official mortality statistics are not available which could be utilized to acquire data for access easily. From the last few years studies related to suicide have been conducted but these are merely individual level studies carried out in various cities of Pakistan, thus individual level studies cannot be considered adequate for overall national representation of suicide pertinent studies (Shekhani et al., 2018). According to WHO recent published estimates in 2012, Round about 13377 total suicides committed (female 7085; 6021 male) in Pakistan. The rates of these figures are 7.5 per 100,000 which showed 2.6% increase from (2000) data of WHO (M. Khan, 2015). Further reports like HRCP (2012) illustrated that 1,153 people attempt and 2,131 commit Suicides across Pakistan yearly. More than 1,00000 people yearly try suicides in Pakistan. Despite such huge figures, Suicides data is missing in National Annual Mortality Statistics in Pakistan (S. Khan, 2017). Certain legal, cultural, religious and social restrictions are quite robust in Pakistan. The Islamic religion forbids Suicide and as per Pakistani Law Suicide and attempt of it is deemed illegal and punishable with prison and finical penalty (Faheem, 2016).

Keeping under consideration the underlying analytical research gap related to suicidal ideation in Pakistan, this study focuses to explore sociological angle of suicide which has not been given enough attention by researcher in Pakistan. I believe that sociological perspective can be best examined through qualitative research approach, hence this study is qualitative in nature confined to one administrative District of Pakistan named Swat. This study is concerned to probe social determinants significant for suicidal ideation in the youth of Swat which eventually leads to attempt suicide. The study is also involved to pursue answer that up to what extent Social forces are crucial in the development of suicidal tendencies in adolescents of the targeted area

The Swat Valley is one of the major and significant District of Malakand division of Pakistan. The area has the distinction of being founded by Jirga in 1915 of the swat valley. The state had its own Army, administrative system, budget and tax mechanisms. In 1969 after constant endeavors and negotiations the Swat State was ultimately merged into Pakistan (Adnan, 2012).

The Swat valley is famous for its utmost beauty not only in Pakistan but in many parts of the World. The valley population is almost 2,309,570 according to 2017 census, a huge chunk of the particular population is comprises of youth (Adnan, 2012). The area societal structure and equilibrium have been disrupted by conflict which dragged the attention of some researchers to carry out studies on conflict and 2011 flood aftermaths, however the significant issue of suicide is overlooked in both the pre and post conflict eras in Swat. It is cleared from the

studied literature on suicide that no analytical qualitative and Quantitative studies have been conducted on suicide in conflict-stricken Valley Swat. Despite substantial analytical research gap some news agencies like; (Dawn, The News, Sama TV) recently endeavored to unveil the figures suicide in Swat. From January to August 2018 a total number of 222 suicide deaths reported in swat (khaliq Fazal, 2018). This study is motivated by the mentioned massive figures of suicide, I believe that qualitative analytical work regarding the issue would be essential addition to the existing literature of Suicide in Pakistan in general and Swat in particular. Another purpose of this study serves to identify the social determinants exist in the society of Swat which may be responsible for the suicidal ideation in youth. while probing the subject comprehensively the study is also pertinent to manifest that how social factors inject suicidal thoughts in the minds of youth, specifically in the targeted area which in turn convince them to attempt suicide. Role of social dimensions may be decisive in suicidal ideation but its magnitude in the production of the particular thoughts are congruently important to explore for this study.

This study brings forth important social dimensions of suicidal ideation in the youth of swat that eventually leads them to commit suicide. Although without understanding the cause solution to an issue is not possible that's why this study put forward the unnoticed factors of suicide risks to the policymakers. This study adds some qualitative work to the existing literature of suicide and also intended to grab the attention of the researchers towards this issue in a particular area. This study unfolds the reasons of how negative emotions produce in individuals' mind.

Operationalization of Terms

Suicide refers to the act of hurting oneself in order to take one's own life; it is a tragedy for the family, the threat for the community and a challenge for religion. A person opts for suicide when he or she is going through dejected conditions of life (S. Khan, 2017). Suicidal behaviour encompasses Suicidal ideation, attempts and completed Suicides (Shekhani et al., 2018). Suicidal ideation is defined, the consideration of taking one's own life. Such thoughts arise in a person when they completely lose hope. Suicidal ideation differs from only thoughts to extreme obsession or too detailed planning. The definition of suicide has some distinctions made by numerous authors, for instance, it is not the deliberately performed act but rather carried advisedly—the particular person knows the consequence of the act but death may not be his goal. On the other hand, Durkheim stance is somehow different, he refers suicide to be applied to all sort of deaths either directly or indirectly from a negative or positive act of victims which they know about the desired result (Alun, Emile, An, Major, & Beverly, 1986). Some people during these thoughts eventually attempt while some do not (Amitai & Apter, 2012). The sociologist took interest in the sociological investigation of suicide in the 1970s, the ending decades of the twentieth century proved vital for this topic. Policy reports have demanded engagement of social scientists but the response of sociologists was fragile, that's why less research work has been done in the field of sociology with regard to suicide (Wray, 2011).

Background of Sociological work on suicide

Social forces role in Suicide has significant intellectual history, sociological writing on suicide can be viewed in three major eras. The Pre-Durkheim period was restricted to know about the increased rates of suicide while linked it with the rise of modernity. The presumption was that the loosening of the agrarian society structure provided an opportunity to individuals in the expansion of their freedom. Subsequently, Durkheim up to some extent agreed with the cause of modernity but his angle of judging the issue was wider than the previous thinkers.

Durkheim coined a multi-dimensional theory of suicide in order to justify his stance that negative emotions in individuals produce due to some abrupt and dramatic social changes. The Durkheim era provided a lot of support to sociological writing of about suicide. The Post Durkheim period has also been influenced by the previous work of integration and regulation theory though integration has been regarded with different names like social isolation, social cohesion and social support. This period also produced some critique of Durkheim, for instance Douglas (1964) who considered Durkheim work flawed reasoned that Durkheim failed to incorporate the social and cultural meaning of suicide and also argued that quantitative approaches are not an adequate way to unfold social contexts of suicide.

Suicide is contemplated as one of the World alarming issues. Roundabout one million individuals take their own lives each year across the globe while 10 to 20 million people attempt suicide. The most populous Asian continent accounts for higher Suicide rate which is almost 60%. Numerous studies of this continent revealed that suicide ratio is greater in adolescents particularly in college students (Foo et al, 2012). One individual becomes an enemy of one's self and dies after every 16minutes, it is the third major factor of death in superpower country USA. The figure of suicide in the USA reached to 14% as compared to 5% in the past. Suicide contributes 50% violent deaths in men and 71% in women throughout the globe. The intensity is shifting now from western Europe to Eastern Europe and then to Asia, In Asia, the recent figures reveal considerable increase as compared to developed countries (Shekhani et al., 2018).

Marsiglia (2014) studied the impact of religiosity on suicidal ideation in youth. The study was carried out in Central Mexico in which they tried to explain whether and how religion can be considered as a productive tool to obstruct suicide. Previous studies in Europe and America with regard to suicide provided limited consciousness that's why the particular authors attempted to explore the nexus between suicide and religiosity in specific youth of central Mexico high school students. Authors hypothesized that both external and internal religiosity diminish the risk of suicidal ideation in central Mexico. It is mentioned in this article that the previous researcher applied for Durkheim work regarding suicide and their findings showed close linkage with the theory of Durkheim. One of the opinions in the article is that despite not everyone obliged to follow the church's practices in Mexico still, suicide ratio is lower than many parts of the world. Majority of the respondents almost 90% were high school students for this study while the dependent variable is suicidal ideation. In spite of the fact that numerous concepts and theories are put forward over the period of time, the relationship between suicide and religion are still vague which require further attempts. The researchers of the particular study are of the opinion to incorporate some additional factors to this juncture because existing endeavours are inadequate and on the basis of completed suicide records.

A huge intellectual histories of social forces role in suicide have incorporated, sociological writing on suicide can be viewed in three major eras. The Pre-Durkheim period was restricted to know about the increased rates of suicide while linked it with the rise of modernity. The presumption was that the loosening of the agrarian society structure provided an opportunity to individuals in the expansion of their freedom. Subsequently, Durkheim up to some extent agreed with the cause of modernity but his angle of judging the issue was wider than the previous thinkers. Durkheim coined a multi-dimensional theory of suicide in order to justify his stance that negative emotions in individuals produce due to some abrupt and dramatic social changes. The Durkheim era provided a lot of support to sociological writing of about suicide. The Post Durkheim period has also been influenced by the previous work of integration and regulation theory though integration has been regarded with different names

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In youth, suicidal ideation enhances when friends suicide has encouraged, suicidal tendency, higher depression and trauma among youth are prevalent as well. Other reasons like household composition intensify the risk of suicide, on the other hand, a person having social support and adequate integration is less likely to opt for suicide (S. Khan, 2017). Sociologists offer more interest to comprehend suicide after Durkheim grand work on this particular subject (Mueller & Abrutyn, 2015). An enormous number of researches have been conducted on youth suicides, considered it a psychological matter and mere focus of these researches were to examine individual-level risk factors, for instance, exposure to traumatic events, mental illness and substance use (Nowotny, Peterson, & Boardman, 2015). This study focuses on to examine suicide from an angle of social forces, in other words, social factors which are often overlooked by researches in the investigation of suicide causes, particularly in Pakistan. Social factors play an excessive role in suicide behaviour (Shekhani et al., 2018). Durkheim in his outstanding work concerning suicide recognized some of the social instruments that influence the rates of suicide. Durkheim argued that it is significant to judge suicide not only from a psychological or individual point of view but it is a societal issue as well (Nowotny et al., 2015).

Studies in Pakistan

A South Asian developing country Pakistan has shown a considerable increase in suicide rates over the period of time. According to WHO one million people around the world including 15,000 Pakistanis commit suicide per year. Further reports like HRCP (2012) illustrated that 1,153 people attempt and 2,131 commit Suicides across Pakistan yearly. More than 100,000 people yearly try suicides in Pakistan. Despite such huge figures, Suicides data is missing in National Annual Mortality Statistics in Pakistan (S. Khan, 2017). Certain legal, cultural, religious and social restrictions are quite robust in Pakistan. The Islamic religion forbids Suicide and as per Pakistani Law Suicide and attempt of it is deemed illegal and punishable with prison and finical penalty (Shekhani et al., 2018).

S. Khan (2017) took initiative to study suicide in Hunza and Gilgit Baltistan because the author considered suicide a rising issue in the said area. Suicide issue in Hunza and Gilgit Baltistan is often overlooked by many researchers due to the fact very less analytical work has been carried out. The aim of the study was to examine the causes and consequences. A qualitative approach was used in the study and the data has been acquired from the family members, friends and relatives of the suicide committers. The teenagers were the targeted population, for this purpose five teenagers have been thoroughly interrogated accompanied by the relatives and friends of the deceased suicide committers. The study tends to discover the impact of adolescents' suicide on other young population of Hunza and how causes of male suicide are different from female suicides. The author utilized feminist procedure, a total of thirty in-depth interviews were conducted in order to reach out to the issue. The data was compiled in the form of stories as narrated by the respondents due to the fact that suicide in the area is contemplated as a matter of shame and dishonour.

Theoretical Framework

This study is concerned to examine social factors and its role in the promotion of suicidal thoughts in youth, concerning to it one mega-theory about the suicide of Durkheim; (*Integration-regulation theory*) which I believe will support many aspects of this study. Some relevant concepts of psychological theories have also been linked with the study, for instance hope theory (Inquiry & Snyder (2018), Cognitive behavioral theory of Beck and Ellis (Romero, Edwards, Bauman, & Ritter, 2014), The three steps theory (Klonsky, E.D. & May, 2015) and the interpersonal theory of suicide (Tekin & Markowitz, 2008). Moreover, other perspectives of sociologists apart from Durkheim with regard to suicide have been incorporated to provide sustenance to the primary data.

Durkheim Theory of Suicide

Suicide is generally deemed as a private or personal subject while Emile Durkheim assumed in his theory that only social facts could explain why one group has more inclined towards taking their lives compared to another. Durkheim was merely interested to deal with suicide differences in suicide rates. Durkheim proposed two ways to assess suicide rates, one is to compare different societies while another is related to fluctuation in suicide rates in the same group over time. He assumed that such differences with the passage of time would be the result of discrepancies in some sociological factors. Durkheim argued that individuals may have some reasons to commit suicide but that is not a brute cause. Durkheim carried out a series of tests to explore the causes of suicide from individual psychopathology, alcoholism, race, heredity, to climate but simultaneously he rejected many of the particular alternatives. Durkheim also rejected the theory imitation concerning to study suicide, he reasoned this rejection that if imitation is the real cause of suicide then nations with closed borders will have same suicide rates but in fact, no such relationship was found. Durkheim believed that different groups have different sentiments which ultimately yield some social currents which further leads an individual to frame his/her decisions about suicide. Durkheim illustrated the relationship of two existing social facts—integration and regulation and types of suicide. According to him regulation and integration go side by side with suicidal rates (Wray, 2011).

Research Methodology

This study is qualitative and particular approach may be placed in any one of three paradigms, positivist, interpretivist and critical. A paradigm refers to construction or ideas that enable someone to look at the world reality (S. N. Khan, 2014). The qualitative nature of this study requires different dimensions of reality that's why interpretivism is chosen instead of positivism. Interpretivism in this regard is more relevant because it will allow the researcher to know more about the participants of the particular study. Paradigms are further grounded on the essentials of ontology and epistemology. Ontology refers to deal with the nature of reality, however, the reality is subjective and depends how the participants and researchers comprehend it while epistemology is concerned that how to acquire knowledge (Creswell, 2014).

S. N. Khan (2014) acknowledged two types of epistemologies one is objectivist epistemology which suggests that explored reality is factual and the other is subjectivist which refers to that reality is created and constructed. According to the topic of the study which is related to know the concept of suicidal ideation from the perspective of suicide attempt victims, in order to get a deeper understanding of the phenomenon suicide through sociological angel through the respondents own understanding I chose subjectivist epistemology for this study.

Method and Approach

The methodology is a process through which a researcher tends to get knowledge about the world (Creswell, 2014). The origin of qualitative research emerged from anthropology, sociology and humanities for the reason different books have been summarized just to clarify the method. Different strategies for analysis of qualitative data have been incorporated by numerous scholars, for instance, grounded theory, interpretative phenomenology, ethnographic research and discourse analysis. Qualitative research is interpretative in nature which requires a researcher to be involved in a sustained process of engagement with participants. A wide range of ethical dilemmas is also involved in qualitative research methods which sometimes compromise researcher fairness and validity. The number of respondents also varies in qualitative research studies, for instance in narrative research one or two participants; phenomenology requires three to ten individuals while grounded theory range from twenty to thirty respondents (Creswell, 2014).

The approach of this study is qualitative just to ensure profound observation of the respondents, keeping under consideration the subject in question qualitative method is selected because I want to deeply observe the phenomenon from the sense which the people make about the real world. Qualitative study deals to study people sense that how they make of their world and experience events (J. Osafo, B. L. Knizek, 2013). My method of analysis for this study is Interpretative Phenomenology analysis (IPA) which is intended to discover the meaning which respondents make on the basis of their experiences. An interpretative method depends upon both the views of respondents and the researcher (S. N. Khan, 2014).

IPA refers to discover the lived experience of the participants and the meaning they give to the phenomenon in question (J. Osafo, B. L. Knizek, 2013). IPA is a suitable strategy because if the researcher is concerned to know how an individual understands the particular situation they face and how it is judged in order to make sense of both personal and social world (Silverman, 2006). This method deals with people who create their own forms of reality by interacting with the external world, in order to comprehend the meaning the researcher need to approach them for extraction of their meanings (S. N. Khan, 2014). I chose this method due to the reason that this method is pertinent to the interpretative paradigm. The perspective is considered as postmodern on the way to recognize that human experiences are quite complicated to comprehend which can be viewed as intersubjective followed by attached meaning (Bevan, 2014). I realized in this study that the participant's experiences are real, active and will definitely give meaning. The renowned phenomenological researcher (Creswell, 2014), that this technique requires questions to be broad and open for discussion which may eventually provide an opportunity to the participants to express themselves. The particular author differentiated between descriptions and interviews because he emphasized that the phenomenological interview approach is to obtain descriptions of context which comes from an interview for producing meaning. ''Georgi'' mere focus was on the broadness of questions rather than other procedures of the interviews. This method is practical, active and personal experience centred which helps to generate more explicit meanings (Bevan, 2014).

IPA technique of analysis has been used in suicide studies by (J. Osafo, B. L. Knizek, 2013), the researchers conducted the study in Ghana for which he set up objectives to know about the religious influence towards suicidal behaviour. The authors selected seven adults in contrast to my study in which I nominated ten participants. (J. Osafo, B. L. Knizek, 2013), in their study mentioned the cause of opting IPA analysis technique, they illustrated that (IPA) aim was to

explore the lived experience of the participants and what meanings they attach to their experiences was also the focus of the strategy. They utilized (IPA) because they considered it suitable approach for those researchers who tend to know how individuals make sense of the experiences.

Instrument and Procedure

Semi-structured interview technique has been used in this study. The study is restricted to only one unit of data collection due to one versatile research question due to which the respondents who attempted suicide but survived have been interviewed. Besides respondents' opinions and considerations existing published articles, books, journals and other secondary sources are utilized to study the link between suicide and social determinants. 10 open-ended major questions followed by other sub-questions were part of the interview guide.

Number and Age of Respondents

10 male youth who have attempted suicide and survived have been interrogated through the above-mentioned tools. The age limit of youth participants ranged from 16 to 28. Although no preference has been given to education, income status or other social ranks. Brief profile of the respondents has been stated in the table below.

Sampling

Purposive sampling technique is used for primary data collection. Purposive sampling (also called judgment, selective or subjective sampling) is a method in which researcher depends upon his or her own decision when choosing associates of the population to take part in the study (Neuman, 2014). Access to respondents was through the use of social contacts such as friends, family networks and help also been taken from clinical psychologists as well for the identification of particular respond

Table (1) Demography of the participant's

Total respondents=10	Age	Education	Married(M) Unmarried (UM)	Suicide attempt	Income level in thousands	Area/UC Village	Year of attempt
1	23	Bachelors	UM	once	40-50	Bunr	2017
2	19	F. A	UM	twice	30-40	Bunr	2018
3	26	middle	M	once	40-45	Saidu	2016
4	21	F.S.C	UM	once	50-70	Tahrabad	2017
5	28	nonliterate	M	once	30-45	kanju	2015
6	27	graduate	UM	once	40-50	derae	2017
7	26	Bachelors	M	once	70-80	kabal	2014
8	24	nonliterate	M	once	60-65	Tahrabad	2016
9	18	F. A	UM	once	30-45	Mata	2017
10	22	F.S.C	UM	once	90-1.7lak	Saidu	2015

The above table labels the respondents' brief profile encompasses age, education, marital status, number of suicide attempts, gender and area. The table reveals that the majority of the participants are between the age of 18-26 while excluding one all have attempted suicide just once. The methods they had applied for suicide attempts are different from one another although poisons and pills are used by a majority among them. Eight out ten respondents are literate with different level of education while the majority of them were unmarried at the time of suicide attempt. Most of the participants' hails from average class however their income level showed different figures as mentioned in the table. All of the respondents were chosen to be Male due to cultural sensitivity and restrictions of the area.

Findings and Discussions

This chapter discusses the findings of the study which have been obtained through collected data. The data is properly compiled and generated transcripts which is consistent with interpretive phenomenological analysis (IPA). The particular method is utilized in order to extract meaning from the content. Analyzing the qualitative data with IPA technique the mere attention is given to generate significant themes (J. Osafo, B. L. Knizek, 2013). The initial phase was to read the transcripts deeply and to pinpoint things of interest which is the ultimate objective of many qualitative studies. Major important themes were identified which is followed by further relevant sub-themes. Logical links with respect to the gathered data and extracted themes through theoretical and analytical order are ensured just to make more general categories (J. Osafo, B. L. Knizek, 2013).

As a result, different themes and sub-themes are identified, for instance; *family aspects* which are further subdivided in; *"family structure, marriage, family pressure, severe regulation, more expectations": "Religious factor"* is another important theme which was mentioned by many of the respondents. Analyzing the societal perspective, the themes include; *"Integration of individual in society, regulation of society, Social exclusion, social status, and customs of society".* The emergent themes from the data explicitly manifest the consent of the interviewed respondents, the opinion regarding all these showed no proper differences across the locations.

Family Aspects

A family a close domestic group of people associated with each other through the bond of blood, sexual mating or legitimate ties. The family is a significant social unit of any society, it is an institution where individuals learn to love, to care for each other; ethics and morality also attributed to family (Crossman, 2011).

Individuals anywhere across the globe must have an association with family in one way or another. The issue of suicide, however, couldn't be studied without taking the family aspects into consideration. More than half of the respondents (n=7) clearly mentioned family factors during interviews which clearly reflected the influence of family on their attempts. Some of the respondents indicated that despite having a positive relationship with family, some decisions still influence them which according to the respondents bother them. One of the respondents stated,

> "I like my family and my relationship with them apparently looks sound, but sometimes their interference exceeds which leads me to a state where I feel lonely and useless. The reason for my attempt was not merely because of my family disruption but the attention they have given to society rather their own son." (*Respondent from UC Bunr).*

The family is an important social unit must presume to follow the norms and structure of society which sometimes instigate them that they reluctantly overlook their member's desires. Durkheim theory of integration and regulation was many times tested on family data in order to empirically test it. It was shown that family data presented an exact empirical test for Durkheim theory of suicide. There was a connection found in various empirical tests that anomic and egoistic suicides are actually associated up to some extent with interaction and factors inside family (Danigelis and Pope, 1979). All of the participants view their family from different angles, these angles are either positive or negative but they explicitly specified a very strong nexus between their suicidal ideation and family factors. According to a respondent,

> "Sometimes I think that my life is only for my parents and siblings, being an elder one I devoted my entire life to them, but I am not satisfied the way things are going on that's why I preferred to take my life because I could not tolerate the burden of my sacrifices further for my family''   *(respondent from Saidu).*

Depression and stress though may be deemed psychological issues but some external forces are involved to push these factors. According to a study, depression is related to difficulties and performance in academic adjustments, the study further concluded that poor performance in school also made individuals depressed which ultimately compel them to attempt suicide (Tekin & Markowitz, 2008). Poor performance in school is an external factor which makes someone depressed so referring to this point family burdens and determinants indeed brought the participants of the study to attempt suicide due to extreme depression.

The respondents were of the opinion that family operate according to the social structure. According to many of them, their parents wish to accept and surrender to their demands sometime but due to the expressions and reactions which they expect from society made them reluctant to do so. Marriage, education, family structure and financial status distinguished one respondent approach to the questions from another. The conservative family's intensity of influence was more than that of slightly liberal. Generally, family aspects influenced a lot for some in greater intensity while for others less but the role cannot be denied when it comes to the issue of suicide attempts.

Family Structure

Family structure refers to the way in which family is shaped according to roles, power, rules and hierarchies (Crossman, 2011). family is concerned to perform different functions for society, for instance, socializes children, provides emotional and practical support and give identity to its members. On the other hand, sudden changes in the family's structure or processes can adversely affect its stability. The conflict theorists assume that family can be a source of conflict, including physical violence and emotional brutality for its members (Bidler, 2018). More than half of the participants (n=6 out of 10) are of the opinion that family structure was essential to fuel the fire of their mind thoughts at the time when their suicidal ideation turned into a practical suicide attempt. They elaborated that the family structure is quite orthodox and elders particularly parents up to a greater extent inclined towards the old set norms of society on which they won't compromise. Cast system in the study area is quite prevailing due to pakhtoons' identity concerning to these setups the elders of the family feel reluctant to upgrade their thinking which eventually culminates in the precarious decision of their young updated individuals.

The functionalist's view of the sudden change in the conventional organization of the family disturbs its stability (Buchanan & Harris, 2014). This is applicable here as the opinion of the

respondents suggest. Respondents of the study being exposed to various sources of awareness and the blessing of education up to a level alter their view regarding extreme conservativeness of the family. One of the respondents illustrated,

''We have adequate immovable property but due to the conflict in the family, I am not getting any benefit of it due to which I had to work hard to complete my bachelors. The reason for the conflict is the conventional thinking of our family elders to give less share to female, inherited shareholder in the property.'' *(Respondent from UC Tahir abad).*

Conservative societies particularly the study area swat's people are still less likely to give legitimate shares to their female heirs from the inherited property. This thinking creates many dilemmas for the family itself because modern laws and easy access to state justice system obstruct them to sell the property without assuring legitimate stake for all the shareholders. The ego of the parents and other elders who don't want to give equal shares sometime affect the youngsters of the family. The particular victim kept on saying that I constantly tried to persuade my father to give up his ego, but in vain which made me hopeless and helpless due to severe financial constraints despite having an abundance of immovable property.

Durkheim in his grand theory of suicide put forward the idea of adequate social integration which he believed a barrier suicide to suicide attempts. The stronger social relationship individuals have; the less prone they are to suicide (Mueller & Abrutyn, 2015). Zimmerman & Zimmerman (2013) pointed out in another study that social strong integration can also be a factor of social harm, both the ideas are indeed right but depends upon the underlying cause, the suicidal ideation and attempts of the said respondents may be linked with the idea of stronger integration leads to social harm as well due to the fact that in traditional society like swat one's family strictly follow social norms and integration of the decision makers of the family are quite strong in the society. This strong integration of the family sometimes creates difficulties for some members of the family and according to the respondents of this study, the family strong integration and structure disrupted them which ultimately resulted to add more strength in their suicidal ideation.

Marriage

The sociological explanation of marriage is concerned with the engagement of two or more individuals regarded as a contract between these individuals which is based on mutual rights. Marriage requires some legal and religious agreements depend upon the society set rules and norms for the specific contract. Marriage is a social institution carrying out by all cultures. According to Talcott Parson Marriage forms the hierarchy of power with respect to it in the majority of societies across the globe father/husband enjoys more power in the hierarchy (Zimmerman & Zimmerman, 2013). Marriage arrangements and selection of partner in traditional societies are often preferred by the power holders of the family which is sometimes not acceptable to the concerned individuals. The respondents of the study expressed their grievance over this issue and considered it one of the significant contributors to their suicidal tendency. Many of the selected participants who are unmarried (n=4) feel disinclined to get married despite having a desire, the reason of the reluctance they expressed was only the deliberate arrange marriage because they already know the structure and decision-making process of the family. On the other hand, the married youth (n=4) unfolded the cumbersome they faced due to discontent in their post-marital life. A married respondent said,

> "Love marriage was my dream, I loved a girl but she was rejected by my family because of her lower cast, though I accepted my parents' choice but could not sustain it properly which expose me to judge life meaningless" *(Respondent, UC Tahir abad).*

According to Bidler (2018) most common factor in suicidal ideation and attempts is the fragile marriage relationship, in other words, a breakdown in marriage or relationship of an individual. Durkheim grand work on suicide pointed out that integration is a sort of social belongings which include love, care that can flow from social ties, he further explained that individuals who receive proper care and support from social networks and unit such as family are less likely to see life meaningless. Marriage is the greatest source of love and care but if such pleasure is not received by an individual contrary to Durkheim argument of integration will indeed have crises in life which may lead them to attempt suicide. The respondent quoted above mentioned his hopelessness due to the demise of his personal desires assured by the family self-preferred decisions (Wray, 2011).

Family Pressure

Family pressure is encouraged by the inequity of power among the relationships of members. The hierarchical structure of the family is intrinsic in which parents have more power and decision-making authority. On the basis of the authority, the particular members want to dominate and influence other members (Nowotny et al., 2015). Family pressure is considered one of the essential contributing factors of suicidal ideation as mentioned by many of the targeted population. Seven out of Ten respondents were indulged in severe family pressure at the time when they thought about suicide. The intensity and reasons for such pressures were different among the victims of suicide attempts. Some of them expressed the cause of unemployment and less contribution to the family due which parents or other elders scorned them constantly. Other mentioned that they are supposed to live life according to the family set conservative norms spread through the culture of society. The contagion theory up to some extent back these causes, the theory refers to that ''social factors may enhance the stress of already stressed individuals which ultimately lead them to depression (Tekin & Markowitz, 2008). One of the suicide victim and respondent of the study stated,

> "My father always believes what my uncles like to tell him, they want me to take part in family's small business which has already been occupied by five persons of our family. I want to perform something different for which I desire to complete my education although my family do not freely allow me to do rather discourage me for not contributing to the family." *(Respondent from Derae).*

The traditional nature of society up to a greater extent effect family structure, involvement in the single business of family is practised in many parts of traditional societies. The respondent, however, wants diversification and change which eventually disturb the orthodox nature of family concerning to it the power holder created a lot of pressure on the particular individual.

Severe Regulation

Durkheim in his masterpiece work of suicide provided an adequate explanation to regulation and integration and even the entire theory is based on integration and regulation. In his views lacking or sever regulation either in whole social structure or in family promote moral issues that encourage Anomic and Fatalistic suicide respectively (Zimmerman & Zimmerman, 2013). In the context of family regulation may be a factor of frustration for an individual when it goes the extra mile, the respondents (n=7 out of 10) were of the opinion that family strictness and set rules bared them to carry out their life according to own choices. The educated participant

(n= 6) of the study expressed issues regarding their careers selection and dedicated their failure to a wrong decision made by them during their pre-graduation period, the family absolute decision-making authority remained an obstacle in the way of their choice as mentioned by the educated suicide attempt victims of this study. They further elaborated their existing status of being unemployed due to poor performance and feeble academic record and attributed this failure to the family severe kind of principals. The reason for pushing them into depression all they mentioned of limited career opportunities and unemployment. Various empirical researches suggest that there is a strong link between depression and suicidal behaviour and this relationship is conditioned by family support and cohesion (Alun et al., 1986). family support, however, contributes a lot to make life meaningful but under the guise of support, severe regulation and confiscation of individual's decision authority may lead to depression which ultimately results in a suicide attempt, the same circumstances faced by the study respondents. One of the victims articulated,

> "My family is really supportive and endure all of the education cost but simultaneously I have to follow all of their instructions irrespective of my desires. I can't hang out with my friends, I had not been allowed to opt my graduation subjects, my elder brother did it for me but now I am the useless person that's why I thought to take away my life." *(Respondent, UC Bunr).*

The above-mentioned statement of one of the victims of suicide attempt explicitly manifests strict family monitoring and regulations. Durkheim integration and regulation theory suggests that strong integration and regulation make life meaningful but these two variables must be in a state of equilibrium (Danigelis and Pope, 1979). Moderate regulation hence essential for cooperation, social integration but its severity may culminate in an individual's conflict inside themselves.

More Expectations

Parents in every society expect better from his children, sometimes these prospects exceed which may not be compatible with the underlying qualities of an individual of the family. Generally, all of the respondents pointed out the mentioned cause of excessive expectations without an understanding of their capacity and capabilities. Participants viewed this variable as one of the important factors because the performance they assure and the expectations from them have a large gap at all, in response, the family exert too much pressure and the people surrounding them accompanies the family to declare the particular individual useless. According to a cognitive behavioural theory which deals with depression assumes that people get depressed when they consider themselves worthless and expect worse future (Romero et al., 2014). The concept of the theory may be linked with a view of the respondents that when they are unable to perform and family expect them to do more and more, definitely depression will easily secure a place in the minds of these particulars.

Some of the study population (n=4) illustrated the dual nature of their families. Without proper autonomy in decisions because all of the options the respondents hold was just due to the absolute authority of the family. Now according to them, the contribution is less than expectations, lead them to be contemplated useless. Durkheim argument of strong social relationship protect the individual from suicide but another study of Mueller & Abrutyn, (2015) argued that social integration also exposes someone to attempt suicide. by linking the two statements with the existing study it is clear that the latter up to someone extent backed the statement of participants because when individuals are more integrated more expectations will also be from them. One of the respondents among them articulated,

> "I always wanted to deliver what my family expect, but the way they deal with my crises is not acceptable to me. My parents don't comprehend what I am looking for but they want me to contribute beyond my capacity. My underlying status and family expectations had pushed me to a level of a suicide attempt." *(Respondent from Kanju).*

An evolutionary framework suggests that there is a very strong link between burdensomeness and suicide, further in modern liberal democracies perceived troublesome is often linked with things like physical illness and unemployment (Button, 2016). The framework can be compared with the views of the respondent by only considering the unemployment factor because performance and contribution are totally dependent upon status and employment define status in middle-class societies.

Perspective of Religion

Numerous researches have been carried out to disclose the connection between suicide and religion. The modern work with regard to this begun since Durkheim formulated a grand theory of suicide. Durkheim gave proper place to religion by considering it a protective tool from suicide (Marsiglia, 2014). Colucci, E, and Martin (2007) put forward the embedded assumption of Durkheim about religion, he exemplified the Catholic church's' strong religious affiliation which resulted in its members less prone to suicide. Durkheim further finds out that protestant, on the other hand, has weak religious integration which brought their members on the verge of suicide and showed higher suicide rates. While exploring social determinants of suicide questions regarding religion have been given more significance. Participants of the study responded differently to the question of religion, generally, all of the participants endorse the value of religion and all of them expressed that Islam their religion explicitly forbid Muslims to commit suicide.

The participants, however, were already the victim of suicide attempt, so it means that all of them attempted it despite religious prohibition. Some of the respondents (n=6) mentioned that frequently practice religion, for instance offering the obligatory five times prayer and attending other religious sermons. In spite of the fact that they were more integrated into religion but the option of choosing to take away their lives was beyond the scope of Durkheim argument of strong religious integration. The respondents expressed that though suicide is a big sin in their religion sometimes things are not simply the situations they faced when they thought for suicide were far more intolerable than their prospects of life hereafter. One of the among them said,

> "I was a firm believer in my pre-attempt life that religious practices bring peace and calm to mind and soul. Despite regular practices of religion, I thought for suicide because that time I just wanted to get rid of this life and did not even think about life after death which is the strong faith of every religious person." *(Respondent from Kabal).*

Psychologically if we consider it a mental illness for a while due to deliberate denial of the religious ban but a study of H. F. Unterrainer (2011) suggested something beyond psychological assumptions, articulates that religiosity and spirituality are positively associated with mental health and can help anybody to recover from mental illness. Sometimes people don't think what will happen next but want to control the situation. Suicide is the last step a person thinks about when all doors close in someone's life, he/she opted for suicide.

Sturgeon & Morrissette (2010) asserted that religiosity has also been refined over the period of time, he mentioned two major dimensions which include (1) "Internal religiosity" refers to personal beliefs or opinions and the other is (2) "External religiosity" for instance, religious

practices. Some of the respondent's integration with religion up to some extent was found weak in terms of their religious practices, however, their internal religiosity as mentioned by Kelmendi (2014) was up to the mark. The study participants' belief on God and religion Islam was strong but the practices, for instance offering prayer five times a day was expressed sporadically. Such reluctance of some of the victims may compromise their integration with religion. Durkheim assumptions of religion as a protective factor from suicide (Marsiglia, 2014) can be accepted in the context of particular individuals who opted for suicide without considering religious restrictions. The external religiosity is significant in someone religious integration because having a close association with the religious community, for instance, religious sermons or other activities may prove vital to cope suicidal ideation. Another respondent in this regard stated,

> "I have a firm belief in Islam but due to the misinterpretation of religion by our religious scholars, I am not preferring to offer the prayer collectively behind these people. My perspective about religious practices is different, I believe that God Almighty may forgive his rights but will not pardon other humans' rights." *(Respondent, saidu sharif).*

Different perspective towards religion also have repercussions for the individuals. previous researches and grand theory of Durkheim about suicide clearly endorse the role of religiosity in protection from suicide. religious practices are however essential but the reluctance or intentionally denying those practices may disintegrate someone from religion. Religiosity and spirituality when observed from a psychological point of view, both gives meaning related to sacred therefore religiosity and spirituality contemplated as influential dimensions that can ensure meaning and purpose in life (H. F. Unterrainer, 2011). Keeping away himself from religion by giving a logic from his own framework of mind may culminate in suicidal thoughts because the purpose and meaning of life can be obtained from religiosity. Both humanity and religious obligatory practices are important in any religion, ignoring one of it according to numerous studies and theories play a vital role to produce suicidal thoughts.

Influence of Society

Society refers to a group of people with a shared territory, interface and ethos (Crossman, 2011). humans in society interact with each other and society is to serve individual and society is an extremely essential condition for a human to exist and survive. In society individuals are ought to follow the culture as a social force, in other words, society has set norms values and traditions which influence an individual of that particular society (Sturgeon & Morrissette, 2010). The sociological definition of society clarifies that society has influence over individuals, however suicidal ideation in individuals must have links with social factors. Durkheim though had not fully rejected the idea that suicide is a psychological subject but he further unfolded the it that some other forces also exist which push individuals to take away their lives and these forces are social forces (Mueller & Abrutyn, 2015).

Society of the study area is still not too much advanced and most of the people living here still have orthodox beliefs. The respondents of the study were basically adolescents and due to fast-growing communication era, they seemed too much exposed to modern ways of life. Many among the targeted population (n=8) indicated that their family structure is in a way what our society defines it. They were of the opinion that many of the decisions are taken in our families by excessively considering the social structure no matter those decisions are better or not in our way. The elders of their families are always very much obsessed about what other people in surroundings would think. Society influence is quite perceptible in

producing suicidal thoughts and how it's happening some factors are identified which will be discussed in the following sections.

Integration of Individuals in Society

Durkheim contemplated social integration as a cornerstone in his grand theory of suicide, in other words, social integration has been referred to social isolation, social cohesion and social support (Wray, 2011). The study is concerned with the individual level phenomenon of suicide rather than the group as a whole, however, the respondent's response in the context of social integration is quite complex. By integration Durkheim means the constant and active relationship of individuals, if this interaction and engagement are weak, it will lead to individualism, fragile social ties and ultimately higher suicide rates (Nowotny et al., 2015). The suicide victims of the study expressed different views, six out of ten respondents have a very positive relationship with family and they were well integrated but despite the fact they attempted suicide. One among them said,

> ''I have a very close relationship with my family but the way society demands and my family inclination towards it bothered me a lot. My family all decisions never cross the societal set norms due to which sometimes I get affected, for instance, love marriage was my dream but my family turned down my decision due to social pressure and strong associations of my parents with society." *(Respondent, UC Tahir abad).*

A family is a social group and a significant institution of society. The strong integration of family with surroundings makes them disinclined to carry out decisions that are desirous for internal members but unacceptable to outside society. Durkheim placed marriage as a significant tool of integration, he stated that married people are more integrated that unmarried (Romero et al., 2014). To the extent this assumption is right but keeping the views of the respondent the marriage decided by the family without the consent of an individual also create issue and compromise integration as mentioned in the above statement by respondent. In his theory, Durkheim also mentioned that when integration is too strong it causes altruistic suicide, contrary to egoistic which is the result of weak integration (Danigelis and Pope, 1979). In the particular findings' integration is too strong and the individual was unable to cope up the situation, in order to evade anything disparaging to the family the individual opted to sacrifice his own life. Some of the participants (n=4) attempted suicide due to social isolation or weak social integration. Among them one asserted,

> "I am running the family business, working from dawn to dusk like a servant but still my family attention was not up to the mark compared to my other small brothers. My parents were always sceptic about me despite my endeavours, they never responded in a way I deserved that's why I felt myself isolated from the family and other people." *(Respondent from Kanju).*

Durkheim argument of weak integration promotes individualism clearly applicable here. The individual isolation as mentioned by him caused due to family negative response, this factor not only isolated him from the family but according to him he didn't trust other people of society as well, for instance, friends, relatives and neighbours because the thought he developed in his mind signals him that if family the closer entities behave in this passion so how can someone anticipate anyone else to be good. These thoughts, however, can really cause isolation which eventually culminates in the last option of killing himself.

Regulations of Society

Perry et al (2012) analyzed Durkheim stance about regulation, for Durkheim regulation is a sort of monitoring and guidance that an individual receives from social ties. Durkheim further kept on saying that moral guidance and external restriction are essential for the individual because lacking these will lead an individual to exceed their desires which may ultimately result in failure and extreme desolation. Regulation up to some extent acceptable to everyone, the participants were also of the view that the family regulation in many ways keeps them secure and integrated. One of the respondents said,

> "Every family has some principals and I had no issue regarding these, for instance, my family set time schedule for all of the brothers that when to come and go but there were some rules which were intolerable for me. My family constantly compelled me to quit my friends and only focus on my studies, they also instructed me not to socialize myself in society, however, I am not in favour of exceeding my limits but extreme limitations led me to depression." *(Respondent, UC Tahir abad).*

The statements of the study participants manifest that they are not against the rules and regulations of the family as directed by society norms but the over-regulation and obstructions on their each and every independent activity, in fact, caused concerns for them. Durkheim pointed out this matter in an obvious way, for Durkheim egoistic suicide happen when there are low integration and altruism occur when integration is robust, simultaneously when care and concern surpass from its moderate limit cause anomic and fatalistic suicide. both these types of suicides occur respectively when social structure is either under or over-regulated. In other words when social forces of both integration and regulation are very low or enormously high (Wray, 1968). The particular concept of Durkheim's theory entirely supports the statements of the participants without any clear contradiction. The suicide attempt victims of the study (n=7 out of 10) contemplated the over-regulation factor an essential contributor to their suicidal thoughts. Besides comparing Durkheim's concept of regulation in the context of family, the participants also specified the social control of society and its influence on the family. The conservative structure of the study area society also played an important role in the qualms of certain individuals. they articulated (n=6) that family follows the norms firmly as put forward by the society, for instance, the dress codes, marriage ceremonies, and many other aspects. Family being a unit of society owe to move with the flow of societal norms which sometimes become intolerable for its members as expressed by the individuals of the study.

Social Exclusion

Social exclusion is a multi-dimensional process involves denial of resources, goods and services and the inability of an individual to engage in the normal relationships and activates which is accessible to the mainstream of people of society. Such exclusion disturbs the quality of life of that particular individual and cohesion of the society as well.(Sturgeon & Morrissette, 2010). Loddon Mallee (2011) conducted a study to examine about suicide among farmers, the researcher identified that severe financial crises also compel individual to take away their lives. Financial dilemmas have a direct connection with poverty. Some of the individuals of the study (n=5) whose economic condition was not good attributed to their poverty one of the significant factors in their suicide attempt. The participants considered themselves excluded part of society due to the reason of their financial faintness. One among them said,

> "I belong to a poor family due to which I am not getting enough attention in the society. People everywhere judge us on the basis of our economic status that's why we are deprived of many social gatherings, even middle class and rich people don't invite us in their

> ceremonies, for instance, marriage etc. etc. I always remained so obsessed about our status, in order to get proper consideration, you need to have sound financial status in my opinion." *(Respondent from Derae).*

Poverty is the main factor when it comes to social exclusion and it has a profound effect on an individual in order to reach to resources. Political, cultural and social participation is up to greater extent associated with one's economic status (Stack, 2014). The respondent overtly expressed that he faced some deprivation and disengagement from different activates of society due to his poverty. Low integration causes social isolation as put forward by Durkheim when a group or individual are in crises so they require well-integration in society otherwise the individual will opt for suicide which Durkheim refers as egoistic suicide (Wray, 2011). Lack of integration, though gives birth to social isolation but the status of an individual also matters a lot, the respondents in question mentioned the cause that due to poverty they are excluded from society, so for well-integration financial status may play significant role because people in society are most probably materialistic and judge others on the basis of their wealth and class. Perry et al., (2012). Carried out a study in which they argued that stress is too much related to the socio-economic condition, social capital, cultural norms and values which influence an individual to remain in extreme stress. Stress is considered one of the greatest psychological cause of suicide as numerous studies suggest, this stress is pushed forward by various social causes as mentioned.

Social Status

Status refers to the position an individual hold in a social group, status is determined on the basis of certain roles performed by an individual. Both role and status are inter-connected, in a social group every person has a status and position followed by his/her role. Status varies from individual to individual in a society. The status which is based on age, sex, race, kinship and family called ascribed status while status that requires personal efforts, ability, education and earning wealth refers to achieved status (Amitai & Apter, 2012). Referring to this definition a traditional society gives more value to ascribed status, similarly, the study area society is still conventional and people status are judged on the basis of cast, race and inherited property. The respondents (n=6) indicated that our ascribed status in society has no enough strength due to their fragile family background and people are judgmental about such material things in the orthodox structure of society. The nexus between social status and suicide have always been found very close and sociologist offered proper attention to this subject (J. Osafo, B. L. Knizek, 2013). Durkheim with regard to social status argued that suicide rates are higher in the highest class of society but other findings also suggested that economic status and poverty also have a significant role in intensifying suicide rates (Abrutyn & Mueller, 2014). The participants of this study, however, belong to the middle or lower class with low ascribed status prefer to attempt suicide by referring to lower social status one of the prominent factors. One amongst them specified,

> "My family status is not high because our cast is lower as considered by society. I wanted to marry a girl comparatively belongs to an upper family cast, they turned down my proposal due to my cast and status. I was trying to work hard in order to earn wealth which was expected to give me and my family prestige in our society but couldn't succeed which turned me into hopelessness." *(Respondent, UC Bunr).*

The suicidal tendency in poor people of society contradict with Durkheim assumptions of upper-class higher suicide rates but the study participant statement support the findings of Li (1972) due to the reason that being a member of lower family with low ascribed status prefer to attempt suicide by attributing the particular cause one of the major ones in the

production of suicidal ideation. (Dublin, 1963) concluded in his study that in lower social status, rates of suicides are higher due to hopelessness, poverty and unemployment. These findings also back the main crux of the respondent declaration which he described hopelessness.

Role of Customs and Traditions of Society

Custom refers to a regular pattern of behaviour that is contemplated as a characteristic of life within a social system while tradition is defined as, the customs rituals, beliefs and habits of a social group. In other words, tradition is an evolution of knowledge, ability and attitude from one generation to the next (Crossman, 2011). The impact of culture on suicide is prevalent both at an individual and aggregate level (Lester, 2010). Customs and traditions are the organs of culture which vary from society to society. The study area's society is not entirely modern and still the structure follows orthodox customs, more than half of the total targeted respondents (n=5) revealed the exasperating aspects of their traditions and customs, for instance, marriage ceremonies, rituals and other traditions. One of the respondents said,

> "I wanted to get married once, but the traditions regarding marriages in our society are quite hard to manage. For example, dowry, and other formalities required for such occasions are very much expensive and I couldn't afford it that's why since then I was so frustrated. All that happens to me was because of the society set traditions and customs." *(Respondent from Matta).*

Severe customs and traditions of society as mentioned by the participant clearly indicates that these forces are also significant in the creation of suicidal thoughts or fuel the prevailing suicidal feelings of an individual. Durkheim or any other theorists haven't explored much about customs and traditions influence on suicide, but the fact is different in the study area.

Conclusion and Recommendations

Suicide is contemplated as one of the World alarming issues. Roundabout one million individuals take their own lives each year across the globe while 10 to 20 million people attempt suicide (Foo, et al, 2012). The most populous Asian continent accounts for higher Suicide rate which is almost 60%. Numerous studies of this continent revealed that suicide ratio is greater in adolescents particularly in college students (Foo et al, 2012). One individual becomes an enemy of one's self and dies after every 16 minutes, it is the third major factor of death in superpower country USA. A South Asian developing country Pakistan has shown a considerable increase in suicide rates over the period of time. According to WHO one million people around the world including 15,000 Pakistanis commit suicide per year. Keeping under consideration the gap in literature related to the subject in question, the study aim was to understand the suicide from a sociological perspective the study area swat, a district of Khyber-Pakhtunkhwa Pakistan has shown a considerable increase in suicide rates, round about 222 suicide cases have been reported recently in 2018 (Dawn,2018). This qualitative study concerning ''Sociological perspective of suicidal ideation and attempts in the youth of swat", explored the social angle of the particular subject. Although suicidal ideation is too much related to psychology it is not merely a psychological subject, some other forces, like social, cultural and political drive suicidal tendency as well. Durkheim in his integration-regulation theory also recognized that suicide is not only an individual phenomenon but a societal problem (Nowtony et al,2015).

The findings of the study suggest that social factors played a pivotal role in the suicide attempts of the concerned youth of swat. Durkheim theory of social integration and regulation up to greater extent supported the underlying factors mentioned by the respondents of the study, however, some other concepts of sociological perspectives of numerous authors have also been linked with the statements of the participants. Family aspects role is found quite prevalent and all the respondents endorsed the fact by clearly indicating the various lens of family factors. Family pressure, strict regulations of the family, family structure and more expectations of the family have been discussed which demonstrate a substantial role of these factors in the intensification of suicidal thoughts which ultimately led the respondents to attempt. To look at the phenomenon from the lens of religion which acquired enough place in Durkheim theory of suicide. Durkheim contemplated religious integration as a protective tool from suicide (Hoffman and Marsiglia, 2014). Religious perceptions have been found differently, some were less integrated in terms of religious practices and attempted suicide while remaining were inclined towards these practices but in spite of these, they opted to commit suicide. the religious integration part of Durkheim theory is found contradictory with the findings of the study.

Suicide cannot be examined through a single dimension; biological, psychological, social and cultural factors have a profound influence on suicidal behaviour. A plethora of causes produces suicidal thoughts however the study here is concerned with social factors. Majority of the targeted respondents mentioned family pressure as a major of their suicide, to address this cause the elders of the family need to establish close connections with those individuals of the family who prefer to aloofness, showing resistance to family decisions or gesturing towards taking away their lives because connectedness will keep them motivated. Based on the study findings no psychological treatment or proper counselling received by the participants in both of their pre and post suicidal tenures which may protect them from such intentions.

Knowledge related to suicidal risk and its protective measures is inadequate in Pakistan, particularly in the study location. Micro-level analytical studies require in the area to closely scrutinize the individuals because without such endeavours both quantitative and qualitative data would not be available for stakeholders who desire to prevent suicide. proper education and training should be provided to key concerned personnel of the process, these stakeholders may be police, medical officers, academic teachers, religious scholars, and family doctors. Social impacts of trauma must be clarified in order to seek manifold possibilities for intervention and protection because the study individuals mentioned some characteristics of trauma due to unanticipated past terrible events.

A national suicide surveillance system needs to be established in Pakistan, the system may work in a such a way to disseminate information of suicide attempts, the exploration of causes and immediate training programs for those individuals who attempt suicide but survive luckily. Professional health organizations should prioritize training to health care providers for the prevention and assessments of suicidal risks. Both public and private academic institutions need to initiate skills and support programs for adolescents. Hope and optimism for such individuals are extremely important the trainers of the institutions should enhance their coping skills and design such tactics which may help in bringing forth a ray of hope for the youth. Hopelessness is deemed one of the major causes of suicide, so the school & college-based programs need to be operated in a way that provides skills to particular individuals whose behaviours reflect their hopelessness.

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List of Abbreviations

IPA	Interpretative Phenomenological Analysis
GDI	Gender Development Index
USA	United States of America
GID	Gender Identity Disorder
NADRA	National Data Base Registration Authority
HRC	Human Rights Commission of Pakistan
KPK	Khyber Pakhtunkhwa
UN	United Nation