

Psycho Social Effects of Suicide

Among the Spouses Six Months After the Event in Jaffna

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Suicide is a self inflicted death with evidence that the person intended to die. The suicide rate in Sri Lanka is high and in Jaffna it is increasing. The sudden death of the life partner affects spouses seriously which in turn affects the whole family. Better supportive measures can be formulated if the problems were studied properly. A descriptive cross sectional study was formulated in that regards. All The spouses of the suicidal diseased from November 2011 - June 2012, were included in the study; relevant information was collected through an interviewer administered questionnaire. Majority of the diseased were (71.2%) male. , 26.9% were between the ages of 31 to 40 year and 65.4% were studied up to O/L. Among the spouses 23.1% were physically, 65.4% were socio culturally, 67.3% economically & 50% psychological impacted. The female spouses were facing more economical hardships (55.7% - p value 0.007)), security problems (36.5%), and social stigma than their male counterparts. The economical hard ship is significantly associated with the sex of the spouses. Around 76% of the spouses find difficulty to run the family, none of them were remarried.

We recommend the primary health care system with the collaboration of mental health services and social services department, to consider these facts and to include proper programs to reduce the incidence of suicide & support the spouses. In the mean time the community should shoulder the responsibility to improve the live hood of those families

Key words: suicide, spouses, psychosocial problems, Jaffna peninsula, primary health care