

SUICIDE AMONG YOUNG ADULTS

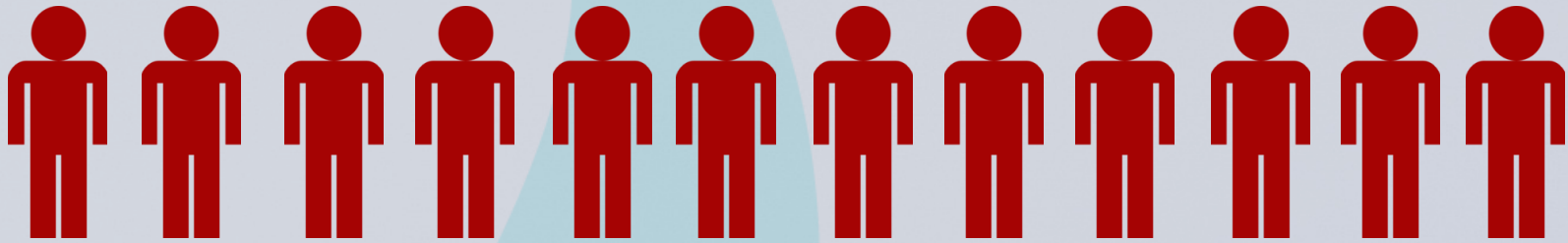


FROM UHLB2122-41 (ACADEMIC COMMUNICATION SKILLS)

- Name of Group Members:**
- Amir Iskandar
Norkhairulazaddin
(A20EC0011)
 - Iman Ehsan Hassan
(A20EC0048)
 - Muhammad Aiman Abdul Razak (A20EC0082)
 - Faizul Hazwan Zulkeple
(A20EC0189)

Young adults, also known as **youth**, is defined to be an individual with the age ranging from 15 to 30 years old. Youth consists of **students, workers and unemployed people**.

The rate of suicidal behaviour among young adults in Malaysia which involves **approximately 12 deaths in every 100,000 population** (Nordin et al., 2021).



Suicide has often been a solution for many people, most notably young adults, to escape the reality of their lives. It is widely recognized as **one of the leading causes of deaths** around the world. This act of ending one's life is **commonly associated with depression**.

ENVIRONMENTAL FACTORS



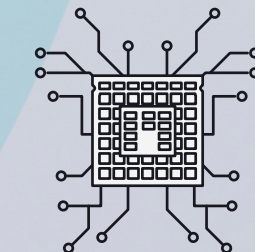
SCHOOL

- **Stressed out** from a lot of school work.
- **Substances abuse** from **peer pressure** in schools and colleges.



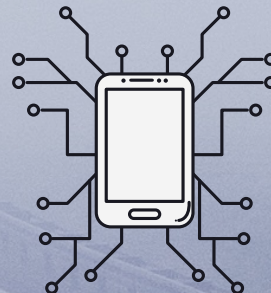
HOME

- **Loss** of family members.
- **Conflicts** between family members.
- **Lack of communication** between family members.



TECHNOLOGY

- **Less time interacting with their friends in person** due to Social media, texting and gaming.



SOLUTIONS

- Be aware of the **early signs of suicides**.
- Initiating a **suicide prevention program**.
- Having a **programme that can guide the parents** who have **no parenting knowledge**.

- **Talk more and become closer with each other**.
- **Organizing awareness campaigns** on social media.
- **Suicide hotlines**.
- **Publishing educational videos** regarding the issues.

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Conclusion

- According to Moutier (2021), suicide risk is **multifactorial with well-established risk factors**.



- We hope that everyone will **spread more positivity** and make the world a **better place**.