

Suicide and Attempted Suicide among Public School Students in the Bedouin Community within the Green Line, Its Causes and Ways to Overcome: A Qualitative Study

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Abstract: *The current study aimed to identify the causes of suicide and attempted suicide among public students' schools in the Bedouin community within the Green Line and the ways to overcome them. A qualitative research design was used through conducting semi-structured personal interview with a sample of (60) individuals included students' parents, teachers, and members of the local community. The findings revealed that there are (25) causes behind the spread of suicide and attempted suicide phenomenon among the students of public schools in the Bedouin community within the Green Line reported by more than (50%) of the respondents. The findings also showed that there are (13) suggestions may contribute to overcoming this phenomenon among students of public schools in the Bedouin community within the Green Line. The study recommended the necessity of developing preventive collective counseling programs to address this phenomenon, presented to students at all levels in order to assess their behavior and educate them about suicide's and attempted suicide's seriousness and negative effects on themselves and community as well.*

Keywords: *Suicide Phenomenon, Attempted Suicide, Schools' of Bedouin Community.*

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I. Introduction

Suicide and attempted suicide have become a widespread phenomenon (worldly and locally). It has been seriously aggravated at the present time, as media publishes, every now and then; breaking news about a young man or girl ended his / her life due to having financial, social or emotional pressures.

Upon addressing suicide's conceptual definition, a distinction must be made between two types of suicide: Physical Suicide and Psychological Suicide. Physical Suicide is defined as "one's act to kill himself intentionally." As for Psychological Suicide, it is defined as: "a kind of suicide, whereby some people completely underestimate life and hate it, as despair factors caused them to destroy themselves and then to have psychological disorders" (Fayed, 2004: 288). And suicide's notion is "individuals tendency to commit suicide, started gradually by an idea to become later on clearer ideas and lead to the actual behavior finally" (Rudd, 1988: 39). Al-Sukkari (2000: 521) defines suicide as "an intentional and voluntary action in which one kills or destroys himself." Suicide is also the fiercest form of self-injury. Although it has been prohibited in all divine religions, many people try to commit suicide and then do it actually, as some have a psychological predisposition to commit it (Radwan, 2007: 310). As for suicide predisposition, Al'amoud (2009: 18) defines it as: "an individual's inherent tendency to commit suicide if appropriate conditions are given to him to do so". While Shehab (2013: 33) defines it as: "an individual's the ability to kill him/herself due to suffering from psychological or social pressures, extreme sadness or unbearable deprivation."

According to WHO's statistics in 2018, suicide is the third most important cause of death among persons between fifteen and twenty-five ages, and sixth most important cause of death among those between five and fourteen years ages. Committed suicide's messages and notes indicate that they decided to commit it in order to put an end to a major problem they suffer from, or to escape from a difficult reality they experience. Al'amoud (2009) reports that (50%) of suicide among adolescents are due to emotional matters, such as their feelings of love and their belief that they cannot live without those they love. Another shocking statistic is that there are (40%) of all humans, in a moment of their lives, had a thought to commit suicide in order to find what is called eternal rest.

Furthermore, (WHO, 2018) reported that (75%) of suicide cases are recorded between middle-income people and poor countries, and that most of them are drug and alcohol addicts and those who suffer from mental disorders. It also reported that suicide rates among males are higher than females. To reduce this phenomenon, Shehab (2013) indicates that the most important factors that contribute to reducing suicide or preparing for suicide are the effective role of schools' administrations and their joint cooperation with the local community.

(Maring and Koblinsky, 2013) reveals that peer support reduces emotional distress, including thinking or trying to commit suicide.

In Israel (more specifically, within the Green Line), and due to the prevalence of suicide among school students, the National Inter-Ministerial Committee was established in 2015 (the Ministry of Education, the Ministry of Social Affairs, the Ministry of Health, the Ministry of Absorption and the Ministry of Public Security). Its most important goals were: to detect children and youth who are at risk; the work to provide immediate and appropriate protection for them; reducing the behavioral disorders such as suicide and attempted suicide; and achieving their emotional balance. The idea of establishing the National Inter-Ministerial Committee was born in 2015, given that more than (450) person commit suicide every year in Israel, and that (6000) individuals, the majority of them are children and youth, was registered in hospitals due to attempting suicide. Added to that, the personal interviews reported that thousands of children and young people (most of them suffer from family, emotional or school deprivation) had the idea of attempting suicide. In view of the above, there was a need to conduct the current study, which aims to identify the causes of suicide and attempted suicide among students of public schools in the Bedouin community within the Green Line and determining ways to overcome them.

Study Problem & Questions:

The Inter-Ministerial National Committee has reported in (2018) that there has been recently a widespread spread of suicide or attempted suicide cases among students in schools of all levels. Suicide or attempted suicides are dangerous on both, individuals and society. For individuals, it results in: wasting and corrupting an individual's life and shattering his /her future. As for society, it results in: threatening community's security, disrupting its interests, wasting its efforts and threatening their freedom and security. Therefore, the researcher believes that it is extremely important to identify causes behind suicide and attempted suicide among students of public schools in the Bedouin community within the Green Line and to present suggestions contribute in limiting them. In light of the scarcity of local studies that discuss this phenomenon, the researcher decided to conduct a qualitative field study to address it. According to the above, the problem of the current study emerges in answering the following two questions:

1. What are the causes behind the prevalence of suicide phenomenon and suicide attempts among students of public schools in downtown community within the Green Line from viewpoint of parents, teachers and community institutions?
2. What are the ways to overcome the phenomenon of suicide and suicide attempts among students of public schools in the Bedouin community within the Green Line proposed by the parents of students, teachers and community institutions?

Study Importance

The importance of this study stems from the following: identifying the causes of suicide and attempted suicide phenomenon, as this identification contributes to finding effective solutions in the future; what it adds of new information to human knowledge about the presence of this phenomenon among public school students and their causes; and its recommendations to improve practices and trends as solutions to reduce suicide and attempted suicide rates among public school students. Furthermore, educational and school leaders may get benefit from its findings in order to activate the role of school administrators, teachers, psychological counselors and psychologists in reducing suicide and attempted suicide rates among students.

II. Method

In this study, a qualitative research design was used through conducting semi-structured personal interviews to obtain different perceptions and opinions in terms of suicide and attempted suicide causes among school students in the Bedouin community within the Green Line them and ways to overcome them, things that are difficult to be achieved through the use of a quantitative or statistical design.

1. Sample of the Study

To achieve study purposes, a purposive sampling was chosen, totaling (60) individuals: (23) students' parents, (17) teachers from Bedouin community schools within the Green Line and (20) individuals from the local community. This selection criteria was chosen due to the desire shown by the respondents to cooperate with the researcher and apply the study tool.

2. Study Tool: Interview

In this study, a semi-structured personal interview was chosen, in which a set of predetermined questions were used. The flow of the questions was changed according to the course of the interview and the information gathered, as it gives the examiner the freedom to ask the same question in multiple formats, and allows the respondents to give more clarification (Abu Zeina et al., 2007).

The researcher conducted individual interviews with those (the study's participants) who have information she seeks to access. These interviews were designed to collect data required for identifying causes of suicide and attempted suicide phenomenon among public school students and providing suggestions contribute to overcoming them. Respondent's answers were record manually, with the focus on recording them as they are, leaving the interpretation until after the interview. The interview questions were formulated to cover the causes of suicide and attempted suicide and the most important proposed solutions to overcome them in Bedouin middle schools inside the Green Line. There were (25) questions presented to a group of experts to express an opinion for consideration.

3. Interview Validity

To recognize the validity of the interview, the researcher developed a list of sub-questions presented to a group of experts - to take their views on these questions in terms of their number, arrangement, language formulation, each question suitability with the subject of the study and its ability to achieve the desired purposes. The greatest possible deal of observations and opinions made by them have been collected and followed, as they were focusing amending the language formulation, and that the tool is valid for achieving the purposes of the study. Thus, these observations and opinions are considered evidence of the validity of the research tool.

III. Results

Results of the First Question: What are the causes behind the prevalence of suicide phenomenon and Suicide attempts among students of public schools in downtown community within the Green Line from viewpoint of parents, teachers and community institutions?

To answer this question, frequencies and percentages of the study sample responses on the interview question were analyzed, and include the reasons where more than (50%) of the respondents agreed on as seen in table (1).

Table (1): Frequencies, and Percentages for the Casues of Suicide Phenomenon and Suicide Attempts from the study sample Point of View

No.	Causes	Freq.	Per.
1.	The death of a family member or a close friend	58	%96.6
2.	Parents abuse, poor communication and problem sharing	56	%93.3
3.	Being exposed to an assault or an accident which caused deformities in the body	55	%91.6
4.	Being bullying victim from a stronger person or exposing to peer pressure	55	%91.6
5.	Parent separation due to divorce or death	53	%88.3
6.	The absence of mother role due to the need to leave early for work	52	%86.6
7.	Exams Failure	50	%83.3
8.	Excessive love and partner abandoned	50	%83.3
9.	Permanent sadness and hereditary depression.	49	%81.6
10.	Depression	48	%80
11.	Difficulty in focusing and taking decisions	47	%78.3
12.	Feeling of inferiority and imperfection	45	%75
13.	Feeling guilt and remorse	44	%73.3
14.	Imagining suicide as the possible solution for problems and internal comfort	42	%70
15.	Poor religiosity	40	%66.6
16.	Jealousy between students	39	%65
17.	Poverty and low socio-economic level	38	%63.3
18.	Academic achievement failure and fear of parents' reaction	36	%60
19.	School dropout due to the need to work and help the family.	35	%58.3
20.	Family disputes	34	%56.6
21.	Being victim of sexual assault	34	%56.6
22.	Feeling that they are pointless people as a result of a permanent disability or a chronic disease	33	%55

23.	Internet World	31	%51.6
24.	Drugs and alcohol addiction	30	%50
25.	Tribal rejection due to misconduct of one or both parents.	30	%50

Table (1) shows that there are (25) reasons behind the prevalence of suicide phenomenon and suicide attempts among public school students in downtown community within the Green Line from the sample of the study point of view, where more than (50%) of the respondents agreed on it.

Results of the Second Question: What are the methods that can be used to overcome the suicide phenomenon and suicide attempts among students of public schools in downtown community within the Green Line from viewpoint of parents, teachers and community institutions?

To answer this question, frequencies and percentages of the study sample responses on the interview question were analyzed, and include the methods where more than (50%) of the respondents agreed on as seen in table (2).

Table (2): Frequencies, and Percentages for the Methods of Overcoming Suicide Phenomenon and Suicide Attempts from the study sample Point of View

No.	Proposed	Freq.	Per.
1.	Building communication channels between school administration and students' parents to identify the external behaviours of students or who think to commit suicide	53	%88
2.	Training students on quality of life skills by providing psychological counseling services adopted based on the society nature which focuses on their needs.	51	%85
3.	Conducting therapy programs to develop students' abilities which depend on using specific methods to explain the risks of suicide on the individual and the society	50	%83
4.	Involving students, in cooperation with youth clubs, in interesting activities, which provide different experiences such as trips and sports activities which develops students' desire for life	49	%82
5.	Adopting interactive relations between the local community institutions, schools and local community which contribute in integrating students in group activities which enhance team work skills among them	45	%75
6.	Provide emotional care in school through cooperation with a medical assistants (art therapy and drama therapy)	43	%72
7.	Holding regular meetings that train students to discuss their own problems that may lead them to think of committing suicide	42	%70
8.	Encourage psychologists and drama therapists to use psychological counseling methods such as playing, stimulation, persuasion, relaxation, reinforcement and alienation.	40	%67
9.	Provide support with the local community in implementing extracurricular activities within the needs of this community to reduce the phenomenon of suicide or suicide attempts.	39	%65
10.	define students who have special problems and concentrate on them; as they are more likely to commit suicide	37	%62
11.	Focusing on students who have weak personality or suffer from bullying; Because they have a great deal of stimulation, and they are the ones who are quick to be influenced by suicidal thinking.	36	%60
12.	Determine the appropriate preventive programs to reduce suicide attempts	35	%58
13.	Educating school administration and parents with prevention and treatment methods for this phenomenon, and defining the role of everyone in this.	30	%50

Table (2) shows that there are (13) proposed that contribute in overcoming the suicide phenomenon and suicide attempts among public school students in downtown community within the Green Line from the sample of the study point of view, where more than (50%) of the respondents agreed on it.

III. Discussion

The findings revealed that, from study sample perceptions, there are (25) reasons behind the spread of suicide or attempted suicide among in public schools students in the Bedouin community within the Green Line, as more than (50%) of the sample members agreed on. Thus, it would be wise to say that suicide among young people in the early or middle adolescence stage is a natural product of deviant behavior, which leads young person's to inter into a crisis of suffering, fatigue, loss of identity or identity crisis; a state of despair that needs help; and a deviation from religious behavior or the behavior compatible with customs and traditions of society.

Sociologists state that suicide phenomenon is not related to the immediate moments experienced by young suicidal, but it lies in factors related to the past that he /she experienced earlier, such as deep psychological scars and accumulated dilemmas experienced in the pre-suicide stage, which, therefore, develop day by day until they reach irreversible point of a psychotic break. Here, it must be noted that not every internal a psychotic break leads to suicide, but that some psychotic breaks are considered reasons for the growth and maturity of a young man in his / her prime of life. Due to the instability at adolescence stage in terms of several social and psychological levels, as well as what adolescents suffers from like psychological, physical and family changes, researchers consider it the most stage that witnesses suicide. Though, giving the teenager his freedom to make decisions and build his independent personality, under the pretext of the necessity of entering the surrounding world using his own initiative and decision, may be negative in some cases. Furthermore, it does not seem that physical changes at adolescent's level cause him/her major crises that lead to commit suicide, but that many of these physical changes generate feelings of anxiety inside him/her, that are considered results of his/her attempts to introduce him/herself in a preparation for establishing relationships with others.

The results showed that the study sample members have proposed a set of suggestions that may contribute to overcoming suicide phenomenon among students in public schools in the Bedouin community within the Green Line; Perhaps such suggestions have practical benefits in the school and local community institutions, as it is hoped that educators (the director, teacher, student guide, psychologist) and the community officers (heads and officials of cultural and social clubs) will get benefit from them to develop educational and educational programs and strategies appropriate for those suggestions in order to prevent and reduce suicide and attempted suicide. Therefore, it is hoped that decision-makers will make a great effort to address suicide and attempted suicide phenomenon. In addition to that, school is considered responsible for developing counseling programs that entirely work to communicate positive values and behaviors among students, prevent any negative values and behaviors and strength their belief that they are responsible for spreading the security and safety spirit within school environment.

IV. Recommendations

In light of study findings, the following recommendations were suggested:

- Developing collective preventive counseling programs to address the suicide and attempted suicide phenomenon presented to students at all levels in order to assess their behavior and educate them about suicide and attempted suicide seriousness and their risks on themselves and society.
- Organizing training sessions on how to deal with suicide or attempted suicide phenomenon, with the participation of managers, teachers, psychological counselors, psychologists and drama therapists.
- The necessity to activate the role of local community institutions by taking advantage of the suggestions made by study sample members in reducing the suicide and attempted suicide, because of their risk on the local community and its safety.
- Taking into account the importance media aspects concerning suicide or attempted suicide phenomenon among students to show their danger to the human society and its development.
- Carrying out another similar, comprehensive study on the same research topic addresses a larger population and different regions.

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