Cultural Meanings of Suicide and Suicide Attempt in Young Mexican Adults

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Background
This work is part of a line of research that seeks to identify cultural factors of suicide risk. Populations of adolescents with and without suicide attempt, health professionals who care for people with suicide attempt, parents of adolescents without suicide attempt and parents of boys and girls between 8 and 11 years of age, without suicide attempt, have been studied; all of them from the Metropolitan area of Guadalajara, Jalisco, Mexico.

The research question for this project is
What are the meanings of suicide and attempted suicide in young adults (18 to 45 years old) in the city of Guadalajara, Jalisco, Mexico?

Method

Sample
Young adults with suicide attempt, men and women, aged 18 to 45, both sexes, conscious, without psychotic disorders.

A semi-structured interview was applied immediately after the suicide attempt, before the psychological intervention.

Social class with limited resources, monthly income of between 250 and 500 US dollars.

32 participants: 20 women and 12 men.

Average age: 28 years.

Results
The meanings are organized on three levels that interrelate and affect each other. This emphasis is in one level but is not exclusive to that level.

a) Individual: the decision to die and the feelings that a person who decides to commit suicide experiences daily.

b) Relational: daily experience of domestic violence along with not feeling loved and negative self-concept.

c) Social: lack of support, with precarious and silent conditions around their personal, family and social situation.

Implications
Identifying the cultural meanings about the circumstances that increase the risk of suicidal behavior, allows the introduction of new public policies to prevent suicide; along with the modification of existing laws.

Bibliography
