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Why Do Teenagers Commit Suicide?

Suicide has become a common occurrence that it is no longer taking everyone by surprise. Suicides have become a common trend and the reasons the victims give in their suicide notes seem trivial to the people who are left behind. But suicide is never trivial. It is real, unnerving and scary. Psychologists have linked suicide with mental disorders such as personality disorders (drug abuse and alcoholism), schizophrenia, bipolar disorder, and depression. But not all the patients who suffer from these conditions commit suicide (Bloch 775). These conditions can only be said to be excuses for people to commit suicide since suicide is not a state of mind that develops within a day. People blame the suicide victims without investigating the underlying factors so that they can be in a position to comprehend the victims' emotional imbalance and thoughts.

Psychologists have identified peer pressure and bullying as one of the major causes of suicide. Many teenagers spend the better part of their young lives with their parents. When they enter high school, they may not be psychologically prepared to deal with mean people who pull dirty pranks on them and abusing them verbally, especially commenting on their physical appearance. This makes these teenagers feel cornered and their confidence and self-esteem are beaten down to a bare minimum (du Roscoät, 519). This makes them feel incapable of coping with their peers because they feel worthless and when they no longer feel the need of living, they contemplate suicide. Since they think it is unlike a person of their age to report to their teachers or parents, bullying tends to go unnoticed for a long time until the teenager cannot take it anymore.

Sexual orientation is yet another cause for suicide in teenagers. It is at this age that the children come to terms with their sexuality and some of them have difficulties in coming to terms with reality. When a teenager learns that he or she is bisexual, lesbian or gay, they find it difficult to share with their close friends and when they do, they are ridiculed and mocked. Sometimes the family turns against these teenagers and brand them as social misfits and an embarrassment to humanity, especially the parents with strong religious affiliations (Hall 230). When a child comes

out to share about his/ her sexual orientation and is rejected by the same people that they trust, the turmoil within becomes difficult to handle. When this situation leads to depression, and the teenager has nobody to talk to, they may end up taking their lives as an escape route.

Alcohol and drug abuse is yet another cause of teenage suicide. At this age, teenagers are in the age of discovery and they can only discover by experimenting. Some get indulged that what they thought was fun turns to be fully fledged addiction. Some hard drugs are expensive and these children cannot afford them (Hall 232). They, therefore, use the money available to them like pocket money and some can spend their tuition money on drugs. When they realize that they have messed all the money entrusted to them by their parents and they feel they are a letdown and a disgrace to them, they may think of overdosing to end their miserable life.

In conclusion, most teens commit suicide due to the feelings of helplessness and hopelessness. Most teens who have attempted suicide complain of suffering in silence because they do not trust the people close to them, or they trusted people close to them and they turned on them and betrayed them. When they feel that they have no solution for their feelings of being unloved, hurt, rejection or pain, they opt for the easiest route; suicide.

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