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## Music: A pre-emptive dose for souls on suicide voyage in a handicapping society

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### Abstract

Suicide is never the solution but not for an individual in a disadvantaged society where future and hope seem to be dashed. A furtherance of tormenting souls of the concerns might lead to a decision to end it on dropping rope. No amount of pharmacological linctus given will revive the victims of their suicide thoughts and/or behaviour. Yet the self-acclaimed will of tune and that of its sound might be the long-time solution secreted in music as conveyed by this write-up.

**Keywords:** Concerns might, pharmacological, behaviour

### Introduction

“The world is full of people who have stopped listening to themselves or have listened only to their neighbours to learn what they ought to do, how they ought to behave, and what the values are they should be living for,” was a once-heard remark made by Campbell Joseph. Menninger Karl's response to this is nothing but the truth: "Hope is a necessity for normal life and the major weapon against the suicide impulse"-a phrase that many people have taken as gospel truth. Taking into account the aforementioned quotes from these respectable and knowledgeable men, one need not hesitate to draw the conclusion that suicide is a phenomenon that affects people of all races, socioeconomic backgrounds, ages, health conditions, and most importantly, every living person has decided to remain alive when they realize that a crisis is not permanent and that death has never been the best option available to end a tragedy. Almost every Tom, Dick, and Harry had considered suicide at some point in their lives. It is only that the casualties of self-destruction were left with no choice than to stop and disavow the dilemmas and pain such people acquired from the terrible conditions of their general public. That is, during a watershed or defining moment, as the case may be, a lot of people may have seen their problem as inevitable, losing control over their pain, being unable to think clearly or make decisions, seeing the possibility of change, enjoying an all-encompassing nap with their appetite for food or engaging in daily routine, or even getting out of their downheartedness with the support of others. If the above-mentioned and other conceptions and beliefs do not appear to be forthcoming or delayed, those who have been antedating for their divine days of winning the lottery, having good fortune charmed on them, and acquiring a visa to move out of their so-called miserable homeland where the saying of being the future leader is never going to happen due to stigmatization, superstition, prejudice, and social exclusion—may consider suicide as their next line of action. This supernatural event has frequently raised the question, "what could have made a sensible organism to spot a death as lasting resolution to soreness?" in the minds of various publics, including scholars, authors, and experts in the field. Despite the fact that societies with a wide range of "God blessed aphorisms" are not immune to its threat, why do family members attribute the death of loved ones to a dysfunctional society? Is there a way out, and if so, what are your best options for dealing with this on your own?

### Society as a causal of suicide

Emile Durkheim's sociological analysis of suicide, penned in 1867, posits that the primary factor contributing to it is society. The study revealed that environmental circumstances and social influence can drive people to consider ending their lives. According to this study, the likelihood of individuals committing suicide in a community is greater if the community has strong social ties.

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A society's excessive or inadequate effect can increase suicide rates among its inhabitants. People might feel left out in a society where everyone is very close and the results are not decided beforehand. This means that the way people behave and feel towards each other is causing more and more people to take their own lives. Many people in this area are still facing a difficult situation today. They were born and raised in a negative and harmful environment without the option to choose their own sexual identity. A respected reggae musician, Lucky Dube, referred to this environment as a crazy world. Ideally, everyone in any age group may feel disappointed by how boring their countries are. Most people in a bad situation might be thinking about or already using harmful substances. This decision was made because some people are not as healthy as others, which is unfair. Most people care more about the happiness of powerful people than everyday folks. The people wouldn't have blamed their country for their problems if they didn't believe in curses. If people didn't have a lot of pressure from their family, friends, work, and role in society, they might not choose to end their own lives. The people who live in this place are not meant for everyone, especially for poor people who are most of the country's population. They are chosen based on hopelessness, bias, and favouritism. This is meant to help places that are feeling really down and struggling with things like anger, fear, not having enough money, problems at home, and things like bad roads and hospitals that need fixing. This article calls a society disadvantaged because it's difficult to live in and face challenges. It's similar to another society that also had these problems. In simpler words, a bad society is one that has a lot of problems like extreme poverty, not treating people with respect, being cruel to others, not having consistent rules, being unsafe, and being unfair.

It also has problems like people facing financial difficulties, breakups, not doing well in school, and struggling with mental health issues that make it hard to cope with life. The topic of suicide is also very important to talk about in this kind of society. More people are killing themselves, which shows that something is really wrong with our bodies and the environment we live in. Amunnadi and Ezeugwu (2019)<sup>[6]</sup> say that things are getting worse in society. They found problems in important areas like politics, pecuniary inability, and basic needs for people to live and grow. The World Health Organization (2014) says that suicide is a big problem in countries that aren't as developed. It's also common in a group of people who are treated unfairly. The World Health Organization found that most people who commit suicide live in poor countries where they don't have enough help finding out if they have a problem and getting treated. The American Association for Sociology says that many people who decide to end their life actually want to keep living, but they can't see a way out of their problems. These people may have been telling others about their struggles, but those around them may not understand how serious it is or know what to do to help. WHO (2014) report showed that even though more people are trying to find ways to prevent suicide, many people who are thinking about ending their own life still feel embarrassed or scared to ask for help. Some places that offer healthcare still think that suicide is the biggest problem, and they try to help people who are having these feelings as best they can.

### **Acclimation with Self destruction wordings, its gamble**

### **elements and Rapid level**

Etymologically, the world self-destruction is deduced from the Latin word "Suicidum" which infers taking of one's life. Agreeing to Arua, Gichure and Ezeani (2012)<sup>[8]</sup> self-destruction is the direction killing of oneself on one's case subject matter expert. At the end of the day, it is passing completed outside expert of God or the state. World Prosperity Affiliation (2014) considered self-destruction to be the demonstration of intentionally killing oneself. Turecki and Brent (2016)<sup>[44]</sup> confirmed the term self-destruction as a dangerous self-damaging demonstration with a couple of proof of intend to die. Inside a similar vein, the Public Mystery Solicitation into Self destruction and Murder (NCISH, 2017) conceptualized self-destruction as a passing that gotten a finish of self-destruction or dubious (open) at coroner's examination. Self-destruction inside the expression of Amunnadi and Ezeugwu (2019)<sup>[6]</sup> implied as individual abuse of one's primary basic liberty to live which might incorporate direction end of one's life or the purposefully withdrawal from sustenance, medications and helpful consideration or those things that are indispensable to help life. Self-destruction as formed by Chambers Vocabulary New Variant is the demonstration of killing oneself intentioned. In view of the over definitions, self-destruction suggests self-murder, felonious butchering of oneself; consider and deliberateness obliteration of one's have life by a person of quite a while of watchfulness and of sound keenness. This self-murder is otherwise called "felo-de-se" in Latin word. Individuals who prevailed in end him/herself are implied as self-destruction losses, while an undertaking that is not viable is being perceived as tried self-destruction.

Thus, self-destruction impacts one and all, however a couple of individuals are at higher danger than others (Places for Disease Control and Counteraction, 2014). Generally, since all the serious self-destruction included ideation and direct. Reckless ideation as the world proposes suggests an aggregate continuum of considering roughly completing one's had life, to making an orchestrate, to a non-fatal self-destruction try, and to taking one's life. Also, Pervin and Ferdowshi (2016)<sup>[32]</sup> underlined that the reach out of reckless ideation moves fundamentally from brief contemplations to expansive contemplations, to point by point orchestrating, part playing (like remaining on a seat with a noose), and deficient undertaking which might be deliberately worked to not add up to or to be found, or might be totally wanting to bring about passing, however the individual gets by. For representation, inside the instance of a hanging in which the line breaks. Self-destructive ideation consenting to Turecki and Brent (2016)<sup>[44]</sup> can be ordered into two that is: dynamic and disconnected. The powerful self-destruction ideation suggests taking movement to take one's life, counting perceiving a technique, having an orchestrate, or having expect to act, while dormant self-destruction ideation deals with thoughts around death or waiting be dead with no orchestrate or point. Therefore, Reckless ideation is vehemently connected with bitterness, devastation, tall degree of burdensome aftereffects, and mental, mental, social and family factors (Page, Yanagishita, Suwanteerangkul, Zarco, Lee and Miao 2006; Lebret<sup>[31]</sup>, Perret-Vaille, Mulliez, Gerbaud and Jalenques, 2006)<sup>[22]</sup>. The same could be a self-destruction lead which wraps a stretch out of practices, for example, considering roughly self-destruction (or ideation), sorting out for self-

destruction, attempting self-destruction and self-destruction itself. In actuality, the posted notices of self-destruction scene as reveal by Nganga (2012) and Wanyoike (2014) <sup>[45]</sup> consolidate the taking later:

- Halting to appear a concern almost his or her physical appearance.
- Self-isolation.
- Leaving vital exercises.
- Trusting and saying life is inconsequential.
- Increased feelings and responses.
- Testing rules and limits may be a way to cause physical hurt to oneself.
- Talking on suicide and passing diligently.
- Constant utilize of liquor and drugs.
- Counting the stock of pills or playing with edges or ropes.
- Self-destructive conduct such as careless driving, wantonness, viciousness, and breaking the law.
- Allocating resources to others.
- Refusal to devour and wine with the family and accomplices.
- Composing a suicide note, goodbye letter, or pieces.
- Having a feeling of wretchedness, shock, and fault, feel sorry for, disfavour, frantiness, futility, and self-hatred.

Understanding the risk factors for suicide is important for developing effective treatment strategies. In that case, numerous literatures carried out in the field of psychology, psychiatric and medicine found to have confirmed the risk factors of suicide anchored on the following:

Recognizing the root causes that may drive someone towards suicide is essential to devising interventions that can aid them. A person's likelihood to attempt suicide is influenced by certain factors, as evidenced by a plethora of books and studies in the fields of psychology, psychiatry, and medicine as follow:

1. Sexual violence means forcing someone to do something sexual or saying inappropriate things about their sexuality. It can happen to anyone by anyone, even in their own home or workplace. Sexual savagery means forcing someone to have sex against their will with their private parts or any other object. It is a type of assault. Attempts to forcefully attack or invade something or someone are called endeavoured assault. When two or more people attack one person (man or woman), it's called a pack assault. Sexual savagery means attacking someone in a sexual way. This can include using sexual organs like the penis, vagina, or butt, and forcing someone to touch or pleasure them. Recently, some foolish actions in Nigeria have been getting a lot of attention in newspapers. People from all over the country, both young and old, educated and not educated, seem to be caught up in these actions. Many times, people have witnessed cases where girls are mistreated by their fathers, children are harmed by adults or bosses mistreat their employees. Even members of religious organizations have been charged for hurting others. Assault can harm mental health just like it harms the body. When someone experiences sexual violence, like rape, they may have emotional and behavioural problems. These can include hurting themselves, problems with eating, sexual problems, physical pain, trouble sleeping, anxiety, depression,

using drugs or alcohol, and doing things that are against the law. If someone is forced to have sex, it can make them feel really bad about themselves. This can make them feel like they can't handle their emotions anymore and may even lead to thoughts of suicide.

2. People who have experienced violence at home, including child abuse and bullying, are more likely to think about hurting themselves or ending their life. This includes those who have been victims of gender-based violence. When someone hurts you regularly in your home, it can have a bad effect on your mental health. This is especially true if the hurts are really bad and keep happening. When someone is mistreated, they can feel very sad and anxious. Sometimes, this can lead to them wanting to be alone and using drugs or hurting themselves. This happens to a lot of people who have been mistreated. This text talks about how people who experience abuse in their home are at risk of thinking about or even trying to end their own lives. Experts have studied this and found that it's a serious problem. When someone experiences physical or emotional abuse at home or due to their gender, they may feel very sad, hopeless, and have mental health problems which can lead them to try to harm themselves. This is especially true if the abuse includes sexual acts, and if they also have problems with drugs or alcohol. Sometimes people who are trapped in abusive households feel so helpless that they consider suicide.
3. Poverty affects a society's ability to make money and be productive. This also affects education and job opportunities, as well as people's ability to enjoy life. Destitution means not having enough basic things you need to live, like food and shelter. Fasoranti (2010) <sup>[20]</sup> says that someone might feel destitute because of their past experiences, where they live, their job, and what they think a good life is. This statement is similar to a study called the Inveterate Destitution Inquire about Middle (CPRC) from 2002. It found that there are more people who have been very poor for a long time in sub-Saharan Africa and South Asia than anywhere else in the world. Uma and Eboh (2013) said that poverty in African countries is big, common, and constant. It affects many people, making them very poor and sick. Taiwo and Agwu (2016) <sup>[40]</sup> also found that people's incomes are decreasing and more people are getting sick. Kolawole and Torimiro, in 2006 <sup>[21]</sup>, found that poverty in Nigeria is widespread and affects almost every part of society. The authors believe that poverty has not only caused physical weakness in many Nigerians due to lack of food, unhealthy bodies, and poor health that leads to weak immunity against infections, but also puts them in a situation of exclusion and sadness. To put it simply, having a low national average salary can lead to mental, physical, and emotional problems. In simple terms, being very poor and alone can lead some adults to commit suicide because it's very hard to cope with the difficulties of living in poverty for a long time. This is different from a saying in a language called Yoruba which suggests that being poor isn't so bad. In 2019, Too A kpononu found that money problems, shame, feeling bad about oneself, and being treated unfairly can cause someone to commit suicide. This means that when things get really tough and people feel like they have lost



everything important to them, they might think about hurting themselves in very dangerous ways like drowning, hanging, or taking deadly drugs.

Agbakwuru (2019) suggests that the surging rate of suicide incidents in Nigeria may be attributed to the absence of suitable job prospects, job layoffs, and the escalating cost of living. According to Aiyedogbon and Ohwofasa (2012) [3], the prevention of suicide related to poverty cannot be achieved without poverty reduction. Unjust and burdensome policies made by politicians lead to bad governance that negatively impacts people's lives. Bad leadership is when a country has very low scores or numbers on important factors, usually around -2.5 or lower. The things that are important for a country are: having a voice and taking responsibility, being fair in politics and not using violence, having a government that works well, having strong rules and laws that everyone follows, and stopping corruption. (World Bank, 2019) Bad governance has a harmful effect on how people live and how the economy grows. People in charge who don't make promises and are greedy have caused the country to become worse. Lots of people are sad and don't want to do things because of it. People who have experienced a lot of disappointment or a difficult situation, like losing their job or a partner they loved, might try to end their own life if no one helps them. However, there are more and more people at risk of suicide all over the world, which is very worrying. Suicide is the main reason why people aged 10 to 34 die, and it's the fourth reason for people aged 35 to 54 and the eighth for people aged 55 to 64. Suicide is when someone chooses to end their life, and it is a major cause of death for people aged 15 to 29. It accounts for 8% of all deaths globally in this age group. In the last 50 years, the number of young people aged 15 to 24 who kill themselves has increased by more than 200%. However, more than half of those who die by suicide have a history of hurting themselves. This information comes from a study done by The National Inquiry into Suicide and Homicide by People with Mental Illness in 2016. The rate of elderly people committing suicide is very high. Men are four times more likely to commit suicide than women, but women are three times more likely to attempt suicide. The World Health Organization found that about 804,000 people around the world die by suicide each year. This means there are many attempts at suicide for each person who dies. The annual suicide rate for the world is 11.4 out of 100,000 people, with higher rates for men (15.0) than for women (8.0). Most of the world's suicides (79%) happen in poor and middle-income countries. Suicide is when someone intentionally kills themselves. It is a problem that caused 1.4% of all deaths worldwide, which makes it the 15th most common cause of death. The American establishment for preventing suicide (2016) said that for every one person who dies by suicide, there were twenty-five other times when someone attempted suicide. The World Health Organization ranked Nigeria as one of the top 10 countries with the most suicides in the world, and the highest in Africa. There have been more than 17,710 cases of suicide in Nigeria. In some stories, it was said that 8410 victims were women and 9300 were men. Many people who want to kill themselves often use poison, hanging, guns, or knives. In Nigeria and other poor countries, many people kill themselves by swallowing poison or other dangerous things. This way of suicide accounts for 32% of all suicides in the

world. Next to that is a way of killing yourself called hanging or dangling? About half of all suicides around the world use this method. Lastly, guns and kitchen knives are responsible for 18% of suicides around the world. The numbers of suicides reported by AFSP and WHO may not be exactly correct because many people don't report or get help for their suicidal thoughts or actions.

### **Suicide and its Pre-emptive Dose**

There are two noteworthy reasons why an individual may harm themselves. Without resorting to medicine or creating items, two avenues exist to offer assistance. The idea is referred to as avoidance and treatment. Bullard (2011) [11] said that preventive intervention aims to stop something bad from happening, while treatment interventions focus on the main problems that cause suicide. Basically, it is better to prevent suicide than try to fix it after it happens. Psychologists and therapists can help prevent suicide through evidence-based treatment that takes into account the person's personality and mental characteristics. This text talks about ways to prevent people from hurting themselves. The CDC has suggested different methods, like helping families with their finances and housing, providing mental health support, and decreasing access to things that could be dangerous. Other ways to prevent self-harm include teaching people how to handle problems and communicate better, promoting healthy activities like community programs and peer support groups, and getting help for people who may be at risk. It's also important to help people who have already hurt themselves, so they don't do it again in the future.

Preventive intervention means changing bad ways of thinking and negative beliefs that come from wrong beliefs. Anigbogu (2008) [7] said that we should use positive messages, education, discussions, and practical strategies to change the way people think and behave, especially if they are feeling pessimistic or considering suicide. The act of intercession, which means to intervene on someone's behalf, should have been used to prevent people from having harmful thoughts and behaviours. This technique can help change negative thinking patterns that may lead to self-destructive actions. In other words, ways to prevent harming yourself are believed to be able to make you feel fewer negative emotions. Meanwhile, if you feel bad about yourself and think you are the worst person in the world, you can feel better by changing the way you think with mental reconstruction. This often happens because mental rehabilitation, which can be a test-based system or method, is about working together with people's thoughts and feelings by developing flexibility and skills to improve mental health and prevent suicide.

### **The Impact of Music on Suicidal Thoughts**

Music is, without a doubt, the life of a spirit that is active within those who dance and sing it. Music is a universal language that has become an integral part of human activity and existence. "Human abilities whose raw materials of rhythm and tone awaken the sense of political awareness, religious, psychological, and socio-cultural feelings" is how Nwagboniwe (2013) [28] defined music as a creative activity. According to this author's agreement with Omoyola (2001), music is a uniquely human means of communication that speaks to humanity in its own unique way. According to Tags (2002), music is a form of human-to-human

communication in which humanly organized, nonverbal sound is perceived as conveying primarily affective (emotional) and/or gestural (corporeal) cognitive patterns. In contrast, Onyeji (2012) <sup>[30]</sup> made reference to Onyeji (2006) <sup>[30]</sup>, who recognized music as a social art that is purposefully designed to influence people in particular ways through its contribution to the development of social and cultural integrity in humans. According to Nnanyelugo and Ukwueze (2014) <sup>[26]</sup>, music is defined as the art of pleasing to the ear expression in sound, rhythm, melody, and harmony. That can take the form of singing in choral music with or without accompaniment, instrumentation, or a combination of singing and playing an instrument. It has become an essential part of human emotion, can be used to promote political campaigns, jingles on radio and television, and has a significant impact on people's lives. Most of the time, music is more important to human life because listening to it and dancing to it can help overcome negative emotions from real-life experiences. When you tune in to passionate melodies, you can use music to help you express negative feelings and reframe events in your mind. This is due to the fact that a few compilation articles and works have demonstrated the suitability of music in the

intervention of signs compared to those displayed in psychiatric settings (particularly on temperament, feeling, stretch level, and sadness, which frequently serve as supporting components in self-destructive ideation or suicide behavior). Thus, De Supporter and Van Camp (2003) and Nolan (2003) <sup>[27]</sup> have documented the use of music to reduce maniacal symptoms and improve mental health. When it was used to improve the socialization, mood, self-esteem, immune system, and quality of life of a group of people and their families, Torres (2014) <sup>[42]</sup> found music to be both recuperative and preventive. According to the findings of Brandes, Terris, Fischer, Schuessler, Ottowitz, Titscher, Fischer, and Thayer (2009) <sup>[9]</sup>, people who have little success have low levels of mental weariness and depersonalization, drained passionate assets, a lack of push flexibility, and reduced efficiency through listening to music. In a similar vein, Stegemann, Brueggemann-Etchart, Badorrek-Hinkelmann, and Romer (2009) <sup>[36]</sup> discovered that music can act as a release for pressure and emotion, which may prevent scenes of self-harm. According to Miranda and Claes (2009) <sup>[24]</sup>, music is a component of maladaptive adaptation processes like feeling and shirking adaptation styles.



**Fig 1:** The cord of life is thy rhythm

## Conclusion

Hypothetically and experimentally, self-destruction ideation, self-destruction conduct as well as self-destruction occasions are snapshots of non-utilitarian culture (alluded to as crippled society). Mental rebuilding is fundamental in forestalling future event of unusual misfortune called self-destruction. Music has not exclusively been recognized as a helpful execute for mental rebuilding through its marvellous power yet an incomparable nourishment for all humanities both merry and discouraged. Melodies which are genuinely and brilliantly delivered may be useful in thinking and quieting people thought with self-destruction conduct to create adjusting and loosening up capacities, having an extended feeling of command over their life, making independence and dynamic aptitudes, and rolling out good improvements in their personality and lead as seen inside

the scholarly works. However, music is in many cases treated as trifling, unnecessary and simple 'diversion because of the reality the bygone era association flanked by music and artistic expressions to the physical, profound, scholarly, social, social, financial, and authoritative wellbeing of people and human social orders has become optional to the music performers of this age. This is on the grounds that most performers and their makers by the method of recently found melodic civic establishments and culture are imperilling and contaminating individuals' spirit and psyche with a wide range of non-charming commotions called rave tune. The contemporary specialty of music creation, taking everything into account is clueless, ridiculous, scorn, lack of approachability, savage and frightful which has cause numerous researchers in the field of music and mental maintaining the truism "not all that

sparkle is gold" essentially not all tunes are qualified to be heard at home, school, party, asylums and this general public overall where sensible number of individuals guaranteeing sound wellbeing is sketchy not really for everything except rather just for being in miserable neediness. Music is a double-sided deal that can get or open psyche to weakness. In the midst of unnecessary undesirable melodic gear open on web, smaller circle, tape and memory card; various refrains, and ensembles are sacrosanct for mental rebuilding, lessening pessimistic close to home responses, checking of questionable sentiments and changing the negative reasoning that lies behind self-destructive ideation and conduct. To live and remain uncondemn feed your brain, soul and soul with sound message constantly and intercede upon it also.

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