

Mental Wellbeing Encounters with Suicide midst University Students in Bangladesh

Type: Research Article

Received: February 11, 2024

Published: February 27, 2024

Citation:

Abdul Alim., et al. "Mental Well-being Encounters with Suicide midst University Students in Bangladesh". PriMera Scientific Surgical Research and Practice 3.3 (2024): 21-31.

Copyright:

© 2024 Abdul Alim., et al.
This is an open-access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Abdul Alim^{1*} and Fahad Istiaque Sourav²

¹*Professor, Department of Law, University of Rajshahi, Bangladesh*

²*LLB (hons), LLM (International Law), Assistant Judge, Law and Justice Division of Bangladesh*

***Corresponding Author:** Abdul Alim, Professor, Department of Law, University of Rajshahi, Bangladesh.

Abstract

This research finds critical issue of mental health problems among university students in Bangladesh. The introduction outlines the significance of the topic, emphasizing the growing concern surrounding the mental well-being of students. The research questions and hypotheses set the stage for exploring this pressing issue. The research objectives and methodology underscore the systematic approach taken in this study, which seeks to shed light on the scope and limitations of the research. The paper proceeds to examine why mental health is essential for university students and delves into the various mental health problems commonly encountered by this demographic, ranging from anxiety disorders to suicidal thoughts. Furthermore, it explores the severe consequences that mental health issues can impose on students, citing recent incidents of university students' suicides as compelling examples. The causes behind these tragic incidents are analyzed, both on the surface and through in-depth interviews with students struggling with depression and suicidal thoughts. A detailed case study on Saiyma Arabi's suicide provides a deep insight into the factors that can lead to such tragic outcomes. The findings, suggestions, and conclusions of this research contribute to a comprehensive understanding of the mental health challenges faced by university students in Bangladesh, calling for more proactive measures to support the well-being of this vulnerable population. This study offers valuable insights and recommendations for universities and policymakers to create a safer and more supportive environment for their students' mental health.

Keywords: Mental health; Anxiety Disorders; Attempt to suicide; Loneliness

Introduction

Our emotional, psychological, and social wellbeing is what we call "mental health". It impacts our thoughts, feelings, behaviors, and interactions with others. Every period of life, from infancy and adolescence to maturity, is vital for mental health. Mental health is such a fundamental human need that it is considered a basic human right [1]. The modern public mental health approach emerged on the

global scene at the end of the twentieth century. It contained a critical mass of new evidence on the importance of mental health and the effectiveness of integrated approaches.

Research Problem

This research is an important step toward a better understanding of mental health challenges in universities. By undertaking this study, the aim to contribute to the well-being of university students and promote a culture of mental health support within educational institutions, fostering an environment where students can thrive academically and personally. Two key messages of the modern public mental-health approach are:

- There is no health without mental health; and
- Good mental health means much more than the absence of a mental impairment [2].

There is a strong connection between our mental and physical health. Our ability to effectively handle stress can have a good effect on our physical health when we are psychologically well. We are more productive and perform better at work and in our personal life when we are in good mental health. We have improved focus, decision-making, and problem-solving skills. Dogan (2012) points out that many mental health problems emerge in the first year of college because it is a difficult time of transition in the lifespan. There is more freedom, different types of support systems, and increased stress. College students are often struggling to find a good balance between education and social interactions. The authors also found that students are increasingly presenting with more intense problems, and that as time goes on toward graduation, stress levels and mental health issues increase dramatically. Self-referral continues to be the main avenue to first contact, but that parents, staff, and friends are also making referrals [3].

The survey titled “The Impact of Academic Pressure on Mental Health and the Suicidal Propensity of University Students” was published by youth-based social organization Aachol Foundation during a virtual press conference on Saturday morning. The foundation interviewed 1,640 students from 38 public universities, 47 private universities, and from madrasa and colleges under National University including 43.9% male and 56.1% female students [4]. Out of the students interviewed, 46.65% of the students said they have given up on their academic careers in the post-pandemic era and are affected by emotional tiredness due to increased study pressure and the obligation to finish the syllabus swiftly while 10.30% said they are facing difficulties in coping up with the frequent exams [5].

WHO Definition of Mental Health

The World Health Organization (WHO), therefore, describes mental health as “a state of mental wellbeing that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community” (WHO, 2022, para. 1). Mental health is considered as a basic human right (WHO, 2022). According to the Constitution of the World Health Organization, health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity [6]. Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community [7]. It denotes more than just the absence of mental disorder.

Challenges in Mental Health Care

Mental illness is becoming a problem in the globe. According to WHO report, around 450 million individuals all over the world are suffering from a mental health condition, making mental illness in the top five disorders leading to disability according to global disability-adjusted life years (DALYs) [8]. Mental illness is still stigmatized in societies, making people afraid to seeking help. Social stigma surrounding mental health creates an environment where individuals fear seeking help due to the potential for discrimination and judgment. There is a shortage of mental health professionals in many parts of the world. WHO is deeply concerned that persons with mental health conditions or psychosocial disabilities, in particular persons using mental health services, may be subject to, inter alia, widespread discrimination, stigma, prejudice, violence, social exclusion and segregation, unlawful or arbitrary institutionalization, over medicalization and treatment practices that fail to respect their autonomy, will and preferences [9].

Research Questions

From the above discussion the researcher has found some questions about the problem of mental health.

- a) Why mental health is a serious issue basically for the students of University level?
- b) What are the challenges faced by students and how are they struggling within himself?
- c) What the policies must take by university authority to overcome the issue?

Hypothesis of the Research

1. Universities of Bangladesh does not adequately address the major challenges faced by university students with mental health problems.
2. Special laws or policies must be taken by Government specially for students boost up the mental health, depression and isolation.

Research Objectives

- a) To determine the main obstacles faced by university students receiving education in classes and how their teachers help them to improve mental health issues.
- b) To analyze the incidents that can guide universities, policymakers, and mental health professionals in developing strategies to support the mental well-being of students.
- c) To provide recommendations to the state authority and universities for improving student mental health support.

Research Methodology

A mixed-methods study will be used for the research design, which will include quantitative and qualitative techniques. Data on the prevalence of mental health issues among university students in Bangladesh and the difficulties these students have in seeking mental health care will be gathered using quantitative approaches. The experiences of university students with mental health issues and their opinions about them will be investigated using qualitative approaches. A survey of university students who have mental health issues will be used to gather the data. Data collection method was interviewing directly and questionnaire.

Study area- University of Rajshahi, Bangladesh

Secondary data were collected from the national newspapers and different sources specially online reports and statistics.

Scope of the Study

The purpose of this research is to give a thorough examination of the Mental Health related problem of university students and its difficulties faced by university students. This study seeks to shed light on the underlying reasons behind the prevalence of mental health problems among university students and how these issues impact their lives. It aims to uncover the root causes, triggers, and contributing factors that lead to such challenges. It takes a deep look at the challenges they encounter and how these impact their personal and their educational careers.

Limitations

- The study may not have a large enough sample size to be representative of all university students in Bangladesh.
- The findings of the study may not be generalizable to other populations or settings.
- Gaining access to university students for research purposes is challenging, and Privacy concerns, or refusal to participate, not answering truly may affect this study.

Mental Health Challenges in the University Students

Students' mental health is of the utmost significance since it has a big impact on their general wellbeing at university as well as their academic experience. It has an impact on their social interactions, physical health, stress management, and their educational performance. Students who experience mental health issues may find it difficult to focus, accomplish tasks, to be in class, to interact with others, and to feel isolated. Students that possess great focus, emotional regulation, problem-solving abilities, self-confidence, and a positive outlook are more likely to do well academically. They value their physical health, take an active role in their education, build close relationships with their teachers and peers, and participate in extracurricular activities. University students in Bangladesh face mental health challenges due to academic pressure, financial strain, homesickness, and the lack of accessible mental health support. The transition to university life, coupled with the pressure to make life decisions, can lead to feelings of isolation and stress, impacting their well-being.

Mental Health Problems in the Post- Pandemic

The post-pandemic period is showing a worrying trend of the vulnerable mental condition of Bangladesh's future generation with 75.85% of university-level students facing different mental health issues in the country, according to a survey [10].

Anxiety Disorders and Depression

These are characterized by excessive concern, panic episodes, and a general sense of uneasiness. Anxiety can be triggered by academic stress, social settings, and unclear futures. Academic and emotional difficulties can both contribute to depression development. Adaptation difficulties i.e., being comfortable with the new environments, making friends, staying away from home, and the transition from a school environment to university life are the risk factors creating depression among the university students (Al-Mahrooqi et al., 2015; Chong et al., 2009; Santos et al., 2017) [11]. The students of Rajshahi has faced the different types of the following problems.

Chronic stress

Chronic stress can be caused by the rigors of academics, exams, part-time employment, and extracurricular activities. Stress may have an effect on both mental and physical health.

Eating Disorders

Students, especially those in competitive contexts, may be at risk for eating disorders like anorexia, bulimia, or binge eating. These illnesses are frequently brought on by worries about one's appearance.

Substance Abuse

To deal with stress, worry, or other mental health issues, some students may abuse alcohol, drugs, or other substances.

Isolation and Loneliness

Moving to a new place and being away from family and friends can cause emotions of loneliness and isolation, which can be harmful to one's mental health. Suicidal ideation is also related to the hopelessness and loneliness of graduate students (Garcia-Williams et al., 2014) [12].

Burnout

Due to the hectic schedules that many students maintain, they frequently experience burnout, which is characterized by emotional tiredness, poor academic performance, and disengagement from activities.

Sleep Disorders

Unreliable schedules, stress, and academic pressures can interfere with sleep cycles and cause insomnia or other sleep disorders.

Adjustment Problems

Students from other countries or those who are new to university may have trouble adjusting to a different culture, academic system, and social milieu.

Suicidal Thoughts

In extreme circumstances, the strain and demands of university life can lead to suicidal thoughts or acts.

Recent Incidents of Suicide

Suicides among university students in Bangladesh have increased alarmingly in recent years, causing concern and controversy. This part examines current examples reported in Bangladeshi newspapers, highlighting factors such as academic pressure and financial hardship that contribute to student despair.

Suicide in the hall building [13]

On Tuesday night, September 19th, Kazi Firoz fell from several floors above the hall building and was seriously injured. He was subsequently rescued in critical condition and admitted to Dhaka Medical College Hospital (DMCH) the same night. Unfortunately, he passed away at 1 AM while undergoing treatment. Dr. Mohammad Billal Hossen, claims that this incident is a “suicide” and mentions the discovery of a suicide note in Firoz’s room after his fall. In one of his Facebook posts on September 6th, Firoz wrote, “People should be allowed to live the way they want to. Let everyone live according to their own desires. Everyone has the right to live. You don’t need me to survive in this world.” In another post, he wrote, “The Creator has created everything beautifully. What you don’t like, the Creator has also created that, just like humans. So, don’t criticize anyone. Praise the Lord.”

To Understand Life, You Must First Understand Death [14]

Before committing suicide, a student from Jahangirnagar University named Arafat Rahman Siam (25) posted a status on Facebook. The title of his post was “To Understand Life, You Must First Understand Death.” In the post, he wrote, “Today, I have found the answers to all my questions. It’s a heavenly moment. I have been meditating for a long time. Even today, during my regular meditation, I trembled with fear. In this state, I found the answers to my questions. Our bodies are limited, but the soul is limitless. The soul is the ultimate power, and death holds nothing for it. To understand the purpose of life, we must first embrace death. There should be no fear of death. I am now ready to savor the flavors of life. I know that everyone on this Earth will oppose me.” Along with his post, he included a portion related to the deaths of Gospel of John. He further wrote, “I have read almost all probable books... but there’s one thing you must know: no one can teach you this. To understand life, you must first understand death. It’s the culmination of everything... whenever you can understand death, only then can you comprehend the purpose of life.” However, the exact reason for his suicide remains unknown. It is worth mentioning that his search history showed an interest in a book by an Indian spiritual guru named “Death: A Book for All Those Who Shall Die,” and his classmates suggest that Arafat might have been influenced by this book and lectures.

‘Loneliness swallows me’, RU student’s suicide note recovered [15]

A hanging body of a student named Tanveer Islam Ritu of Rajshahi University (RU) was recovered from the hostel. Police recovered his body from a hostel named Student Palace in Binodpur area of the city at around 12:30 pm. In the note he wrote, ‘Dear father and mother. I love you so much. I don’t know where the deficiency was. I feel worse for mom. I think mother’s contribution to our family is more. There are many reasons for saying that which the father probably knows. I could not do anything for you, on the contrary, I ended the family. Day after day I have been cheated you. If you knew this, you would have died from inside. I was always afraid. I cannot

swallow food.' He also writes, 'I will not raise more. No one else understands the pain of loss. The decision to escape from these things, I had no other choice. Loneliness finally swallowed me up. If the strength of the mind runs out, no matter how much strength the body has, it is not possible to survive. Although I am not worthy of forgiveness, forgive me if you can. - Your unworthy child.'

Suicide in frustration over not being able to sit for Exams [16]

A student named Rokaya Sultana, residing in the residential hall of Chittagong University named Shamsunnahar Hall, has committed suicide by hanging herself with the ceiling fan in her own room. The girl took this extreme step due to frustration over not being able to sit for her exams, according to her husband. Dr. Rakiba Nabi, the provost of Shamsunnahar Hall, stated, "Her husband mentioned that due to several illnesses, she couldn't sit for many exams in the third semester. She was depressed because of these issues."

Saiyma Arabi was forced to suicide

Saiyma Arabi, a student in the Department of Medical Psychology at Rajshahi University, had secured the 3rd position in her master's exam. On January 14th, she got married to a person named Shaon. The following day, Saiyma went a parlour for bridal makeup. However, on her way back from the parlour, Nazmul Mahmud Palash, her former lover, kidnapped her. Subsequently, he forcibly married her on the same night and left her at her house. Upon learning about the incident, Saiyma's family accepted the marriage and annulled her previous marriage. However, Palash was not willing to accept Saiyma anymore. As a result, Saiyma and her family faced various forms of social humiliation. Saiyma, a brilliant student, couldn't bear this humiliation and, on the night of January 19th, consumed an excessive amount of hypertension medication. Within a short period, she fell seriously ill and was admitted to Rajshahi Medical College Hospital. In a critical condition, she passed away on the morning of January 20th.

This incident is a tragic tale of a promising student's suicide, driven by the complexities of a love relationship. However, the primary accused in Saiyma's death is Palash. It is essential to bring him to justice and provide appropriate compensation to Saiyma's family to address their suffering.

Again student attempts suicide by consuming insecticide, dies in hospital [17] and his named Sumi attempted suicide by consuming insecticide at a house near the North Campus of the university. She was initially taken to the university's medical center for treatment. The Proctor informed NewsBangla on Thursday night, "The student from the History Department consumed insecticide after a dispute. Later, she was found and taken to Chittagong Medical College where doctors declared her dead". [18] Moreover another student's his a note "My life is a failed life". [19] Police have recovered a suicide note from Dhaka University (DU) student Zaina Habib (22), who committed suicide by jumping from the roof of a multi-storey building in the capital Mohammadpur. It reads, 'My life is a failed life. I couldn't make my parents happy, I couldn't make anyone else happy. I know that nothing will come or go if I am dead.'

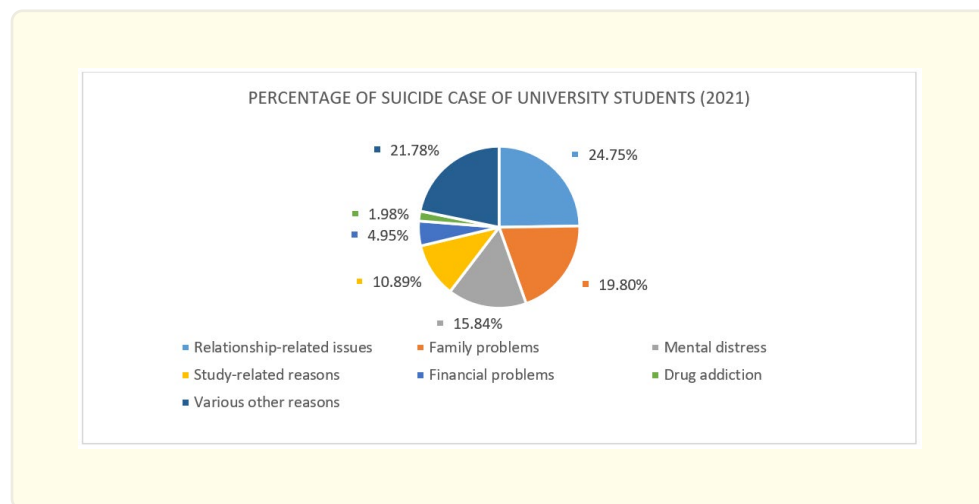
Consequences Dealing with the Mental Health Problems

Concern for these students may have a personal impact on peers, family members, educators, and staff. Suicide and suicide ideation can have an impact on the greater campus community. Depression and anxiety may be detrimental to relationships and work efficiency. Campuses suffer when students with mental health difficulties do badly in class and drop out. The psychological effects of suicides on other students, professors, and staff must be addressed by universities and institutions. Tuition, fee, and alumni gift losses may result from low student retention. Even psychologically healthy students see sick classmates as a burden in their classes. Even they are unwilling to associate with those mentally ill students. And because of this, many psychologically fragile students are unable to express how they truly feel. Even this load increases the likelihood of suicide. At least 101 university students allegedly committed suicide in 2021 according to a report of volunteer organization Achol Foundation. The Foundation also reports that at least 86 students from various universities have chosen the path of self-harm or suicide in 2002 [20]. In Bangladesh, 66 university students have committed suicide in the last 8 months of this year. This information was found in the findings of a survey by the volunteer organization Achol Foundation [21]. It is evident from this student's suicide cases that the reasons for his or her actions were poor love relationships, poor academic performance, awful love relationships, and an incorrect motivation to end his or her life. For these reasons, university

students become depressed with their lives, and continuous mental anguish causes them to become mentally ill, leading them to make the decision to end their lives. Mental illness especially depression is the major cause of suicide (Dyson and Renk, 2006; Garlow et al., 2008; Mackenzie et al., 2011), which is also found preventing with the suicidal ideation among university students worldwide (Santos et al., 2017; Wanyoike, 2015), and also true for the university students of Bangladesh (Pervin and Ferdowshi, 2016).

Though a mini-review on the suicide of overall Bangladesh revealed that economic crisis, discord with family, chronic diseases, failure in love, family history of suicide, drug addiction, unwanted pregnancy, misfortune, loss of property, criminality, and mental illness are the common risk factors of suicide, but the risk factors are not explored in the context of university students (S. M. Arafat, 2016) [22]. According to Aanchal Foundation's review on Suicidal case of University students (based on 2021), it has been observed that 24.75% of students are resorting to suicide due to relationship-related issues. Due to family problems, 19.80% of students have chosen the path of self-harm, and 15.84% have taken this route to escape mental distress.

Furthermore, 10.89% of students have taken their lives due to study-related reasons, while 4.95% due to financial problems, 1.98% due to drug addiction, and 21.78% due to various other reasons.



The founder and chairman of Aanchal Foundation, Tan Sen Rose, said, "The inability to cope with the uncertainties of the future is driving students towards suicide, and it is a major concern that needs to be addressed effectively."

Research Findings Taking Interviews of University Students

Experts' opinions to think twice before sharing someone's 'suicide note'. Experts say that suicidal people can be influenced by news of others' suicides. They suggested that Students at universities are primarily influenced by the suicide attempts and deaths of other students. In the midst of an interview, a student articulated:

During my third year as a student, one of our classmates took her own life. At that time, some of the other students who are depressed or heartbroken commented that the person who had passed away had escaped their pain or resolved their issues through death." [RU Law Student, Female].

After taking interviews of many students these reasons are found which leads student to commit suicide and getting depressed. These are:

Low Economic Condition

Many public university students struggle to get enough financial aid to cover their living expenses and tuition fees. As a result, people experience difficulties in properly managing their life, resulting to an increased sense of discontent. This frustration may eventually become overpowering, leading individuals to consider drastic methods such as suicide.

I have worked as a university lecturer and observed that a significant portion of public university students in Bangladesh face substantial financial pressure. Most of them come from families for whom covering the minimum cost of education is often impossible. Currently, at Dhaka University, for instance, students incur an average monthly expense of around one thousand taka on formal expenses in academic sector alone. When other costs such as food and miscellaneous expenses are added, they end up needing approximately five thousand taka per month. Many financially disadvantaged students are sent to residential hostels for coaching even before university admission. This puts an immediate burden of at least fifty thousand taka. As time goes on and they pursue higher education at the university, these financial burdens continue to escalate. In this regard, students face two types of pressures - on one hand, they cannot afford to take money from their families, and on the other hand, they feel the pressure to send money back home [23]. [Dr. Tariq Manzoor, Professor, DU].

Psychiatric And Psychological Issues

Suicidal thoughts and sentiments may be more common in students with mental health issues, especially if they feel alone, unsupported, or overburdened. They might also be more inclined to engage in risky activities that increase the risk of suicide, like drug misuse or self-harm. In may 2022, Before taking her own life by hanging in her room, Rajshahi University (RU) student Sadiya Tabassum wrote a suicide note to her father. In it, she wrote, "Depression like a thief is growing, there is no way out, life is suffocating, I cannot bear it anymore." During interviews one participant mentioned: "Sadiya had been suffering from mental depression for quite some time due to personal reasons. As a result, she had also taken a gap year from her studies this year. Additionally, she had deactivated her Facebook account several months ago. I heard that Sadiya initially wished to study medicine but didn't succeed in gaining admission. Subsequently, she enrolled at Rajshahi University but continued to experience distress. Later, another friend of her managed to secure a seat in medical school, which greatly affected Sadiya's mental well-being." [Junoir from sadiya's Department].

Depression

The enormous emphasis on academic accomplishment in Bangladesh has left many pupils suffering from worry, depression, and pessimism. Parents, teachers, and society frequently set high academic expectations on adolescents, resulting in excessive pressure and suicidal thoughts. "When a student puts in a lot of effort but doesn't get the grades they were hoping for, it can be really disheartening. Public university students are usually very smart and work hard. After getting into university, they aim for high grades. But when some of them find themselves at the lower end of the grade scale, it can make them feel even more depressed and hopeless. Additionally, not being able to secure a good career despite having excellent academic records can be frustrating and make someone think about suicide." [Female Student RU -Law].

Alcohol, Drug and substance use

During interview a student mentioned: "Around two years ago, there was an incident involving a Dhaka University (DU) student named Hafizur Rahman. It was quite unusual because he had harmed himself using a blade taken from the van of a coconut seller. This incident caught my attention, and many students in my hall block were discussing it. Some of them claimed that Hafizur had taken LSD (Lysergic Acid Diethylamide), a potent hallucinogenic drug, which can cause intense hallucinations. Some believed that his use of LSD might have been a contributing factor to this unfortunate incident." [Student DU].

Adaptation problem

The researcher finds there are some kind of socialization problem and students don't know how to overcome the situation. Moving to a new city to pursue higher education, leaving our families behind, has been quite challenging for most of us. Adjusting to a new environment in educational institutions and interacting with people from diverse backgrounds has proven to be quite difficult. This stage has demanded us to adapt quickly. On one hand, being away from their families, and on the other hand, facing the challenges of eating in a new city, has been particularly challenging for people who are accustomed to home-cooked meals. Thus makes totally mentally disturbed and they contemplated leaving the university.

Academic persecution/stress

The researcher heard a student from my anthropology department attempted suicide on the other side of the university's central playground. He was a student of the 18-19 academic year. He attempted suicide after not getting satisfactory results in the first-year final exam. His GPA was 2.77. When he regained consciousness, he told everyone that he was mentally depressed because his results were not satisfactory.

Mental Health Center of Rajshahi University

Among the government universities in Bangladesh, it was Rajshahi University that first established a Mental Health Center in 2017. Over the past five years, nearly two thousand students, teachers, employees, or others have sought guidance from the center at least once.

The university has appointed 61 mentors to provide initial counseling for faculty and students facing mental health issues. According to the university's Public Relations Department, over the past five years, nearly two thousand students, teachers, employees, or others have sought guidance from the center at least once [24]. RU Mental Health Centre director professor Anwarul Hasan Sufi told New Age that at present 416 students of the university were taking counseling from their centre where a total of 211 students were found to have a suicidal tendency. Dhaka University provides free counseling services to students for various issues, including mental health, trauma management, substance addiction, and stress management, among others. These services are offered at the Student Counseling and Guidance Office, located on the third floor of the University Teacher-Student Center (TSC). Apart from the Student Counseling and Guidance Office, Dhaka University also has specialized counseling units. The "Nasirullah Psychotherapy Unit" is situated on the fourth floor of the Faculty of Arts Building, and the "Psychological Service Center" is located on the fifth floor of the Educational and Counseling Psychology Department. These centers offer services for a specified fee and are open to both university students and individuals from outside the university [25].

Data Reports

In this study, interviews were conducted with a total of 250 students enrolled at Rajshahi University. The findings of the data: Students were asked if they ever felt very sad or down (which is a sign of depression). The results show that a lot of students, about 96.4% (241) of them, said yes, they had felt this way. So, a big majority of the students experienced depression at some point. Only a small number, around 3.6% (9), said no, they hadn't felt this way. Students (241) who felt depressed, sorted by their academic year. It shows that in the first year, 16 students felt this way. In the second year, there were 31 students. In the third year, 77 students experienced depression, and in the final year, 117 students felt depressed. This data indicates that more students tend to feel depressed as they progress through their university years, with the final year having the highest number of depressed students. Students who felt depressed used counseling services to get help. Out of the total 241 depressed students, only 5 of them, which is about 2.1%, said yes, they used counseling services. However, a large majority, about 97.9% (236), said no, they didn't use these services.

Students who felt depressed coped with their feelings when they didn't use counseling services. Among these students, 120 of them found comfort by going to a friend's room and talking to them, which is like seeking companionship. Another 21 students tried to feel better by sleeping. And 95 students chose to spend time alone in their room when they were feeling sad. This data shows that students

use different ways to manage their depression, such as talking to friends or being alone, when they don't seek professional counseling. Among the depressed students, 139 of them cited poor academic performance as a significant factor contributing to their depression. For 35 students, relationship problems were a cause, while 20 students mentioned family issues. Additionally, 47 students attributed their depression to a general feeling of unhappiness with their university experience.

Conclusion

In conclusion, the case study of a university student's suicide and an examination of the underlying causes of these terrible occurrences highlighted the complex nature and complexity of this major problem. It is difficult to identify a single reason or remedy for student suicides because the circumstances that contribute to these deaths are so intricately interconnected. Instead, it's crucial to treat this issue completely and make a commitment to addressing with all of its components.

The government can take several measures to enhance mental health services for students. Awareness campaigns are crucial to reduce stigma and facilitate access to mental health support. Increased funding will improve the quality of care for students, while flexibility and accessibility of services in educational settings are vital. The process for involuntary treatment should be reformed, making it more stringent and ensuring students' right to appeal. More data and research are needed to understand and treat mental health issues better. The Universities must set up mental health care support center in their campuses to deal with this situations.

Involving teachers in promoting mental health leverages their expertise, and improved coordination among government levels and sectors simplifies service access. Human rights issues must be addressed within the Acts and regulations in these fields to safeguard students by the government. Lastly, raising public awareness about the Act benefits students, teachers, and parents, facilitating access and advocacy for improved mental health care. These steps collectively address deficiencies and improve the mental health landscape for students. To address this situation the government and the universities must come forward. The government and the universities should take all necessary steps to improve the mental healthcare programs for the students in accordance with international norms. The establishment of effective mental health policies for university students is deemed of high importance.

Notes

1. World Health Organization (WHO) (2022).
2. UN Special Rapporteur on the Right to Mental Health, 'Right to Mental Health' (Office of the United Nations High Commissioner for Human Rights).
3. Dogan T. "A long-term study of the counseling needs of Turkish university students". *Journal of Counseling and Development: JCD* 90.1 (2012): 91-96.
4. The Impact of Academic Pressure on Mental Health and the Suicidal Propensity of University Students.
5. *ibid.*
6. Human Rights Council, 'Resolution adopted by the Human Rights Council on 2016' (32nd sess, Agenda item 3).
7. World Health Organization, 'Mental Health' (World Health Organization).
8. Osama H. Mohamed Ibrahim, Rana M. Ibrahim, Noor Kifah Al-Tameemi, Karen Riley, 'Challenges associated with mental health management: Barriers and consequences' ([Year of Publication]) Volume (Issue) Journal Page Number.
9. Human Rights Council Thirty-second session Agenda item 3 Resolution adopted by the Human Rights Council on 2016.
10. 'Two-thirds of University Students Suffer From...' Dhaka Tribune.
11. Al-Mahrooqi R, Denman CJ and Ateeq BA. "Adaptation and First-Year university Students in the Sultanate of Oman". *Cambridge Scholars* (2015): 60-82.
12. Garcia-Williams AG, Moffitt L and Kaslow NJ. "Mental health and suicidal behavior among graduate students". *Acad. Psychiatr* 38.5 (2014): 554-560.
13. <https://www.ntvbd.com/bangladesh/news-1286725/DU student dies after falling from hall building, suicide note found>
<https://www.banglatribune.com/others/817261/DU-Student-Firoze's-death-recorded>

14. "Status of Students Before Suicide 'Understand Life Before Death'" ([2023]) Jugantor <https://www.jugantor.com/campus/662143/Before-suicide-jabi-student-status-if-you-understand-life-you-must-understand-before-death>.
15. 'Rabi Shiksharthir's Hanging Body, Beside 'Suicide Note' ([Year of Publication]) AjkerPatrika <https://www.ajkerpatrika.com/277566/Rabi-Shiksharthir-Jhulant-Lash-Uddhaar-Pashei-'Suicide>.
16. 'Ekakitvi Amakegilekhelo: Rabi Chatrare's Suicide Note Recovery' ([2023]) Samakal <https://samakal.com/whole-country/article/2306177209/Ekakitvi-amake-gile-khelo-rabi-chatrare-suicide-note-recovery>.
17. 'CU Student Suicide in Frustration' ([Year of Publication]) Channel i Online <https://www.channelionline.com/cu-student-suicide-in-frustration/>.
18. 'Suicide attempt by taking cockroach medicine, student dies in hospital' ([Year of Publication]) NewsBangla24 <https://www.newsbangla24.com/news/225727/Chabi-student-died-in-hospital-after-trying-to-commit-suicide-by-taking-cockroach-medicine>.
19. Ibid.
20. 'My Life is a Failed Life: Suicide Note of a DU Student' ([Year of Publication]) Somoy News <https://www.somoynews.tv/news/2022-06-01/My-life-is-a-failed-life-DU-student-suicide-note>.
21. <https://bangla.dhakatribune.com/bangladesh/61811/Last-year-school-college-446-university-86>
<https://www.newagebd.net/article/161338/101-university-students-commit-suicides-in-2021-study>
22. <https://www.shadhinalo.com/2023/09/27/student-suicide-3/>
23. Arafat SM. "Suicide in Bangladesh: a mini review". *J. Behav. Health* 6 (2016): 66-69.
24. <https://www.prothomalo.com/opinion/column/wa101oadc8>
25. <https://campuslive24.com/rajshahi-campus/details/57868>
26. <https://www.dhakatimes24.com/2022/03/08/253076/Free-Counseling-for-Students-in-DU>.

References

1. Osama H Mohamed Ibrahim., et al. "Challenges associated with mental health management: Barriers and consequences".
2. Herman Ellen. "The National Mental Health Act of 1946". *The Romance of American Psychology: Political Culture in the Age of Experts*. Berkeley: University of California Press (1995): 246-250.
3. FOUNDATIONS OF LAW AND SOCIETY: The Community Mental Health Act of 1963: A Response to Institutionalization and What Came After.
4. Berkowitz ED. "The Politics of Mental Retardation During the Kennedy Administration". *Social Science Quarterly* (University of Texas Press) 61.1 (1980): 139-141.
5. Amina Tareen and Khalida Ijaz Tareen. "Mental Health Law in Pakistan".
6. *Indian Journal of Forensic Medicine and Pathology* Volume 3, Number 4, Oct - Dec 2010 © 2010 Red Flower Publication Pvt. Ltd. A Journey from Indian Lunacy Act 1912 to Indian Mental Health Act 1987 & Draft Amendment
7. THE MENTAL HEALTHCARE ACT (2018).
8. Bangladesh Legal Aid and Services Trust. Press Release: A Seminar on the Mental Health Act: England Perspective and the Scenario of Bangladesh. BLAST (2017).
9. 'Analysis: The Mental Health Act 2018' (2021) The Daily Star.
10. Bangladesh Legal Aid and Services Trust. Press Release: A Seminar on the Mental Health Act: England Perspective and the Scenario of Bangladesh. BLAST (2017).
11. Hossain MM., et al. "New Mental Health Act in Bangladesh: unfinished agendas". *Lancet Psychiatry* 6.1 (2019): e1.
12. Shawon SR. "New Mental Health Act in Bangladesh". *Lancet Psychiatry* 6 (2019): 199.
13. Dogan T. "A long-term study of the counseling needs of Turkish university students". *Journal of Counseling and Development: JCD* 90.1 (2012): 91-96.