

**A suggested training program from the perspective
of generalist practice of social work to confront
factors leading to suicide among university youth**

By

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**برنامج تدريبي مقترح من منظور الممارسة العامة في الخدمة
الاجتماعية لمواجهة العوامل المؤدية للانتحار**

لدى الشباب الجامعي

اعداد

دكتور / رجاء عبدالكريم أحمد فراج

استاذ مساعد بقسم المجالات بكلية الخدمة الاجتماعية - جامعة اسيوط

ملخص الدراسة باللغة العربية

هدفت الدراسة الحالية إلى التعرف علي العوامل الاجتماعية والنفسية والاقتصادية والدينية المؤدية أو المهيئة للانتحار لدي الشباب الجامعي. أيضا هدفت الدراسة إلي التوصل إلى برنامج تدريبي مقترح من منظور الممارسة العامة للخدمة الاجتماعية لمواجهة العوامل المؤدية للانتحار بين الشباب الجامعي وتناولت مفاهيم الانتحار، البرنامج التدريبي. وتنتمي الدراسة الحالية إلى الدراسات الوصفية، وتم تطبيق الدراسة على عينة عمدية من طلاب جامعة أسيوط (كلية الخدمة الاجتماعية وكلية الصيدلة) وحصر شامل لجميع الأخصائيين الاجتماعيين العاملين في إدارات رعاية الشباب بجامعة أسيوط. وتوصلت الدراسة إلى معرفة بعض العوامل المؤدية أو المهيئة إلي الانتحار وذلك من وجهة نظر عينة الطلاب ووجهة نظر الأخصائيين الاجتماعيين. أيضا قدمت الدراسة برنامج تدريبي لمواجهة العوامل المؤدية للانتحار بين الشباب الجامعي من منظور الممارسة العامة للخدمة الاجتماعية.

الكلمات المفتاحية: الانتحار، الشباب الجامعي، برنامج تدريبي.

Abstract

The present study aimed to identify the social, psychological, economic and religious factors that lead or predispose to suicide among university youth. Also , the study aimed to arrive at a suggested training program from the perspective of the generalist practice of social work to confront the factors leading to suicide among university youth.

The main concepts of the study were : suicide and the training program. The current study belongs to descriptive studies, and the study was applied to a non random sample of students from Assiut University (Faculty of Social Work and Faculty of Pharmacy) and a comprehensive survey of all social workers working in youth welfare departments at Assiut University.

The study concluded with knowing some of the factors leading or predisposing to suicide, from the viewpoint of the sample of students and the viewpoint of social workers. The study also presented a training program to confront the factors leading to suicide among university youth from the perspective of the generalist practice of social work.

key words: Suicide, University youth, training program.

The study problem:

In recent years, Arab societies have witnessed a series of rapid and successive changes in many aspects cultural, intellectual, social and economic, these changes had their effects in obliterating the meanings of human life and disturbing the system of values no governing the behavior of individuals. (Azza Mustafa El-Hakki, 1) which makes the individual unable to adapt to it, and certainly is vulnerable to serious psychological and social plagues, and the most affected of is youth group. (Tawoos Ozzy, 2012, p.62)

Suicide is considered as one of the important issues that need special attention worldwide. Newspapers and their websites provide us with news about suicides every day, and the phenomenon is increasing day by day and is no longer limited to a specific age, gender, specific jobs, or a specific economic or social level. According to the report published by the United Nations World Health Organization, one person dies by suicide every day. (40) seconds, bringing the number to (800) thousand people annually, and suicide is the second cause of death among those aged (15-29) years worldwide in 2019, and 20% of global suicides were caused by pesticide poisoning, In addition to hanging and firearms.

In Egypt, the study by the World Health Organization in (2017) indicated that according to Egyptian statistics, the age group (15-25 years) represents the largest percentage of male suicide, followed by the group from (25-40) years, and these statistics indicate to deal cautiously with these issue so as not to raise panic in society. (who.int/ar/new).

Suicide is "the termination of a person's life by himself / herself or an assault on himself / herself by a person that leads to the loss of his life." As for the attempt to commit suicide, it "is embodied in every act or abstinence that leads to the loss of a person's soul and the end of his life, but the attempt does not succeed." Suicidal behavior is often associated with conflicts, disasters, violence and abuse. Suicide rates also increase among vulnerable groups that suffer from discrimination, such as refugees and immigrants, religious minorities, and prisoners (Hardo Center, 2017, p.6).

The youth stage in general and the university stage in particular is characterized by the presence of many pressures and hardships to which members of this stage are exposed, which causes them to suffer many problems. Some of them are materialistic, family, academic, emotional, or what is related to living styles, some of which the young man can confront and manage in a positive way with his thought, experience and skill, and some of them stand in a negative attitude that may worsen or continue as it is, but without a doubt it has negative effects on his personality and life. (Mohammed Syed Fahmy, 2012, p.7).

The problems faced by university youth play a major role in affecting their compatibility and academic progress and the achievement of their aspirations in the educational field in particular and in general life fields. Therefore, it is need specialists' great attention in order to achieve healthy growth in all aspects, because these problems will not go away without treatment, It is also not (as some see) just an inevitable psychological crisis that is a characteristic of a certain stage of life, which is overlooked once this stage is skipped, or it is a manifestation of the eternal struggle between generations. (Sahib Asaad, Yaseen Al-Shammari, 2013, p. 310).

The causes of suicidal behavior are due to many interacting and complex factors, as the basic psychological factors, personal emptiness, cognitive factors, social aspects and negative life events such as (unemployment, family disintegration, loss of a loved one, or even the loss of one of his family members by death, addiction, social injustice and discrimination, inability to prove self-affirmation and a sense of vulnerability in addition to the weakness of religious awareness among youth these are among the main factors that contribute to suicidal behavior (Rory Connor, 2014, p: 73)

Therefore, the human and social sciences, specially sociology, psychology, and many professions, on top of which the social work profession, have been interested in studying the problem of suicide among young people and pay attention to their issues and link them with social, economic and political to society content , that's aimed helping young people to grow, study, work and be in harmony with himself and with the surrounding environment, and faced his problems and the factors that lead to suicide through prevention and treatment. (Medhat Abu Al-Nasr, 2013, p. 6) from these studies we mention the following.

Previous research studies:

First: The Arab Research Studies:

- 1- Amor Mustafa study (2018): The study aimed to identify the factors that lead to suicide in Algerian society, and the age groups most vulnerable to it, and to reveal the means used to commit suicide, and it was applied to a sample consisting of (16) cases. The results of this study concluded that the factors that contribute to committing suicide are economic problems such as unemployment, poverty, family disintegration, lack of communication, the spread of deviant behaviors, methods used in suicide, medicines, toxic substances, hanging, firearms, and jumping from the top.
- 2- Haider Fadel Hassan study (2018): This study aimed to identify suicide, its causes and factors, in Baghdad, and the results of this study concluded that the causes of suicide are depression resulting from loss of hope and exaggeration of negatives, and the individual's feeling that he is outcast and that his society leads to suicide.
- 3- Elham Hamza Muhammad Al-Khawaja study (2016): The study aimed to uncover the factors that contributed to some resorting to suicide in Gaza, including (knowledge of the characteristic social upbringing of suicide attempters, knowledge of the psychological, economic, social and family factors that led to those who resort to suicide, identify the psychological implications of the suicide, knowing the extent of religious commitment of the suicide attempters). The study is used the case study approach and the results reached that : the low social upbringing is one of the most important causes of suicide and indicated to that the means used by suicide attempters are (swallowing medicines, attempting to fall, stabbing with a knife). Cases resort to suicide because of either to get sympathy of others, the need for appreciation and attention, escape of the problems, the need for support nor the low level of religiosity.
- 4- Muhammad Ezzat Arabi Katbi study (2015): The study aimed to identify the relationship between identity crisis and the imagine of suicide for whom the research sample, and to identify the differences in the suicidal imagine (level of thought , level of desire , level of implementation). The sample of the study

consisted of (537) male and female students from secondary education. The results of this study concluded that there is a statistically significant correlation between identity crisis and suicide probability in general, and the existence of a relationship between identity crisis and suicidal imagine

- 5- Abdel-Fattah Abdel-Ghani Al-Hams and others (2015): The study aimed to uncover the motives of suicide in the governorates of Gaza and the prevention ways from it. The study used the descriptive approach. The results of the study reached to a set of recommendations, the most important of which are: activating the role of preachers and the imams of mosques to educate the children of the Palestinian community and make them aware of the Islamic rule about suicide, the punishment that Allah has promised for the suiciders .
- 6- Zainab Sahiri's study (2013): It aimed to uncover the phenomenon of suicide in the city of Laghouat and found that males are more motivated in suicide attempts than females. The highest suicide rates are in the age group (15-25) years.
 - A- The Sandali Rima study (2012): This study aimed to uncover the phenomenon of suicide and its relationship with psychological stress among adolescents in Algeria. The study was applied to a sample of (4) cases. The results of the study found that: The reasons that lead to suicide are: separation, beating or insulting from family members, poor personal economic conditions, problems in relationships, poverty, illness, absence of warmth and family affection, study obstacles, failure to study.
- 7- Adnan Mohammed Al-Damour's study (2012): The study aimed to identify the role of economic, social and psychological factors in explaining the phenomenon of suicide in Jordan. The sample of the study consisted of all suicides cases and suicide attempters in a sample consisting of (206) complete suicides cases and (1907) attempted suicide. The results of this study concluded to that the most common factors leading to suicide are social factors, followed by psychological factors, the rate of male suicide is more than females, and that the most common means used in suicide are: toxic substances, hanging , firearms, the age groups that are most likely to commit suicide are the youth group From the age of (18-27).

- 8- The Bosna Abd al-Wafi Zuhair's (2008): This study aimed to identify the university student's perception of the phenomenon of suicide and its relationship to demographic variables represented by gender and the environment in which the student is raised. This study concluded that the groups most at risk of suicide are young people, and the causes of suicide came in the pessimistic outlook and weak religious.
- 9- Hanan Mohammed's study (2010) : On the phenomenon of suicide from a macrosociological perspective, the results concluded that the feeling of social isolation is one of the main factors causing suicidal behavior.

Second: The Foreign Research Studies:

1. Rickwoo Debra and other study (2018): This study aimed to identify the role of school support in the prevention of suicide, the study was applied to a sample of high schools workers, their number (214). The results of this study indicate to that most schools are aware of school support ,and that the service increased their knowledge, skills, and abilities in managing suicide cases, and the level of satisfaction with the service was high.
2. The Ross (2017) study: This study revealed teachers' perceptions about what should be done to improve suicide prevention efforts in adolescents in Queensland, Australia. The results of the study indicated that preventive factors represent in awareness, reducing stigma related to suicide, and support services for students Educate and train them to cope with stress, and bullying.
3. Marataya Johnny (2016) study: This study aimed to determine the factors associated with suicide risks, the considerations of effective evaluation strategies and effective treatment strategies . The results of this study concluded that there are many risk factors associated with suicide which are represented in occupations, relationships and other things that have had Significant relationship to suicide risk.
4. Vega Mariela (2016) study: This study aimed to try to identify risk factors for Latino adolescents as one of the ethnic groups most likely to engage in suicidal behaviors. The results of this study concluded that Latina adolescents may be less likely to commit suicide than other ethnic groups. the higher rates of despair and

depression and more suicidal behaviors are among women that due to fear of deportation, immigration.

5. Duong Killer study (2015): This study aimed to ascertain whether suicide prevention training (question, persuasion, referral) was effective in increasing knowledge of suicide prevention among Latin American and Asian faculties students. Data were collected through a guidance services program for suicide prevention in one of the public universities in Southern California. The results of this study revealed a statistically significant relationship between counseling programs and psychological services for participants, the study sample before and after receiving training, increasing knowledge among the participating students through (question, persuasion, referral) from a person who exposes to the risk of suicide, assisting him in searching for appropriate professional resources, and discussing the implications
6. Masood Zaira (2013) study: This study aimed to find out the relationship between depression between different ethnic groups and suicide, and the results of this study concluded that people who commit suicide are more likely to suffer and feel unappreciated or disinterested, and that there are many reasons which led to a lack of family support and pressures.
7. Mallett Christopher and other (2012): This study aimed to identify the risks of suicide among young people, especially for those interested in juvenile courts. The results of this study concluded that the causes and factors that expose these young people to the risk of suicide are depression and alcohol abuse, and the study also clarified the importance of families, mental health personnel and juvenile court personnel to identify these young people who are most at risk of suicide.
8. Aguirre Ana (2011): This study aimed to identify suicide among Latino adolescents: qualitative differences between alcohol use and suicidal ideation. The results of this study concluded that depression is one of the risk factors that contribute to suicide, in addition to alcohol abuse and the thinking of suicide increases more among females than males.

The extent to which the current study benefits from previous studies:

1. In formulating the study problem, determining the importance, objectives, formulating questions and defining the concepts of the study.

2. In designing study tools, methods of data collection and analysis and presentation of results.

Formulating the study problem:

It can be formulated as follows: Is it possible to reach a proposed training program from the perspective of general practice in social work to confront the factors that lead to suicide among university youth?

The objectives of the study:

This study seeks to achieve the following objectives:

- 1- Reaching a suggested training program from the perspective of general practice in social work to confront the factors leading to suicide among university youth" through.
- 2- Determining the factors that lead to suicide among university youth (social - psychological - economic - religious factors)
- 3- Determining the necessary suggestions to reduce the factors that lead to suicide among university youth.

The importance of the study:

1. The seriousness of the issue of suicide, as it occupies great concern at the global and local levels due to its negative effects and its social and economic risks on individuals and societies.
2. Suicide rates increase, as the statistics of the World Health Organization in 2016 indicated that (800) thousands people die by suicide and that the age group (15-29) is the most vulnerable group of young people to suicide.
3. That youth are the wealth of nations and one of the basic pillars of any society, and they are the most important age stages in which more attention should be paid.
4. Clarifying the importance of integrating the social, psychological and economic factors which lead to suicide and not separating them.
5. The social work in the field of youth is one of the most important fields of social work which is concerned with protecting young people and preventing them from the problems and risks that they are exposed to. Therefore, the current study focused on studying the factors that lead to suicide

The Study Questions:

The study seeks to answer the following main question: "What is the proposed training program from the perspective of general practice in social work to confront the factors leading to suicide among university youth?" And this is by answering the following questions:

1. What are the social factors that lead to suicide among university youth?
2. What are the psychological factors that lead to suicide among university youth?
3. What are the economic factors that lead to suicide among university youth?
4. What are the religious factors that lead to suicide among university youth?
5. What are the necessary recommendations to reduce the factors that lead to suicide among university youth?

The Study Concepts:

- **Suicide:**

- 1- The linguistic concept of suicide: Ibn Manzur said, "The man committed suicide, that is, he killed himself." (Ibn Manzur, 2003, p.75)
- 2- Suicide concept refers to the act which involves intentional causing a person to kill himself." Suicide is often committed because of despair, which often leads to a psychological disorder such as bipolar disorder, schizophrenia, or addiction (Wikipedia.org)
- 3- Also , suicide refers to a person kills himself consciously or unconsciously, and the perception of suicide in all societies depends on the extent of the emphasis that each of them imposes on individualism, so that competition and the desire to reach recognition of self-worth decreases, suicide decreases. And where competition prevails between individuals and ambition prevails. Personal suicide becomes more common (Ahmed Zaki Badawy, 1993, p. 79).

There are some behaviors indicating a person's desire to commit suicide:

- 1- Talking about wanting to die or kill himself.
- 2- Seeking for ways to kill himself.
- 3- Talking in despair and losing purpose.

- 4- Talking about feeling pain.
- 5- The trend for alcohol and drugs
- 6- Sleep disturbances
- 7- Feeling helpless, isolated and withdrawn from society. (Hardo Center for Support the Digital Expression, 2017, p.6)

Definition of suicide in this study means :

- 1- An intentional act of self-killing of the young man.
- 2- This a result to many of stresses and emotional, psychological, social, political, economic, and religious factors .
- 3- Many means are used in this, including (taking medicine in large quantities, poisons, hanging, using firearms, sharp tools, jumping from a higher level, jumping into the water, using large doses of drugs).
- 4- This has negative effects on the individual himself, the family, or society as a whole.

• **The training program:**

The program is defined as the organized process to transfer skills, experiences and knowledge among individuals. So that the trainee meets with the trainers in a certain place which be designed for this purpose for a specific period of time using a specific training material. (10 Haseeb Al-Tahaf, 1997, p. 51) The training program is also known as a set of theoretical information and practical skills that are provided to the trainees in order to develop their knowledge and skills so that they contribute in raising their performance to achieve the desired goal of the program (Abd Rabbo et al., 1992, p. 121).

The training program in this study means : a set of steps and organized procedures that take place in the light of the scientific foundations that take place through educational training activities to provide the student with knowledge, information and experiences about suicide and how to prevent the factors that lead to suicide.

Factors leading to Suicide :

Suicidal behavior, whether individual or group behavior, is considered one of the behavioral phenomena that raise many questions about its causes and motives, stand on its cases and consider its social and cultural consequences in the circles in which it occurs. Suicidal behavior is considered one of the behaviors that humanity has known since ancient

times with the difference in their incidence rates. And how people view it in different eras, civilizations and societies (Ibrahim Al-Felfl, 2012, p.60)

First: the causes leading to suicide:

1 – The religious reasons are:

- Weakness of religious, which lead to lose the sense of the existence of control over the actions of the individual and his behavior in words or deeds, then the individual underestimates sins then he accepts doing them indifferently
- Material values prevail over human spiritual values
- Loss of the individual's patience and willpower, when a person fails to achieve the set goal, this may lead to despair and loss of confidence in Allah, then he finds nothing but death and gets himself out of this life.
- Ideas contrary to the teachings of religion spreaded. (Mahmoud Fattouh Saadat, 2015, p. 5)

2- The psychological reasons are :

Through the psychological heritage and many studies in the field of suicide, it was found that there are many professional reasons for suicide, as :

-Relationship disorder between parents: as the instability of the family environment and the increase in disputes between children, as well as the separation or divorce between the parents make the children feel anxious, depressed and pessimistic about the future, and they may even refrain from marrying in the future, because the image of marriage they have is linked to problems, as that the family with increasing problems makes the children feel alienation, isolation, lack of belonging and unwillingness to be part of this family.

-Mental and psychic illness of one of the parents: As the parents' mental illnesses (depression, obsessive-compulsive disorder (OCD), hysteria) and mental illnesses (schizophrenia) make the sick parent preoccupied with his pathological symptoms and not communicate with the son and he does not care about him or take care of him, but the abuse of the parent may increase, which reduces It reduces the social skills of the children and reduces the positive supports, in addition to the children's feeling of

helplessness and lack of hope in changing the family environment, which makes them lose their desire for life.

-Having a family history of suicide: -as it spreads in families to the point of infection, so the suicide of one family member makes others think of suicide as one of the ways to confront problems, and parents who commit suicide often have a history of depression and a sense of failure, and this naturally affects me Their interactions with their children predispose the children to depression, expectation of failure and despair, and then suicide.

-Loss of a parent or a person of psychological importance in an individual's life.

3- The Social reasons are:

- Obtaining the means to commit suicide
- Disasters, wars and conflicts
- The pressures of cultural exchange and disintegration
- Discrimination

4- The Personal reasons (Causes related to the individual):

- A previous attempt at suicide
- Harmful consumption of alcohol
- Loss of job or financial loss
- Elias, chronic pain (WHO, 2014, p. 31)

The stages of suicidal behavior:

Pre-suicide syndrome passes through the following stages:

- 1- Feeling of hopelessness and self-blame, misunderstanding
Self-pity
- 2- Lack of activity, weakness, and social withdrawal
- 3- Aggression towards oneself
- 4- Suicidal fantasies and suicidal planning.

- 5- Physical symptoms such as fatigue, loss of appetite, and mood swings (Tjans & et.al., 2012, p: 16).

Theories explaining suicide:

The most realistic and profound theories that came to explain the behavior of suicide are presented by the French sociologist Emile Durkheim. He published an important book " Suicide , A Study in Sociology " In the late nineteenth century. He went on to say that suicide is a phenomenon due to the individual differences between individuals, that is, the social factor is present from the first moment to form a state of an individual's conviction of the choice of suicide. It is not due to psychological differences, but rather is due to some social characteristics of each individual, according to the conditions in which he lives, whether in the family or work, and is reflected in his or her individual consciousness, and awareness in turn affects the reality of people and their behavior. Among the features of the suicide theory of Emile Durkheim:

- 1- That suicide is an individual behavior with social motives.
- 2- Suicide is a social phenomenon that must be explained from a social perspective.
- 3- That the biological, psychological, social and cultural factors remain constant from one group to another and from time to time.
- 5- The theory searches for the reason why a certain segment of individuals has a higher suicide rate than another.
- 6- Suicide is not one type, rather it has many types (they are : Selfish suicide , Self-perpetual suicide , Non-standard suicide , Fatal suicide (See : Richard Ellis et al. 1997, p. 217).

1-The psychological theory:

According to the psychological theory, suicide is due to psychological formation and among the pioneers of this approach is Freud, the owner of the School of Psychoanalysis, where he explained the soul as well as the factors and motives that lead to it (Ayyash Ahmed, 2003, p.30)

Freud points out that suicide is the result of the individual's failure to express itself as hostile towards the self, destroying it (killing), and the engine of these hostile motives is represented in many psychological states such as depression. Wierzlicki 1998 also indicated that the suicide attempt is related to a large extent to certain behavioral and psychological

variables, the most important of which are certain behavioral and psychological variables. Feeling of psychological loneliness, life pressures, pain, and the loss of an influential thing or person (Tawoos Wazy, 2012, p.71)

2- The Socio-cultural theory:

This theory deals with the social, cultural, and religious background that is behind the solutions to the suicide risk. On the socio-economic level, it refers to unemployment as a major factor among young people, making the suicide risk multiplying to 8.5. On the socio-environmental level, we find that memories of loss or deprivation, sexual abuse during childhood are factors of suicidal behavior in adults. Suicide behaviors among young people often appear due to the absence of dialogue between parents and their children and the breakdown of families. Lewis also points out that suicide is the result of a breakdown in the adaptation process (Bosna Abdelwafi Zuhair, 2008, p. 48)

3- The Frustration theory:

Dullad-Mills indicates that frustration increases the tendency for an object to respond in an aggressive manner and summarizes their theory in:

- The tendency for aggressive behavior increases as the individual feels more frustrated
- The tendency to aggression crystallizes against what the individual perceives as the source of his frustration
- Cessation of aggressive behavior, a new frustration that drives the individual to aggression towards him
- In some cases, the aggression will return to oneself if it is not able to direct its aggression towards the source, as in cases of suicide (Aladdin Kafafi, 1990, p.50)

Methodological framework for the study:

First - type of study:

The current study belongs to the descriptive study which enables us to obtain a report on the characteristics of a particular phenomenon through data collection, analysis and interpretation, as the current study aims to identify the factors that lead to suicide among university youth and to develop a proposed training program to reduce and confront these factors.

Second - The study method

The two types of social survey method. Social survey of the sample from students of the Faculty of Social Work and Faculty of Pharmacy, Assiut University, and a comprehensive social survey of social workers at the departments of youth welfare at Assiut University.

Third - Fields / Limits of Study:

1- The human field / Limit :

- a- It was represented in a non random sample (306 students) of the fourth year students at the Faculty of Social work and the third year students at the Faculty of Pharmacy at Assiut University.
- b- All social workers who are working at the departments of youth welfare at Assiut University.

Table No. (1)

The study sample from the Faculties of Social work and Pharmacy

at Assuit University (N=306)

As the total number of two college students :social work and pharmacy

Faculty	Fourth year student	Third year student	Sample
The Faculty of Social Work	983	-	189
The Faculty of Pharmacy	-	607	117
Total	189	117	306

$$(983+607)=1590$$

By applying the following Equation to tacked the sample:

$$\frac{Z^2 \cdot p \cdot q \cdot N}{e^2 \cdot (N-1) + (Z^2 \cdot P \cdot q)}$$

the sample =(117 Pharmacy Faculty+189 Social Work Faculty) = 306 students

2- placement field / limit :

The study was applied to the students of the Faculty of Social work and the Faculty of Pharmacy at Assiut University as a theoretical and practical faculty to find out the student's views on the factors leading to suicide.

3- Time field / limit :

Data were collected in the time period between 15/10/2018 to 28/11/2018

Data Collection Tools:

A questionnaire was designed for students to identify the factors leading to suicide. Also, another questionnaire was designed to collect the required data from social workers who are working at the departments of youth welfare at the university. The following are steps followed in designing the two questionnaires :

1- The first step is to define the main paragraphs and topics by reviewing the theoretical writings and dissertations that dealt with suicide, my through the objectives and questions of the study, which crystallized in the following aspects:

- Initial data.
- The factors leading to suicide among university youth.
- Determining the necessary recommendations to reduce suicide among university youth.

2- The second step: Applying the validity and reliability procedures of the questionnaire . It can be found in:

- A- The apparent validity by presenting the forms to (6) of the arbitrators of professors of Social Work in the two faculties of Social Work (Helwan University and Fayoum University), and the expressions that resulted from the majority of opinions were deleted and added.

B- Using the Test-Retest method, where the questionnaires were applied to (10) single students and social workers outside the study sample, then re-testing with a time interval of (10) days, and the reliability coefficient was calculated and the validity factor was Form 86 and the stability factor of the specialists ' form 89, which is the rate that can be Check on him.

The statistical methods used:

- 1- The arithmetic mean and standard deviation
- 2- Sum of weights, weighted average, relative score
- 3- Repetition and lineage

Results:

First: Presenting the study results by the study sample of students.

Table (2)

The characteristics of the study sample of students.

(N=306)

1- sex	Social Work		Pharmacy		2- age	value	3-stay	F	%
	F	%	F	%					
male	79	41.8 %	37	31.6%	arithmetic	20 year	rural	100	32.7%
female	110	58.2 %	80	68.4%	standard deviation	9.3 year	urban	206	67.7%
total	189	100%	117	100%			total	306	100%
					4-family member	value	5- income	Value	
					arithmetic	(5)	arithmetic	1500 L.E	
					standard deviation	(3)	standard deviation	860 L.E	

6-Father's educational status	F	%	8-Mother's educational status	F	%
Illiteracy	15	5%	illiteracy	19	6.2%
Read & write	17	5.5%	Read & write	22	7.2%

Intermediate qualification	122	39.7%	Intermediate qualification	135	44.1%
High qualification	143	46.7%	High qualification	123	40.2%
Postgraduate qualification	9	3%	Postgraduate qualification	7	2.3%
Total	306	100%	Total	306	100%
7- Father' s employment status			9- Mother' s employment status		
Government employee	158	51.6%	Government employee	99	32.3%
Private sector employee	87	28.4%	Private sector employee	70	23%
Free business	34	11.1%	Free business	50	16.3%
no work	27	8.9%	no work	87	28.4%
Total	306	100%	Total	306	100%

This table shows that the characteristics of the study sample of students in the Faculties of Social Work and Pharmacy were as follows:

- 1- That 58.2% of students in the fourth year of the Faculty of Social Work are females, while 41.8% are males. On the other hand, 68.7% of the students of the third year in the Faculty of Pharmacy are females, and 32.7% of them are males, and this indicates to an increase in the percentage of females in the two faculties.
- 2- The average age of students reached (20) years, with a standard deviation of (9.3), and that (62.2%) of them stay in the countryside, while (37.8%) is in urban areas.
- 3- The average of the number of family members reached (5), this indicates to the high number of family members, especially because most of the students are from the countryside which is characterized by an increase in the number of individuals and parity.
- 4- The average of the monthly income is (1500L.E), which reflects the low level of family income and is not proportional to the increase the number of family members. Consequently, it results the failure to satisfy the students' needs and their needs for financial support. Also, this may be due to the nature of work in the countryside in agricultural, seasonal work which have non-fixed income.
- 5- It also shows that 46.7% of students' fathers have high qualification and 39.8% of them have Intermediate qualification while 5% of them are illiteracy. For students' mothers 44.1% of them have Intermediate qualification and 6.2% of are illiteracy.

- 6- It also shows that 51.6% of students' fathers are governmental employees, 11.1% of them have free business and 8.9% have no work (because of retirement or there is no job opportunities available). While 32.3% of mothers work in the government sector and 28.4% of them not working due to the limited available opportunities of women employment in the countryside and not encouraging women's work in villages. This reflects low family income as a result for mother's fail to get work and to participate in family's income.

Table (3)

The study's results of the social factors leading to suicide for University youth from students' point of view.

(N=306)

Faculty of Social Work						Faculty of Pharmacy			
Answers		Sum of weights	weighted average	%	Rank	Answers			Sum of weights
To some extend	No					yes	To some extend	no	
-	15	537	2.8	0.94	6	111	6	-	345
4	-	563	2.97	0.99	1	112	5	-	346
-	9	549	2.9	0.97	4	105	-	12	339
8	6	547	2.89	0.96	6	101	16	-	335
10	5	547	2.89	0.96	5	96	8	13	317
4	2	559	2.95	0.98	2	100	15	2	322
10	13	531	2.81	0.93	7	96	11	10	320
10	-	557	2.94	0.98	3	104	13	-	338
-	-	4390	23.2	-	-	-	-		2672
97									

This table shows that the most important social factors leading to suicide from the students' point of view were as follows:

- 1- For the fourth year students of the Faculty of Social Work:
 - A- Loss of one parent at 99%, followed by wars, conflicts and revolutions at 98%.
 - B- Inability to take responsibility by 98%, then separation or divorce of the parents by 97%.
 - C- What's been published by social media about suicide came in last place, by 93%.

- 2- As for the third year students of the Faculty of Pharmacy, their opinions were as follows:
 - A- Loss of one of the parents, by agreement with students of social work, 99%
 - B- Family abuse of the student with cruelty or negligence, by 98%
 - C- Separation or divorce of the parents by 97%, then in the last place drug and alcohol abuse by 90%

From all above the agreement of students of the both faculties that the loss of one of the parents, separation or divorce are among the most important social factors leading to suicide among university youth.

This result is consistent with the study of (Elham Hamza, 2016), which indicated to that family factors are among the most important factors leading to suicide, and the study of (Sandali Rimma, 2012), which indicated to that separation and abuse by beating or insulting are among the factors leading to suicide.

Table (4)

The study's results of the psychological factors which lead to suicide for University youth from students' point of view
N=306

Faculty of Social Work				Answers		
Sum of weights	weighted average	%	Rank	Yes	To some extend	no
				563	2.97	0.99
550	2.91	0.97	4	102	2	13

537	2.84	0.95	5	99	2	16
550	2.91	0.97	4	85	5	27
557	2.94	0.98	2	114	-	3
551	2.91	0.97	3	101	2	14
529	2.8	0.93	6	100	2	15
551	2.91	0.97	3	112	-	5
4388	-	23.2	-	-	-	-
97%						

This table shows that the most important psychological factors leading to suicide from the students' point of view were as follows:

- 1- -There is a relative agreement between students of both the two faculties that (depression and psychological illness) are the most important factors leading to suicide, by 99% and 100%, respectively.
- 2- -There is also agreement that (inability to adapt to others) is one of the psychological factors that lead to suicide, and that is 98%.
- 3- -(Loss of a sense of security in the family or society) by 95% and 93%, respectively
- 4- -It came in the last place for social work students (bullying from others) by 88%, while pharmacy students indicated (emotional failure) by 76%.

This result is consistent with the (Haider Fadel, 2018) study, (vega, 2016) study and (Clews, 2015) study which results indicated to that depression and lack of self-esteem are among the most important psychological factors leading to suicide.

Table (5)

The study's results of the religious factors leading to suicide for University youth from students' point of view

N=306

Faculty of Social Work				Answers			Sum of weights
Sum of weights	weighted average	%	Rank	yes	To some extend	No	
563	2.97	0.99	1	117	-	-	351
551	2.9	0.97	4	110	3	4	340
559	2.96	0.98	2	110	3	4	340
543	2.87	0.96	6	100	-	17	317
549	2.9	0.97	5	112	2	4	344
557	2.94	0.98	3	114	2	3	349
3322	17.6		-	-	-	-	2041
73.2%							

This table shows that the most important religious factors leading to suicide from the students' point of view were as follows:

1- (Weakness of religious awareness), with relative agreement between students of both faculties, 99% and 100% respectively.

For students of the Faculty of Social Work, their responses were as follows:

2- Loss of patience and lack of will during crises, by 98%

3- Not performing religious rituals by 98%

4- In the last place is the intellectual deviation of young people by 96%

As for the students of the Faculty of Pharmacy, their opinions were as follows:

1- Not performing religious rituals by 99%, followed by

2- Getting away from the teachings of religion by 98%

This result is consistent with the results of the (Posta Abd al-Wafi, 2008) study which indicated to that weak religious awareness is one of the most important religious factors leading to suicide, and (Abd al-Fattah Abd al-Ghani, 2015) study of which indicated the importance of the preachers in educating young people to reduce suicide.

Table (6)

The study's results of the economic factors which lead to suicide for University youth from students' point of view

(N=306)

Faculty of Social Work					answers			Sum of weights
no	Sum of weights	weighted average	%	Rank	yes	To some extend	no	
-	566	3	100	1	115	2	-	349
-	563	2.98	0.99	3	106	-	11	329
5	553	2.92	0.97	5	112	2	3	343
9	547	2.9	0.96	6	110	4	3	341
5	555	2.93	0.98	4	103	2	12	325
3	561	2.97	0.99	2	113	2	2	345
-	3335	17.6	-	-	-	-	-	1049
74%					72%			

This table shows that the most important economical factors leading to suicide from the students' point of view were as follows:

- 1- Unemployment came first factor , with a relative agreement of 99% and 100% for students of both faculties (Social Work, Pharmacy)
- 2- -Poverty by 99% and 98% for all students
- 3- Low family income for social work's students by 99% compared to (increasing the number of family members) for pharmacy's students by (97%)
- 4- Economic crises for pharmacy students by 97% compared to job losses for social work students by 98%

This result is consistent with the (Amor Mustafa) study which indicated to that unemployment and poverty are among the most important factors leading to suicide.

Table (7)

The results of the necessary suggestions to limit the factors which lead to suicide for University youth from students' point of view

N=306

Suggestions to limit the factors which lead to suicide	F	%	Rank
1-Establishing treatment centers for suicide prevention, especially for those with psychological disorders and drug addicts.	279	91%	3
2-Media awareness, through programs and series, of suicide dangers on the individual and the family.	268	87%	5
3- Attention to psychological rehabilitation for young people.	263	86%	6
4-Interest in student activities and encourage students to participate.	260	85%	7
5- Interest in spreading moral and spiritual values through school curricula and student activities	270	88%	4
6- Raising awareness among parents of the importance of dialogue and consultation with their children, identifying their problems and working on solving them.	280	92%	2
7-Providing financial support to students to alleviate financial suffering	290	95%	1

The previous table shows that the students 'most important suggestions to limit the factors leading to suicide were as follows:

- 1- Providing financial support to students to alleviate suffering and to satisfy their needs by 95%.
- 2- - Raising awareness among parents of the importance of dialogue and consultation with their children, identifying their problems and working on solving them, by 92%
- 3- Establishing treatment centers for suicide prevention, especially for those with mental disorders and drug addicts by 91%
- 4- The interest in student activities came last.

Second: Presenting the study's results of social workers in the field of University youth welfare departments :

Table (8)
The study's results of the characteristics of the study sample of social workers working in University youth welfare departments
(N=20)

1-Grand	F	%		arithmetic	standard deviation
Male	11	55%	2-Age	40 years	8.2 years
Female	9	45%	3- Years of Experience	18 years	6.3 years
Total	20	100%			
qualification			F	%	
Bachelor Social Work			11	55%	
Bachelor of Arts in Sociology			4	20%	
Postgraduate studies (Diploma -)Master – PhD			5	25%	
Total			20	100%	

This table shows that

- The percentage of social workers and experts is 55% of male compared to 45% of females.
- The age average is 40 years.
- 55% of them have a Bachelor's degree in Social work and 25% of them have postgraduate qualifications (diploma, masters, and PhD) .
- Their years of experience average have reached 18 years, this reflects the amount of experience they have to work in the field of youth welfare and familiarity with the needs and problems of university youth.

Table (9)
Results from social workers that related to the social factors leading to
suicide among university youth
(N=20)

social factors	F	%	Rank
1- Family abuse of the student with cruelty or negligence	18	90%	3
2-Loss of one parent	20	100%	1
3-separation or divorce of the parents	19	95%	2
4-family problems	17	85%	4
5-drug and alcohol abuse	14	70%	6
6-wars, struggles and revolutions	16	80%	5
7-what's be published by social media about suicide	12	60%	7
8- Inability to take responsibility	18	90%	3

It is clear from this table that the social factors leading to suicide from the point of view of the study sample of experts and social workers were as follows:

- 1- Loss of one of the parents by 100% followed
- 2- Parental separation or divorce by 95%
- 3- Family abuse of students by 90%
- 4- Family problems by 8%
- 5- And finally what is be published by the social media about suicide by 60%

This result is consistent with the students 'views that family problems, whether death, divorce, separation of parents, or family abuse are among the most important social factors leading to suicide.

Table (10)
Results from social workers related to the
psychological factors leading to suicide among University youth
(N=20)

psychological factors	F	%	Rank
1-depression and psychological illness	20	100%	1
2-Failure to achieve goals	17	85%	4
3-Low self-esteem	18	90%	3
4-emotional failure	16	80%	5
5-Inability to adapt to others	19	95%	2
6-Bad outlook for the future	18	90%	3
7-Bullying with others	15	75%	6
8-Loss of security, both in the family and in society	14	70%	7

It is clear from this table that the psychological factors leading to suicide from the point of view of the study sample of social workers were as follows:

- 1- Depression and psychological illness at 100%
- 2- Inability to adapt with others – 95%
- 3- Low self-esteem by 90%
- 4- Finally, the loss of security, whether in the family or society, is 70%.

This result agrees with the students' opinions, as depression was the main factor leading to suicide.

Table (11)

Results of experts and social workers related to religious factors leading to suicide among university youth

(N=20)

Religious factors	F	F	Rank
1- weakness of religious awareness	20	100%	1
2- The control of material life over spiritual values	18	90%	2
3-Loss of patience and lack of will during crises	14	70%	5
4- the intellectual deviation of young	12	60%	6

people			
5- Getting away from the teachings of religion	16	80%	3
6-Not performing religious rituals	15	75%	4

It is clear from this table that the religious factors leading to suicide from the point of view of the study sample of social workers were as follows:

- 1- Weakness of religious awareness by 100%.
- 2- Materiality have controlled over spiritual values by 90%
- 3- Getting away from the rules of religion by 80%
- 4- Finally, the intellectual deviation of youth by 60%

This reflects the extent to which students need to develop and strengthen religious awareness and concern for moral values through the curriculum, role models and student activities.

Table (12)

Results of the study on the economic factors leading to suicide among university youth from the viewpoint of social workers
(N=20)

economic factors	F	%	Rank
1- Unemployment	٢٠	%١٠٠	١
2-low family income	١٨	%٩٠	٣
3-increase number of family member	١٣	%٦٥	٦
4-Economic crises in society	١٦	%٨٠	٤
5-jobs losses	١٥	%٧٥	٥
6-pavirety	١٩	%٩٥	٢

It is clear that the most important economic factors leading to suicide were as follows:

- 1- Unemployment 100%
- 2- Poverty by 95%
- 3- Low in family income 90%
- 4- Economic crises by 80%
- 5- Finally, increasing the number of family members.

Table (13)

The study's results of the necessary proposals to reduce the factors leading to suicide among university youth from the point of view of social workers
(N=20)

suggestions to reduce the factors leading to suicide	F	%	Rank
1-Establishing treatment centers for suicide prevention, especially for those with psychological disorders and drug addicts.	19	95%	2
2-Media awareness, through programs and series, of suicide dangers on the individual and the family.	15	75%	6
3- Attention to psychological rehabilitation for young people.	18	90%	3
4-Interest in student activities and encourage students to participate.	19	95%	2
5- Interest in spreading moral and spiritual values through school curricula and student activities	17	85%	4
6- Raising awareness among parents of the importance of dialogue and consultation with their children, identifying their problems and working on solving them.	20	100%	1
7-Providing financial support to students to alleviate financial suffering	16	80%	5

It is clear from this table that the most important suggestions of social workers to reduce the factors leading to suicide were:

- 1- Getting parents aware of the importance of dialogue and consultation with their children 100%
- 2- Establishing specialized treatment centers for suicide prevention by 95%
- 3- Psychological rehabilitation for youth 90%
- 4- Spreading spiritual values through school curricula and student activities 85%

5- Finally, media awareness of suicide dangers is 75%.

Results of answering the study's questions:

The first question: What are the social factors leading to suicide among university youth ? and the results were as follows:

- 1- Loss of one of the parents
- 2- Wars, struggles and revolutions
- 3- Parental separation or divorce
- 4- What the social media publish about suicide

The second question: What are the psychological factors that lead to suicide among university youth ? and the results were as follows:

- 1- Depression and psychological illness
- 2- The inability to adapt to others
- 3- Loss of a sense of security
- 4- Bullying from others

The third question: What are the economic factors that lead to suicide among university youth ? and the results were as follows:

- 1- Unemployment
- 2- Poverty
- 3- Low family income, then economic crises

The fourth question: What are the religious factors that lead to suicide among university youth ? and the results were as follows:

- 1- Weak religious awareness
- 2- Loss of patience and will during crises
- 3- Not performing religious rites
- 4- Intellectual deviation of youth

The fifth question: What are the necessary suggestions to reduce the factors leading to suicide among youth ? :

- 1- Providing financial support to students
- 2- Getting parents aware of the importance of dialogue and consultation with their children and getting to know their problems
- 3- Establishing specialized centers for the prevention of the factors leading to suicide, especially those who addicted .
- 4- Paying attention to spreading spiritual and moral values through the curricula and student activities

A suggested training program from the perspective of generalist practice of social work to confront the factors leading to suicide among university youth.

First: The foundations on which the proposed program is based:

- 1- Analyzing the results of previous studies and the multiplicity of factors leading to suicide they indicated.
- 2- The theoretical framework of the study and the concepts it contained related to suicide, the causative factors for it.
- 3- Results of the current study

Second: Objectives of the proposed program:

The main objective of the program is represented to reduce of the factors leading to suicide among university youth

Third: Considerations that must be taken in the proposed program:

- 1- That the proposed program be compatible with the students' desires and needs and with their cultural level.
- 2- The clarity of the objectives that the proposed program seeks to achieve, and the agreement of these goals with the goals of the profession and general practice, as well as the objectives of the programs and activities of the University's Youth Welfare Department.
- 3- That the proposed program be linked to the aim of the study, which is to reduce the factors leading to suicide.
- 4- Diversity of program activities.

Fourth: The modalities of dealing within the proposed program:

- 1- The target system : It is represented by university youth who have deficiencies in knowledge and social and religious and values that make them vulnerable to suicide, and they need to be educated to become serious members of society.
- 2- The change agent system: It is represented by the social worker who deals with these young people within the university, as well as the content of the activities provided by the university that help the student and enable him not to resort to bad behaviors and false beliefs that may lead him to suicide.
- 3- The organization's system: It is represented in the role of the family first, then the University in cooperation with the Ministry of Youth and Sports (leadership development centers) and all ministries and institutions that have a relationship with the social, religious and psychological aspect of society.

Fifth: the tools used in implementing the program:

- 1- Group discussions and interviews.
- 2- Workshops.
- 3- Seminars.
- 4- Lectures.
- 5- Meetings.
- 6- Simulation.
- 7- Film and video.

Sixth: Strategies used in the program:

- 1- Strength strategy: by helping young people to identify their strengths and working to exploit them to improve their living conditions.
- 2- Learning strategy: It is used in teaching students some positive behaviors towards their society.
- 3- The mutual support strategy: by providing sources of support for young people, which in their absence may make them vulnerable to suicide, in addition to providing strong psychological support for these students.
- 4- Behavior modification strategy: This is done through the social worker helping students to modify and change ideas, trends and wrong behaviors and work to correct some misconceptions among students that they use in an incorrect way.

Seventh: The proposed professional roles of a social worker that contribute to the prevention and control of suicide among university youth:

- 1- Teacher / Educator.
- 2- Mentor.
- 3- Modify the behavior.
- 4- Enabler.
- 5- Protector.
- 6- Researcher.
- 7- The analyst and the evaluator.

Eighth: Executives of the proposed program

- 1- The family.
- 2- The university.
- 3- Ministry of Youth and Sports.
- 4- Ministry of Information.

5- Religious institutions represented in places of worship such as mosques and churches.

The following is a presentation of the suggested program to reduce the factors leading to suicide among university youth :

Sessions	Activity	Being targeted	Activity's goal	Roles	Strategies	Techniques
1	Meeting	Students - who will implement the project- Youth Welfare Departments	Acquaintance - agreement on the program	Data collection Interviewer Informant	Cognitive Building	Persuasion Clarification
2	Lecture	Students	Explain the concept of suicide and the factors that cause it	Teacher Interpreter Interviewer Informant	Cognitive Building	Illustration Training Education
3	Group discussion and brainstorming	Students	The negative effects and risks of suicide	Teacher Guilder Interpreter	Cognitive Building Reaction	Education Training
4	Seminar	Students	The rule of suicide in religion	Interpreter Guilder	participation	Education Training
5	Explanatory film	Students	Clarify the risk of suicide	Guilder Instruction	participation	Discussion Education Training
6	Group discussion	Students	Methods of suicide prevention	Guilder Instruction Teacher	participation	Education Training
7	Programmed evaluation					
8	Programmed End					

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