Society & Social Justice · GS - I

Explain why suicide among young women is increasing in Indian society.

EXAM YEAR	PAPER	SUBJECT
2023	GS - I	Society & Social Justice

MARKS	WORD LIMIT
10	~150 words

Answer Hint

Examine the issue through family, social, economic, educational, psychological and gender dimensions; consider domestic violence, marital pressures, academic and employment stress, social isolation and restricted autonomy; avoid a single-cause explanation and emphasise early support, mental-health services and gender-sensitive social institutions.

Model Answer

Introduction

Suicide among young women is a complex social and public-health concern. It cannot be explained by a single factor because individual vulnerability interacts with family circumstances, gender norms, economic conditions and mental-health challenges.

Body

Major Factors

Family and marital pressures: Domestic violence, dowry-related harassment, forced or early marriage and marital conflict can create severe emotional distress.

Gender inequality: Restrictions on mobility, education, employment and personal choice can generate feelings of helplessness and reduced autonomy.

Academic and employment pressures: Competitive examinations, educational expectations, unemployment and workplace insecurity can contribute to stress, particularly where social expectations are high.

Social isolation: Migration, weakening community support and stigma surrounding emotional difficulties can leave young women without adequate support.

Mental-health challenges: Depression, anxiety, trauma and other psychological difficulties can increase vulnerability, particularly when professional help is inaccessible or stigmatised.

Digital and social pressures: Social comparison, cyberbullying and unrealistic expectations regarding appearance and lifestyle can further affect vulnerable individuals.

Way Forward

Prevention requires accessible and confidential mental-health services, stronger implementation of laws protecting women, gender-sensitive counselling in educational institutions, community support systems and awareness that seeking psychological assistance is not a sign of weakness.

Families should promote communication rather than excessive control, while institutions must identify early warning signs and provide timely intervention.

Conclusion

The rise in suicide among young women must be understood through the **intersection of mental health, gender inequality, family pressures and wider social change**. A supportive society must combine mental-health care with social reforms that strengthen women's autonomy, dignity and access to meaningful support.