



MANIPULATED SUICIDES AMONG VICTIMS OF HUMAN TRAFFICKING

Sruthi Nair

(Student) Amity University

ABSTRACT

Human trafficking victims are at a higher risk for suicide than the rest of the people. The exploitation of children and human trafficking have profound health consequences. Human trafficking has a significant impact on the mental and physical health of its victims. In the aftermath of trafficking, victims often experience community stigmatization, poverty, family pressures, and conflicts. All of these factors can increase a person's suicide risk. Suicide that occurs as a result of constant degradation and humiliation from others or when friends and family pressure the victim into ending their lives becomes manipulated suicide. I will discuss in depth in this paper the various issues that often lead to the abetment of suicide among trafficking victims, as well as possible solutions. In my paper, I hope to demonstrate that manipulation is one of the leading causes of suicide among trafficked victims.

KEYWORDS : Manipulated Suicides, Human trafficking, Mental health

INTRODUCTION

Even in this era where artificial intelligence is creating landmarks in every field, we haven't yet developed something that can accurately read our minds. Our mind controls everything, including our existence. The reason we commit suicide comes down to the way we think. It is the act of taking one's own lives for various reasons, known or unknown. It is usually seen between the age groups 13 – 45, especially among people with mental trauma. There are times when our mind decides or tricks us into believing that everything's done and it's time to shut down. We human beings being completely dependent on our minds give in to its depressing state. This causes us to harm ourselves, which often results to death.

People have a way of playing with our minds sometimes. Whether knowingly or unknowingly, they manipulate us into believing that it is better and safer for us to end our lives. Our minds are also remarkably adept at holding on to hope. Even when all was lost at the darkest of times, humanity managed to stay put due to this ability. Nevertheless, this hope within us can be easily taken by anyone who so desires. The issue of manipulated suicides is becoming more and more serious in today's world. Thousands of people die each year because of others' manipulation, the majority of them being victims of some sort of abuse.

In this paper I will be attempting to state manipulation as a major reason for suicides among trafficked victims. Without a reliable statistical data set, it's hard to generalize. Using the survey method, however, I will attempt to reach and prove my hypothesis.

Among the sources I used for this paper were mainly research papers, case studies, newspaper and magazine articles, interview notes, and book materials. The research papers were read based on how closely they related to my topic.

METHODOLOGY

In order to conduct my research and understand my topic, I used various methods. First was the survey method. Through this method, I collected some basic information via a questionnaire from a small group of people between the ages of 17 and 30.

The set of questions were: -

1. Age
2. On a scale of 1-10, with 10 being the highest how much would you rate the impact of socioeconomic pressure in life?
3. On a scale of 1-10, how much would you rate the level of depression a trafficked victim might have?
4. Have you or anyone you know ever attempted suicide?

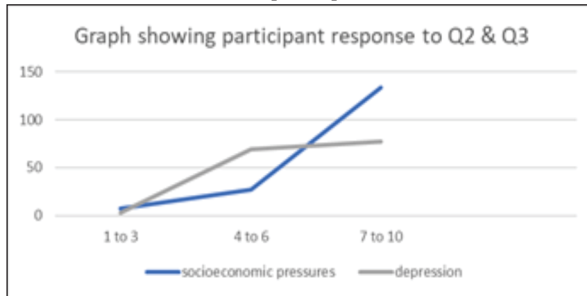
5. If yes, then was it because of external manipulation?
6. Do you know any victim of human trafficking, including yourself?
7. If yes, how many?
8. On a rate of 1-10, with 10 being the best, how would you rate their life conditions?
9. Do you know any victims who suicided?
10. If yes, then how many?
11. Do you think social pressure might have been the cause for the suicide?
12. If no, then what do you think was the reason?
13. Do you think it could have been prevented?
14. If no, then why?
15. Do you think it is safe to say that manipulation is a cause for suicides among trafficked victims?

The second method was an interview involving a few people, the most significant of which was an interview I conducted with a former head of psychology at SN College, Kollam, and the current chief counsellor at Jawahar Bala Bhavan family counselling centre. In addition, I met with the Department of Psychology at Pushpagiri Hospital, Thiruvalla. I was able to put things into perspective after my interview with them, and I was able to complete my study. I consulted with them regarding my questionnaire.

In my last method, I compiled literature reviews, analyzed and studied them. I was able to develop various theories to support my hypothesis, to gather expert opinion, and to archive data pertaining to the subject matter.

Pre-test

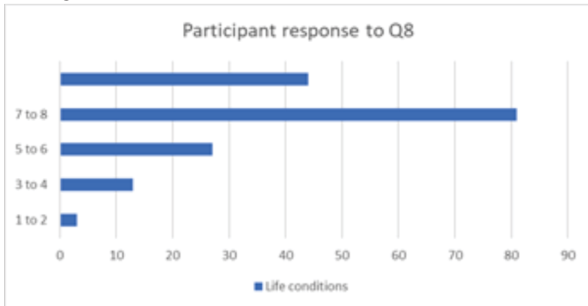
To test the hypothesis I had concluded into, I made a survey online which consisted of some basic questions. My participants were from between the age groups 17 and 30, both male and female. The total numbers of participants were 168.



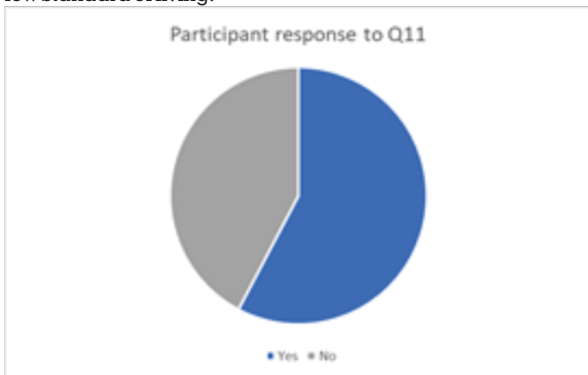
Sample	Socio economic pressure	Depression	Standard of living	Manipulation	Suicide
1	1	0	1	1	1

2	1	1	0	0	0
3	0	1	1	0	1
4	1	0	0	1	1
5	1	1	1	1	1
6	0	0	0	1	1
7	1	1	0	1	1
8	1	1	0	1	1
9	1	1	1	1	0
10	1	1	1	1	1

According to this 79.76% participants reported high socioeconomic pressure and 45.83% reported depression among victims.



According to this 74.4% suggests that trafficked victims have a low standard of living.



According to this 57.73% suggests that social pressure is the main cause for suicide among trafficked victims.

RESULT

	No of participants
Socioeconomic Pressure	134
Depression	77
Standard of living	125
Manipulation	113

After this I took the individual response of each participant that were included in one of the above 4 criteria. 0 stands for nil or no. 1 stands for good or yes.

Based on this I was able to conclude that there is a 62% chance for socioeconomic pressure, 57.14% chance for depression, 80% chance for standard of living and 87.5% chance for manipulation to be the cause for suicides among victims of human trafficking.

Statistical analysis was also done for confirmation and authentication of results. Correlation values (Spearman's coefficient) were calculated and the value of rs is 0.88889, P (2-tailed) = 0.11111. For each category at 5-10% level of significance the variance of 83.75% of the Socioeconomic pressure scores could be explained by the variance of suicides. 44% of the variance of the Depression scores can be explained by the variance of suicidal tendencies. 100% of the variance (r= -0.93966; Variance=1) of the standard of living scores can be explained by the variance of suicides. 98.88% of

the variance of the manipulation scores can be explained by the variation of suicides. For significance of the result, the critical R value is calculated. The degree of freedom for these correlation sets is (n-2) = 8. As the hypothesis is predicting a - or + direction, this is a one tailed hypothesis. P value for this hypothesis was found to be p= 0.11. R values were checked from the critical value table. R for a one tailed hypothesis at p=0.11 with 8 degrees of freedom the critical value must exceed 0.549. Since all our calculated 'r' exceed the critical value, our correlation is significant.

CONCLUSIONS

The findings demonstrate that trafficking victims with socioeconomic pressure, depression, low standard of living and external manipulation are more prone to suicides. It was deduced from the study that 62% times socioeconomic pressure, 57.14% times depression, 80% times low standard of living and 87.5% times manipulation to be the cause for suicides among victims of human trafficking, making it abundantly clear that manipulation is a leading factor in suicides. Often a victim's mental health is blamed, but mental health only leads to death roughly 44% of the time. Manipulation on the other hand can lead to suicides 80 - 98% of the time.

After being trafficked as sex slaves or forced laborers in situations akin to torture, children as young as 10 have attempted suicide or had serious mental health problems. The findings of this study are especially concerning due to the fact that it is estimated that millions are trafficked and subjected to severe abuse like beatings, being tied or chained, being choked, burned, being cut with a knife, and being subjected to sexual violence every year. Mental health issues are often not dealt with adequately by post-trafficking services, especially in situations where suicidal intent and alcoholism are present. In the end, only the most severe cases and life-threatening mental health conditions receive appropriate treatment.

To address this issue, one method would be to ensure that the victims remain under protective guidance until they reach a state of mental, physical, emotional and financial stability. Attempts to ease them back into society must be based on a careful analysis of their living conditions and close contacts. It is essential that victims are informed about external pressures and manipulation, and that adequate resources are provided to ease their transitions. Suicides induced by manipulation are too often overlooked and swept under the rug. We must take steps to prevent suicides caused by manipulation.

REFERENCES:

- [1] Oram S, Stöckl H, Busza J, et al.: Prevalence and risk of violence and the physical, mental, and sexual health problems associated with human trafficking: systematic review. PLoS Medicine
- [2] Kiss L, Yun K, Pocock N, et al.: Exploitation, violence and suicide risk among child survivors of human trafficking in the Greater Mekong subregion. JAMA Pediatrics
- [3] Hawton K, Zahl D, Weatherall R: Suicide following deliberate self-harm: long-term follow-up of patients who presented to a general hospital. British Journal of Psychiatry
- [4] Tamanna Jaitly, Sruthi Nair, Shruti Gupta, S.K Shukla. Manipulative Suicides: A New Paradigm of Suggestive Deaths among Adolescents and Young Adults. Res. J. Humanities and Social Sciences.
- [5] Frey LM, Middleton J, Gattis MN, Fulginiti A. Suicidal Ideation and Behavior Among Youth Victims of Sex Trafficking in Kentuckiana. PMID: 30375247.
- [6] Vijayakumar, L. (2010). Indian research on suicide. Indian Journal of Psychiatry