



## Woman in Development and Politics

### Phenomenology of Female Suicide in Dishmuk Region

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#### ABSTRACT

Suicide is one of the oldest phenomena of human societies, and since it must be studied and understood within the framework of social psychology of each society and its sub-communities, so far an important part of social studies of suicide has been focused on suicide in nomadic and rural areas. For several years, the significant number of suicides and especially women's self-immolations in the Dishmuk region of Kohgiluyeh and Boyer Ahmad provinces has been widely reflected in the media. This research sought to study and investigate suicide in this rural-nomadic area by using the qualitative method of phenomenology in Giorgi's style and using semi-structured interviews. The research sample is purposeful and consists of people who have had an unsuccessful suicide or one of their relatives has committed suicide leading to death. In understanding the interviewees' perceptions of the causes and contexts of suicide attempts in this region, the researchers divided them into five main categories: 1) lack of knowledge and life management skills; 2) lack of satisfaction with private life; 3) reaching a feeling of dead end and getting stuck in social life; and 5) the personal aspects and the superficiality of some religious beliefs have been reached, each of which has been separated into more detailed concepts in the findings section and documented with quotes from the interviewees. Finally, these categories are compared with some of the theoretical literature on suicide, and the authors provide suggestions for suicide prevention.

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based on phenomenological investigations into five main categories: 1) lack of knowledge and life management skills; 2) lack of satisfaction with private life; 3) reaching a feeling of dead end and getting stuck in social life; and 5) the personality and superficiality of some religious beliefs were found. Each of which is elaborated more in the findings section and documented with quotes from the interviewees. Finally, these categories have been compared with the theory of suicide, and the authors have provided suggestions to prevent suicide.

### Conclusion

In the end, the researchers made suggestions to improve the conditions of the region, including the establishment of girls' dormitories and boarding schools, the establishment of rural girls' high schools, the establishment of a counseling clinic consisting of local psychologists who are fully familiar with the language and culture of the people of the region, and also conducting skill-building courses for girls and boys who are at the age of marriage because this can increase the quality of the couple's relationship in the region along with the support of knowledge and skills. Also, based on the low level of development of the region, it is suggested that the development of education levels, skill training and the creation of employment opportunities for men and as a result help their economic independence should be put on the agenda. This can be a very efficient helper for the provision of housing and in solving the mentioned problems caused by harmful coexistence in the joint housing of the extended family. One of the proposals highlighted by the researchers is also the activation of local educated groups in each clan to mediate before marriage, after marriage and at the time of discords and problems because many couples are in unfavorable conditions and have unresolved issues that need help that this help in the context proposed by the researchers in this research is a solution in accordance with the cultural context of the region. Establishing a health center and neurology clinic and providing counseling services, which can also be done in the form of action research by researchers and students of psychology and psychiatry faculties, has a serious ability to reduce the deterioration of the current situation, and is another suitable suggestion for improving the conditions of the region. As a recommendation, this research concludes that Dishmuk is in need of establishment of a psychological and counseling clinical center using specialists who are sufficiently aware of the local culture, because due to the enclosure of the community, the first mistake of a psychologically exhausted person (i.e. suicide attempt) may be the last one. This center should specially concentrate on improving the conditions of marital life and the level of life satisfaction, in addition to upgrading problem-solving skills of interpersonal and social communication. As an emphasis, these activities will be more efficient if they consider premarital education of future couples.

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