

# A Study on Prevention of Suicide among Employees Working in Export Organizations at Tiruppur

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**Abstract**—Human life is more vital point in our social culture. After globalization prioritizing between work on one hand and life on other become a great task. Studies proved that work place become single greatest source of stress. Substantial increase in work, conflicts between work and family demands, unacceptable level of pressure from various angles, employees are not able to match the work life balance. Unfortunately human beings are depressed due to various reasons. The components like work stress, economy, culture, communications, those who cannot cope up or balance their work life with this situation take tragic decisions to quit their lives. A study of prevention of suicide among employees working in export organizations at Tiruppur is important since Tiruppur knit wear export zone, its annual export of the year 2011 – 2012 is Rs. 12,000 crores and domestic sale is Rs. 5,000 crores. A study on prevention of suicide among employees working in export organizations at Tiruppur helps to reduce the suicide and promoting positive living among the depressed and deprived in Tiruppur. The management to know the level of the employees, to know the level of the employees, to know the personal value of the employees they should construct a platform for promoting living.

**Keywords**—Employees; Stress; Suicide among Employees; Tiruppur; Work Pressure.

**Abbreviations**—World Health Organization (WHO).

## I. INTRODUCTION

**H**UMAN life is more vital point in our social culture. After globalization prioritizing between work on one hand and life on other become a great task. Studies proved that work place become single greatest source of stress. Substantial increase in work, conflicts between work and family demands, unacceptable level of pressure from various angles, employees are not able to match the work life balance [5, 6].

### 1.1. Statement of the Problem

Human is being an important potential for progress. Unfortunately human beings are depressed due to various reasons. It is every unit / component in the society that influences human persons and rather takes a lead in once own decisions. The components like work stress, economy, culture, communications, those who cannot cope up or balance their work life with this situation take tragic decisions to quit their lives [6, 7].

### 1.2. Scope of the Study

A study of prevention of suicide among employees working in export organizations at Tiruppur is important since Tiruppur knit wear export zone, its annual export of the year 2011 – 2012 is Rs. 12,000 crores and domestic sale is Rs. 5,000 crores [1].

There is always a hardcore pressure on workers to work day and night for high results in productivity and exports. Employees should synchronize the work and life and to cope within the present situation to get the good level in job satisfaction.

A study on prevention of suicide among employees working in export organizations at Tiruppur helps to reduce the suicide and promoting positive living among the depressed and deprived in Tiruppur. The management to know the level of the employees, to know the level of the employees, to know the personal value of the employees they should construct a platform for promoting living. National policies should ensure the life of every human being and their life progress.

### 1.3. Objectives of the Study

- To analyze the reasons for employees depression.
- To analyze the economy of the employees.
- To analyze the employee demand and social demand.
- To analyze the various cultural factors.
- To find out the solutions to promote positiveness among the employees.

## II. HYPOTHESIS

The following hypotheses are framed on the above objectives

- There are no specific mandatory rules for export oriented sector to match the work-life balance of employees.
- There are no significant working patterns, scheduling of jobs, payment structure.
- There are no HR policies to promote positive attitude and counseling centers.
- There is no comprehensive rule / frame work to find out the solution for committing suicide among the employees working in export organization.
- There is no proper infra structural facilities provided by central / state governments to ensure the life of the employees.

## III. DATA AND SOURCES OF DATA

The study is based on the secondary data collected from the internal source like newspapers, weekly's, from social welfare departments, social welfare organization [1, 2, 3].

### 3.1. Presentation of Data

Table 1: Number of Suicides

Sl. No	Year	Number of Suicides
1.	2009	542
2.	2010	616
3.	2011	611

Table 2: Mode of Suicides in 2009

Tiruppur District		Year 2009				
Mode of Suicides	Male	Female	Boys	Girls	Total	
Poison	164	104	3	5	276	
Drown	14	11	1	2	28	
Hanging	116	39	4	5	164	
Burning	21	50	1	2	74	
<b>Total</b>	<b>315</b>	<b>204</b>	<b>9</b>	<b>14</b>	<b>542</b>	
Age Wise Categorization of Suicides		Male	Female	Boys	Girls	Total
Below 30 years		126	132	9	13	280
31 to 40 years		80	41	1	0	122
41 to 50 years		72	15	0	0	87
Above 51 years		37	16	0	0	53
<b>Total</b>		<b>315</b>	<b>204</b>	<b>10</b>	<b>13</b>	<b>542</b>

Table 3: Mode of Suicides in 2010

Tiruppur District		Year 2010				
Mode of Suicides	Male	Female	Boys	Girls	Total	
Poison	187	112	1	11	311	
Drowning	21	17	3	0	41	
Hanging	135	41	8	8	192	
Burning	34	31	01	7	72	
<b>Total</b>	<b>377</b>	<b>201</b>	<b>12</b>	<b>26</b>	<b>616</b>	
Age wise categorization of suicides		Male	Female	Boys	Girls	Total
Below 30 years		146	123	12	26	307
41 to 40 years		99	37	0	0	136
Above 51 years		67	21	0	0	88
<b>Total</b>		<b>377</b>	<b>201</b>	<b>12</b>	<b>26</b>	<b>616</b>

Table 3: Mode of Suicides in 2011

Tiruppur District		Year 2011				
Mode of Suicides	Male	Female	Boys	Girls	Total	
Poison	159	112	4	11	286	
Drowning	22	16	2	0	40	
Hanging	146	67	4	6	223	
Burning	25	28	0	9	62	
<b>Total</b>	<b>352</b>	<b>223</b>	<b>10</b>	<b>26</b>	<b>611</b>	
Age wise categorization of suicides		Male	Female	Boys	Girls	Total
Below 30 years		153	94	10	26	283
31 to 40 years		116	73	0	0	189
41 to 50 years		54	37	0	0	91
Above 51 years		29	19	0	0	48
<b>Total</b>		<b>352</b>	<b>223</b>	<b>10</b>	<b>26</b>	<b>611</b>

Table 5: Suicide case Particulars for the Year 01.01.11 to 31.12.11

Suicide case particulars for the year 01.01.11 to 31.12.11										
Year	Head	Love Failure	Family Dispute	Financial Reasons		Un employment	Stomach Pain	Illegal Intimacy	Frustration in Life	Total
				Loan problem (kanduvatti)	Money Problem					
2011	Native of Tiruppur District	27	89	14	12	2	163	6	82	451
2011	Other District Persons Living In Tiruppur District	6	8	2	3	4	56	1	43	149
2011	Other State Persons	0	2	0	1	0	0	0	0	11
<b>Total</b>		<b>33</b>	<b>99</b>	<b>16</b>	<b>16</b>	<b>6</b>	<b>219</b>	<b>7</b>	<b>125</b>	<b>611</b>

## IV. DATA ANALYSIS

Based on the secondary data from tabulations 1 to 5 the following points are taken into account

1. Most of the suicide category below 30 years.
2. Most of the suicides are by poison.
3. Most of the suicide gender is male.
4. Reason for suicide is mostly due to ill health (water pollution, air pollution, living conditions)
5. Significant reasons are lies in the contest of work life balance.

### 4.1. Significance of the Study

The data from the Tiruppur district sources declares that in the year 2011 total 611 persons have committed suicide and the data of 2010 states that totally there were 616 suicides.

Though the data states less than one percentage of decrease in the suicidal death rate in the year but still it is a shocking alarm for the universe and needs precisely more strong awareness and alert and action in Tiruppur district. The below mentioned present ongoing history of Tiruppur brings about the understanding of the risk and highly vulnerable population.

### 4.2. Population Scenario

Tiruppur, the highly and thickly populated with migrants is the district known to be the dollar and banian city. It is also the 7<sup>th</sup> big industrial city of India being surrounded with the villages and small towns. The official census 2011 detail of Tiruppur, released by directorate of census operation enumerates that in 2011, Tiruppur had population of 2,471,222 of which male and female were 1,24,974 and 1,228,248 respectively. There is a growth of population to 29.69 percent in 2011 from the data 2001 which points out to be 25.34 percentages. Amidst the crowded population the density of Tiruppur also depicts the density of 476 in 2011 when compared to 367 of 2001. With the total area Tiruppur district 5,186 sq.km; the density of population increased to 476 in 2011 when compared to the data of 367 in 2001.

### 4.3. Housing Scenario

Growth of the Tiruppur is an unpredicted and unexpected. It is a sudden development in the field of banian industries that drawn a humpty number of population in to this town. And now Tiruppur is filled with multi linguistic, cultural and religious population. It is not only the density of population but but also the number of houses where people live is inevitably unique from any other places in the world. The compact structured compound houses, crowded and dumped hostels, line houses that pressurizes people who returns home after their heavy work for an impossible peaceful sleep. The sudden inflow of people required an immediate establishment of residence for these population and finally the resulted in building sudden easy structures such as, compound structures, line structures, colonies, hostels within the companies. Having jam packed with lot of industries, these

seven clusters have got four types of structures such as compound, line houses, company hostels and colonies.

### 4.4. Working Scenario

In Tiruppur, about 60 percent of India's total knitwear exports originate from this centre. It is estimated that nearly 350,000 workers are either employed and there are unknown numbers of seasonal home based workers supports the production process. More than 1,600 big and medium size textile mills producing yarn and fabric to support apparel export industry are located in 5 districts surrounding in Tiruppur. Now the clothing industry (garment & textile factories) has women workers with the strength more than 60% of its entire workforce. Therefore women workers constitute majority in textile industry and predominantly belong to 14 to 21 years. The presence of large number of knitting and stitching units in Tiruppur has led to many young girls been attracted from central and southern districts of Tamilnadu with the hope of employment and dreams of better life as told by labour brokers and traffickers. It was introduced in textile industry in the name of apprenticeship for the period of three years and violating the apprenticeship act 1961 against the permitted period of six months. Garment exports introduced this scheme in garment factories from their successful experience in spinning mill over a decade. These industries are violating various labour laws under this sumangali scheme both in the spinning mills and garment factories. The physical and verbal abuse showered on them by supervisors if they asleep or become slow after working for more than 10 hours in a day. Suicides and mysterious death of girls working in closed factory campus and numerous reports of sexual assaults, molestation, and incidence of outraging the modesty of girls and women. The staff is forced to work for 72 hours per week and they are not provided nutritious quality food. They are even waked up in mid-night shifts. The combination of all these cause fatigue and physical break down of girls.

### 4.5. Multifaceted Culture / Linguistic / Religious Scenario

Tiruppur with multi linguistic, multi cultural and multi religious status, the rapport between neighbours is nil and the communication is very limited; community living is common; families are separated and the children are scattered. Life has become hard for people to live and is so mechanic. Above all and over all scenario of Tiruppur obviously points out that Tiruppur is a place of work, work and work and it is the compilation of working population and rather a population who allocates or gets or finds out rare time for relief and relax, family life and happy moments. More work less paid or unpaid works! Rights are un recognized! Social security is not assured! Individual and family harassments! Immoral and illegal living! Unorganized and disoriented life! Confused status! Economically scrambled down! No love and no affection! In secured and un assured job! No family! Trembles and distressed mind! No working environment! Unintended debts! Gradual decrease in

health! No one to share! No one to care! Where do these depressed and deprived go...?

## V. SUGGESTIONS AND RECOMMENDATIONS

- The steps are to be taken by the district administration to eradicate / to curtail this status of the suicidal tendency in Tiruppur by the counseling centers with reference to the population.
- District medical hospitals should make the research for the stomach pain and why the disease that make them to commit suicide.
- District medical hospitals to be with more psychiatrists.
- The basic infrastructures like house, water, electricity, to be provided in the labour populated areas.
- The organization in the work places will give paid sick days and support with child care centers, maternity leave.
- The organization should provide paid family benefits for its workers.
- The organization with more than 100 employees should have a counseling centre.
- The organization should provide maximum wages for their employees livelihood and maximum work hours, flexible work pattern, non stress working climate [7].

### 5.1. Limitations

- The study is limited to Tiruppur only.
- The findings of the study are applicable to Tiruppur only.

- Time is limited. Hence the study has its own limitations.
- Sampling is only from secondary data.
- Some statistical tools were used in the study it has its own limitations.

## VI. CONCLUSION

The high rate of suicides has been reported as an area of concern in Tiruppur district. Dr. K. Sakthivel, psychiatrist, district head quarters hospital, Tiruppur said that “studies indicate that 70 percent of the studies were from the migrant workers primarily owing to socio-economic reasons too are significant causes for high incidence of suicides in the district. On the economic front, migrant workers in sector like textiles are very much distressed as their salaries have not increased for many years landing them in debt traps and then ending in suicides.

WHO will discuss key messages and future directions to prevent problems from ending their lives [4]. The issue of suicide calls for better awareness and dealt with sensitivity, understanding the factors that cause suicide and solutions to prevent it. Suicide prevention is given priority to arrest. Changes need to be made in social activities and government policies.

## REFERENCES

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