47 - SOCIO-PSYCHOLOGICAL CONTEXT OF RELATIVES OF SUICIDES: AN ANALYSIS OF AFFECTIVITY AND COPING STRATEGIES

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INTRODUCTION

Suicide is an individual attitude to extinguish life itself, is to think at first to interrupt the life cycle of the individual. Considering the abstract feelings, like dreams, youth and feeling of security that during the life lose force or end, thus becomes, suicide a preferred option.

According to Pietro, Tavares (2005), the global rate of suicide, was estimated by the World Health Organization (WHO) in 2000, standing around 16 per 100 000 inhabitants, with variations according to gender, age and country. It was pointed out a further 60% increase in suicide rates in the last five decades, considering the data around the world.

Society treats the subject, under the veil of taboo, that is, a subject on which they avoid deeper theoretical or heated discussions. Suicide can be considered a public health problem. Therefore, in addition to individual motivations that lead to suicide, one must understand the social context in which these individuals are included.

Thus, the human being must be seen from a integral conception as a biopsychosocial being, which cannot be seen separately from the broader context.

Taking into consideration such aspects, it was elected the municipality of São José de Piranhas as the locus of this study, mainly due to the perceived increase in the rate of suicides in the city, which has generated endless repercussions. Thus, it was necessary to develop a research project with the desire to understand this reality, which will provide benefits in the social and scientific fields, providing subsidies to unravel the socio-psychological context of family members of suicides interpreted by their reports. This article has as general aim, to analyze the socio-psychological context of family members of suicides and specific goals, characterize the socio-economic development of relatives of suicides; evaluate the affectivity and coping strategies on suicide.

METHODOLOGY

The abovementioned research is a descriptive and field one, and adopts a quantitative approach.

The audience for this study consisted of first-degree relatives and who had direct contact with individuals who committed suicide in São José de Piranhas – PB. Spouses of the suicide also participated in the study. The sample consisted of 20 relatives of suicides.

The survey was conducted, and as a means of obtaining data, a semi-structured questionnaire. Data collection was carried out from March 2007 and data was analyzed descriptively, displayed in charts and discussed in the light of the pertinent literature. In order to achieve the aforementioned study, have been taken into consideration the assumptions of Resolution 196/96 of the National Health Council - Department of Health, which deals with research on human beings (Brazil, 1996).

RESULTS AND DISCUSSION

Chart 1 - Socio-demographic characterization of participants

Age Group	***f***	**%**
27 -37	8	40
37 - 47	6	30
47 - 57	3	15
57 - 67	3	15
Gender	***f***	**%**
Feminine	19	95
Masculine	6	5
Marital Status	***f***	**%**
Single	2	10
Married	13	65
Widower	4	20
Divorced	1	5
Education	***f***	**%**
Il literate	4	20
Primary	9	45
High School	4	20
Higher	3	15
Religion	***f***	**%**
Catholic	13	65
Evangelic	7	35
Practitioner	***f***	**%**
Nothing	0	0
1 Rarely	5	25
2 Sometimes	0	0
3 Moderately	7	40
4 Frequently	1	5
5 plenty	0	0
Fully	6	30
TOTAL	**20**	**100**

It was observed that the main results concerning the socio-demographic characterization features of participants were: Regarding age is that they are between 27 and 37 years (40%), are female (95%), with primary education (45%), married (65%), Catholics (65%), and of these (40%) consider themselves practically mildly of religion.

Literature indicates that religiosity is more important than religious affiliation, under the hypothesis that religiosity or religious commitment has a greater effect and validity against suicide. (NETO, ALMEIDA, 2004).

It is worth noting that all who consider themselves practitioners are fully evangelical, whose practice is justified by the

firmness of their religious convictions that lead to a life committed to their religion.

Seeking to verify other aspects that may characterize the participants, relatives of suicides, below there is the socio-economic characterization of the 20 relatives, as seen in the following chart.

Chart 2 - Economical characterization of the participants

Family Income	f	%
1 a 3 salaries	16	80
4 a 5 salaries	4	20
Ocupation	**f**	**%**
Merchant	3	15
Retiree	5	25
Maid	2	10
Student	2	10
Public Employee	1	5
Saleswoman	2	10
tire Fitter	1	5
Farmer	1	5
People resident in the house	**f**	**%**
1 a 3 people	9	45
4 a 6 people	10	50
More than 6 people	1	5
House	**f**	**%**
Owner	14	70
Rented	2	10
Owns vehicle	**f**	**%**
Yes	8	40
No	12	60
TOTAL	**20**	**100**

Analyzing the main results of the economical characterization of the participants, it is important to point out that their family income is around 1 to 3 minimum wages (80%), indicating that they are part of a lower social class, are retirees (25%), with large household composition residing in the same house around 4 to 6 people (50%), own their own homes (70%), but have no vehicle (60%).

Regarding the economic aspect is worth noting that the locus under study is located on the countryside of Paraiba, where there is little formal employment, providing only in its entirety informal services with low remuneration and commissioned jobs of a political nature, which does not guarantee financial stability, making the individual vulnerable in relation to the economic factor. Schooling for Souza et al. (2002), points out that in his research most suicides had only primary education, making it difficult the access to the labor market.

It was also observed that another crucial factor is that the participants are mostly retirees, who are responsible for the economic sustainability of all family members, thereby becoming impossible to secure and provide basic needs of the individual, as advocates the Human Rights law.

COPING STRATEGIES AND AFFECTIVITY OF RELATIVES OF SUICIDES

The coping strategies concern what the individual really thinks and feels what he/she would do in certain situations. This process is not static and may change according to the assessment and reassessment of the stress factor. (MEDEIROS; PENINCHE, 2006).

Thus, to consider the coping strategies used by relatives of suicide is seeking to understand how they face suicide, which can be useful to understand their attitudes and behaviors.

On chart 3 there are the average scores of relatives in the coping items, in which the main factors of the Coping Scale are: Religious Practices, Targeting the Problem, Focusing Emotion and Social Support.

Chart 3 - Average rating of the participants in the Coping Strategies

FACTORS	OVERALL AVERAGE
On Problem	2.80
On Emotion	2.80
On Religion	3.85
On Social Support	3.51

Among the factors of the Coping Scale the highest average was in the religious practices whose average was 3.85. During the application of the instrument most of the participants said that faith was the only driving force which made them live. Optimism and religious beliefs can relieve the stress associated with loss, loneliness and helps maintain a sense of control over what is happening, maintaining hope and a sense of meaning and purpose in life.

Regarding the Focus of the Problem, the average score was 2.80. By using this strategy, family members express that the flame of hope is kept alive even facing the contrary and stressful situations in order to get what you want. On the case of the relatives that use this strategy will seek to know their limitations in order to address the problem directly, which may contribute to resolving the problem and achieving the proposed goals of life.

Regarding Emotion the obtained average of 2.30 was the lowest among all. In some cases the individual due to the discomfort of a certain situation hard to bear and intense desire not to be responsible for anything or even the inability to resolve the crisis or the feeling of having exhausted the possibilities of solution, would rather blame others and also make themselves blameless.

In terms of Social Support Factor. In this type of coping the familiar focuses on social support, demonstrates that the family atmosphere and circle of friendships has preserved personal and emotional bonds, being receptive to criticism and guidance.

The goal of the mobilization of Coping Strategies is to tolerate, minimize, accept or ignore the stressor, being an important adaptation mechanism for the resolution of problems and management of stress in particular contexts. (MOLINA, 1996).

Considering one of this study's purposes, which is to analyze the affection of relatives of suicides, the participants were asked that, among a scale ranging from not at all and extremely evaluate in a general way of how they feel more recently in regard to their affectivity.

Chart 4 - Average Score of affection of relatives

POSITIVE	AVERAGE	NEGATIVE	AVERAGE
Safe	3.86	Anguished	3.50
Willing	3.75	Anxious	3.05
Loving	3.65	Sad	2.50
Active	3.40	Indecisive	2.35
Determined	3.30	Troubled	2.30
Decided	3.30	Afflicted	2.25
Cheerful	3.05	Scared	2.25
Pleased	2.95	Cheerless	1.85
Vigorous	2.75	Bored	1.65
Interested	2.60	Depressed	1.55
		Agressive	1.35
		Angry	1.09
OVERALL AVERAGE	**3.26**		**2.14**

Thus, from 20 participants we obtained positive aspects of the overall average of 3.26, being the main these ones: Safe 3.86, Willing 3.75 and Loving 3.65. Regarding the general average of negative affects we obtained 2.14 being cited with the highest average: Anguished 3.50, Anxious 3.05 Sad 2.50. Regarding the lowest average positive affect indicated interested 2.60 and negative affect indicated annoyed 1.09.

For Beuler (2005), these feelings caused by living are called living reaction. In living reactions, therefore, the feelings, will be always proportional to the meaning the facts have for people. A single fact or event may determine different feelings in different people because they also represent something different to different people.

CONCLUSION

According to the exposed, it is concluded that the underpinned discussions here are intended to release the unconscious cries, the unbearable suffering of living in a society of many voices from different social spheres, and draw attention to the risks and possibilities of prevention of problems as serious as suicide.

Initially, it is emphasized that the psychological pain or stresses by themselves, however as great as they may be, are rarely enough to cause suicide. Much of the decision to die is in the construction of events, like the stress and pain which are relative and highly subjective in their experience and evaluation.

According to the theory that supplanted the present study, it was possible to verify that the stressor itself is not what determines the shape of an individual dealing with the problem, but rather the assessments and meaning given to the experienced. On the other hand, the confrontation of an individual is influenced by available resources and by the perceived social support. Hence the importance of support networks that enable a higher mental quality.

Thus, it was considered of utmost importance such an approach, having as reflection focus on the socio-psychological context of relatives of suicide, emphasizing the existing relationship between the forms or coping strategies and mental health, as well as in which senses these aspects and affection may be on the basis of the possible explanations for suicide.

Given this issue, this study allowed the verification that the review of epidemiological studies on suicide is important so that we can have a panoramic vision over the issue and the possible ways of tackling it.

Given the high incidence of suicide in the locus under study, redoubled efforts are necessary to sensitize the general population about the risks leading to suicide so that this problematic does not become an unresolved public health issue. Therefore, public administration should ensure rapid access to psychiatric support, through the primary health care in cases of high risk for suicide. Public policies should encourage and implement appropriate training and professional support for programs that have the goal of preventing suicide.

Based on such reflections and evidence, it became evident that it is necessary the offer of mechanisms that enable the community entertainment and recreation, because what often contributes to destructive thoughts is precisely the lack of opportunity to get involved in activities that provide mental health. Within the studied context, the provincial town, intemperate idleness leads to use and even abuse of alcohol, which is a fertile ground for self-destructive behaviors.

Thus it is suggested a closer look at the creation of support networks offering both healthy environments as social support networks because both contribute to a better quality of life for the population.

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SOCIO-PSYCHOLOGICAL CONTEXT OF RELATIVES OF SUICIDES: AN ANALYSIS OF AFFECTIVITY AND COPING STRATEGIES

ABSTRACT

Suicide is an individual activity to extinguish life itself. This fact occurs since man became aware to exist as thinking being and owner of his actions. The referred study aimed to analyze the socio-psychological context of suicides' relatives, the analysis of affectivity and coping strategies. To this end, 20 families took part and responded to a semi-structured questionnaire. The main results indicated the characterization of the family members, aging between 27 and 37 years, women with primary education, married, Catholic and regarding religious practice (40%) consider themselves average practitioners of religion. Regarding the economic aspect, the family income is around 1-3 minimum wages, retirees, with large household composition, and own their own homes. However, they don't vehicles. Suicide is an issue of social relevance, a public health issue which suggests the necessity of development of preventive measures and the study points out elements for early assessment and intervention in risk situations. The study highlights the importance of analyzing affectivity and coping strategies of family members seeking to better understand the underlying reasons for their actions, since the stressful situations favor the appearance of emotional reactions essential for the survival of man. Increased efforts are required to sensitize the population about the risks prominent to suicide. Therefore, the public administration should ensure rapid access to psychiatric support, through the primary health care in cases of high risk for suicide Public policies should encourage and implement appropriate training and professional support for programs that have the goal of preventing suicide.

KEYWORDS: Affectivity. Coping Strategies. Suicide.

CONTEXTE SOCIO - PSYCHOLOGIQUE DES MEMBRES DE FAMILLE DES SUICIDÉES: UNE ANALYSE DE L'AFFECTIVITÉ ET DES STRATÉGIES D'AFFRONTEMENT

RÉSUMÉ

Le suicide est une activité individuelle d'extinction de sa propre vie. Cet acte a lieu depuis que l'homme a pris conscience de son existence comme être pensant et maître de ses actes. Cet article s'est penché sur l'analyse du contexte socio – psychologique des membres de famille des suicidées, l'analyse d'affectivité e les stratégies d'affrontement. Pour cela, nous avons eu la participation de 20 de ces membres de famille qui ont répondu à un questionnaire semi – structuré. Les principaux résultats ont dénoté la caractérisation de ces membres de famille, ayant la zone d'âge comprise entre 27 à 37 ans, du sexe féminin, avec une formation primaire comme mariées et catholiques dont 40 % d'elles sont pratiquantes. En ce qui concerne l'aspect économique, le revenu familial est d'environ 1 à 3 salaires de base, ce sont des retraités avec une famille nombreuse, une maison propre mais pas propriétaire d'un véhicule. Le suicide est un problème d'importance social, une question de santé publique qui suggère le besoin de développement de moyens préventifs e l'étude met en évidence des éléments pour l'évaluation précoce et l'intervention dans les situations de risque. L'importance d'analyser l'affectivité e les stratégies d'affrontement de ces membres de famille se distingue en cherchant à mieux comprendre les raisons sous – jacentes aux actes, une fois que la situation stresseurs favorisent l'apparition des réactions émotionnelles indispensables à la survie de l'homme. Il est nécessaire des efforts redoublés pour conscientiser la population sur les risques éminents au suicide. À la vue de tout cela, la gestion publique doit garantir l'accès rapide au support psiquiatrique, à travers l'attention basique à la santé des cas de risque élevé au suicide. Les politiques publiques doivent encourager et mettre en œuvre l'entrainement adéquat et le support professionnel pour les programmes qui ont comme objectif de prévenir le suicide.

MOTS – CLÉS: Affectivité. Stratégies d'affrontement. Suicides.

CONTEXTO SÓCIO-PSICOLÓGICO DE LOS FAMILIARES DE SUICIDAS: UN ANALISIS DE LA AFETIVIDAD Y DE LAS ESTRATEGIAS DE ENFRENTAMENTO

RESUMEN

El suicidio es una actividad individual de extinguir la propia vida. Este acto ocurre desde que el hombre se dio cuenta de existir en cuanto ser pensante y dueño de sus actos. El referido estudio objetivó analizar el contexto sócio-psicológico de los familiares de suicidas, el análisis de la afectividad y las estrategias de enfrentamiento. Para esto, participaron 20 familiares que respondieron un cuestionario semi-estructurado. Los principales resultados indicaron la caracterización de los familiares, teniendo la faja etária entre 27 y 37 años, sexo femenino con enseño fundamental, casados, católicos e en relación a la práctica religiosa (40%) considerándose practicantes de la religión medianamente. Cuanto al aspecto económico a La renda familiar es en torno de 1-3 salarios mínimos, son jubilados, con composición familiar numerosa, poseen casa propia y, no poseen vehículo. El suicidio es un problema de relevancia social, una cuestión de salud pública que sugiere la necesidad de desenvolvimiento de medidas preventivas y el estudio apunta elementos para evaluación precoz e intervención en las situaciones de riesgo. Destaca-se la importancia de analizar la afectividad y las estrategias de enfrentamiento de los familiares buscando mejor comprender las razones subyacentes a sus actos, una vez que las situaciones estresantes favorecen el aparecimiento de reacciones emocionales imprescindibles para la sobrevivencia del hombre. Son necesarios esfuerzos redoblados para sensibilizar a la población sobre los riesgos eminentes al suicidio. Delante de esto, la gestión pública debe garantizar el acceso rápido de suporte psiquiátrico, a través de la atención básica a la salud a los casos de alto riesgo para el suicidio. Las políticas públicas deben incentivar e implementar el entrenamiento adecuado y soporte profesional para programas que tengan el objetivo de prevenir el suicidio.

PALABRAS LLAVE: Afectividad. Estrategias de Enfrentamiento. Suicidio.

CONTEXTO SÓCIO-PSICOLÓGICO DE FAMILIARES DE SUICIDAS: UMA ANÁLISE DA AFETIVIDADE E DAS ESTRATÉGIAS DE ENFRENTAMENTO

RESUMO

O suicídio é uma atividade individual de extinguir a própria vida. Este ato ocorre desde que o homem deu-se conta de existir enquanto ser pensante e dono de seus atos. O referido estudo objetivou analisar o contexto sócio-psicológico de familiares de suicidas, a análise da afetividade e as estratégias de enfrentamento. Para tanto, participaram 20 familiares que responderam um questionário semi-estruturado. Os principais resultados indicaram a caracterização dos familiares, tendo a faixa etária entre 27 e 37 anos, sexo feminino com ensino fundamental, casados, católicos e em relação à prática religiosa (40%) consideram-se praticantes da religião medianamente. Quanto ao aspecto econômico à renda familiar é em torno de 1-3 salários mínimos, são aposentados, com composição familiar numerosa, possuem casa própria e, porém não possuem veículo. O suicídio é um problema de relevância social, uma questão de saúde pública que sugere a necessidade de desenvolvimento de medidas preventivas e o estudo aponta elementos para avaliação precoce e intervenção nas situações de risco. Destaca-se a importância de analisar a afetividade e as estratégias de enfrentamento dos familiares buscando melhor compreender as razões

subjacentes aos seus atos, uma vez que as situações estressoras favorecem o aparecimento de reações emocionais imprescindíveis para a sobrevivência do homem. São necessários esforços redobrados para sensibilizar a população sobre os riscos eminentes ao suicídio. Diante disso, a gestão pública deve garantir o acesso rápido de suporte psiquiátrico, através da atenção básica à saúde aos casos de alto risco para o suicídio. As políticas públicas devem incentivar e implementar o treinamento adequado e suporte profissional para programas que tenham o objetivo de prevenir o suicídio.

PALAVRAS-CHAVE: Afetividade. Estratégias de Enfrentamento. Suicídio.