

(Q.1)

Introduction

Suicide is not merely an individual psychological act; it is a social phenomenon shaped by structural pressures, cultural norms, and institutional arrangements. Sociologists such as Emile Durkheim argue that self-suicide results from varying levels of social integration and regulation. In contemporary societies, rapid modernization, weakening family bonds, socioeconomic pressure, and digital isolation contribute to rising suicide rates. Therefore, sociological theory provides a powerful lens to diagnose its causes and design effective multi-level interventions.

1. Sociological framework: Durkheim and Strain Theory

9. Durkheim's Theory of Suicide

Durkheim identifies four types of suicide shaped by social integration and regulation:

1. Egoistic Suicide: Resulting from weak social integration (family breakdown, loneliness, individual-

2. **Anomic Suicide:** Caused by social instability and lack of regulation (Economic Crises, Unemployment, Sudden Change).

3. **Altruistic Self-Suicide:** Caused Excessive integration, extreme group loyalty, militancy.

4. **Fatalistic Suicide:** Excessive regulation (Oppressive Social conditions)

Contemporary Pattern of youth Suicide in Pakistan reflect egotic and Anomic Suicide tendencies due to weak emotional support systems and economic frustration.

b) **Strain Theory (Merton)**

According to Strain Theory, Suicide can occur when individual face a gap between Culturally approved goals (Success, Stability) and limited means to achieve them (education costs, Unemployment). When legal avenues fail, individual may resort to extreme coping mechanisms such as drug abuse or Suicide.

6 Social Determinants

Key Society Conditions contributing to suicide include:

- Poverty and joblessness
- Weak family structure
- Academic pressure
- Cyberbullying and digital isolation
- Stigma around mental health.
- Lack of affordable mental health services.

2. Social Causes of Suicide

a) Family-level causes

Broken families, conflict, and domestic violence

Lack of emotional bonding or poor parental supervision

High expectations and pressure for academic or career success

b) Campus/Community-level causes

Bullying, discrimination, and harassment

Academic stress and competition

Social isolation, depression, and lack of peer support

Easy access to harmful substances

c)

Societal and State-level Causes

Economic instability, Insecurity and Unemployment

Social media pressure and Unrealistic lifestyle comparison

Mental health stigma restricting help-seeking behavior

Poor access to Psychiatrists and Clinical Counsellors

Inadequate state policies for mental health.

3.

Multi-Level Intervention to Reduce Suicide

A

Family-level Intervention

1. Strengthening Family Communication

Regular dialogue, emotional availability, active listening, and supportive parenting reduce ego-egoistic tendencies.

2.

Parental Training Programs

Workshops teaching Stress Management, conflict resolution, and early identification of depressive symptoms

3.

Reducing Academic Pressure

Promoting realistic expectation and recognizing non-academic talents.

B. Campus / Community-level Interventions

1. Campus Mental Health Units:

Mandatory Counselling centers and on-campus Psychologists.

2. Peer Support Groups

Students trained to identify distress and direct Peers to help.

3. Anti-bullying Policies

Strict enforcement against harassment, Cyberbullying and discrimination.

4. Gatekeeper Training:

Training teachers, community leaders, and Student Volunteers to recognize early warning signs of suicide.

C.

State and Policy-level Interventions

1. National Mental Health Policy:

Prioritizing state Suicide Prevention, integrating mental health into Primary Care.

2. 24/7 Suicide Prevention Helplines:

Nationwide toll-free helplines staffed with trained counsellors.

3. Insurance and Subsidies for Mental Health Treatment:
Making therapy affordable for lower-income families.

4. Regulation of Hazardous Means:
Controlling access to pesticides, firearms, and dangerous pharmaceuticals - reducing impulsive suicides.

5. Public Awareness Campaigns:
Media programs to destigmatize mental illness and encourage help-seeking.

4. Measuring the Success of the Intervention

1. Quantitative Indications

1. Reducing in suicide rates and attempts over 3-5 years
2. Increased hospital reporting and treatment of mental cases
3. Higher utilisation of helplines and counselling services
4. Decrease in Campus bullying reports and academic stress surveys

2. Qualitative Indicators

- Improved family communication and student well-being (survey-based)
- Positive change in public attitudes toward mental health.

3. Policy Indicator:

Implementation of ~~mental~~ health legislation.

Budget allocation for School psychologists and Community mental health centers.

Conclusion:

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Suicide is a multidimensional Social Problem
rooted in structural inequalities, weak integration and emotional isolation. Using Durkheim and Strain theory frameworks. We understand that the causes lie beyond the individual and stem from broader social disorganizations. Therefore, a multi-level intervention - family, community and state - is essential to address the root causes and promote resilience.

Introduction

Social Class remains a central concern of Sociology, shaping life chances, economic outcomes, and social mobility. Karl Marx and Max Weber offer two foundation yet distinct explanations of Class. While Marx emphasizes ownership of the means of production, Weber highlights multi-dimensional stratification through class, status, and power. In the context of Pakistan rapidly urbanizing yet economically unstable society, assessing these two theories reveal which framework better explains the rise of urban precarity - informal employment, housing ~~insecurities~~ insecurity, inflation, and livelihood vulnerability.

1. Marxist Account of Social Class

Strengths:

1. Structure Economic Focus:

Max's core argument - that class divisions arise from ownership vs non-ownership of productive assets - effectively explains persistent inequalities in capitalist economies.

In Pakistan, a small elite controls land, Industry, banking, and real estate.

2. Exploitation and Surplus Extraction

Marx explains how employers extract surplus value by paying labour less than the value it produces.

- The exploitation of textile workers in Faisalabad and Sialkot illustrates this dynamic
- Labour Unions are weak, making workers more vulnerable.

3. Class Conflict and inequality

High.

His theory captures the persistent tension between Capitalists and workers.

Pakistan recurring labour strikes (e.g PIA, steel Mills textile Unions) reflect Class struggle.

Limitation:

Economic Reductionism

Marx reduces social life to economic relations and ownership, ignoring factors like caste-Biradari network, ethnicity, genders and religion which strongly influences Pakistan social stratification.

Oversimplified Class Categories

Marx's two-class model (bourgeoisie Vs proletariat) does not fit Pakistan's complex occupational mosaic - middle classes, informal workers, freelancers, small shopkeepers, bureaucratic elites.

Doesn't Do

Does not Explain Status-Based inequalities

In Pakistan, doctors, army officers, bureaucratic, and religious scholars enjoy high prestige even without significant economic capital - something Marxist theory cannot explain.

Weberian Account of Social Class:

Strengths:

Multidimensional View of Stratification.

Weber's triad - Class, status, and party - captures the complex nature of Pakistani Society.

- Bureaucrats (status + power)
- Military elite (party / power)
- Ulema (Status)
- New urban professions (education + prestige)

2. Recognizes Marketable Skills and Credentials

Weber emphasizes education, technical skills, and job market position.

Pakistan's educated urban middle class (IT workers, bankers, Civil Servants) is best explained by Weber's model.

3. Better fit for a Service and informal Economy.

Weber's focus on market situation explains why gig workers.

Delivery riders,

Private School teachers.

Journalists.

Experience unstable incomes despite education.

Limitations

less Emphasis on structural Exploitation

Weber does not fully explain Capitalist exploitation, landlord dominance, or Systemic inequality.

For example, Pakistan's feudal-industrial elite dominates political and economic system.

Fragmented Class Categories:

Critics argue Weber's multi-layered class categories dilute the clarity of class struggle and overcomplicate analysis.

Underestimates the Role of ownership and Capital:

In economies like Pakistan, land and capital ownership are still the strongest determinants of power, which Weber underweights.

Weber's framework better capture Pakistan multi-causal and multi-dimensional urban crisis.

answers are satisfactory
dimensions of questions are addressed