

The Impact of Socio-economic Status on Suicidal Thoughts in Men

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Introduction

Suicidal thoughts and behaviors are complex phenomena influenced by a myriad of factors, among which Socio-Economic Status (SES) plays a significant role. SES encompasses a range of variables including income, education, occupation and overall social status, all of which contribute to an individual's quality of life and psychological well-being. Research has increasingly highlighted the intricate relationship between socio-economic factors and mental health, revealing that men in lower socio-economic brackets are at a heightened risk for experiencing suicidal ideation. In contemporary society, socio-economic status is more than just a measure of financial stability; it also influences access to resources, social support and opportunities for personal and professional growth. Men who face economic hardship often encounter a range of stressors, including unemployment, underemployment and financial instability, which can erode their self-esteem and sense of purpose. This cumulative stress has been shown to have profound implications for mental health, with lower SES often correlating with increased rates of depression, anxiety and suicidal ideation [1].

Understanding the link between SES and suicidal thoughts in men requires an exploration of several key dimensions. Firstly, the socio-economic disparities that exist in society contribute to unequal access to mental health care and support services. Men from lower SES backgrounds may face barriers such as financial constraints, stigma and limited availability of mental health resources. Secondly, societal expectations and norms surrounding masculinity often dictate how men cope with emotional distress. Traditional gender roles may discourage men from seeking help or expressing vulnerability, exacerbating their risk of suicidal thoughts. In this comprehensive analysis, we will delve into how socio-economic factors contribute to suicidal ideation among men, exploring both direct and indirect pathways. We will examine empirical studies, theoretical frameworks and socio-cultural perspectives to offer a nuanced understanding of this critical issue. By highlighting the socio-economic determinants of mental health, this discussion aims to foster a greater awareness of the challenges faced by men in lower socio-economic brackets and underscore the need for targeted interventions and support mechanisms [2].

Description

To grasp the impact of socio-economic status on suicidal thoughts in men, it is essential to consider both the individual and systemic factors involved. Men facing socio-economic adversity often encounter a range of stressors that

can precipitate mental health issues. These stressors include financial strain, job insecurity and a lack of social support. The interplay between these factors creates a precarious situation that can lead to feelings of hopelessness and helplessness, which are strongly associated with suicidal ideation. Financial difficulties and employment instability are prominent factors contributing to suicidal thoughts. Men experiencing job loss or prolonged unemployment may face significant economic pressures, which can exacerbate feelings of inadequacy and despair. The psychological burden of financial stress can lead to chronic anxiety, depression and ultimately, suicidal ideation. Research indicates that economic downturns and job losses are linked to increased suicide rates, particularly among men who may already be vulnerable due to pre-existing mental health conditions [3].

Access to mental health care is a critical factor in addressing suicidal thoughts, yet men in lower socio-economic brackets often face significant barriers to obtaining help. Financial constraints can limit access to therapy and medication, while stigma associated with mental health issues can discourage men from seeking assistance. Additionally, men may experience a lack of affordable and accessible mental health services in their communities, further compounding their difficulties. This lack of support can prevent men from receiving the care they need, exacerbating their risk of suicidal ideation. Social support plays a crucial role in mental health, yet men in lower SES groups may have less access to robust support networks. Social isolation and lack of community ties can heighten feelings of loneliness and despair. The absence of supportive relationships can make it more challenging for men to cope with stressors and seek help when needed. Moreover, societal norms often discourage men from discussing their emotional struggles with friends or family, further isolating them and increasing their risk of suicidal thoughts [4].

Traditional masculine norms often dictate that men should be stoic, self-reliant and resistant to expressing vulnerability. These cultural expectations can discourage men from seeking help or talking about their emotional struggles, leading to underreported and untreated mental health issues. The internalization of these norms can contribute to a sense of isolation and emotional distress, which are significant predictors of suicidal ideation. Understanding the impact of gender norms on mental health is crucial in addressing the unique challenges faced by men in lower SES groups. The relationship between SES and suicidal thoughts is also influenced by other intersecting factors, such as race, ethnicity and geographic location. For example, minority men who experience socio-economic disadvantage may face compounded challenges due to systemic discrimination and limited access to resources. Addressing these intersectional factors is essential for developing effective interventions and support systems that cater to the diverse needs of men experiencing socio-economic hardship [5].

Conclusion

The impact of socio-economic status on suicidal thoughts in men is a multifaceted issue that demands a comprehensive understanding of the interplay between financial strain, mental health care access, social support and cultural norms. Men in lower socio-economic brackets face a range of challenges that can significantly impact their mental well-being, including financial instability, barriers to mental health services, social isolation and restrictive gender norms. Addressing these issues requires a multi-pronged approach that includes enhancing access to mental health care, reducing stigma and providing targeted support for men experiencing economic

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hardship. It is essential to create support systems that recognize and address the unique challenges faced by men in lower SES groups. This includes improving the availability and affordability of mental health services, fostering supportive community networks and challenging traditional gender norms that discourage emotional expression.

Furthermore, policy interventions and social programs aimed at alleviating economic disparities can play a crucial role in mitigating the risk of suicidal thoughts. By addressing the root causes of socio-economic disadvantage and promoting equitable access to resources, we can help reduce the prevalence of suicidal ideation among men. In conclusion, understanding and addressing the impact of socio-economic status on suicidal thoughts in men is vital for improving mental health outcomes and preventing suicide. By acknowledging the complex factors at play and implementing targeted interventions, we can better support men in overcoming the challenges associated with economic adversity and improve their overall well-being.

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Conflict of Interest

None.

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