

BÖLÜM 13

Riskli Meslek Gruplarında İntihar

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GİRİŞ

İntihar ile ilgili çalışmalar yürüten araştırmacılar, bu davranışı anlaşılması zor ve karmaşık dinamiklerinin varlığıyla vurgulamaktadır (1, 2). Bu açıdan intiharın tek bir nedene veya tetikleyiciye bağlanamaması, araştırmacıları çeşitli biyolojik, psikolojik ve sosyal risk faktörlerini araştırmaya yöneltmiştir (3). Bu bağlamda meslekler ve intihar arasındaki ilişkiye yönelik güçlü bir akademik ilginin 1930'lardan 1980'lerin başına kadar devam ettiği görülmektedir. Yapılan erken çalışmalarda, toplumda sık görülen mesleklerin rastlantısal bir şekilde intihara neden olduğu öne sürülmekteydi (4, 5). Bununla birlikte çalışmalar; meslekleri içeren kısıtlı sayıda grup farklılıkları ve küçük örneklem büyüklükleri nedeniyle çelişkili bulgular bildirmiştir (6). Bazı çalışmalar ise belirli meslekler ile tamamlanmış intiharlar arasındaki bağlantıya odaklanmıştır (6, 7). Her ne kadar geçmişte meslekler ve intihar arasındaki ilişkiye sıklıkla vurgu yapılsa da güncel çalışmalarda nadiren birlikte tartışıldığı gözlenmektedir (6).

Güncel alan yazını incelendiğinde çeşitli meslek gruplarının intihar riskinde belirgin farklılıklar olabileceği belirtilmektedir (8). Araştırmalar askerler, çiftçiler, hekimler, hemşireler, korucular, müzisyenler, polis memurları, denizciler ve

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Bu kitap bölümü, intihar ve bazı meslek grupları arasındaki çeşitli dinamik faktörlerin ilişkisini aktarmaya odaklanmıştır. Şüphesiz dinamik bir süreç olan intiharın meslekle olan ilişkisini aydınlatmak ancak ek sistematik çalışmalar ile elde edilebilir. Çalışılan işin bireylerin hayatındaki önemi göz önüne alındığında, araştırmacıların meslek ile intihar arasındaki ilişkiyi ciddi bir şekilde değerlendirmesi gerektiği açıktır. Yapılacak araştırmalar mesleki faktörlerle ilişkili olabilecek intiharlardan kaynaklanan erken ve istenmeyen ölümlerin azaltılmasına yardımcı olabilir.

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