

The impact of the COVID-19 pandemic on suicide among women in their 20s and 30s in Korea

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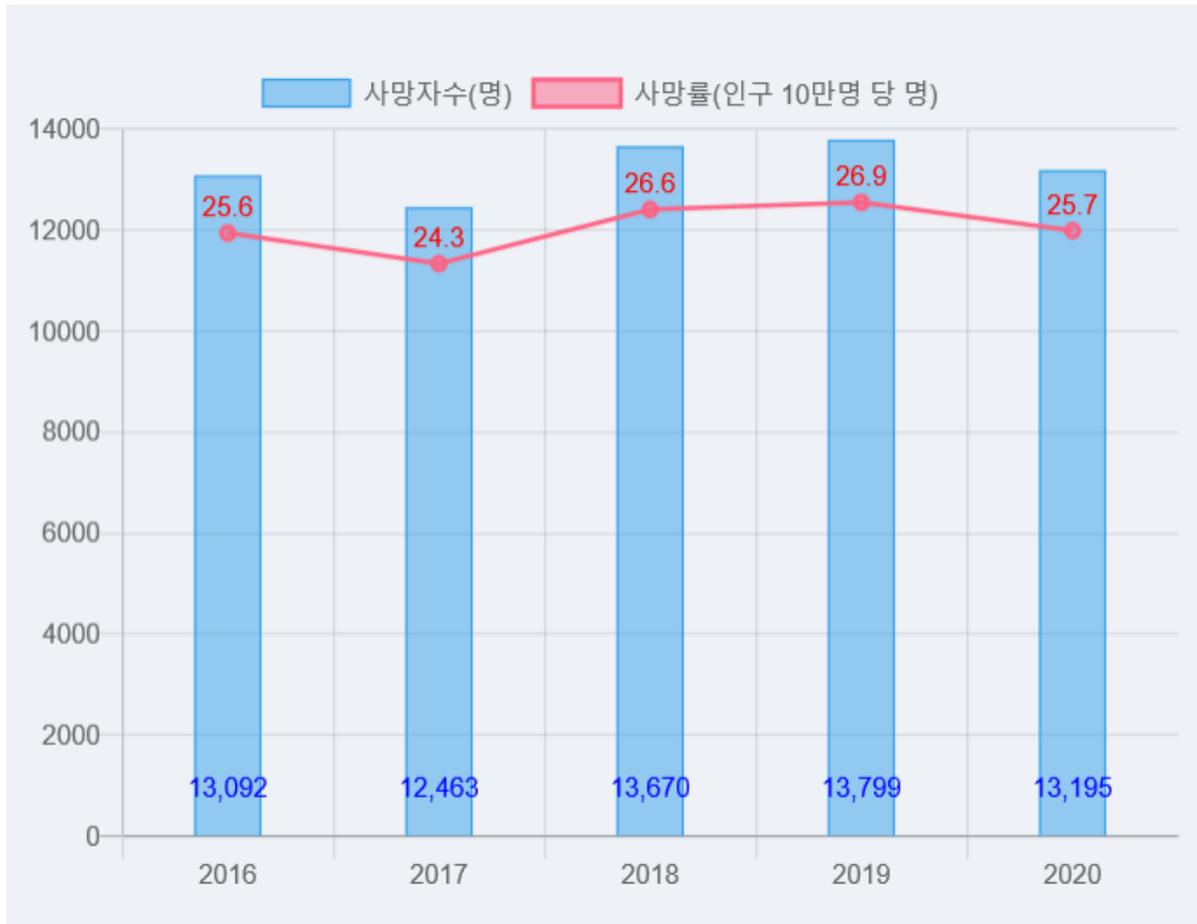
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Former Director of Chungnam Mental Health Center

- Recent Trend of Community Suicide Prevention on Rural. *3rd International Symposium on Suicide Prevention*. Japan Support Center for Suicide Countermeasures. 2019.
- To investigate the cause of suicide in local large cities Multi-layered analysis report. *Chungnam Provincial Research Report*. 2018.
- Experience of loss of an elderly spouse bereaved by suicide. *Mental Health and Social Work, Vol. 44(1)* 2016. 76-105
- A Psychological Autopsy Study on Suicide in Rural Areas in Korea. *Korean Social Welfare Studies, Vol. 67(1)* 2015. 55-81
- The effect of mental health level, social support, and psychological distress on suicidal ideation in chronic schizophrenic patients using community mental health services. *Korean Neuropsychiatric Journal, Vol. 2014. 53(6)*.



5 Year Total Suicide Rate (Nationwide)



Key Statistical Indicators (National)

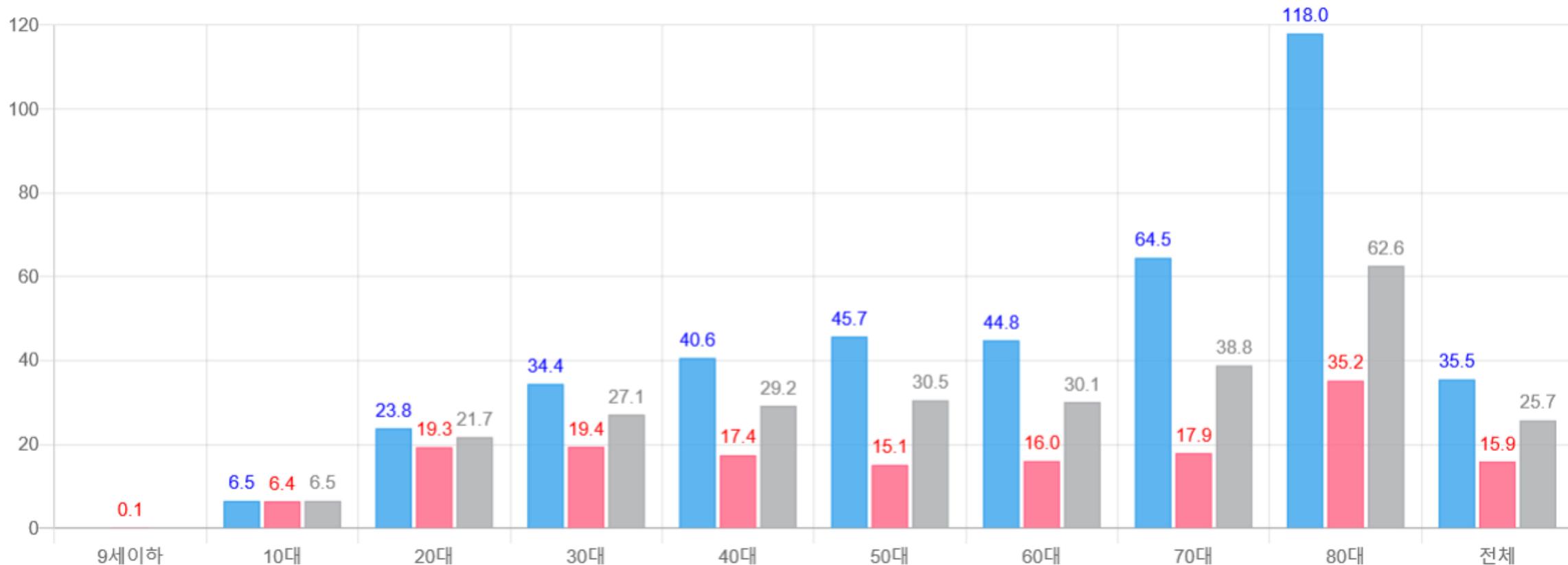
전국	2020년	전년 대비(%)	10년전 대비(%)	
자살사망자수	13,195	-4.4 ▼	-17.0 ▼	
자살률	전체	25.7	-4.4 ▼	-19.0 ▼
	남성	35.5	-6.5 ▼	-18.0 ▼
	여성	15.9	0.8 ▲	-20.9 ▼
	15세 미만	0.8	16.2 ▲	12.8 ▲
	15-64세	26.5	-3.3 ▼	-15.1 ▼
	65세 이상	41.7	-10.6 ▼	-47.7 ▼
연령표준화자살률	21.9	-2.9 ▼	-23.8 ▼	

Although the suicide rate appears to have decreased

- Changes in suicide risk groups due to COVID-19
- Before the pandemic, the suicide rate among men was high, but in the case of men, the impact from COVID-19 was relatively small, so the suicide rate decreased.
- In the case of women, the impact is severe, and the suicide rate is rather high. Although the suicide rate does not appear to have changed in society as a whole, it can be seen that the risk pattern has changed due to the change in gender risk.

Korea Statistical Office(2021)

남자 여자 전체



	9세 이하	10대	20대	30대	40대	50대	60대	70대	80대 이상	전체
남자	0.0	6.5	23.8	34.4	40.6	45.7	44.8	64.5	118.0	35.5
여자	0.1	6.4	19.3	19.4	17.4	15.1	16.0	17.9	35.2	15.9
전체	0.0	6.5	21.7	27.1	29.2	30.5	30.1	38.8	62.6	25.7

Relative increase in suicide among women in their 20s and 30s in Korea

- The suicide rate by gender and age group in 2020 is the same in that the suicide rate of the elderly is higher than that of other age groups.
- There is a significant difference between male suicide rates and female suicide rates. The suicide rate of women in their 20s and 30s is not significantly different from that of men compared to other age groups.
- Compared to the overall average of women of 15.9, those in their 20s were 19.3 and those in their 30s exceeded the average of 19.4.

Infectious Despair: Mental Health of Young Women

Jang, Soong-rang

- Factors affecting the mental health and suicidal ideation of young people in their 20s and 30s
 - (1) Family conflict (quality of relationship)
 - (2) Experience of failure
 - (3) Economic problems (job, etc.)
 - (4) Break up with partner
 - (5) Employment issues (non-regular workers, service industry)
 - (6) Isolation (an important facilitator)

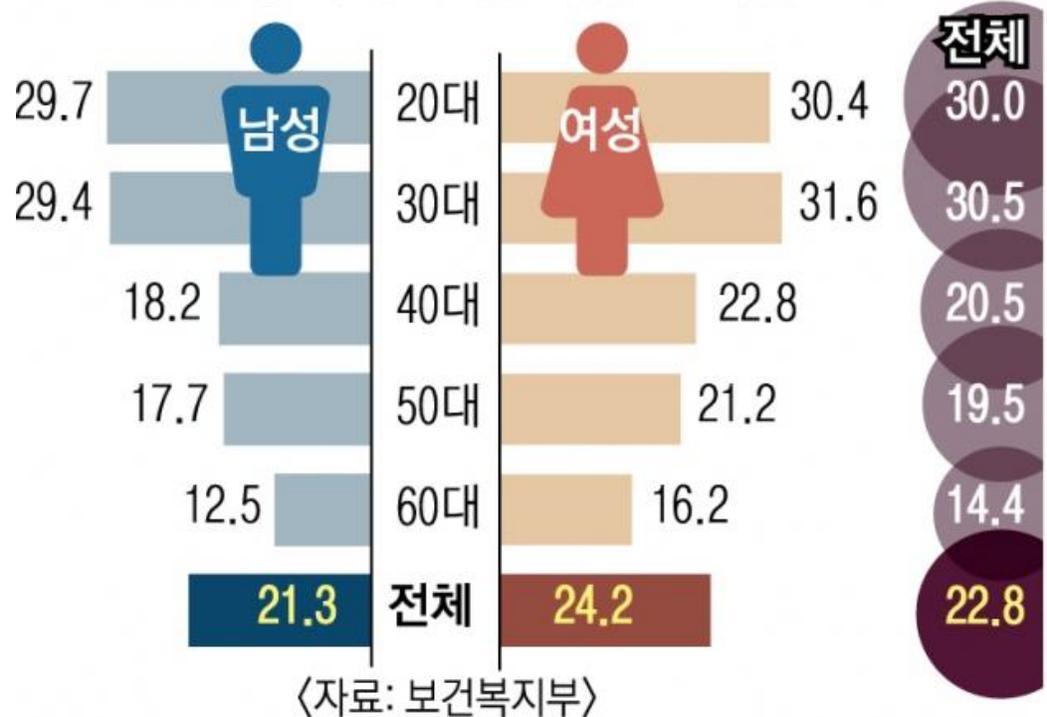
→ Family is one of the biggest protective factors for young people.

→ Suicide Attempts Need "Space" to Be Safe.

2030 'depression' doubled, 'suicidal thoughts' surged 3.5 times... Corona blue risk level (2021)

- Ministry of Health and Welfare 2021 'Corona Public Mental Health Status' Survey
- 2030 'depression risk group' is 6 times higher than in 2018
- In both the depression score and risk group, females were higher than males.
- Suicidal ideation is highest at 22.5% in their 20s and 22% in their 30s.

코로나19 장기화 우울 위험군 비율 (단위: %)



The Psychological, Social and Health Behavioral impact of COVID-19 Pandemic on women in their 20s and 30s: Gender and Age Differences

Kim YJ, Lee DH, Hwang HH, Nam SK, Jeong DS.

- The differences in psychological symptoms, social factors, and health behavioral factors were examined by group according to age and gender (2030 males, 2030 females, 40+ males, 40+ females).
- As a result of the difference analysis, it was found that females had higher negative emotions than males.
- Anxiety was higher in women in their 40s and older than in women in their 2030s, and there was no difference between men and women.
- In the case of burnout, women in their 2030s showed higher levels than other groups

Current Situation of COVID-19 and Suicide Prevention Policy in Japan

- The suicide rate decreased until May 2020, but increased rapidly from June 2020.
- In particular, the suicide rate among young women has risen sharply, becoming a serious social problem.
- This was related to economic conditions and employment environment. In other words, the employment conditions of women were mostly non-regular and temporary workers.
- Analyzed through indicators that economic power and employment conditions have deteriorated due to COVID-19.

(2021, Yutaka Motohashi)

The 5th International Forum on Suicide Prevention Policy 2021.2

The National Suicide Prevention Strategies: Global Perspectives and Challenges to the COVID-19 Pandemic

Conclusions on the impact of the COVID-19 pandemic on suicide among women in their 20s and 30s in Korea

- Deterioration of economic situation/unemployment
 - Employment conditions (regular workers, temporary workers, etc.)
 - Increase in childcare burden
 - Increased negative emotions (depression, exhaustion, suicidal thoughts)
 - Representative groups most affected by COVID-19
- ➔ Non-regular workers, unemployment, and the burden of childcare for 2030 women aggravate psychological, emotional, and economic difficulties, increasing the risk of suicide.

Suggestions for Suicide Prevention on women in their 20s and 30s

1. Psycho-emotional support

- Actively providing counseling services for psychological difficulties (depression, anxiety) : strengthening mental health counseling, providing social services in community
- Establishment of self-help groups for women and reinforcement of publicity : support from local governments and related organizations

Suggestions for Suicide Prevention on women in their 20s and 30s

2. Prevention of social isolation

- Establishment of non-face-to-face communication channels (active discovery and support connection using online chatting, video, phone, etc.)
- Expansion of visiting services (considering public health centers, mental health centers, women's groups, and one-stop services)

Suggestions for Suicide Prevention on women in their 20s and 30s

3. Economic and Employment Support

- Establishment of emergency measures at the level of the government and local governments for women's economy and employment.
- Expansion of living support

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Women are the mother of the world and of the future.

Thank you for your attention.