

May 2022

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Recommended Citation

Medina Alvarez, Elizabeth (2022) ""The effects on gender inequality with suicide and gender equality": An Annotated Bibliography," *Writing Waves*: Vol. 5, Article 13.

Available at: <https://digitalcommons.csumb.edu/writingwaves/vol5/iss1/13>

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"The effects on gender inequality with suicide and gender equality": An Annotated Bibliography

Elizabeth Medina Alvarez

CW: This piece contains themes of suicide

Keywords: gender, equity, suicide, suicide prevention, annotated bibliography

Introduction

Suicide is really a big problem because it has been around for a long time, sometimes we don't realize the reality, but many men and women around the world have faced unpleasant situations on a daily basis due to gender inequality. Suicide is one of the problems in which many lives are lost, although it is hard to imagine, every day people die by suicide in which it has been proven that a large part of these suicides is due to gender inequality that has existed for a long time. According to (European Institute for Gender Equality, 2019) gender equality is defined as the equality of rights, responsibilities, and opportunities of women and men, and girls and boys, which has been generalized so that the interests of the needs and priorities are equal for men and women and thus have greater gender equality and benefit from each other. As gender equality exists, gender inequality abounds worldwide as suicide rates are also high among vulnerable and discriminated groups. In addition, it has been

sufficiently demonstrated that inequality between men and women can cause catastrophes, violent acts, mistreatment, and a feeling of isolation that can lead to suicidal behavior. Men, like women, experience intense feelings of stress, confusion, self-doubt, pressure to succeed, and financial uncertainty, leading them to make poor decisions.

Introducción

El suicidio realmente es un gran problema porque existe desde hace mucho tiempo, a veces no nos damos cuenta de la realidad, pero muchos hombres y mujeres en todo el mundo se han enfrentado a situaciones desagradables a diario debido a la desigualdad de género. El suicidio es uno de los problemas en los que se pierden muchas vidas, aunque cueste imaginarlo, cada día mueren personas por suicidio en los que se ha comprobado que gran parte de estos suicidios se debe a la desigualdad de género que existe desde hace mucho tiempo. De acuerdo con (Instituto Europeo para la Igualdad de Género, 2019) la igualdad de género se define como la igualdad de los derechos, responsabilidades y oportunidades de mujeres y hombres, y niñas y niño, cosa que se ha generalizado para que los intereses de las necesidades y las prioridades sean iguales para los hombres y las mujeres y así tener mayor igualdad de género y ser beneficiados entre sí. De manera en que existe la igualdad de género también la desigualdad de género abunda mundialmente debido a que las tasas de suicidio también son altas entre los grupos vulnerables y discriminados. Además, está suficientemente demostrado que la desigualdad entre hombres y mujeres puede provocar catástrofes, actos violentos, malos tratos y un sentimiento de aislamiento que puede desembocar en conductas suicidas. Los hombres, como las mujeres, experimentan intensos sentimientos de estrés, confusión, dudas, presión para tener éxito e incertidumbre financiera, lo que los lleva a tomar malas decisiones.

Annotated Bibliography

Walton, A. G. (2012, September 24). The Gender Inequality Of Suicide: Why Are Men At Such High Risk? Forbes. Retrieved October 18, 2022, from <https://www.forbes.com/sites/alicegwalton/2012/09/24/the-gender-inequality-of-suicide-why-are-men-at-such-high-risk/?sh=69a2ffb83ba8>

Gender inequality has been one of the biggest problems between men and women, in addition to having many consequences that cause problems with mental health, which has been a great challenge that has managed to have a great lack of control and certainly more people get more treatment for it. The suicide rate remains high among men and women, although the number of men is reflected more among men. The World Health Organization predicts that around a million people take their own lives every year which is truly alarming. The research shows that in almost all countries, men commit suicide more often than women, which is all the more surprising since women tend to have higher rates of mental health disorders such as depression. A new study looked at factors that might explain why certain groups of men are much more likely than women to take their own lives.

Gender inequality and adolescent suicide ideation across Africa, Asia, the South Pacific, and Latin America – a cross-sectional study based on the Global School Health Survey (GSHS). (n.d.). NCBI. Retrieved October 18, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6764350/>

Gender equality has become generalized to fight for equal rights and responsibilities for men and women of all ages who demand better equal opportunities. A really important fact about the health of the population has been realized. A study of various parts of the world has shown that greater gender equality at the national level will contribute to greater life satisfaction among adolescent men and women in various countries of the world. On the other hand, what

was mentioned in the article is not one hundred percent proven since there is a lack of studies that clarify how national gender equality is related to suicidal ideation, in part because suicidal ideation is difficult to measure at the national level. national.

Milner, A., Scovelle, A. J., Hewitt, B., Maheen, H., Ruppanner, L., King, T. L. (2020). Shifts in gender equality and suicide: A panel study of changes over time in 87 countries. *Journal of Affective Disorders*, 276, 495–500. <https://doi.org/10.1016/j.jad.2020.07.105>

The article shows that gender equality continues to be an impulse for various parts of the world and several associations around the world have verified it in a way that they have shown that there are better results in the lives of men and women because of equality. of gender that has had the greatest increase in the world. Instead, there are researchers who have shown that death by suicide is more common among men, but suicidal behavior is more common among women. The understanding of the relationship between gender equality and suicide is incipient and is limited to cross-sectional work. We attempt to address this gap by examining within-country changes in gender equality over time, relative to suicide rates.

Fors Connolly, F., Goossen, M., Hjern, M. (2019). Does Gender Equality Cause Gender Differences in Values? Reassessing the Gender-Equality-Personality Paradox. *Sex Roles*. <https://doi.org/10.1007/s11199-019-01097-x>

The article has shown that gender equality and the differences between men and women in their personalities vary. So they have been shown to stem from roots in the tradition of evolutionary psychology that have shown that evolving explanations have been based largely on the certainty that a causal relationship in which equality of gender allows differences in which gender changes in the way people have personalities that differentiate them from one another. Gender differences in personality are rare to see since sexual selection in our ancestral past has determined that societies to a greater or lesser degree depending on their level of gender equality and economic development prove that greater availability of resources, as

well as equal gender access to resources, allow for independent development and the manifestation of gender-specific preferences.

Mayer, P. (2000). Development, Gender Equality, and Suicide Rates. *Psychological Reports*, 87(2), 367–372. <https://doi.org/10.2466/pr0.2000.87.2.367>

In the article, he has determined that in different studies, there is a relationship between the suicide rates of men and women since society has evolved as societies have been updated and sexual differences have diminished. The article has provided evidence showing that a multi-country comparative study has found positive confirmation of greater equality between men and women and suicide rates. Suicide figures between men and women balanced out as societies urbanized and industrialized.

Smalley, N., Scourfield, J., Greenland, K. (2005). Young People, Gender and Suicide. *Journal of Social Work*, 5(2), 133–154. <https://doi.org/10.1177/1468017305054953>

The article is based on the importance of examining the differences between men and women since there are differences in suicide attempts due to the differences that have existed between men and women. It is also important to consider more minimal differences since they are complex according to gender identities. Since the article has shown that research has been done in which samples have been determined in which certain groups of men and certain groups of women are more at risk of attempting suicide than others.

Process analysis

When I started working on this project, I began to develop ideas and expectations of how I was going to formulate the issue of suicide and gender equality and inequality. I wanted to develop ideas to have a better impact on the people who read the article. I also

wanted all the information to have a better development where I as a writer would give a better contrast of the most relevant and essential factors. When I start reading the first article I learn new facts about what the subject is dealing with in general. In addition, I have expanded new knowledge on how to capture the most relevant points of the article. Factors that I have learned, have better advance the development of my writing. That is, it complements concepts of how suicide and gender equality are generalized as gender inequality.

One of the strategies that I use the most is for better development of my article. It was putting together all the arguments with evidence and logic according to my topic. This was a strategy that I used to generalize more interest to the audience. For me, it was one of the most important factors. Since I have used having better concepts in my project so that the audience can generalize a better interest, for example, idealize research, and select points that brought emotions where the negative points were demonstrated, and the positive points of the articles I read. about how suicide affects gender equality and inequality. For example, from the article by Milner, (2022) I chose concepts that aproved that suicide affects gender inequality. In my research, I have generalized relevant points of how suicide has impacted gender equality and inequality, and how it has evolved positively and negatively.

During the process of my article, I idealized the type of audience that would have the best impact on the subject. In my research, I have generalized concepts that can be used by students interested in a focus on psychology or another mental health-related career. In the process of my research on suicide in gender equality and inequality. My research has been through articles on the CSUMB bookstore website where I have found a lot of information on my topic. In addition to the fact that I have generalized more confidence since the articles are academic, even though there have been some articles that 9 contained too much information where I needed analyze more, finding the main point of the subject. One of the techniques that has helped me find articles that are more in line with my topic were keywords, since my topic was focused on suicide, equality, and inequality between men and women. Keywords helped me get a better idea of what my overall topic was about. Also, the keywords helped me formulate a research question. The

one that helped me get more options to find more articles related to my topic. To better understand all the most critical concepts that my problem has to give a better contrast. The reason why I have decided to carry out this research is that it would be very useful for me with the career that I am studying, which is psychology. This research has given me new concepts of seeing things about how people generalize their thoughts in terms of suicide through the inequality that exists between men and women. In addition to that, I have had the opportunity to read about the main problems that exist between the genders, which lead them to make those bad decisions. One of the things that have generalized to me is how this problem is known worldwide since many people die every day from this problem. During the process of my article, in addition to learning about the subject. I have had experiences that have helped me strengthen my knowledge of the English language, as well as Spanish, which is my first language. So when I read an article I would first read it in English and then translate it into Spanish and analyze well what the article was telling me. As a student who speaks both languages, I would recommend this method to anyone who wants to be more confident in their writing.

Análisis del proceso

Cuando comencé a trabajar en este proyecto, comencé a desarrollar ideas y expectativas de cómo iba a formular el tema del suicidio y la igualdad y desigualdad de género. Quería desarrollar ideas para tener un mejor impacto en las personas que leen el artículo. También quería que toda la información tuviera un mejor desarrollo donde yo como escritor daría un mejor contraste de los factores más relevantes y esenciales. Cuando empiezo a leer el primer artículo aprendo nuevos datos sobre lo que trata el tema en general. Además, he ampliado nuevos conocimientos sobre cómo captar los puntos más relevantes del artículo. Factores que he aprendido, tienen un mejor avance en el desarrollo de mi escritura. Es decir, complementa conceptos de cómo el suicidio y la igualdad de género se generalizan como desigualdad de género. Una de las estrategias que más utilizo

es para un mejor desarrollo de mi artículo. Fue juntando todos los argumentos con evidencia y lógica de acuerdo a mi tema. Esta fue una estrategia que usé para generalizar más el interés de la audiencia. Para mí, fue uno de los factores más importantes. Ya que he usado tener mejores conceptos en mi proyecto para que la audiencia pueda generalizar un mejor interés, por ejemplo, idealizar la investigación, y seleccionar puntos que trajeron emociones donde se demostraron los puntos negativos, y los puntos positivos de los artículos que leí sobre cómo el suicidio afecta la igualdad y la desigualdad de género. Por ejemplo, del artículo de (AllisonMilner, 2022) Elegí conceptos que aprobaron que el suicidio afecta la desigualdad de genero. 11

En mi investigación, he generalizado puntos relevantes de cómo el suicidio ha impactado en la igualdad y desigualdad de género, y cómo ha evolucionado positivamente y negativamente. Durante el proceso de mi artículo, idealice el tipo de audiencia que tendría el mejor impacto sobre el tema. En mi investigación, he generalizado conceptos que pueden ser utilizados por estudiantes interesados en un enfoque en psicología u otra carrera relacionada con la salud mental. En el proceso de mi investigación sobre el suicidio en la igualdad y desigualdad de género. Mi investigación ha sido a través de artículos en el sitio web de la librería CSUMB donde he encontrado mucha información sobre mi tema. Además de que he generalizado más confianza ya que los artículos son académicos, aunque ha habido algunos artículos que contenían demasiada información donde necesitaba analizarlo mas para encontrar el punto principal del tema.

Una de las técnicas que me ha ayudado a encontrar artículos más acordes con mi tema fueron las palabras clave ya que mi tema estaba enfocado en el suicidio, la igualdad y la desigualdad entre hombres y mujeres. Las palabras clave me ayudaron a tener una mejor idea de lo que trataba mi tema en general. Además, las palabras clave me ayudaron a formular una pregunta de investigación. La que me ayudó a obtener más opciones para encontrar más artículos relacionados con mi tema. Para comprender mejor todos los conceptos más críticos que tiene mi problema para dar un mejor contraste.

La razón por la cual he decidido realizar esta investigación es que me sería de mucha utilidad con la carrera que estoy estudiando qué es psicología. Esta investigación me ha dado nuevos conceptos de ver cosas sobre cómo las personas generalizan sus pensamientos en

cuanto al suicidio a través de la desigualdad que existe entre hombres y mujeres. Además de eso, he tenido la oportunidad de leer sobre los principales problemas que existen entre los géneros, que los llevan a tomar esas malas decisiones. Una de las cosas que me han generalizado es como se conoce este problema a nivel mundial ya que muchas personas mueren todos los días por este problema.

Durante el proceso de mi artículo, además de aprender sobre el tema. He tenido experiencias que me han ayudado a fortalecer mis conocimientos del idioma inglés, así como del español, que es mi primera lengua. Entonces cuando leía un artículo primero lo leía en inglés y luego lo traducía al español y analizaba bien lo que me decía el artículo. Como estudiante que habla ambos idiomas, recomendaría este método a cualquier persona que quiera tener más confianza en su escritura.

About the Author:

Elizabeth Medina is 20 years old. Originally from Michoacán, Mexico, Medina came to the United States in 2017 with her family. Medina graduated from high school in the year 2022, and is currently studying psychology in Spanish at the University of Monterey Bay, CA, in which she is obtaining knowledge through scientific research, through her classes. Medina is part of the graduating class of 2022-2026.