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## VULNERABILITY FOR SELF-ADVOCATED VIOLENCE IN THIRD AGE: RISK FACTORS AGAINST LACK OF PROSPECTION

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### ABSTRACT

**Introduction:** Population aging is a phenomenon that occurs on a global scale in developed countries. This process is characterized by a constant increase in life expectancy <sup>2</sup>. Objectives: To analyze in the current literature aspects related to vulnerability to self-harm in the elderly, based on the sociodemographic profile and the relationship of psychic factors in order to point out effective means of prevention and prevention. **Methodology:** This is an integrative literature review through the materials indexed in the Virtual Health Library Databases: LILACS, MEDLINE and BDNF, and the descriptors: Suicide, Elderly, Population aging. Finding 52 articles, of which only selected 10. Being LILACS (07), MEDLINE (02) and BDNF (01), respective percentages: 70%, 20%, 10%. Considering inclusion criteria: full text, publications from 2014 to 2019, Portuguese language and meeting the research theme. **Results:** Regarding the profile of the victims; most of them are male, aged between 60 - 70 years old, brown in color, poorly educated and economically inactive, retirees or pensioners <sup>3</sup>. **Conclusion:** The mobilization of people on the subject, including actions in education and health, prevention of reductions through harm reduction, along with approaches through social media that has had a positive impact on the decline of suicide cases in Brazil. It is important to break the taboos that permeate this theme. However, the result is the need for actions aimed at reaching the population in question aiming to outline intervention plans in crisis, including.

**Keywords:** Suicide; Old man; Population-ageing.

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## INTRODUCTION

Population aging is a phenomenon that occurs on a global scale in developed countries. This process is characterized by the constant increase in life expectancy<sup>1</sup>. Growing old is part of a period of body exhaustion and human social development that encompasses biological factors, emotional and social phenomena that permeate the existence of being aged<sup>2</sup>. Old age is feared by the fear of loneliness and the sense of feeling less competent to carry out their daily activities or their ability to make decisions and govern their lives, these elements influence the way each one faces and lives this phase<sup>3</sup>.

Physical constraints, morbidities, and changes in judgment about oneself, one's health, and the loss of one's self-sufficiency trigger feelings that make one feel failed, useless to family and society. In this sense, the degree of intensity that affects the individual depends on socioeconomic characteristics, dependence to perform daily activities, decreased discernment, as well as perception of satisfaction or not with their life<sup>4</sup>.

These thoughts and feelings often compromise mental health and quality of life and make aging a risk factor for suicidal behavior. Suicide is described in the literature as a spontaneous act of ending one's life that involves factors such as the desire to die, to be dead and to kill oneself. It consists of self-destruction in which the victim is aware. It is on one of the ten most prevalent death tolls in the world. However, suicide attempts can have consequences not only for the person committing the act, but also for their family members and others who live directly or indirectly with the victim<sup>3</sup>. In tracing the epidemiological profile among the elderly, it is seen that the grievance prevails among the female public and that the risks tend to reduce over time with regard to women than men<sup>5</sup>. Psychic distress observed among females presented at the end of existence and consequence of various emotional damage acquired throughout life related to: loss, death and vulnerability situation. Thus, they are more exposed to depression and may worsen leading

to parasuicide<sup>6</sup>. According to the American Society of Suicidology, an estimated consummate death is estimated for every 25 attempts, in the juvenile public the ratio is close to 100 to 200. With regard to the elderly public it is 1: 4, so it is evidenced to society and health professionals to reduce risks<sup>5</sup>.

## OBJECTIVE

To analyze in the current literature aspects related to vulnerability to self-harm in the elderly, based on the sociodemographic profile and the relationship of psychic factors in order to point out effective means of prevention and postponement.

## METHODOLOGY

This is an integrative literature review through the materials indexed in the Virtual Health Library (VHL). Databases: LILACS, MEDLINE and BDENF, and the descriptors: Suicide, Elderly, Aging population. We found 52 articles, of which only 10 met the objectives. Being LILACS (07), MEDLINE (02) and BDENF (01), with the following percentages: 70%, 20%, 10%, respectively. Considering the inclusion criteria: full text, publications from 2014 to 2019, Portuguese language and meeting the research theme. In order to collect the necessary data, a tool was produced with the following elements: year, author, title, objective, databases and publication / magazine. The investigation will be described below table:

## RESULTS

Society attributes value to the individual based on his or her productivity, so the elderly are often seen as a useless citizen – thus<sup>2</sup> marginalized. The damage related to quality of life is seen in two ways: in the family environment and in the cultural aspect, as it is observed that it is still unable to have control over its particularities<sup>7</sup>. Which induces feelings of unhappiness, anxiety and low self-esteem that ends moving it away from communication with your loved ones, linked to the fact that they see themselves as weight because they depend on others to perform daily activities, previously performed without

assistance and / or effort. Within the home context all this can culminate and favor the consummation of suicide <sup>2</sup>.

Boredom associated with depression is no longer configured as a momentary circumstance for a subsistence inclination, where it sees the end of one's life as the resolution of problems and the end of their anxieties. In general, the attempt to commit suicide is multifactorial, but the boredom associated with the routine of these elderly people enhances psychic torment <sup>8</sup>. The

process of senescence here is considered a depressive predisposition <sup>9</sup>. Therefore it is necessary to talk about suicide attempt, because: population growth over 60 years emerges in the country, even requiring changes in public assistance policies and studies in the area, which envision alternatives to deal with the situation. International and national studies reveal scientific evidence about self-harm and present data linked to vulnerability linked to poor quality of life.

Year	Author	Title	Objective	Databases	Publication/ magazine
2014	Sousa, G. S. D., Silva, R. M. D., Figueiredo, A. E. B., Minayo, M. C. D. S., Vieira, L. J. E. D. S.	Circumstances involving suicide of the elderly.	Analyze experiences and relationships family members who preceded the suicide of seniors.	LILACS	Interface- Communication, Health, Education
2014	Oliveira, M. I.; Filho, J.G. B.; Feitosa, R.F. G.	Suicide attempts attended at public health units in Fortaleza- Ceará, Brazil.	To describe the main characteristics of victims of suicide attempts seen at public health institutions in Fortaleza- Ceará, Brazil.	MEDLINE	Public Health Magazine
2015	Minayo, M. C. S.; Cavalcante, F. G.	Suicide attempts among the elderly: literature review (2002/2013)	Analyze suicide attempts among older people LILACS Science & Public Health.	LILACS	Science & Public Health
2015	Meneghel, S. N., Moura, R., Hesler, L. Z., Gutierrez, D. M. D.	Suicide Attempt in Older Women - A Gender Perspective.	Understand gender inequalities and violence in the lives of elderly Brazilian women who attempted suicide.	LILACS	Science & Public Health
2015	Cavalcante, F. G.; Minayo, M. C. S.	Qualitative study on suicidal attempts and ideations with 60 elderly Brazilians	To analyze 60 cases of suicidal attempts and ideations in the elderly of thirteen Brazilian municipalities.	LILACS	Science & Public Health
2015	Gutierrez, D. M. D.; Sousa, A. B. L.; Grubits, S.	Subjective experiences of the elderly with ideation and suicide attempt.	Discuss the subjective experiences of elderly who have ideation and attempt to suicide from your reports.	LILACS	Science & Public Health
2015	Silva, R. M. et al.	Influences of family problems and conflicts in the ideations and suicide attempts of the elderly.	Understand Conflicts and Family Members Involving meanings constructed in the manifestations of thoughts and suicide attempts in the elderly.	LILACS	Science & Public Health
2016	Minayo, M. C. S.; Teixeira, S. M. O.; Martins, J. C. O.	Boredom as a potentiating circumstance of suicide attempts in old age.	Investigate and discuss boredom as a circumstantial circumstance of suicide attempts in old age.	LILACS	Psychology Studies
2018	Gomes, A. V., Cardoso, P. K. B., Rocha, F. C. V., de Carvalho, C. M. S., Sales, M. C. V.	Sociodemographic profile of elderly suicide victims in a state in northeastern Brazil	To characterize the profile of the elderly suicide victim and to identify the means used to commit suicide.	BDENF	Baiana Journal of Nursing
2018	Silva, R. M. D., Sousa, G. S. D., Vieira, L. J. E. D. S., Caldas, J. M. P., Minayo, M. C. D. S.	Ideation and suicide attempt of elderly women in northeastern Brazil.	To analyze life experiences of northeastern elderly women with ideation and suicide attempt.	MEDLINE	Brazilian Journal of Nursing

**\*Author's Collection (2019).**

The World Health Organization (WHO) states that the suicide attempt in the elderly population is a major public health problem, because such an event occurs linked to multiple factors and there is underreporting. It is understood that only the most severe cases come to the service in health services and are instrumentalized through compulsory notification for intrapersonal violence<sup>5</sup>. Regarding the profile of the victims; Most of them are male, aged between 60 - 70 years old, brown in color, poorly educated and economically inactive, retirees or pensioners. Thus, the male gender is a factor of vulnerability, as it is closely linked to the strong, vigorous view of men as home providers, which hardly expresses how they feel this can be reflected in the history of previous attempts that they do not happen routinely, since they idealize and execute in a fatal way, so it is essential to be alert to conducts of self-destruction and distance from self-care valuing behaviors and verbalizations of death intention<sup>2</sup>.

Some relevant features that are predominantly female, standing out with several unsuccessful attempts, so parasuicidio is more frequent in this audience. In addition, feelings of rejection by family and friends, interpersonal and social conflicts are of significant relevance as a potential risk, as well as psychiatric hospitalizations that pose a risk for suicide attempt<sup>3</sup>. The principles linked to gender in the reality of Women who might have led to thought and attempted death are closely linked with the difficult performance of their role in society, gender disparity and powerlessness within the family, including sexual, physical and psychic aggression<sup>10</sup>.

Another factor observed is access restricted or nonexistent internet that also configures potential risk for suicide, since this network of relationships, nowadays provides social communication. Not adopting religious practices also posed a significant risk, since religiosity can favor, including positive reinforcement, the appreciation of life by diminishing nihilistic thinking. And the association between suicide

attempts and treatment practices for health problems is highlighted, including also being a carrier of psychiatric diseases, where depression stands out, as a condition for suicidal thinking<sup>3</sup>. Marriage between older people is cited as a protective aspect, although married elderly were the most committed suicide, emphasizing the need for prevention and surveillance in low-risk groups. This reveals another variable since the higher occurrence of suicide deaths in married people may be linked to socioeconomic factors, such as financial difficulties that will lead to the consumption of alcohol and other drugs, family problems and symptoms of depression<sup>2</sup>. Low education is also directly linked to the suicide rate, as a direct influence on economic factors, since higher education levels can provide more financial balance, making the elderly more economically stable, to provide a better quality of life and a dignified aging. with less financial difficulty.

The most commonly used means of committing suicide among the elderly were: strangulation, gunshot injury to men, and exogenous poisoning or poisoning to women<sup>2</sup>. There are four essential methods to prevent suicide attempts: making it possible to seek support, installation of flags and telephones to help, surveillance through the training of health professionals and lay people, so that they can have a position regarding suicidal thinking, include flags to alert and encourage the media to produce stories about the importance of talking about suicidal ideation and suicide itself<sup>5</sup>.

## CONCLUSION

The mobilization of people on the subject, including actions in education and health, prevention through harm reduction, along with approaches taken through social media that has had a positive impact on the decline of suicide cases in Brazil. It is important to break the taboos that permeate this theme. However, the result is the need for actions aimed at reaching the population in question aiming to outline intervention plans in crisis, including. Understanding that primary care professionals

with action plans focused on health promotion and disease prevention are positioned at the front line, able to recognize the needs of this public and act with a care management based on reception, comprehensiveness, territoriality, being offered a qualified listening environment that knows how to manage their demands within the community in the social, intra-family, economic and mental health. Although there are other reasons related to the suicidal act, it is observed from the authors studied that social conditions and intrafamily relationship are of paramount importance and can be exemplified as such; family frictions, social depreciation, gender oppression and exhaustion of life, interpreted as “meaningless”, culminating in the absence of prospecting. Thus, the provision of nursing care needs to be intended for early identification of risks and the correct handling of crises, according to suicide. It is essential that the interventions provide quality of life in the aging process in the scenario of human exaltation, thus offering specialized, singular and humanized care, being necessary to understand the elderly in their context, both in feelings and reflections of experiences during the phases of life. through the appreciation of their personal and social identity.

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