

Why do you believe the suicide rate is so high among middle-aged males compared to other populations?

Pressures due to society and family
High stress and people want to hide their issues.
Depression and social pressures
Hard to answer this question because it can have so many different answers. Could be they haven't accepted themselves, imperfections included. Could be misconceptions about their own value and worth. Could be depression.
Frustration in life - not enough people really care to listen.
Mid-life crisis
I think it is a time of life that has alot of pressure raising family, trying to make money, etc.
This is a tough one. It's got to be something in our culture/society that creates a propensity for loneliness and disconnection. Social media might be a major contributing factor. Our busy lives might be another. I wonder about environmental factors such as toxins, compromised diet, Etc. that promote mental health issues. For whatever reason, cancers are spiking and mental health issues are dramatically on the rise.
Perhaps the fact that our homes are not built with porches anymore is a contributor. We used to sit on those porches and connect with Neighbors. Now we are sitting in front of Netflix...
Stigma and men are particularly bad at asking for help. Men believe they should be strong and work through emotional problems and they don't need help.
That's surprising. I would have thought that it was higher in teen populations.
Generational changes from a belief that you can work for someone else, then retire and live your "best life" is now being replaced by a belief that you can live your "best life" now. I think many middle aged men feel that they may have missed their chance. Additionally, topics that were once apolitical have now become talking points and arguments. This leads to a belief that the world doesn't make sense anymore and/or I don't fit in this world. Information is thrown at us from every direction and that creates further confusion.
Unreasonable expectations of others and of self.
social expectations and lack of the ability to discuss realities
Various reasons.
Stress. Loneliness. Hopelessness. Disappointment.
Significant pressures placed on them by society, my feeling that society devalues and downplays the strengths of many of these people, and high percentage of losing custody over children in divorces
Because they don't want to face their problems and they certainly do not talk about them like women do. Men keep to themselves on mental health issues which is probably the biggest factor in the suicide rate.
People lose their identity. They see what media and the world portray as what they should be and lose the perspective of intrinsic value of themselves.
Social pressure to be more than we are and not measuring up.
Lack of peace in there life.

It's a culmination of many factors including industrial change to a more digitized world, the change in social acceptance of what used to be a normal way to think and act is now taboo, religious, marital, and work issues as well as the media putting an overload of the horrors of humanity instead of good stories.

Unhealthy ways of processing things due to the way many men were raised during their childhood. Toughen up, sweep it under the rug, shows signs of weakness, the stigma around mental health if you seek help, want to keep everything private, don't think need help, Satan uses all these tactics to destroy life and families.

I would just be guessing. I suppose they let too many unimportant things bother them.

I think that I am not so sure this statement is true.

I think the suicide rate among middle-aged males is higher compared to other populations for several reasons:

- Its possible that they are going through a legitimate mid-life crisis
- They aren't satisfied with where they are in life (career and family wise etc.)
- Life/work may be too demanding and the individual might have low self worth

I have no idea why it would be higher among middle-aged males.

- changes in body chemistry as we age,
- antibiotics, poor diet & exercise, resulting in damaged to micro biome affecting mood,
- financial pressures,
- reduced self image

High expectations, low interaction with other males on intimate issues.

I didn't know that was the case. I assume it has to do with work / home pressures. We live in a society that will take as much time as we will give.

I believe that they have been neglected or showed early signs but no one noticed which led them to bottle it up until it leads them to serious action/consequences. Also in a community where maybe white people are always being judged forces them to keep their own problems to themselves, afraid others will turn around and use their own feelings or thoughts they just expressed back at them. This is an example of only the white community but also could be other ethnicity depending on the region.

High expectation, along with the LDS religion and my own personal goal.

Cultural expectations, it is seen more as an "option" today, stigma of mental illness

They doubt themselves and don't see their successes. They mostly see their failures.

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Their prospects for economic success/stability have deteriorated markedly over the past 40 years as compared to what might have been expected prior to 1980. This combined with the widespread availability of drugs has made for a deadly combination.

Societal cultural pressures, lack of mental support

It could be that they are stuck, or have not accomplished what they thought could be accomplished by that point in their lives.

Fear. It's like being on the log ride at Disneyland. If you are afraid of going over the falls, you might be inclined to jump out of the boat.

Another question might be, why do so many people not commit suicide? What gives them the strength

to carry on?

We don't get help because we think we are too macho for it. We could culturally think counseling is for weak people.

They are invisible to everyone. They lack any special status like women and minorities. Yet, they are expected to perform at very high levels professionally, in their families, communities, and church. High expectations, but very little empathy or support network. They are expected to "man up", tough out their mental and or emotional problems, and take care of their responsibilities. When they can not handle it, they opt for the only viable option they see, which unfortunately is suicide. The proverbial permanent solution to their temporary problem.

In areas of the World with higher elevations, suicide is higher automatically. maybe that is due to lower vapor pressure? who knows for sure. But I think as I get older-closer to retirement. I will be leaving my co-workers and do I have something to replace that loss with? Do I have a hobby? in my case i have several hobbies, sports, things i like to do. Am I going to be infirm when I get to that age? Have I sustained injuries that are now becoming debilitating? When I'm sitting around the house do I have a supportive spouse, or is my spouse negative and says negative things all the time? Am I single? Have I been single all my life? Do I like my company? Do I want to share my life with someone else? Do I have a purpose, someone to care for, a goal? Finally do I have the financial resources to do things I want to do, or will i be paying for my house until I die? I think all these things contribute to a suicide risk for middle aged males.

Pressure to perform (provide good income, status, etc.)

Societal pressures.

Men are faced with societal/spiritual/familial pressure to behave a certain way - strong & tough & mental illness is "weakness". So, because of mental illness, trauma, catastrophe, loss & loneliness, aging & all of the 'fun' that comes with getting old and, perhaps not being able to work as much - rather than seek help or treatment (weak), a man takes the "tough" way out. Our society has never allowed for men to be emotional or to be anything short of a manly-man. And, though the dialog is changing somewhat, the perceived expectation remains unchanged.

Inability to obtain real connection with others.

Dont get necessary treatment.

Lack of financial and employment success. I also believe a lot of middle-age males have a hard time with work, family balance, and social interaction.

Stigma related to mental illness, unrealistic expectations about masculinity, societal barriers against discussing mental health, fear, depression, anxiety.

I wasn't aware it was high in that category.

Denial of the problems, or unwilling or embarrassed to face them.

Male culture of not talking about feelings, pride, independence, and leadership.

Pressures related to employment and generating sufficient income to support a family in a culture that expect the man to be the bread-winner. Those financial pressures compound during middle age when children have increasing demands for school, lessons, sports, braces, etc. All of this adds pressure to relationships, can cause isolation and estrangement from a spouse or close friends at a time when he needs it the most. Any setback to his plans/expectations/dreams can contribute to a loss of confidence which can begin a spiral in all of these areas ending in a conclusion that there is no way out but suicide.

I don't know for sure, but I imagine the pressure to succeed in the workplace and earn a good living to provide for a family can cause more stress than some men feel they can handle.

Probably relates to a lack of awareness of resources, and reservations about seeking help. I think the negative stigma about seeking mental help really hinders people from using resources available.

I do not know

Many are not familiar of when and how to seek help with mental health.

No

They probably think there is no way out.

A Lot of men are not comfortable in their own skin. They do not know what it means to be real man and tend to act the macho way that nothing bothers them as well as mental health issues shows weakness.

Loss of Families, Marriage over, Loss of Career due to Health issues, Loneliness, Health issues.

Stress related issues

No Answer