Dream’s Demise; Slaying Entrepreneurial Mindset

Juhi M Garg
Assistant Professor, Graphic Era University, Dehradun, Uttarakhand
juhi.mgarg@gmail.com

Abstract: The present case study is the story of a young adult who could have been a great entrepreneur of young India. But this potential entrepreneur committed suicide due to depression caused by inability to study and to do what he wanted to do in life. It’s really sad for our society’s well-being that suicides are becoming a common choice amongst youngsters because of our conservative attitude and perception towards in-acceptance for doing business. Educators and students may study this case for discussing: (1) Should young minds be given liberty to choose their profession or should that be the domain of their parents’/guardians’? (2) What should be role of parents in child’s character and career building? (3) What should be role of teacher’s in child’s character and career building? (4) What should be role of peer/friends’ in character and career building? (5) How such cases should be dealt by the academic institutions. (6) How such increasing cases are damaging and hampering the health and growth of the economy?

Key words: Entrepreneur, entrepreneurial mindset, Depression, & suicide.

Acknowledgement(s)

Great thanks to the parents and brother of the Rudra (name changed) for sharing the story of life of Rudra.
My husband, Shiv for his trust and my two lovely sons Devansh & Shivang for making me complete.

The Case

Rudra (name changed) was a cheerful child, during his childhood days, when he was six, he use to enjoy school, company of friends and love to play with pals. He was truly in love with his little brother Akshay, there was a five plus years of difference between them, so no sibling rivalry was present, in fact, Rudra was very caring and affectionate towards Akshay. His parents were good and there happens to be a great family chemistry among all. Until, Rudra was fifteen years, it was all beautiful. At fifteen, he entered into class X and he scored, average second division marks in Physics, Biology and Maths (PBM) combination but got great marks on other subjects like languages and social sciences. It was a turning point of his life, his marks changed the complete feel of the family chemistry, his father, a tough man was extremely upset with his marks as he wanted his son to be a surgeon, a doctor and these marks wasn’t enough to allow him choose science and Biology. Though, there was a little less disappointment felt by Rudra because Biology was not his subject of choice, he never dreamt of being a surgeon. Instead, he wanted to study Business and commerce, he always-always wanted to be a business tycoon, an entrepreneur, who could build empire on his own and earn big so that he may help people.

“He wished to have a lavish life and let people have a lavish life. “He was clear from the beginning and use to narrate his dream through self-crafted stories to his parents. And from his side, it was made clear since early days that he wanted to be a man of business and create wealth to help, his dream was pure and serene. Whenever, he use to narrate and discuss stories based on his vision, his parents use to laugh and say you are a day dreamer, don’t be one, live in real life. But Rudra was never day dreaming rather he was trying to give life to his dreams, he was giving direction to his vision, and could never thought of his parents disliking or disapproving his dreams.
He never thought that his very respected and loving father who saves people life by being a Doctor can kill his own sons dream.

His X standard grades changed the complete climate of the family and now his parents stopped talking to him. His mother, a simple yet intelligent lady, tried little to create equilibrium between father and the son, but his father’s disappointment and unmet overtly high expectations with son was enough to create a big relationship gap. Rudra’s mother was also not very happy with Rudra’s idea of being a businessman, she always felt that people who can’t do much in life, they do business cause business is the easiest best bet to be atleast be able to earn the daily bread. She thought, she could not give her son a good raise; it’s why her son did not do well and was gone off the track in life. In falling faiths and heartbreaks, the relationship between brothers was also fading as Akshay was too young to understand all this and deteriorating moral of Rudra and his mood swings became the cause of silly fights, distrust and jealousy.

Soon, Rudra had to make a choice in Std XI between streams of arts, science and commerce. Though, he was very clear from the beginning about his career choice but all this mess at home and parents’ heartbreaks, he chose to take up PCM, because now he could not take up Biology and become a Surgeon but he could try becoming an Engineer, his mother’s dream for Rudra, by this he could manage to at least please his mother and fulfill her dreams.

Rudra started going to school with this thought that now all will be fine and everyone at home will now be okay and happy with him and he would manage to bring back the happiness and same nice environment in the family. Initially, on his genuine trials, things begun to change but soon after several weeks, Rudra realized that inspite of his sacrifice, his father is still the same upset man and he himself is so uncomfortable studying PCM. He knew that, science won’t make him happy but never knew that he will loose his interest for other things in life and he will stop studying and stop being friendly to comates at school.

It was a difficult evening of September after the school, Rudra got back his test paper in which he failed. Rudra never knew what to do and he simply torn them in anguish and threw them in drain. While returning home he bought a stich of cigarette as he heard his friends saying that it can give such high that one may forget all his worries. That was the day of destructive change in Rudra’s life; he smoked that night and eventually inculcated this habit of smoking.

Time passed by and Rudra somehow managed to pass out his 11th and 12th grades with a second division (unlike his middle school grades). His father’s occupational position and fame managed to get him a seat in a private engineering college outside his home town.

Now Rudra’s life was on his own disposal, no conditions and no family ruling was applicable in Rudra’s personal territory, in his terms he was a grownup mature guy, thus he may take his decision without any body’s intervention. He was free from family conflicts and too many role playing’s.

Soon Rudra made some friends, a few good one’s but some not so good. His habit of 3-4 cigarettes’ a day grew up to 8-10 cigarettes’ clubbed with alcohol. He started partying and freaking out on regular basis and now there was apparently no fear and concern for anyone.

His defame as a bad student with these habits started reaching to his faculties and was advised and warned many at times for his conduct.

His constant, disinterest towards studies, career and relationship with his family was making him sick. Rudra was now a depressed person and a substance abuse. His smoking count was high and his drinking patterns were regular. Between all this, Rudra was also becoming unpopular among his
friends and girls. This was heights for him when his own friends and girls of his group started disliking him, he tried to talk to them on several occasions about their changing behavior towards him, but his friends avoided him and hated him for his smoking-drinking habits, in spite being respectful towards girls, Rudra gained disrespect from them for being a substance abuse and for not being focused towards career. This was too much for him, this hate by others was hurting him and he was turning into a substance dependent person.

And on not so fine day, Rudra, decided to choose to end everything, he visited his parents and met his brother for a day and wrote a letter to them, which said:

Dear Mom and Dad,

This irresponsible son of yours loved you both truly and deeply. I wanted to do justice to my life, your dreams and to everything with which I’ve been blessed. I really tried hard and dreamt a beautiful dream for myself wherein I’m a man with immense capabilities, a dream where there is no “NO” for anyone who seeks my help, I wanted to be rich in all respect, but no one trusted in me and in my dreams. I had a vision, vision of life, vision of love and vision of care for all….but no one trusted me and my dreams.

Today, I’m alone and poor...very poor because I don’t have money to help anyone and myself too. I’m poor...really poor because now all my dreams are stolen and broken by you. See, now my life has also no value, I’m so very poor. So, I decide to quit from life, life which is so poor and which has no aspirations.

Love you both!

P.S.: And pls don’t make my brother a poor person let him have his rich dreams in his pocket.

And Rudra commits suicide by hanging himself.

Medical History (Prior To the Incident)

In February 2010, when he was in Std XII, he complained about prevailing chest pain, cold and cough, and on medical examination it was diagnosed that he had the problem of sinus and mild bronchitis which was basically due to his smoking habits. He also complained for constant mild headache also.

In March 2012, mild headaches got converted into frequent bad headaches, body aches, sleep disturbances and mood swings. He became more aggressive and been involved in fights. Relationship problems with friends.

Medical Consultation

Rudra’s father on consultation with Chest Physician, dated Feb 27 2010 reported physical symptoms. In respect to psychological symptoms like sleep disturbances, mood swings and anxiety. The doctor advised his father to also consult a psychological counselor.

Medical Investigation

Chest, Neck X-Ray and Physical Examination (symptoms’ based)

1. Mild bronchitis
2. Sinus
3. Neck and shoulder stiffness
Psychological History Prior To the Investigation

In Mental Status Examination, Rudra’s general presentation was fine; he was well groomed and looking present and conscious about the surroundings’. His speech has clarity, and there were no language deficits, though goal-directedness may be questioned. He was well oriented about person, place & time.

He was looking upset and also looking slightly preoccupied. Memory was okay as he remembered all the events and incidences nicely. He was also looking judgmental about things and events.

**Behavior**- Marked agitation, anxiety, Irritability  
**Speech**- Volume of the speech was low but audible and Speed – Slow talk.  
**Pitch**- Constant low-pitched talk  
**Mood**- Bad for months  
**Affect**- Restricted and blunted affect  
**Thought**- Of disgust and sadness  
**Perception**- For life changed and swallowed  
**Cognition**- Challenged when memory of career comes.

Beck Depression Inventory (This questionnaire is not used as a diagnostic tool).  
Score(s)  
Total Score 27  
Cognitive-Affective 15  
Somatic-Performance 12

Total score from 0 to 9 is within the normal range  
from 10 to 18 indicates mild to moderate depression  
from 19 to 29 indicates moderate to severe depression  
from 30 to 63 indicates extremely severe depression

(In personal interview with psychologist counselor) Diagnosis of Depression - DSM-IV-TR Criteria for Major Depressive Episode and Major Depressive Disorder)

A. At least five of the following symptoms have been present during the same 2-week period and represent a change from previous functioning: at least one of the symptoms is either 1) depressed mood or 2) loss of interest or pleasure.

1. Depressed mood most of the day, nearly every day, as indicated either by subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful) – YES

2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated either by subjective account or observation made by others) - YES

3. Significant weight loss when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day - NO

4. Insomnia or hypersomnia nearly every day. Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down) - YES

6. Fatigue or loss of energy nearly every day - YES
7. Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick) - **YES**

8. Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others) - **NO**

9. Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or specific plan for committing suicide - **YES**

(Source: Practice Guideline for the Treatment of Patients with Major Depressive Disorder (MDD), Third Edition, American Psychiatric Association, 2010)

**Talk with parents Post incident.**

Rudra’s parents cried and wasn’t in a position to share anything but it was important for the police and doctors to know the background. His parents shared great childhood memories with Rudra and they told how nice and caring boy he was. They said it’s impossible to believe that he could do such a thing and leave family like this. They shared no incidence of his misconduct and anger during his childhood days but shared few incidences of frustration and anger during his teenage years especially after his class X results. On asking about his interest in studies, they told, he was an okay child, never been a topper but always been a decent student who wanted to do something of his own. They confessed of his creative and innovative ideas for almost all the things, they told he was a boy who could think out of the box and had reasons for his ideation. It was also found while the probe that once in his school, a career counselor was invited to conduct a test on students to help them choose the field/subject which can actually reveal their real desire for a particular subject area interest.

On that scale, (Thurston Interest Schedule), he scored highest on business & executive which denotes that he could have done well in administrative jobs and business.

In a study by The Hindu (June 2013), As many as 1,35,445 people committed suicide in the country last year in a statistics released by the National Crime Records Bureau (NCRB). The rate of suicide last year stands at 11.2 cases for a population of 1 lakh. As per rounded off figures provided by the NCRB, on an average, 15 suicides an hour or 371 suicides a day had taken place. When scrutinised further, it reveals 242 male and 129 female suicides a day. Family problems accounted for 84 suicides a day on an average. The NCRB figures show that social and economic causes have led most of the men to commit suicides whereas emotional and personal causes have mainly driven women to end their lives.

India is observing a change in family structures and climate during recent spans, with more people moving out of joint families into nuclear family arrangements. Certain more prominent factors for adolescent suicides are peer pressure on number of things like substance usage, opposite gender companionship, lifestyle statements and career competitiveness. Increasing pressure of family/parents on academic performance and career building. Also, media is playing its part in over exposing the undesired stuff on the name of entertainment and adult education. Young minds are under immense pressure for performance 360 degree. Be it academics, career, sports, styling, or opposite sex companionship.

This case is about all the Rudras, their parents, friends and the society of India, to understand and help people who are blessed with clear vision in their lives. Help them to dream, dream big and realise all those dreams for the better and brighter and enlightened India.

**Nurture them to nurture the nation!!!**
References

- DSM IV TR
- Beck Depression Inventory
- The Hindu Newspaper