

## SOCIO-PSYCHOLOGICAL DETERMINANTS OF SUICIDAL BEHAVIOR PREVENTION IN ADOLESCENTS

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### **Abstract:**

This scientific article presents opinions about the changes taking place in modern society, especially the young generation, and not only getting used to the accelerated pace of changes, but also being wary of fraud.

**The purpose of writing this article** is to reveal that knowledge of methods and techniques of psychological diagnosis and correction of suicidal risk situations is a necessary condition for providing competent assistance to persons in this situation.

**The result:** worldwide suicide prevention, global governments and the public are called to take responsibility for saving the lives of adolescents.

**Keywords:** World Health Care, awareness, faith, modern approach...

"Youth is a demographic group defined on the basis of a combination of age characteristics, social status and certain socio-psychological characteristics. Youth is a biological perfection as a certain stage of the life cycle, but its specific age limits and social-psychological features related to social status have a socio-historical character.

**I.S. Kon.**

### **Introduction**

Indeed, the changes taking place in modern society pose the problem of humanity, especially the young generation, not only getting used to the accelerated pace of changes, but also the ability to adapt to changing social life. Of course, existence and life in society require certain knowledge. And this knowledge is not innate, but acquired in the process of human life. Thus, in the process of learning from a biological person, adolescents gradually become a social being, and scientists call this process socialization. However, in connection with the changes taking place in any sphere of the life of teenagers, including fundamental changes in the hierarchy of values in our society, the problem of socialization is becoming more acute and urgent. The socio-economic crisis worsened the situation of the weakest sections of the population, first of all, the young generation, especially minors. This, in turn, makes it necessary to attach special importance to the socio-psychological determinants of the prevention of suicidal behavior in adolescents. Because knowing the methods and techniques of psychological diagnosis and correction of suicidal risk situations is a necessary condition for providing qualified assistance to persons in this situation. Suicidal cases are mainly caused by depression. So what is depression? How does it occur?

Depression is a mental illness that can cause a person to feel hopeless about life, distrust people, depression, loneliness, stress, constant worry, and similar negative emotions. In extreme cases, some

try to distract themselves with vices such as smoking, drinking alcohol, and sleeping too much. Adolescents who listen to too much music can suffer from depression. A person may overeat during depression. Major depression (clinical depression) has severe or severe symptoms that last more than two weeks. These symptoms interfere with daily life. At this point, it is worth mentioning the types of depression. Types of depression: Bipolar depression — People with bipolar disorder have alternating periods of low mood and very high energy. During a low period, they may feel sad or hopeless, or have symptoms of depression, such as a lack of energy. Perinatal and Postpartum Depression: "Perinatal" means around birth. Many people refer to this type as postpartum depression. Perinatal depression can occur during pregnancy and up to a year after a baby. Go behind the signs which cause a little pity, anxiety or stress. Persistent depressive disorder: PDD is also known as dysthymia. Symptoms of PDD are less severe than those of major depression. But people experience symptoms of PDD for two years or more. Premenstrual dysphoric disorder: Premenstrual dysphoric disorder is a severe form of premenstrual disorder (PMS). It affects women in the days or weeks leading up to their period. Psychotic depression: People with psychotic depression have severe depressive symptoms and delusions or hallucinations. Delusions are the belief that things are not based on reality, while hallucinations involve seeing, hearing, or feeling touched by things that are not actually there. Seasonal Affective Disorder (SAD): Seasonal depression, or seasonal affective disorder, usually begins in late fall and early winter. It usually goes in spring and summer.

It is necessary to call all of us to be aware of the abuse that endangers the whole world today, which is common among the young generation, especially teenagers. Because, according to the World Health Organization, "Every year in the world, more than 800,000 people commit suicide. That is, one person commits suicide every 40 minutes. Every year, on average, 11 people out of 100,000 decide to commit suicide. Suicide is the second leading cause of death among 15- to 29-year-olds in the world. 78% of such cases are observed in middle and low-income countries. For this reason, the International Association for the Prevention of Suicides, in cooperation with the World Health Organization, is holding the World Suicide Prevention Day, appealing to the governments and the public of the world in order to save people's lives. calls for a sense of responsibility. It should also be noted that in the laws of the countries of the world today, in a number of countries, persons who attempt suicide are punished. For example, in India, a person who tries to kill himself is imprisoned for one year or fined. People who try to kill themselves in Singapore have to spend one year in prison. The World Health Organization is worried that the number of suicides in a year is approaching one million. If the situation continues like this, by 2020 the number of suicides will be one as it increases by half. For this reason, the International Association for the Prevention of Suicides, in cooperation with the World Health Organization, is holding the World Suicide Prevention Day, appealing to the governments and the public of the world in order to save people's lives. calls for a sense of responsibility. The World Health Organization has been saying that attention should be paid not only to stopping suicides, but also to treating people who are fed up with life. After analyzing the situation in Europe and North America, the analysts found out that in the countries of this region, people are depressed and commit suicide as a result of drinking alcohol. Experts complain that there is not enough publicity and propaganda work to eliminate suicide cases in the countries of the world. Adolescents commit suicide mainly due to poverty, negative attitude of family members or peers, rejected love, decline in learning, incurable disease, complications of childhood violence, drug and alcohol consumption. . Suicides in the

US are by firearms (52.1 percent), hanging and strangulation (22.2 percent), poisoning (17.6 percent), and other methods (8.1 percent). ) are used.

Let's express our thoughts about attention to this issue in our country. In our legislation, on March 16, 2018, the President of the Republic of Uzbekistan Shavkat Mirziyoyev signed the decision "On measures to fundamentally improve the system of psychiatric care". According to it, from May 1, 2018, private medical organizations will be allowed to provide some services to the population for the diagnosis and treatment of mental disorders and behavioral disorders.

Starting from October 1, 2018, the information about the persons under the dispensary's observation, the length of time they were in psychiatric institutions, the drugs provided, the social services provided and the benefits provided, as well as the work in this field A single electronic register of these persons, which enables quick information on their status, has been put into practice. During the first four months of 2018, 153 cases were recorded among teenagers in Uzbekistan. According to the information of the "Family" scientific research center, in 1990-2016, the number of suicides among teenagers doubled and reached 400 people. In the last ten years, suicide among young people has tripled. Every year, every twelfth teenager between the ages of 15 and 19 tries to commit suicide. Cases of suicide in children and adolescents are different from those of adults. 90 percent of the causes of death among adolescents are "cries" for help, and only 10 percent are voluntary suicides. Suicide is intentional self-harm with the aim of dying. To date, three different reasons for "suicide" among 15-44-year-olds have been identified. Those who engage in this kind of work are usually mentally suffering and in a state of stress and cannot solve their problems on their own. According to many psychologists, suicide is caused by lack of understanding, loneliness, and lack of love. There are 2 different opinions on this.

**Passive suicidal** thoughts are characterized by imaginings, fantasies about one's own death (but not about taking one's own life as an act of one's own free will), for example: "I'd rather die", "Sleep, come back" if I don't wake up."

Suicidal ideation is an insidious form of suicidality. Suicidal tendencies develop in the form of planning: the methods, time and place of suicide are thought out.

**Suicidal ideation** appears only when the component of will - decision, readiness to go directly to external morality is united.

Finally, it should be noted that in all world religions, those who commit suicide are strongly condemned and seen as a sin. In some nations, those who commit suicide are buried outside the cemetery. In Islam, funerals are not offered to those who committed sui. Therefore, today, let's protect the youth who are the future of our country from the scourge of abuse. Be careful, dear ones!

## References

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