



## Adolescent Suicide And Its Prevention

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**Abstract:** This article provides information on the characteristics of suicide in adolescence and measures to prevent it. Also, the important aspects of carrying out correctional educational work with teenagers with a high level of suicidal risk are covered in detail.

**Key words:** Suicide, society, relationships, habit, unwanted problems, personal adversity, hopelessness, depression, researcher, external factor, socio-psychological maladjustment, interpersonal relationships

The development of our country and the success of reforms largely depend on the level of legal consciousness, spiritual thinking and political culture of the people. The political activity of each person, his true civil attitude towards the changes in the life of the society, his desire for democratic reforms, is an important factor in achieving the intended goals faster. Family, school, neighborhood, society and the general state of social, cultural-educational, economic spheres are especially important among the important factors that influence the spiritual formation of an independent person. The spiritual poverty of a person is caused by his weakness and causes the emergence of complex situations between the social environment and the person.

A spiritually mature person shows a positive attitude towards the events of the social environment. The process of personality formation of minors prevents them from making optimal decisions in problematic situations. That is why they often fall under the influence of activities that have a criminal content. Adolescents gradually develop deformation in relation to the demands and standards of the social environment. As a result, negative behavior covers the entire activity and mind of a teenager. As a result, in such situations, a teenager may engage in illegal activities due to the lack of life experience characteristic of his youth. The most serious form of such an act is suicide. Suicidality is a disturbing form of deviant behavior with its relevance in stressed and depressed adolescents. Suicide In most cases, it is a disaster that is difficult to prevent. The reasons that prompted a person to say goodbye to his life remain a mystery even for his relatives and friends. And the worst thing is that young people who still have their whole lives ahead of them are taking this terrible step. What started this sad trend? Once mysterious and the problem of suicide, which is considered inexplicable, is public was hardly accepted by and was not researched by experts. Now this problem has become serious, it is being talked about and written about a lot. Over the years, researchers have learned a lot about this mind-boggling problem. According to statistics of the World Health Organization, about a million people commit suicide every year. Considering that every suicide does not end in death, it can be estimated that the real situation is 2-3 times more than that.

Current psychological prevention in modern psychology is based on practical and scientific theories. educational institutions, family, mass media, community and law-enforcement organizations, "Kamolot" youth social movements implemented in cooperation includes complex measures. In psychological studies, it has not been fully determined which wrong educational influence or deviant behavior caused the suicide attempt. Therefore, it is necessary to develop a complex of pedagogical and psychological correctional programs for groups at risk of developing suicidal activity. These programs are aimed at determining the pedagogical and psychological methods and means of helping adolescent suicides to control their behavior, restoring and developing their connection with an alternative social environment. Psycho-prophylactic measures are aimed at providing psychological-pedagogical



and social support in order to protect adolescents from the negative effects of the people around them, that is:

- a) family, neighborhood, study group, class and pedagogical team, mass media;
- b) consists in optimizing the conditions of education and upbringing affecting the main aspects of interpersonal relationships of adolescents.

So, the main goal of psych prophylaxis is negative social-psychological, which leads to suicide attempts in adolescents. identification of pedagogical factors and correction of their elimination requires the implementation of educational activities. Specific prevention of adolescent suicide attempts includes:

- dispel rumors about suicidal problems;
- research of social and psychological situations causing suicidal activity of teenagers;
- carrying out correctional educational work with teenagers with a high level of suicidal risk, establishing constant communication with them, discussing problems in cooperation;
- edit media sources that are likely to cause suicidal thoughts;
- The inclusion of national customs, traditions, rituals, interesting and entertaining programs in the plans of psychoprophylactic activities conducted with teenagers with suicidal behavior, establishing social relations with people around them, which can lead to suicidal activity allows to eliminate cases of social maladjustment.

The main content of the general direction of psychoprophylactic work with adolescents should be the preservation of suicidal conditions in the community, the weakening and elimination of pedagogical - psychological, social and socio-psychological conditions that allow the formation of suicidal behavior. A teenager actively participates in the life and activities of his peers, the community , learns to live in the interest of the community and to subordinate his actions to this community.

Experiments show that the implementation of psychoprophylactic measures depends on a number of factors, and there is no clear solution to the extremely complex task of determining the level of suicidal risk of adolescents. According to experts, individual-psychological factors of suicide risk include the following characteristics:

- family upbringing conditions (absence of a father in early childhood, matriarchal style relationships in the family, upbringing in a family with alcoholic, mentally ill members, excessive restrictions on the teenager or strong control , parental disregard for his opinion, strong emotional stress experienced in childhood: strong fear, mental or physical injuries, rejection by others, being brought up in a family where suicide was committed by loved ones etc.);

indifferent attitude to educational institutions and the educational influences of the family;

- committing repeated suicidal actions;
- behavioral deviations;
- loss of social status, separation from the social environment;
- interruption of sacred love relationships;
- "pressure" applied to the teenager without taking into account his interests and needs (in dressing, choosing a friend, choosing an after-school educational institution);
- committing criminal acts;

Providing assistance to a suicide victim is an extremely important and responsible step in the prevention of adolescent suicidal behavior. Psychological practice shows that there are three main ways to help a teenager with suicidal thoughts:

- timely diagnosis of suicidal behavior of a teenager, and implementation of psychological correction in proportion to it;
- active emotional support of a teenager in a state of crisis (depression);



- encouraging its positive directions in order to alleviate and mitigate negative situations.

In cases where there is no possibility of educational intervention in the process of implementation of correctional measures, or the necessary diagnostic tools are not available, individual preventive conversation with the suicidal person is at the center of determining the ways out of difficult situations and overcoming the crisis situation. It has its own characteristics, which are reflected in the following:

- it is never possible to invite a teenager to a conversation through third parties, the invitation should be made personally (preferably as if you met him by chance, and you should contact him with an excuse for a meeting or with some easy request or task).
- the most important thing when choosing a place of conversation is to pay attention to the absence of strangers (no matter how long the conversation lasts, no one should be there);
- as much as possible, the interview should be planned after work or study;
- during the conversation, it is advisable not to take any notes, not to look at the clock, not to do some work "on the go", and with your whole appearance to the suicidal person, there is nothing important for you from this conversation right now. it is necessary to show that

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