

Negative Socio-Psychological Factors Influencing the Personality of a Teenager

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Abstract: Since the very word "suicide" is used an infinite number of times in our speech, it would seem that we can expect that its exact meaning is clear to everyone and that defining it on our part will be completely superfluous.

Keywords: abuse, complex reality, conscious of mistakes, applied observation, state of mind of individuals, individual needs, external expression

The result of negative factors is that the family develops negative psychological attitudes and many other conflict circumstances. In the process of talking to divorced parents, they seem to "not hear" the reasons for suicidal attempts made by their children. Sometimes they stomping on their fate with tears in their eyes, claiming that they work tirelessly from morning to night for their children, to provide them with everything they need. Of course, family conflicts often occur even in the most favorable families.

Factors that cause social maladaptation in adolescents are as follows::

1. A dysfunctional family
2. Characteristics of a teenager's personality (character traits, moral inclinations, temperament, mental disorders).
3. Adaptation in an educational institution;
4. Negative psychological impact of the informal social environment on the personality of a teenager;
5. Socio-demographic motives.

When the complexity of relationships in divorced families causes the need to involve close relatives in psychocorrective measures, you should pay attention to family members and relatives to factors that pose a danger to the life of a teenager and his health. Serious conversations about the value of life and its significance, conducted in the course of psychocorrective measures among suicidal adolescents, lead to positive changes.

Risk group indicators among adolescents:

- Losses among relatives related to their death (family members, friends). Loss of self-confidence, social authority, low self-esteem;
- Loss of interest in activities that were previously important to him, to a friend or loved one;
- Change - character traits arousal, anxiety, apathy, rapid mood swings, alienation;
- Sleep disorders, insomnia, earlier awakening from sleep, nightmarish dreams;
- Mental disorders, understanding the focus of attention on lessons, combined with setting yourself insurmountable tasks;
- Violation of the diet, lack of appetite or excessive nutrition;
- Lack of self-control, fear of the possibility of unintentional harm;
- Defenselessness, the appearance of feelings of uselessness to others ("everyone will be better off without me");
- Feelings of guilt and self-neglect;
- Lack of a goal for the future (it will never be better than now, I will constantly feel so bad);
- Use of alcohol and narcotic substances;
- Manifestation of external and internal signs of suicidal actions, indirect or direct announcement of the attempt itself;
- Excitability, hyperactivity, and intemperance may be signs of latent depression.

Characteristic features of suicidal behavior:

1. Repeated thoughts about self-attempts (suicidal idealization).
2. Loss of appetite under many circumstances. Depressive mood associated with sleep disorders.
3. Heavy dependence on alcohol or drugs.
4. Depression caused by feelings of alienation and loneliness, which develops when leaving the family or deprived of means of support.
5. Defenselessness. Hopelessness in the outlook for the future. These circumstances can act as the main driver, the main factor in the case of a suicide attempt.
6. The overwhelming effect of suicidal feelings that can hinder the establishment of social relationships.
7. Thinking about your life, which supposedly "never" improves.
8. Frequent fatal generalizations in speech, such as " You can't tolerate such a life", "Everyone doesn't care".
9. The appearance of tunnel vision, that is, the inability to see the positive, bright sides of life. The belief in the possibility of the only way out of the situation that has arisen.
10. The presence of ambivalent feelings, that is, a simultaneous combination of the desire to attempt on your life and continue to live to get out of the situation that was created.

The increased risk of suicide occurs under the influence of the following factors: repeated suicide attempts, the presence of serious thoughts about suicide in a teenager, the development of a suicide plan if there is a suicide plan.

To prevent suicidal acts, first of all, it is necessary to carefully study the inner feelings of adolescents in the process of working with them and take each of them very seriously:

- If, in your opinion, there is a possibility that the teenager will commit a suicidal act;
- If a teenager wants to share their problems with you, do not be indifferent to their opinions. Remember! That teenagers rarely turn to specialists about their propensity for suicidal attempts.
- If you notice that a teenager is prone to suicidal behavior, believe in your professional intuition, earn his trust so that he considers you his savior. Be attentive to signs that indicate the possibility of suicide.
- Don't reassure your teen about your ability to help them in areas that you don't know much about yourself. By making empty promises to him, don't make tomorrow even more meaningless for him. On the contrary, inspire them with hope for tomorrow and a bright future, saying: "Your loved ones will definitely help you solve this problem", "You will forget all this", "Do not worry about these problems".
- Tell the teenager that you are ready to help them find a way out of this situation, that there is no need to keep this problem a secret. This is especially important when a teenager's life remains in danger.
- Whatever the point, during the conversation, do not forget about the need for your own self-control.
- Do not forget to conduct a conversation with a teenager in sincere tones. Try to determine how serious the risk of suicide is. Do not allow yourself to think that an emotional, confidential, sincere conversation with a teenager about his suicidal aspirations can lead to strengthening the idea of his suicide. In fact, a frank discussion with a teenager about their problems with someone can bring them relief.
- Try to find out beforehand whether the teenager has a specific plan that puts his life in danger or not.
- Try to reassure your teen that there are people who can help them solve their problems.
- Don't try to reassure your teen with reassurances that are appropriate for all situations, such as: "If you get a good night's sleep now, you'll feel great tomorrow," etc.
- If you want to talk to a teenager about the feelings that cover them, then tell them that you don't criticize them.
- Advise the teenager to try to manage the circumstances in crisis situations, and confirm several times that there are other ways to resolve the situation that has arisen.
- Try to find a person who can help the teenager reduce the degree of mental anguish.
- Let them know that their sense of hopelessness is transient.
- As much as the plan for a suicidal act on the part of a teenager was more carefully developed, the danger to his life and health is so much higher.

- However, it should not be assumed that a teenager speaks about suicide accidentally, that the possibility of its implementation is low, since adolescents are characterized by impulsivity, a tendency to act without carefully developing a plan for its implementation.

The following questions are aimed at determining the emotional state of the teenager, that is, what the teenager feels at the moment:

- Do you have any plans for the future?
- What are you planning for next week?
- What about next month?
- What ideas do you have for the future?
- What should be done to get out of this situation?
- What do you think about someone who can help you? Have you seen a therapist or any other specialist?
- Did these meetings help you?
- Have you had any conversations with your family about suicide or attempted suicide?
- Did your friends talk about suicide? Did they intend to commit suicide?

In some cases, the tendency to negative emotions persists in a teenager so that he can hide his moods. The organization of individual psychological and correctional activities with such adolescents and the involvement of their parents and relatives in them is considered as the main psychological mechanism for the formation of their personality. The teenager begins to understand what path he should choose as a result of understanding, awareness of everything that he sees and hears around him. This process is implemented through the mechanism of personal improvement and self-awareness. It is known that innovations are carried out in practice only by overcoming difficulties and hindrances in people's minds.

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