

Causes of Suicidal Behavior in Children and Adolescents and Their Prevention

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Abstract: Often person is not help to happen around at the moment. Other age relatively, children teenager are happening to receive strong emotion, hatred with sensitive. Teens effort assimilation, scheme is happen base.

Keywords: Scheme, scheme character, emotional sense, demonstration character, nervous character, real scheme character, wear will, family environment unhealthy, loneliness, helpless, decline.

The reasons for suicide are very complex and are associated with many problems. The reasons for this can be found in the biological, genetic, psychological and social aspects of a person. Suicide is the act of taking one's own life by intentionally inflicting a fatal injury. The appearance of such psychological states is often attributed to a person's short temper, loss of emotional experiences, lack of will.

There is a definite difference between the concepts of suicidal behavior and suicide. That is, suicidal behavior has a broader concept and represents actions and manifestations of suicide. Suicidal behavior is a manifestation of suicidal activity. This includes suicidal thoughts, intentions, reasoning, threats and suicide attempts. Suicidal behavior is not only a well-thought-out suicide, but often a long preparation

The causes and forms of suicidal behavior can be different. We can explain this as follows.

1. Demonstrative behavior - demonstrative suicide is committed not in order to seriously harm oneself and deprive oneself of life, but in order to frighten others, make them think about the problems of teenagers, feel that he is treated unfairly.
2. Nervous behavior. This suicidal act is carried out against a background of strong emotions. In this case, the teenager does not have a plan of his actions. He allows a suicidal act as a result of strong negative emotions - pain, hatred, inability to see the truth
3. True suicidal behavior. This suicidal behavior is characterized by the fact that the behavior is based on a well-thought-out plan. In such suicidal behavior, a teenager leaves a letter to parents and friends, explaining the reasons for his actions and saying goodbye to everyone. Since such an act is intentional, it ends in death

For most teenagers who want to commit suicide, it is characteristic that they are in a state of deep depression, are in a "dead end", have a lot of problems. It is the crisis of adolescence, the "transition from childhood to adulthood" and physiological changes that cause difficulties in the child's psyche

Parents who use their role in life and do not take into account the opinions of children during this period create a hidden internal conflict in the child. These conflicts accumulate and negatively affect the child's behavior.

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The child feels that he cannot solve his problems, feels vulnerable and tries to find a way out of this situation by committing suicide. Due to the lack of free communication between the child and his loved ones, inconsistency between friends can also aggravate this situation.

Several signs of the possibility of signs of preparing a child for suicide are expressed as follows:

1. Puts things in order in his affairs – distributes valuable things for him. Keeps it clean, makes final preparations
2. Asks for forgiveness
3. External satisfaction - full of energy. If the intention, plan and method of committing suicide are chosen, the person calms down a little, external satisfaction comes. However, this condition is more dangerous than deep depression, because it can lead to unexpected actions.
4. Leaves his letters, diaries.
5. Insults or threats from a teenager
6. Irritable teenagers who have poor control of their emotional state have nervousness.

Dangerous changes that appear in a teenager include:

1. A sharp decline in learning, indifference to the learning process and grades.
2. Predominance of depressed mood, lethargy of emotions, nervousness most of the day.
3. Sudden change of behavior. For example, a teenager moves away from loved ones, does not want to communicate, is indifferent to his appearance, interests have decreased, he moves away from friends.
4. The negative impact of suicide cases among close relatives or friends.
5. A teenager directly or indirectly speaks about the intention to commit suicide. When a teenager expresses his opinion about the unwillingness to live, in most cases it means to draw attention to himself and his problems. A teenager suffering from neglect often views suicide as a last resort
6. Does not pay attention to his health and what will happen to him.

According to the conducted studies, the factors causing suicide include the following.

The first factor is a family disorder, pressure in the family from adults, an unhealthy atmosphere in the family, and 62% of suicide cases are directly related to family problems

- in family disputes, there is resistance to the views of the older generation, the desire to abandon them;

- if there is a person with a serious illness in the family, the atmosphere in the family is characterized by tension. The death of a loved one can cause a teenager to feel a sense of loss and reduce interest in life

- the frequent occurrence of a conflict situation in a family addicted to alcohol can become a factor in the development of suicide

- a break in relations with a child in the family, in which the child tries to scare others with his unconscious actions, to show himself to others.

The second factor is problems with the school, the indifference of some teachers. 70% of teenagers cited minor conflicts at school as a suicide factor.

However, psychological analysis shows that the cause of suicide is an unhealthy situation in the family, that is, a violation of the relationship between parents and children. Since the child spends more time at school, conflicts at school can play the role of "the last straw in the cup of patience." Most of the problems manifest themselves in learning at school, disagreements with teachers. Teenagers may face extreme situations, such as social discrimination, problems in the educational process, betrayal and parasuicidal situations.

The third factor is the problems of a teenager with peers, expressed mainly in interpersonal conflicts with representatives of the opposite sex. For a child, death is not represented by the end of life, he thinks that "everything can be returned", "I will survive". Proper awareness and understanding of death begins at the age of 18. An unhealthy family environment creates the ground for a child's emotional attachment to one of his peers. The teenager begins to tell him his secrets, discuss his marital status, thereby strengthening his attachment. This is expressed as a kind of compensatory mechanism. A possible misunderstanding between peers creates the ground for suicide.

The fourth factor is suicide when playing slots on mobile and Internet sites. According to the latest information, a game called "Blue Whale" caused the suicide of several teenagers. Participants in the game were selected only from teenage children, scaring them with the need to play to the end and eventually ended up dead. In adolescence, the worldview has not yet been formed, therefore, without realizing what will happen to them in the end, the stages of the game passed

In suicide prevention, adults are responsible for every suicidal act of a child. Any thoughts of suicide should be treated with extreme caution. Ignoring feelings of loneliness and helplessness can help prevent suicide. Prevention of depression in adolescents involves suicide prevention. Parents play an important role in the prevention of depression. If symptoms of depression appear in a child, it is necessary to immediately help him get out of this state.

When working with parents of teenagers, I would like to give the following recommendations.

1. It is necessary to talk to the child, be interested in his condition, talk about the future and make plans together. It is necessary to support the child, to build confidence in himself and his future, to give him hope that he will be able to achieve his goal. You can never accuse a child of "audacity" and "incompetence", you need to try to strengthen his personal qualities. Never compare a child with smart, brilliant, successful peers, these comparisons will make him lose his self-esteem and self-esteem. It is necessary to make sure that the comparison of his yesterday's situation with today's situation has more positive changes.
2. It is necessary to work hard with the child, strive for innovation, try new activities with him, try to do together what has not been done before, so that the child feels his need, the love of his parents. We need to try to change the same lifestyle at least a little.
3. The teenager must follow a strict schedule. It is necessary to pay special attention to the fact that he rested in time, ate well, performed physical exercises. Depression can lead to suicide attempts
4. Control the games that the child plays. It is important to find out what mobile and Internet sites he visits.
5. If necessary, contact a psychologist or psychotherapist. Parents need to undergo a medical examination of the child and prevent anemia and endocrine diseases, diseases of internal organs can also lead to suicide. Timely treatment has a positive effect on the child.

In order to prevent suicidal cases, it is advisable to carry out similar work in institutions.

1. Organization of conversations and discussions with parents in the family, taking into account the personality and age of the child;
2. Organization of offices of social and psychological support in microdistricts. Providing consulting and preventive assistance to those who volunteered in crisis and suicidal situations;
3. The opening of a psychologist staff at the sites of the Mahalla committee would help prevent such situations. Because the district psychologist is trying to study the problematic situation of the family perfectly and it is the work with a specialist psychologist of the institution in which the child is being brought up;
4. Implementation of work by specialists in the prevention of suicidal behavior to prevent such situations;
5. Organization of cultural, educational and preventive places in institutions. It is advisable to conduct joint work of patronage doctors, psychologists, employees of internal affairs bodies

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