

SOCIAL ENVIRONMENTAL FACTORS THAT CONTRIBUTE TO SUICIDAL BEHAVIOR

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Abstract: This article studies the social environmental factors that cause suicidal behavior. To provide scientific and practical clarification based on psychological studies and research on the socio-psychological characteristics of psychocorrection of suicidal tendencies.

Keywords: Suicidal, behavior, personality, suicidal tendency, psychocorrection, psychodiagnostics, socio-psychological characteristics, psychological diagnosis, socio-psychological service.

One of the pressing problems facing psychologists today is to study in more depth the various disorders that arise in individuals during crisis situations, to develop preventive measures, and to put them into practice. Because psychological disorders of various levels that arise during crisis situations damage a person's mental balance, lead to difficulties in interpersonal relationships, isolation from society, and increase shortcomings in life and work, uncertainty about the future, and despair.

Ultimately, this situation is painfully accepted by the person and he remains in the throes of mental suffering. As a result of not being able to bear the mental suffering and grief, sometimes suicidal behavior, such as suicide, begins to manifest itself.

Therefore, studying such problems, conducting preventive work, and creating necessary literature on this topic will create a solid foundation for preventing a number of negative situations resulting from crisis situations, and for raising a person who can control himself and think soundly in any difficult situation.

Suicide is derived from the Latin word, and suicide is the deliberate deprivation of one's own life. Suicidal behavior is a broader concept than suicide, which includes suicidal behavior, suicide incidents. Suicide includes all suicidal behaviors, that is, situations in which death does not occur independently of the suicide victim (breaking the rope, timely medical care, etc.). The American scientist K. Menninger, a follower of the psychoanalytic school, studied the deep motives of suicide and developed Z. Freud's ideas on this subject. He divided suicidal behavior into three components. According to him, the following are necessary for suicide:

- desire to kill - the suicidal person is often an infantile person, angered by obstacles and difficulties in fulfilling his desires;
- the desire to kill - if murder is the ultimate form of aggression, then Suicide shows a high level of subordination:
- a person cannot bear the pangs of conscience and difficulties resulting from the violation of moral standards, and therefore sees the only way to atone for his guilt is to end his life;
- Death wish - it is common among people who unnecessarily risk their lives, as well as among patients who believe that death is the only cure for physical and mental suffering.

In this area, Uzbek psychologists such as A.Ye.Shir (1983), N.Farberou (1964), E.Rigel (1971), A.G.Ambrumova (1973, 1978, 1989), A.V.Kovalev (1968, 1972), A.Ye.Lichko (1977), L.Ya.Zhezlova (1983), E.M.Vrono (1988), V.T.Kondrashchenko (1988), M.T.Davletshin (1991), T.B.Shoumarov (1991), N.Sog'inov (1990), E.Sh.Usmanov (1993) have conducted successful scientific research. According to the researchers, the act belongs to the category of purely anthropological and phenomena. This phenomenon of human behavior is approximately two to one, and its unnatural nature for all living beings has been one of the pressing problems of humanity for centuries.

At the beginning of the 20th century, in many developed countries of the century, suicide became a social phenomenon, so the famous Russian psychiatrist I.A. Sikorsky called suicidal behavior the "disease of the century", and the famous Russian jurist A.F. Konik noted that suicide began to be a "suicide" disease, increasingly approaching the human bedroom. The truth of these words is confirmed by the increase in cases of suicide after World War II, which was detected in most industrialized developed countries.

The scientific methodological recommendation entitled "Study of the socio-psychological causes of self-immolation of Uzbek women in the former Uzbek SSR", published by the scientific research group and edited by Professor MG Davletshin, was one of the first major works devoted to the socio-psychological study of suicide in Uzbekistan.

In the work, the authors, in addition to showing the reasons for Uzbek women and girls setting themselves on fire, put forward valuable ideas and observations about the causes of suicidal behavior in internal affairs officers, its difference from suicide, and its specificity. In particular, according to the authors, the age crisis occurs at a certain age, and this feature plays a special role in the emergence of suicidal behavior.

Also, stressful situations cause disruption of socio-psychological adaptation in internal affairs officers, causing mental trauma. Mental trauma is one of the main reasons for the emergence of suicidal behavior. In cases of mental stress, internal affairs officers prone to suicidal behavior, like adults, have a distorted attitude towards their own "I" image, which causes difficulties in making decisions in problematic situations, as a result of which they choose the wrong, risky and suicidal path instead of the correct way to resolve the conflict situation. The authors also suggest that various conflicts in family relationships and defects in raising children in the family also affect the emergence of suicidal behavior in internal affairs officers prone to suicidal behavior.

For psychocorrectional and preventive work, it is important to know the individual's self-assessment and level of assertiveness. The greater the difference between them, the higher the risk of nervous breakdowns and social maladjustment in the individual. When providing first psychological aid to a person, it is necessary to follow the following rules.

- Believe me, you can help him.
- In such situations, learn from the experiences of people who have faced similar situations.
- Be patient.

Preventive interview method.

The key to overcoming a crisis situation is to conduct an individual preventive conversation with the person. It is important to consider the following;

- Paying enough attention to actively listening to the client during the conversation;
- An active listener is one who gives the interlocutor his/her full attention,

He is a person who listens without judging, which allows him to pour out his heart.
allows.

- An active listener fully understands the feelings of the interlocutor and learns from them.
helps maintain self-confidence.

- An active listener helps the other person hear.

During this period of life, a person's thoughts and feelings can be painful and incomprehensible (for themselves and their loved ones). In a state of instability, the ability to behave adequately, consciously, and make correct judgments is impaired.

Later, in order to get out of the crisis situation, a person can accept his behavior as correct. If it is explained to the person that his behavior is a consequence of the crisis changes, then the person, having understood the cause and dynamics of such a situation, will actively participate in the recovery process.

The need to study the risk of suicidal behavior is determined, firstly, by its increasing role and contribution in various spheres of modern society; secondly, by the insufficient study of this problem in the conditions of social change; thirdly, by the needs of society and the state to create conditions that ensure both physical and social health of a person.

In studying the phenomenon of suicide, which is considered one of the global problems, a number of scientific studies have been conducted in our republic, as in all countries, in which the problem of suicide, including suicide among internal affairs officers prone to suicidal behavior, is analyzed from a psychiatric, psychological and social perspective.

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