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DIAGNOSIS OF SUICIDAL BEHAVIOR IN ADOLESCENTS

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Abstract: This article is devoted to the cause and factor of suicidal behavior. The cause of suicide can be unsuccessful love, experienced sexual or physical abuse, regular bullying by peers. Failures in educational activities, failures of creative projects, difficulties in the professional sphere can also push a person to suicide. The cause of suicidal behavior is the experienced depressing feeling of loneliness. The reason for suicide can also be a person's financial problems: bankruptcy of an enterprise, loss of job, inability to find a job, difficult credit obligations, loss of a source of income.

Keywords: physical violence, bullying, partner's drug addiction, credit obligations, systematic humiliation.

Introduction

A wide range of researches has been conducted by a number of scientists on suicidal behavior and suicidal risk factors, including A.G.Ambrumova, V.F.Vaytsek, E.Durgeym, Z.Freyd, N.V.Vershagina, K.Menninger, Y.G.Kasperovich, A.R.Kormunova, G.B.Shoumarov, Z.Ibodullaev, N.Soginov, who are studied the psychological features of the manifestation of behavior, deviant behavior, suicidal behavior.

It should be noted that depression can affect the suicidal reaction, in which case A.G.Ambrumova has a different opinion, in her opinion, depressive states should be taken into account the influence of the environment on the basis of suicidal behavior, social and psychological structure of the person and his pathopsychological symptoms.

In the study of suicidal behavior in adolescents, G. Eisenk's questionnaire "A person's self-assessment of mental state" was used. This questionnaire is used to determine a person's level of anxiety, frustration, aggression, and tension that affect the formation of suicidal tendencies in adolescents. The results of the study are presented in Table 1 below.

Table 1

The results of research on the method of self-assessment of a person's mental state

Districts	Anxiety		Frustration		Aggression		Sharpness	
	Adoles cent	Parents	Adoles cent	Parents	Adoles cent	Parents	Adoles cent	Parents
Pakhtakor district	6,0	7,0	7,0	8,3	9,0	7,3	8,0	8,6
Jizzakh district	5,2	6,9	6,1	5,1	5,6	6,5	6,6	6,8
Gallaorol district	6,5	6,4	7,2	6,7	9,0	7,8	7,8	11,3
Bakhmal district	6,3	7,7	6,6	5,5	9,0	7,0	7,8	7,5
Jizzakh city	6,0	7,2	7,0	6,2	7,2	6,0	6,2	7,4

Anxiety. Doctor of Psychology, Professor M.G.Davletshin, in his short glossary Dictionary of Psychology, describes anxiety as "An individual's process of experiencing an uncertain danger."

In our study, we analyzed the characteristics of anxiety in adolescents in the study of suicidal behavior of adolescents (Table 1). Anxiety traits in adolescents have illustrated results by regions: Pakhtakor (6.0), Gallaorol (6.5), Bakhmal (6.3), Jizzakh (5.2) districts and Jizzakh city (6.0). Based on the results obtained, it can be said that the recorded results showed a lower than average score, although the average score in the methodology used in the study was 10 points.

This means that the anxiety scale shows that the performance of school students in all districts surveyed is below average. Based on the results of the study, we can say that the assessment of adolescents' mental state shows that they are not worried about the formation of suicidal behavior in them. However, Gallaorol and Bakhmal districts showed slightly higher scores than schoolchildren of other districts (6.5

and 6.3). However, their results are also lower than the average specified in the methodology.

The results of a survey of parents of students on this scale also show a lower than average overall score. In the study, we can see that the results of parents in Bakhmal, Pakhtakor, Jizzakh district and Jizzakh city are relatively high (7.7; 7.0; 6.9; and 7.2 points). The results of the survey of parents in Gallaorol district were 6.4 points. It can be seen that parents of students in Gallaorol district do not worry much about the formation and emergence of suicidal behavior in their children, although this indicates a lack of psychological knowledge about the specifics of adolescence. The same can be said of other parents.

Frustration. In the short dictionary Psychology, edited by psychologist M.G.Davletshin, frustration (Greek frustration - deception, futility, frustration, failure of plans) - a mental state that occurs due to difficulties that are objective, insurmountable or subjectively seemingly difficult to achieve described as.

Frustration, like other mental states, can be a transient condition, indicating the onset of new or characteristic traits in a person's behavior. Frustration mainly arouses negative emotions. Types of frustration: aggressive state, apathy, depressed state, feeling of sadness, lack of self-confidence, weakness, frustration and others. While the aggressive state of frustration is typical of a rude person who is often unable to behave, the depressive state is typical of a person who is insecure. Sometimes it is possible to develop a similar condition in people with a severe nature, but this condition does not last long.

The state of frustration also plays a role in the manifestation of suicidal behavior in adolescents. The results of the survey showed a slightly higher result in schoolchildren of Pakhtakor, Gallaorol districts and Jizzakh city than in other districts (7.0; 7.2 and 7.0 points). These results are below the average score of the methodology.

The students who participated in the study showed that they do not pay much attention to the state of frustration in the

development of suicidal behavior, that is, they naturally accept the difficulties they face in achieving their goals, control themselves when faced with difficulties, behave in relationships with people around them, get out of unpleasant situations quickly, do not give their plans up.

However, based on the results of the study, it can be said that the state of frustration in Gallaorol district schoolchildren is 7.2 points, which indicates a lack of confidence in their abilities, fear of difficulties in their work, a little depression, but this the mental state manifests itself in the short term and disappears after a certain period of time. We can see this in the results of students from Pakhtakor district and Jizzakh.

Overall, the frustration status was positive in the students who participated in the study.

The results of parental research on the frustration scale show the highest results in Pakhtakor and Gallaorol districts (8.3 and 6.7), the lowest results were recorded in Jizzakh district and Bakhmal district (5.1 and 5.5).

We can see that parents of students in Pakhtakor and Gallaorol districts are a little worried about their children's character and behavior, their children's behavior, their interactions with others without their children noticing, and this can be seen in the parents of students in Jizzakh. This was also evident in additional interviews with parents.

The frustration of students in Jizzakh and Bakhmal districts shows that they trust their children, know their children's behavior, act independently, make decisions, and overcome difficulties. It should be noted that the results of the study with parents show a lower result than the average score of the methodology, which indicates that the state of frustration of students and parents was positive.

Aggression. Aggression is the behavior of individual or collective behavior aimed at causing physical or mental harm to a person, a group of people, aggression manifests itself in emotional states such as anger, hostility, inability to see.

According to the results of the study on the situation of aggression in adolescents, in

Pakhtakor, Gallaorol and Bakhmal districts showed 9.0 points, in Jizzakh district and Jizzakh city schoolchildren showed 5.6 and 7.2 points. It is noteworthy that the indicators of Pakhtakor, Gallaorol, Bakhmal districts were higher than those of Jizzakh district and Jizzakh city, but lower than the average of the methodology we used.

Although aggression is defined in a psychologically concise dictionary as an act aimed at physically or mentally harming a person, we can see that in the manifestation of suicidal behavior, the person directs aggression, anger, and resentment toward others. On this basis, a person's anger can lead to suicides as a result of being unable to control emotional states such as hostility, inability to see, revenge.

In the course of the study, a low rate of aggression was observed in adolescents as a result of the study of suicidal behavior. This means that students in all the schools surveyed demonstrated the ability to control their psychological qualities in any situation, such as running on the page, putting themselves above others, giving in to anger, expressing themselves to others. We can also see this from the results of the study.

The results of a survey of parents of students on the scale of aggression in Pakhtakor, Gallaorol and Bakhmal districts showed that the rate was slightly higher than the results of parents of students in Jizzakh district and the city.

This can be seen in the fact that parents of students in Pakhtakor, Gallaorol and Bakhmal districts put pressure on their children, do not support their children's opinions, pass their words to their children, control and restrict their actions. This was also the case as a result of interviews with parents. It should be noted that in an interview with parents of schoolchildren in Jizzakh district and the city, parents noted that they have confidence in their children, consider their age-specific characteristics, give them a certain degree of independence, but also control them, talk to them often, and take an interest in their plans.

Sharpness. In the concise dictionary of psychology, tension is defined as a trait that is the opposite of humanity.

The nature of tension is also likely to have some influence on the formation of suicidal behavior in adolescents. The nature of aggression is characterized by the inability to change one's habits, difficulty adapting to a particular situation, environment, alertness to changes in life, insecurity in communication with others, negative thoughts in the mind, anxiety, stubbornness, depression.

The results of the study showed a lower than average score of the methodology on the state of tension in adolescents. At the same time, this situation showed a higher rate among schoolchildren in Pakhtakor, Gallaorol and Bakhmal districts than in Jizzakh district and the city (see Table 1).

The results of the study show that Pakhtakor (8.0), Gallaorol and Bakhmal (7.8) show that in these areas, special attention should be paid to psycho-correctional measures, psychological diagnosis, psychological counseling, and psychological services for adolescents in these areas. Adolescents' self-confidence, hesitation in making decisions about depression, insecurity in communication, correction and positive development of negative thoughts in their minds are the basis for reducing their tension and positive assessment of their mental state.

Also, although the results of students in Jizzakh district and Jizzakh city (6.6 and 6.2) are not high and it is wrong to conclude that they do not have the quality of tension, because the above qualities can be seen in their behavior. So, it is expedient to carry out psycho-correctional work with them as well.

A survey on the severity scale was also conducted with the parents of the students, and if we look at their results, only the parents of the students of Gallaorol district showed a higher than average result (11.2 points). We can explain this situation as follows. This can be seen in the fact that parents of Gallaorol district students neglect cooperation in their interactions with their children, self-determination of the child's future, mistrust of

the child, misconceptions about the child, self-determination and make their own decisions. This condition can affect the formation of suicidal behavioral traits in their children.

Although the results of parents of students from Pakhtakor (8.6), Bakhmal (7.5) and Jizzakh on the scale of severity are lower than those of Gallaorol district, it should be noted that psychological services to prevent suicide in adolescents and it would be expedient to carry out consulting work.

High levels of frustration in adolescents and parents lead to a state of aggression in them. In such situations, often in a state of aggression, the person is unable to control himself and as a result may face various problems.

In the study, we analyzed the comparative status of the self-assessment results of parents with adolescents, the results of which are presented in Table 2 below.

Table 2

A comparative study of self-assessment indicators of parental status with adolescents

		X	σ	T
Anxiety	Adolescents	6,00	1,73	-6,876***
	Parents	7,00	1,27	
Frustration	Adolescents	6,07	2,05	-1,785
	Parents	6,40	1,64	
Aggression	Adolescents	7,90	2,01	4,467***
	Parents	7,15	1,34	
Sharpness	Adolescents	7,82	1,67	-1,718
	Parents	8,07	1,47	

Note: * $p \leq 0.05$; ** $p \leq 0.01$; Note: *** $p \leq 0.001$

Based on the analysis of the results obtained in the study, it can be said that there is a negative correlation between the comparative status of the results of the anxiety, frustration and tension scales of adolescents and parents ($t = -6,876$; $p \leq 0.001$; $t = -1,785$; $t = -1,718$). a positive correlation was observed between the scale of aggression. Hence, while adolescents and parents tend to focus on the formation of positive attitudes of anxiety, frustration, and tension, their aggressive nature also helps to positively influence a person's decline in suicidal behavioral traits.

The organizational aspect of psychological assistance to juveniles with suicidal tendencies,

the establishment of a link between the intersystem systems that address this problem and the normative legal acts regulating the activities of professionals working in the field of prevention of suicidal behavior of juveniles. And in the context of change, maintaining the mental and psychological health of minors remains a priority.

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