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**SUICIDAL BEHAVIOR ON PREVENTION OF ATVOR
PSYCHOPROPHYLACTIC MEASURES WITH ADOLESCENTS**

Raziqova Lola Tuychiyevna
The Department of Pedagogy and Psychology,
Samarkand State Medical University Associate Professor

Abstract

This article describes psycho-prophylactic measures to prevent suicidal behavior with adolescents and how to organize psycho-preventive work.

Keywords: suicidal behavior, deviant, pedagogical-psychological condition, correction, prevention, family, neighborhood, study group, media tools

Аннотация:

В данной статье описаны психопрофилактические мероприятия по предупреждению суицидального поведения с подростками и как организовать психопрофилактическую работу.

Ключевые слова: суицидальное поведение, девиант, педагогико-психологическое состояние, коррекция, профилактика, семья, соседство, учебная группа, СМИ инструменты

Introduction

Psychological research has not fully identified exactly what is the cause of suicidal ideation or deviant behavior. Therefore, pedagogical-psychological correctional programs for groups at risk of developing suicidal activity complex needs to be developed. These programs are a pedagogical-psychological way to help adolescent suicides control their behavior, restore and develop a relationship with an alternative social environment and tools. Psychological, pedagogical and social measures are taken to protect adolescents from the negative effects of those around them in psycho-prophylactic activities aimed at supporting, namely:

- a) Family, community, study group, class and pedagogical community, mass media;
- b) Education and upbringing that affect key aspects of interpersonal relationships of adolescents optimization of conditions.

Thus, the main goal of psychoprophylaxis is to identify the negative socio-psychological, pedagogical factors that lead to suicide attempts in adolescents and to implement corrective educational measures to eliminate them.

Special prevention of suicidal ideation in adolescents includes:

- Dissemination of rumors about suicidal issues;
- Study of socio-psychological conditions that lead to suicidal activity in adolescents;



- Carrying out correctional educational work with adolescents at high risk of suicide, regular communication with them, joint discussion of problems;

- Editing media sources that are likely to generate suicidal thoughts:

- Inclusion of national customs, traditions, ceremonies in the plans of psycho-preventive measures with suicidal adolescents, establishing social relations with the people around them, leading to suicidal activity allows for the elimination of potential social maladaptation.

The main content of the general direction of psycho-prophylactic 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.

The adolescent learns to take an active part in the life and activities of his peers, the community, to live in the interests of the community and to subordinate his behavior to that community.

Experiments show that the implementation of psycho-prophylactic measures depends on a number of factors, and there is no clear solution is to determine. According to experts, the individual-psychological factors of suicide risk are the following features:

- Family upbringing conditions (absence of a father in early childhood, matriarchal relations in the family, alcoholism, upbringing in a family with mentally ill members, excessive in adolescence restrictions or strong control parental disregard for his or her opinion, strong emotional stress experienced in childhood: strong fear, mental or physical trauma, denial by others, upbringing in a family where suicide was committed by relatives, etc.);

- Indifference of the adolescent to the educational institution, family and educational influences;

- Recidivism;

- Behavioral deviations;

- Loss of social status, isolation from the social environment;

- The severance of sacred love;

- The “pressure” on the adolescent, regardless of his interests and needs (dress, choice of friends, choice of post-school education);

- Committing criminally punishable acts;

- Long-term somatic diseases;

- Difficulties in adapting to activities, etc.

Assisting a suicidal person is an extremely important, 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 adolescents and the implementation of appropriate psychological correction;

- Active emotional support of a teenager in a state of crisis (depression);

- To encourage its positive aspects in order to alleviate the negative situation.

In the absence of the possibility of educational intervention in the implementation of corrective measures or the lack of the necessary diagnostic tools, the juvenile is at the center of identifying



ways out of difficult situations and overcoming the crisis an individual prophylactic interview. It has its own characteristics, which are reflected in the following:

- Never invite a teenager for an interview through third parties, the offer should be made in person (preferably as if you met him by chance, with an excuse to meet him or some easy request or task).
- The most important thing in choosing a place for a conversation is to pay attention to the absence of strangers (no matter how long the conversation lasts, no one should be there);
- If possible, have a conversation after work or after school need to plan;
- It is advisable not to take any notes during the interview, not to look at the clock, not to do any work “on the go”, to show the suicide bomber with all your appearance that there is nothing more important for you now than this conversation.

Conducted with adolescents in educational institutions

The main purpose of psychoprophylactic measures:

- To create a positive, pedagogical and psychological environment that strengthens their mental and psychological health. The class is educational with the group the sufferings and experiences of the families of the students who committed suicide, taking into account the characteristics of adolescence at the event, if it did not happen, how much more would it be for his own family, his homeland?

it is important to convey that death cannot be the solution to the problem that has arisen.

Carrying out propaganda work on the negative consequences of suicide among adolescents
Formation of a positive social opinion about suicide Suicide prevention is one of the important functions.

Parents should be careful not to be afraid to seek the advice of a psychiatrist or psychotherapist when necessary to address adverse changes in adolescent behavior, and may, at their discretion, provide such advice anonymously it should be explained that it is possible to openly analyze conversations with them about negative changes.

In cases of financial difficulties in the family in the case of suicide among adolescents, it is advisable to organize financial assistance by representatives of local authorities, neighborhood, educational institutions. But at this point, it is worth noting that such good deeds are commendable, and cannot be a solution to the problem. After all, in Japanese, “it is better to teach a hungry man to fish than to give him a fish”.

There is a saying among the people, “A bird is not satisfied with what it has given”, and these measures do not radically change the financial situation of the family.

To help adolescents raised in low-income families out of a difficult situation, to help them employ their family members, to reduce kindergarten fees, to help them in their areas of residence.

Helping them to study in colleges and lyceums, finding a job in their spare time and contributing to the improvement of the family's financial situation – suicide is the most important of psycho-prophylactic measures.

Psycho-prophylactic measures are aimed at improving social adaptation in adolescent suicides, achieving a sense of need for others, making future plans, forming a sense of aspiration for



them, the student's ability to cope with conflict situations changing attitudes, overcoming traumatic events, psychological stress, and limiting suicidal activity.

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