



## "INNOVATIVE ACHIEVEMENTS IN SCIENCE 2023"

### SOCIO-PSYCHOLOGICAL FACTORS OF SUICIDAL BEHAVIOR IN ADOLESCENCE

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**Annotation:** *Suicide is a global social problem and is considered a threat not only to the individual, but also to the security of the state. According to the World Health Organization, taking into account that approximately 20% of suicides in the world occur in adolescents and young adults, it is possible to think that the security of the state and the development of the country can be seriously damaged. Therefore, one of the main tasks of every state is to reduce the number of suicides and to strengthen the mental health of the population.*

**Key words:** *socio-psychological factors, scientific-theoretical views, strength and abilities, "maternal depravation".*

Therefore, it is important to study various factors of suicidal behavior, including socio-psychological factors, during adolescence. Since this issue is relevant in today's global changes, we focused on studying the scientific-theoretical views of Uzbek and foreign scientists on the socio-psychological factors of adolescent suicidal behavior. This chapter reflects the analysis of scientific approaches put forward by scientists.

According to Uzbek scientists V. Karimova, O. Hayitov, F. Akramova, N. Lutfullayeva, suicidal behavior among teenagers is caused by the low self-esteem of teenagers; secondly, it is related to the failure to achieve recognition by the society of equals. Low self-esteem can often be caused by the excessive demands placed on a person by others, inability to meet them, various objections, failures in work, study, and the process of dealing. Such a teenager or an adult is always depressed, tries to stay away from others, is in a mood of distrust in his own strength and abilities, and gradually leads to the appearance of a number of negative qualities and behaviors in a person. Even such a situation can cause suicidal actions, i.e. suicide, the psychology of striving to "escape" from reality.

In the development of a teenager as a person, two different situations are observed: on the one hand, striving for closer contact with others, equals, obedience to group norms, and on the other hand, due to the increase of independence, some difficulties are observed in the inner mental world of the child. Conflicts also arise between self-awareness and other-awareness. Often, a teenager overestimates his



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capabilities, while others distrust his strength, will and potential. However, whatever he does, he strives to be recognized at least by the society of equals, and communication with them becomes the meaning of his life. If an unruly teenager is rejected by his peers for some reason during this period, he will consider it as a very terrible event, may not go to school, and may even commit suicide.

Also, the Uzbek scientist V. Karimova stated that the deprivation of the mother leads to suicide by the teenager; the lack of affection shown by the parents towards the child can also be the cause.

According to the scientist, if "after the birth of the baby, he had to stay in the hospital for a long time because he was sick", then "maternal deprivation" can be observed in young mothers. According to V. Karimova, "maternal deprivation" is considered to be "cases of secret rejection of the child, dislike of him or inability to be close to the child for some reason" observed in the mother. "The child of such a mother will have serious complications in his mental development, he cannot control his behavior, he will grow up with a high tendency to commit crimes and even commit suicide," says V. Karimova.

According to the researcher, suicide among teenagers is related to suffering from parental indifference, in which the child condemns himself to loneliness and avoids everyone.

The criteria for adolescent suicidality syndrome can be summarized as follows:

- presence of suicidal thoughts in the anamnesis;
- parts of a dysphoric state (feelings of sadness, frustration, depression);
- disorders such as insomnia, fatigue, vegetative changes;
- clear ideas about the methods of committing suicide are formed.

Adolescence is considered a risk factor as a critical period of personality development. Most teenagers are characterized by impulsivity, emotional instability, high trustworthiness. They have an increased sense of self-analysis, increased interest in the problems of life and death, and obsession with philosophical issues. Young people tend to "reevaluate values", search for their place in society with difficulty, and try to understand the "meaning of life".

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