

Some Concepts about Suicide

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ABSTRACT

This article provides clear evidence of suicidal ideation, intense negative feelings in stressful situations - vague feelings, restlessness, intense panic that leads to delirium, loneliness anxiety, insecurity, and despair over oneself and one's future.

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Suicide is intentional self-harm in order to die. To date, three different causes of suicide among 15-44 year olds have been identified. Those who are exposed to it are people who suffer from a mental disorder or are under stress and cannot deal with their problems on their own. Many psychologists note that this is due to misunderstanding, loneliness and lack of love from others.

According to the World Health Organization, there are 800 causes of suicide, the most common of them are:

36 percent - for unknown reasons;

19 percent - fear of punishment;

18% - mental disorders;

18 percent - marriage, household difficulties;

6 percent - giving in to passion;

3 percent - loss of money, property.

Unfortunately, in some difficult, problematic life situations, a person does not know how to act or how to tackle these problems. Logical reasoning of the people who think: "If there was no man, then there would be no problem", "If it were not me, then there would be no problem" lead to suicide because they believe that this is the most correct decision in this kind of life situations.

In the history of mankind, the problem of suicide has been assessed differently, that is, from a philosophical, religious, legal point of view, suicide has been strongly condemned and recognized as a crime (offense).

The term suicide was first coined by the Italian psychologist G. Deze in 1947 and means "action with the intention of taking one's life." There has always been interest in this issue. However, while the problem of suicide is global in nature every year, suicidal actions remain a person's attempt to escape from a particular crisis life situation. Currently, another branch of scientific suicidology has been developed, which studies sociology, psychology, geography, medical (medical) psychiatry, the reasons for people's interest in suicide, its personal characteristics and the factors that prevent them from living. Suicidal behavior is characterized by a person's desire to consciously sacrifice himself. Any goal is aimed at death, motive (cause) - to change mental injuries, that is, to voluntarily die to get rid of them.

The psycho-emotional state of suicide leads a person to symptoms of stress in a difficult personal life, inability to adapt to difficult life situations, dependence on needs, autonomy, inappropriate educational attitudes and self-alienation.

Suicide is considered as a solution to the accumulated psychological crisis. Suicide is an attempt to sacrifice one's life in a state of internal and external activism. If an internally active suicidal behavior is diagnosed earlier, the plan may not materialize through aversion to that work. Internal suicidal behavior is manifested as follows. Inner experiences are the result of not being able to find a solution to a problem after a complicated conflict or mental trauma characterized by pessimistic denials.

Passive suicidal thoughts, fantasies of death, but not on the subject of deprivation of one's own life (for example: falling asleep and not waking up, if something happens to me, I will die "). Suicidal thoughts; ways to commit suicide, time and weapons that are chosen are considered the most convenient form of deprivation of life for the person.

Suicidal determination: thoughts mix with courage component and induce the person to commit suicide.

The period of suicidal ideation and attempts to commit it is called the pre-suicidal period, which is divided into acute presuicide, or recurrent occurring over months (chronic pesuicide) types. In cases of acute suicide, suicidal ideation and tendencies are done quickly without any steps.

External telltale signs of suicide include:

- Attempted suicide - behavior that does not end in death, but is aimed at taking one's life.
- The act of suicide - the idea of the impossibility of living in the certain situation - an action that leads a person to death.

In the literature, we consider 3 types of suicidal behavior:

1. Demonstrative
2. Affective
3. Real

It is impossible not to react to real and demonstrative types. Assessing a low risk of suicide can be extremely effective in simple situations.

Demonstrative suicidal behavior is a form of suicide in which a person knows that others will seek to save him. There are cases of attracting the attention of others, awakening the interest of others in oneself, causing a feeling of compassion, sympathy, a sense of sin (guilt), evasion of punishment, revenge for indignation, injustice, blaming others for indignation. A 16-year-old girl took several aspirin and paracetamol tablets. She said that the reason for this was that her mother was against her friendship with her boyfriend, so the girl's behavior was aimed at committing suicide but was hospitalized as a result of a serious injury.

Affective suicidal behavior is a type of behavior characterized by the fact that the suicide is committed in the "heat of passion". Suicidal actions in the "heat of passion" can take the form of staged (performances), but there can also be more real intentions, even if many years have passed. The long-term structure of affective states suggests that instability (hesitation) may be observed in suicidal attempts. One day, a 14-year-old girl comes to the apartment where her father lives with her stepmother and tells her that she will kill herself if her father does not return home, in response to which the stepmother gives a knife to her and says she can do it now. The girl takes the knife and strikes it several times in her left hand.

The real suicidal behavior is long-thought-out, goal-oriented action. Before doing this, the teenager thinks about the safety of the action.

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