



PREVENT THE RISK OF SUICIDE IN ADOLESCENTS IN CRISIS SITUATIONS PSYCHOLOGICAL MECHANISMS OF ACQUISITION

Polotova Madina Shavkatovna

Bukhara State University, 1st Stage Master's Degree

Phone: +998 (90) 7182113

Annotation

This article discusses the theoretical and practical approaches of psychologists to the crisis situations observed during adolescence, as well as the psychological significance of the judicial risks that can be observed in adolescents.

Keywords: suicidal behavior, crime, delinquency, delinquent behavior, illusion, hypnogenesis, impulsivity, explosiveness and emotional instability, puberty

Relevance of the Topic

Adolescence is one of the most difficult and complex periods in human ontogeny. This period, in which a person's social orientation, values, beliefs and ideals are formed, is also the most favorable period for the manifestation of deviant behaviors. Prevention of crime and delinquency in society is one of the most pressing tasks today. Therefore, the study of the psychological features of the formation of delinquent behavior in adolescents is of great importance.

... In Russian psychology, the study of suicidal behavior in adolescence was studied by P.F. Bulatsel, N. Berdyaev, A.G. Ambrumova, V.A. Tikhonenko, E.V. Zmanovskaya, N.P. Brukhansky, V.K. Khoroshko, A.A. Prozorov, V.T. Kondrashenko. Adolescence, like no other, is characterized by a frequent change of views, a high degree of vulnerability, sensitivity, suspiciousness and is more vulnerable, since it does not have ready-made models and ways to resolve difficult situations, which can lead to suicidal behavior.

The causes of juvenile delinquency can also be an unhealthy mental environment in the family, marriage, and community. However, such situations may affect the adolescent only as a cause of delinquency in certain circumstances, i.e., the willpower of the juvenile is weak or he or she is unable to control his or her social, ethnic behavior. Crisis in adolescence leads to changes in the inner world, there is a violation of the system of "I", self-awareness, self-esteem, nihilism, helplessness, moral imbalance, flattery. . These changes are reflected in the transition to a life situation in which the adolescent is no longer able to live in the



established way of life, in an attempt to maintain the formed "I". They occur as adolescent-specific compensatory mechanisms. This situation depends on the nature of the adolescent's experiences, in which the "I" of the adolescent, formed under the influence of unconstructive experiences, on the one hand serves as a compensatory-protective mechanism to overcome the crisis, on the other hand, o' which impedes the social adaptation of the adolescent, which prevents the adolescent from solving the tasks facing him, and the adolescent develops a stable opinion that he cannot change himself, the situation, for the better. With the emergence of "self-loss" begins the search for ways to rebuild the inner world of adolescents, to resolve the contradictions of inner personality, to find a basis for the formation of a new "I":

A. A. Sultanov, studying the causes of suicidal behavior in adolescents and young men, identified three main groups of factors: 1) maladjustment associated with impaired socialization, when the place of a young person in the social structure does not correspond to the level of his aspirations; 2) conflicts with the family, most often due to rejection of the older generation's value system; 3) alcoholism and drug addiction as a basis for the occurrence of a suicidal situation and prerequisites for its rapid implementation

As a result of a teenager's experiences of crisis, it is manifested in a re-understanding and reconstruction of the meaning and purpose of life, a new reassessment of one's past, the elimination or change of leading motives. Different types of injury situations have different effects on adolescents depending on the level of severity. In this case, the protective mechanisms are activated when the factors that lead to the formation of stable, significant personality disorders formed in the adolescent.

Adolescents who feel strong, destructive factors are worried about their recurrence, which leads to the emergence of negative emotional experiences. As a result, the adolescent is unable to control himself, makes various mistakes. impaired attentional coordination leads to a decrease in the level of mastery in reading. Emotional stress has a negative impact on the state of physical health in adolescents due to psychosomatic disorders. Prolonged stressful situations as a result of the need to find artificial ways to calm themselves in adolescents. early smoking, start consuming various toxic substances, alcohol and drugs Adolescents under the influence of traumatic situation can not correctly perceive the past, present, future as a result perceives in such a case. For example, if the traumatic event occurred at the age of 14, the adolescent will perceive himself



for a long time at the same age. Statistically, among the adolescents who attempted suicide were those who consumed alcohol and drugs. Adolescents' emotional experiences as a result of traumatic situations lead to the distortion of their illusions about how to deal with the situation. Adolescents do not appreciate their potential. If a good schooling does not give a teenager a sense of security, if the results of that teenager are indifferent to others, the success of the schooling process will not bring joy to the teenager. In this case, the adolescent emerges from the world of imaginary illusions, overcoming the obstacles in front of him on the basis of self-confidence to overcome the difficulties of the real world, that is, to grow in terms of age. If the ghost cannot get out of the world of illusions, then new illusions appear in the adolescent's psyche and the teenager continues to live in his own ghost world again. The duration of the crisis situation is the degree of importance of the traumatic situation, the individual The reaction occurs as a response to traumatic stressful situations, crisis situations, depending on the characteristics of the age period, the characteristics of the social environment surrounding the adolescent.

AE Lichko among the most common causes of suicide among adolescents includes: 1) the loss of a loved one; 2) a state of overwork; 3) wounded self-esteem; 4) destruction of the defense mechanisms of the personality as a result of the use of alcohol, hypnogenic psychotropic drugs and drugs; 5) identification with the person who committed suicide; 6) different forms of fear, anger and sadness for different reasons

According to A.G. Ambrumova and E.M. Vrono, adolescents with suicidal behavior are characterized by the following features: impulsivity, explosiveness and emotional instability, increased suggestibility, lack of independence of thinking

A.E. Lichko and V.T. Kondratenko indicate a certain connection between suicidal behavior and the type of character accentuation

According to A.A. Sultanov, such personality traits of suicides as sensitivity, emotional instability, excitability, which reached the accentuation level in some of them, formed, in combination with other factors, a special personality predisposition, contributing to an increase in suicidal risk

Interpersonal relationships with peers and parents have a significant impact on the suicidal behavior of adolescents. According to L.Ya. Wand, in the prepubertal age, "family" problems prevail, and in puberty - "sexual" and "love". Another



extremely important factor, unfortunately relatively little studied, is the influence of the adolescent subculture

REFERENCES

1. Lichko A.E. Psychopathies and character accentuations in adolescents. L. : Medicine, 1983
2. Ambrumova A.G. Psychology of Suicide // Social and Clinical Psychiatry. 1996. No.
3. Kondratenko V.G. Deviant behavior in adolescents. Minsk, 1988.
4. Igumnov S.A. Fundamentals of psychotherapy for children and adolescents / Ed. V.T.
5. Kondratenko. M. : Publishing house of the Institute of Psychotherapy, 2001.
6. Zmanovskaya E.V. Deviantology: The Psychology of Deviant Behavior. M. : Publishing Center "Academy", 2003.
7. International Journal of Psychosocial Rehabilitation, Vol. 24, Issue 06, 2020 ISSN: 1475-7192 PSYCHODIAGNOSTICS OF DISTINGUISHING TWINS FROM EACH OTHER Toyirova Shakhlo Izatovna, Bakhriyeva Nargiza Axmedovna
8. Тойирова Ш. И., Тойирова Л. И. Психологическая роль геронтологии в республике Узбекистан //Инклюзивное образование и психолого-педагогическое сопровождение лиц с ОВЗ и инвалидов: от раннего возраста до профессиональной подготовки. Региональные практики и модели. – 2020. – С. 202-205.
9. Тойирова Л. И. ПСИХОДИАГНОТИЧЕСКИЙ ИССЛЕДОВАНИЯ ПО ДВОЙНЫХ ПАР БЛИЗНЕЦОВ //Теория и практика современной науки. – 2018. – №. 5. – С. 1113-1115.
10. Тойирова Л. Эгизаклар ривожланиш босқичларидаги ўзига хос психологик хусусиятлар //Oriental Art and Culture. – 2020. – №. I (2).
11. Ш.Тойирова, Бухоро давлат университети Ўзбек оилаларда эгизак фарзандларни тарбиялашдаги ўзига хос психологик муаммолар 122Научно-методический журнал «Искусство и культура Востока» - (2) I / 2020 ISSN 2181-063X <http://oac.dsmi-qf.uz>
12. Тойирова Л., Ульмасова Д. НАВЫКИ ТРЕНЕРА И ОРГАНИЗАЦИОННЫЕ ВОПРОСЫ КАК ВЛИЯНИЕ НА ПРОЦЕСС ПСИХОЛОГИЧЕСКОЙ ПОДГОТОВКИ // Свет ислама. - 2020. - Т. 2020. - №. 1. - С. 152-158.
13. Izatovna T. L., Izatovna T. Sh. PSYCHODIAGNOSTIC BASES OF THE STUDY OF TWINS IN PSYCHOLOGY //E-Conference Globe. – 2021. – С. 98-104.
14. Izatovna T. L. THE INFLUENCE OF HUMAN FACTORS ON THE UPBRINGING OF TWINS IN UZBEK FAMILIES //ResearchJet Journal of Analysis and Inventions. – 2021. – Т. 2. – №. 04. – С. 70-74.