



Demonstration Of Suicidal Behavior

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Annotation: the manifestations of suicidal behavior, its developmental stages, clinical and social characteristics, diagnostics, and modern prevention methods. It emphasizes that suicide is a serious public health issue on a global scale and that its prevention requires a comprehensive approach. Also discusses the relationship between suicidal behavior and mental illnesses such as depression, schizophrenia and others.

Keywords: suicidology, suicidal behavior, depression, prevention, mental health, risk factors, protective factors.

Introduction. The problem of suicidal behavior has not lost its relevance today. According to the World Health Organization (WHO), more than 700,000 people die from suicide every year in the world, which is 9.0 cases per 100,000 population. According to statistics from many countries, suicide is the second leading cause of death among people aged 15-29. The concept of suicidal behavior covers a wide spectrum, from suicidal thoughts to direct suicidal acts. To understand this complex phenomenon, it is necessary to comprehensively assess the interaction of biological, psychological, social and cultural factors. At the same time, the role of mental health services and social support in the manifestation of suicidal behavior and its prevention is also important.

Suicide is condemned in some countries, while in others it is celebrated as a symbol of courage, bravery, and devotion to love. In ancient India, China, and Japan, suicide was considered a socially prescribed, obligatory act, while in Islamic countries it is condemned. In ancient Rome, suicide was also viewed negatively. In India, women whose husbands had died were condemned to commit suicide to avoid community hatred.

Main part: In ancient times, in some countries, suicide was expressed as a "rebellion" against the humiliation of one's own dignity and the insults of others, and attempts were made to commit it in front of one's own eyes. Such an act of a suicidal person was perceived by others as a sign of courage and bravery, and they praised him for his bravery and raised him to the sky. Such customs have survived in some countries today. For example, in some African



tribes, according to tribal customs, a person whose dignity has been humiliated, according to tribal customs, has a custom of climbing to the top of a tree and throwing himself headfirst into the ground in order to demonstrate his courage.

The scientific study of suicide began in the late 19th and early 20th centuries. This was due, firstly, to the increasing number of suicides worldwide, and secondly, to the emergence of a number of scientific studies devoted to the study of the problem of suicide, which served as an impetus for a comprehensive study of this problem.

I.A.Sikorsky's scientific research also made a significant contribution to the study and prevention of child and adolescent suicide in his time. He mainly analyzed child and adolescent suicide from a psychiatric perspective. He strongly opposed the notion that child suicide, like adult suicide, is a product of mental illness. I.A.Sikorsky emphasizes the need to strengthen the provision of medical psychiatric care in the prevention of child and adolescent suicide. He believes that the origin of suicidal behavior in children and adolescents is due to their behavioral changes and weak willpower. I.A. Sikorsky also puts forward a number of positive ideas and considerations regarding the psychological study of suicide in children and adolescents. He believes that suicide in children and adolescents is not only a product of mental illness, but also loss of self, individual psychological characteristics and youth crises. This was one of the important discoveries of I.A. Sikorsky in his time. B.A. Bemasky, continuing the theory of I.A. Sikorsky, develops it and cites interpersonal conflicts, adults' misunderstanding of children's feelings, physical and moral abuse, and youth crises as the causes of suicide in children and adolescents. Speaking about the prevention of suicide in children and adolescents, he emphasizes the need to form strong-willed qualities in children, to cultivate determination in action, and a sense of faith. He also concludes that in order to prevent suicide, it is necessary to abandon the "advertising" of suicide among the general population. The main concepts used in the field of suicidology include:

- Suicide is the deliberate act of ending one's own life.
- Suicidal ideation is the thoughts, ideas, and plans of suicide.
- Suicide attempt is an attempt to harm oneself that is not fatal.
- Suicidal behavior is a broad term that includes suicidal thoughts, plans, attempts, and completed suicide.
- Suicidal risk is the likelihood of a person committing suicidal acts.



Suicidology also uses concepts such as "demonstrative suicide", "affective suicide", "actual suicide".

Suicide is a significant public health problem in all regions of the world, and its prevalence and characteristics vary significantly by region, gender, age and other demographic indicators.

Currently, according to WHO:

- Every 40 seconds, a suicide occurs somewhere in the world.
- The suicide rate among men is 1.5-4 times higher than among women, but women have a higher number of suicide attempts.
- The risk of suicide is higher among the elderly and young.
- The overall number of suicides in low- and middle-income countries is higher than in high-income countries.

Factors influencing the development of suicidal behavior can be divided into the following groups:

Biological and genetic factors:

- Disturbances in the metabolism of neurotransmitters such as serotonin, noradrenaline and dopamine.
- Familial predisposition to suicide and depression.
- Genetic predisposition (for example, polymorphisms of the SERT and TPH2 genes).

Epidemiological studies show that about 90% of suicide victims have a mental illness. The following mental conditions are particularly at risk for suicide:

Depressive disorders: Approximately 60% of suicide victims suffer from depression. Severe forms of depression, especially depression with psychotic symptoms, significantly increase the risk of suicide. They are characterized by a deep sense of hopelessness, sleep and appetite disturbances, and impaired concentration.

Schizophrenia spectrum disorders:

5-10% of patients with schizophrenia die by suicide. In the first 5 years of the disease, when there are strong hallucinations and paranoid ideas, during the transition between psychotic and remission periods, when intellectual functions are preserved and there is a critical understanding of the disease.

The main method of assessing suicidal risk is a clinical interview, during which the presence of suicidal thoughts, their duration and intensity, specific suicidal plans and the possibility of their implementation, previous suicide



attempts, mental illnesses and their course, life crises and stressful situations, the presence of social support systems are discussed.

Many studies have been conducted on how young people's sense of purpose, happiness and resilience are related. Many studies have shown that a strong sense of purpose in life is associated with being happier with one's life and feeling more empowered. For example, Opostolu et al., (2024) found that individuals who perceive their lives as meaningful report higher levels of life satisfaction and mental health outcomes. Similarly, research by Jaspal. (2024) suggests that meaning in life is a protective factor against stress.

Conclusion. Suicidal behavior is a complex and multifaceted phenomenon, the manifestation of which occurs as a result of the interaction of biological, psychological and social factors. Effective suicide prevention requires an integrated approach, which includes early diagnosis, reduction of risk factors, strengthening of protective factors and the use of effective treatment methods. One of the main tasks of modern suicidology is the development of prevention programs adapted for different risk groups, a deeper study of the mechanisms of development of suicidal behavior and improvement of methods of assistance to persons in a suicidal crisis. Timely identification of suicidal risk groups, effective assistance to them and development of social support systems are important conditions for reducing the number of suicides and saving thousands of lives.

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