



## Suicidal Moral Motives

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**Abstract:** This article presents an in-depth analysis of the psychological, social, and individual motives of suicidal behavior. It examines risk factors contributing to suicide among adolescents and young adults, along with effective prevention strategies and methods of psychological intervention. Based on research findings, practical recommendations are provided for professionals working with youth.

**Keywords:** Suicidal behavior, Psychological issues, Depression, Mental health, Youth crises, Family and society role, Psychological support, Causes of suicide

**Introduction.** Suicidal ideation is a set of thoughts, intentions, or actions directed at a person's own death. It is formed under the influence of psychological, social, and personal factors. According to the World Health Organization (WHO), about one million people commit suicide worldwide every year, most of whom are young people aged 15–29. This condition remains the leading cause of death among young people.

Scientific research shows that the main causes of suicidal behavior are multifaceted, including depression, affective disorders (especially depression and bipolar disorder), traumatic experiences, childhood abuse, sexual abuse, social isolation, and economic pressures. In some cases, suicidal tendencies may also be associated with genetic factors. Modern research in the field of psychiatry confirms that patients with reduced serotonin levels are more impulsive, which leads to suicidal behavior.

**Main part.** Suicidal behavior among young people is often associated with a lack of self-expression, lack of emotional support, and social isolation. This age group is in a state of extreme psychological vulnerability as they continue to develop their sense of self, identity, and independence. Sometimes, young people view suicide as a cry for help or a means of getting attention.





Among the motives for suicidal behavior, problems in love relationships, family conflicts, disagreements with friends, humiliation, and pressure on social media also play an important role. Suicidal thoughts and intentions are especially common among young people who have had negative experiences on social media and have become victims of cyberbullying (online bullying).

There has been much research 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 their lives and feeling more resilient. 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.

This problem is also becoming increasingly urgent in our country. Therefore, in order to prevent such cases, it is necessary to strengthen psychological services, systematically organize the activities of psychologists in schools and higher education institutions. Specialists working with young people, teachers and parents should be ready to identify the early signs of suicidal behavior, not to ignore them and provide the necessary assistance. People with suicidal tendencies usually do not directly state their condition, but they demonstrate this through various signals - for example, thoughts full of despair, distancing themselves from loved ones, giving gifts, talking a lot about death, etc.

Targeted prevention and mental health programs can reduce the negative consequences of this problem. Also, one of the main directions is to form a positive outlook on life among young people, develop stress-management skills, and create a healthy environment. The role of family, school, society, and the media in preventing suicidal behavior is important. Suicidal behavior is not just a problem for one person, but for the entire society.

A deeper analysis of suicidal behavior reveals that this phenomenon is not just a problem at the individual level, but is also influenced by complex psychosocial processes. Factors such as the social environment, economic inequality, pressures in the educational system, violence and marginalization directly affect a person's motivation to continue their life. In particular, the feelings of rejection, instability, and uncertainty about the future that arise among young people create the basis for the formation of suicidal thoughts in them.





**Results and Discussion.** Modern sociological approaches, in particular Emile Durkheim's classic concept of "suicide", emphasize a direct connection between low levels of social integration and suicide. According to him, when people feel alone, unwanted or useless in society, this situation can push them to leave life. Young people, especially those who feel alienated from society and rejected, are more prone to such risky behavior.

Another important aspect is cultural differences. In some societies, suicide is strongly condemned religiously or morally, which discourages people from committing suicide. In other societies, this situation is seen as sacred or a "way to salvation", which creates the conditions for its spread. In this regard, the cultural values and social norms inherent in each social group have a significant impact on the motivation for suicidal behavior.

In the age of digital technologies, the role of social networks among young people deserves special attention. While virtual space, on the one hand, is a platform for self-expression and emotional release for young people, on the other hand, it also causes negative effects, such as comparison, social pressure, and cyberbullying. Young people who try to successfully present themselves online but fail to meet these requirements in real life are caught in a vortex of strong psychological conflicts. This, in turn, negatively affects their psychological stability.

From a medical-psychological perspective, suicidal behavior is common among patients with clinical disorders such as schizophrenia, bipolar disorder, borderline personality disorder, and post-traumatic stress disorder (PTSD). Patients with high levels of impulsivity are particularly at risk of suicide during short-term emotional outbursts. Therefore, regular monitoring of mental health, early diagnosis, and systematic treatment are important factors.

Today, many developed countries have developed national strategies to prevent suicidal behavior. Within their framework, mental health classes are organized in schools and universities, and trainings are conducted to increase positive attitudes and self-confidence among young people. To increase the effectiveness of such preventive measures, it is necessary for specialists to develop adapted approaches taking into account local culture, traditions, and the psychology of the population.

Shuningdek, gender jihatdan olib qaralganda, statistika erkaklar o'rtasida suisid bilan bog'liq o'lim holatlari ayollarga nisbatan yuqori ekanligini ko'rsatadi, ammo ayollar orasida suisidal urinishlar ko'proq qayd etiladi. Bu esa, erkaklar





odatda radikal va halokatli usullarni tanlashi, ayollar esa yordam so'rash ehtimolini ko'proq ko'rib chiqishini bildiradi. Shu sababli, jinsga yo'naltirilgan yondashuvlar ham zarur.

**Conclusion.** In conclusion, suicidal behavior is a multifactorial, complex and comprehensive phenomenon that requires comprehensive analysis. In combating it, not only psychologists or psychiatrists, but also the cooperation of the family, the educational system, the state and civil society institutions is of crucial importance. This problem can be reduced by instilling in the minds of the younger generation a system of values that means that every human life is priceless, and by forming their positive attitude towards life.

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