

of mastering the concept of number, the development of the ability to count and the basic rules of its application are also shown. The purpose of the article is to identify difficulties in the number system in children with mental retardation with the rational use of special methods aimed at achieving a successful result. The sides of the organization of these methods are also necessarily integrated. Next, we revealed and analyzed the results of the experiment from a quantitative and qualitative point of view. In the selection of the necessary information, a review of various literature was conducted. The materials of the article are of high value, since specialists-defectologists, other specialists can use the information specified in their work. Specialists can detect the absence of signs of dyscalculia (impaired counting skills) in a child at an early stage on their own.

Keywords: children with mental retardation, preschoolers, numbers, cognitive skills, mathematical concepts.

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R.ALIBAYEVA¹, SH.TURDALIEVA,² T.K. BOLEYEV³

¹Abay Kazakh National Pedagogical University (Almaty, Kazakhstan),

²M.Kh.Dulaty Taraz Regional University (Taraz, Kazakhstan),

³Taraz International Innovation institute named after Sh. Murtaza (Taraz, Kazakhstan)
alibaeva_r@mail.ru, sh.turdalieva@dulaty.kz, talant.bolejev@ayu.edu.kz

IMPROVING THE SYSTEM OF PREVENTIVE MEASURES IN THE PREVENTION OF SUICIDAL BEHAVIOR OF ADOLESCENTS

Abstract

This article examines the problem of suicide among teenagers, its psychological factors. Suicide is one of the urgent problems of today. There are some differences in suicidal behavior in adolescence. One of the pressing issues that concern us today is suicide. Lately, we often see that some of our adults and young people are experiencing psychological stress. If the psychological illness continues to worsen, that person's passion for life disappears, he is not interested in any problem of this world except death. It takes a long time to recover from this disease, psychological help is needed. The main psychological factors for committing suicide are: low mood, death of a loved one, bad situations in the family (misunderstanding, jealousy, deception, etc.), blackmail, threats, financial problems, unhappy love, sexual failure etc. People who have experienced these situations commit suicide, some of our young people are ready to crack like glass and face death without any fear if they face a little problem. It is known that the nervous generation cannot resist threats. Everyone perceives this disease, which has become a very serious problem today, in different ways and divides it into groups. One of them says that it is a change of times, while others recognize that it is due to the difficulty of the social situation or, if not, because of health. The main reason why a person commits suicide is his mental disorder.

Keywords: suicidal, educational system, preventive, adolescents, university.

Introduction

Looking at the rise of suicides, one can feel the weakening of the psyche of the society as a whole. We have a misconception that only mentally and nervously damaged people kill themselves. And to be honest, suicide incidents are not among people with mental disorders and mental disorders, but rather among healthy people [1]. Based on the widely spoken opinion in the society, mentally healthy people take this step when they are disappointed in life and face

difficulties. Such situations can be observed at any stage of a person's life. Among them, if we consider the adolescent period, there are some differences in suicidal behavior. Suicide attempts are more common among teenagers than among adults [2]. But only a few of them achieve their goal. Suicidal behavior at this age often has a demonstrative character, and at the same time, it acquires a deliberate character [3]. According to A. E. Lichko, only 10 percent of teenagers express a real desire to die, and

90 percent call for help. Symptoms of child depression include paying attention to every little thing, feelings of nausea and fatigue, not listening to what is said and yelling – noise, readiness to start a conflict, use of alcohol and drugs. The level of depression is often a true indicator of suicidal fear. In general, suicidal behavior among teenagers is influenced by personal relationships between their peers and parents. [4] Every suicide has a reason. But in many cases, the reason is that such people do not understand the difficulties of life. These are the main reasons. And all other reasons are directly dependent on these main reasons. Resentment. Sometimes suicide among teenagers is caused by resentment towards their parents. But killing oneself out of resentment for such honorable people is probably what a person with a flaw in his soul does. Error. After life, difficulties and fun go hand in hand. It is in our nature to make mistakes. Whatever mistake we make, it is not right to solve it by suicide. Suicide (lat. self – self and kill) is a premeditated suicide attempt or suicide. American suicidologist E. Shneidman said that suicide manifests itself in the form of autoaggression caused by a severe mental illness resulting from the frustration of psychological needs. [5] Indeed, suicidal people take certain life situations very seriously: Today, the topic of suicide is so relevant that researchers have recently become more interested in understanding the nature and causes of suicide, the conditions and factors of its occurrence, as well as considering an effective model of its prevention [6].

We can observe many analyses, in the works of ancient thinkers: Aristotle, Socrates, Plato and modern researchers D.D.Fraser, Y.R.Vagin, A.N.Mokhovikov, L.Z.Tregubov, etc. The analysis of religious texts and practices reveals the ethical and theological aspect of the problem of suicidal behavior and the works of A.Luerbach, R.Corsini, I. Paperno, L.A.Sladkov, K.Schiffers [7].

Those who are in the risk group:

Difficult teenagers. Issues of self-realization and self-affirmation are important in the

adolescent environment, and alcohol and drug use increase the potential for impulsive impulses.

Hereditary suicide. Children of such a family may live with the life scenario of their relatives [8].

Children with disabilities are those who suffer from their body defects.

Children with low self-esteem are easily irritable and easily depressed. [9]

Signs that indicate the tendency of teenagers to commit suicide:

panic-agitated behavior, haste, restlessness are characteristic;

long-term sleep disturbances: frequent dreams of cataclysms, catastrophes, accidents or wild beasts;

pressure of affect, external symptoms include aggressive actions for no reason;

depression, apathy, lack of speech: the teenager does not want to do anything, abandons tasks, spends time without meaning, his behavior shows malaise, sleepiness;

shame, guilt, self-doubt for lack of self-development. This syndrome can be manifested by attention-seeking behavior;

a difficult puberty period with somatic endocrine and neuropsychological disorders;

alcohol use, drug addiction, drug addiction.

External conditions of a suicidal teenager:

unhappy family: severe psychological weather, quarrels between parents, alcoholism in the family, loss of parents;

neglect of the teenager, absence of an adult to guide the teenager;

Adolescent's uncomfortable position in the family: exclusion, excessive care, harshness, criticism of every activity of the adolescent;

lack of friends of the teenager, exclusion from the study group;

having a series of failures in studies, relationships, interpersonal relationships with relatives and adults. [10]

Possible motives for suicide

Seeking Help – Many people who are thinking about suicide do not want to die. They use suicide as a means to get something (for example, attention, affection, love, escape from problems, hopelessness...).

Despair – life is meaningless, there is no hope for the future. There is no hope of making changes to improve life.

The multiplicity of problems is the fact that all problems seem so intractable that there is no opportunity to concentrate on solving them one by one.

Attempting to harm and hurt another person - “They will still regret it.” Sometimes a person, by committing suicide, thinks that he will take his problems with him and make a relief for his family [11].

It is believed that only a brave and strong person is capable of suicide. [6]

In modern society, the individual is alone. Especially in big cities where beliefs, customs, morals, and interests are different. The interest of the individual does not coincide with the interest of the society, so one of the motives for overcoming the difficult life is destroyed. There is no point in grieving for something that is not of interest to the society and hurts the person himself. There is no point in living for sorrow [12].

Thus, according to T. A. Sorokin, loneliness, separation of a person from society, the speed of life, the decline of religious beliefs and the destruction of society, the instability and inequality of life – all these have a favorable effect on the development of suicide. In such a situation, even a small unpleasant event is enough for a person to commit suicide. [13] Therefore, he concludes: “When the source of suicide is the insufficient organization of our environment, which exposes a person to loneliness, then the task of combating suicide should change the collective in a positive direction, which reduces individual loneliness and becomes a group with common interests and goals.” Such an idea is not only expressed in relation to the collective society, but also intra-family, industrial, interpersonal, etc. It is said about relations. When a person is bereaved, it is very important to have the timely support of loved ones, friends, and colleagues to share in their grief, and it is important to have a job that makes them forget their heavy thoughts and grief, and shows why they are living [14].

As it was found out, unhappiness in the

family and misunderstandings at school are often the cause of children’s unhappiness and suicide attempts. It is not enough to just find clothes and food for children, they should always feel the warmth of their parents and grow up knowing that they are loved. And a child whose parents do not pay attention to their level, realizes that no one needs them and faces psychological stress. Especially teenagers aged 13-17 years are very impressionable, they are quick to take anything into their hearts. In the absence of understanding, children of this age get into various situations. They don’t like to study, and their relationship with other students deteriorates. Changes in behavior and behavior should concern both the teacher and the parents. Regardless of these changes, many problems can be prevented by seeking the help of a psychologist.

The main part.

Suicide of teenagers is one of the most urgent problems in the world today, which has shocked the whole world and is becoming a social disease. According to experts studying suicide, one person commits suicide every 20 seconds in the world. Even 1 million people commit suicide every year and try to say goodbye to about 20 million lives forever. The worst thing is that 8 thousand of them are Kazakhs. And this means that every hour in the republic one person voluntarily dies. It is especially worrying that this disease is widespread among teenagers. It includes the inability to cope with the difficulties encountered in the “transitional” period of adolescence, the inability to get along with others, the incomplete formation of the child’s psychology, etc. circumstances are causing. Suicide (lat. *suicaedere* - to kill oneself) is a person’s self-harm and taking his own life. From the terrible information published by the World Health Organization to the public, it can be seen that suicide incidents among adolescents in Kazakhstan have increased, suicides are often caused by their violation of the law, fear of criminal responsibility, impatience, intolerance, cowardice, low academic performance, poor interest level, It is clear to all of us that the reason for this is his lack of energy, quick anger and low appetite. Therefore, when it comes

to the fate of people, we should not only put the responsibility on teachers and doctors, school psychologists, and social educators, but we should take it upon ourselves. American psychologist Edwin Shneidman points out unbearable mental illness as one of the main reasons for suicide. Indeed, suicide is a disease of the soul, not of the body. Psychologists have proven that the majority of those who commit suicide present the opinion that “only death solves all complex problems.” And it seems that even people who have no serious problems commit suicide. Such a situation often occurs in psychologically weak people. It turns out that they turn to death for the slightest problem they encounter in life. A.E. Lichko lists the following as the most common causes of suicide among teenagers: 1. Losing a loved one. 2. A state of extreme laziness. 3. Vulnerable feeling of self-worth. 4. Use of alcohol, hypnotic, psychotropic drugs and drugs as a result of which there is a violation of the protective mechanism of the individual. 5. Aligning oneself with the person who committed suicide. 6. Various forms of defensiveness, irritation and frustration arising under various pretexts. Doctors divide suicide into three types: After the first, clearly stressful situation, a person loses the meaning of life and prepares himself for death for a long time. Second, hidden suicide, a person does not prepare himself for death. Only conscious risk-taking leads to unexpected death.

Third, openly facing death in front of others. To follow someone to prove something.

The General Prosecutor’s Office of our country conducted research on child suicides and tried to determine the factors that lead to their death. First of all, it is connected with the complex socio-psychological condition of the child and the low standard of living. However, there are also children from wealthy families among the teenagers who are dying on this day. Experts associate suicide among teenagers with the transition period and the child’s age [15].

Self-harm is divided into three main groups: overt, demonstrative and covert.

Open suicide is always a distressing crisis situation or the thought of giving up life, thinking about the meaning of life, depression.

Because he feels useless to anyone. That is, open suicide is more common among older people and teenagers. For example, to teenagers “How will I live?” What kind of person will I be?”, that is, if the cause is lack of confidence in the future, old people are asked “How did I live, who was I in this life?” the thought bothers him [16].

Demonstrative suicide is an attempt to commit suicide without the intention of dying, but simply to draw attention to oneself.

Hidden suicide is a type of behavior of those who do not consider death to be the solution to the problem, but cannot find another way out. Imitation power also has a strong influence among young people. They find and imitate their models as “copies” through television, radio broadcasts, and the Internet.

Psychological features of suicidal behavior:

– egocentrism (a person pays attention only to his own stress, anxiety, and is not interested in other issues);

– autoaggression (unreasonable self-blame, low self-esteem of a person, etc.);

– pessimistic personal attitude to the way out of the crisis (depression, fear, readiness to commit suicide);

– paranoia (rigidity of neuropsychological processes, adherence to ready-made thinking stereotypes, flexibility to find very valuable ideas);

There are some differences in suicidal behavior in adolescence. Suicide attempts are more common among teenagers than among adults. But only a small part of them achieve their goal. At this age, suicidal behavior often takes on a demonstrative nature, and at the same time, it takes on an aggressive nature.

How do you know if a child is thinking about suicide?

He is depressed, does not get out of bed all day, cries, does not eat anything and does not want to talk to anyone. In this case, “what happened?” no need to try to get an answer to the question. Tell the child that if he wants to talk to you, you are ready to listen and understand at any time, even if it is about scary, unpleasant, embarrassing things. Try not to neglect it. It is very important to follow through with body

sensations: pat him on the back, hug him, kiss him;

If the child stops looking in the mirror, and considers himself “ugly”, “fat”, “ugly” and so on. if he is not ashamed to say so. You don’t need to make it “You’re beautiful”, but give examples of famous people who have achieved success and fame with such long noses or full bodies;

If he loses interest in everything that used to interest him;

A child asks you or your close relatives if they would have ended their lives by suicide. In this case, openly share your thoughts on suicide with him and express your concern about the child’s purpose.

He often tells everyone that it would be easier without him if he disappeared, you need to prove the opposite, you need to tell him that you love him and that he is precious to him;

He is interested in the consequences of overdosing on certain drugs or what happens if a person jumps from the seventh floor. In this case, talk about the suffering that awaits the person and definitely find out why the answer to this question is important for him [17].

A child asks how long you will grieve if he dies. In this case, tell him that this is the biggest fear in your life.

– moving away from relatives, striving to remain private;

– sudden drop in mood, inadequate reaction to words, slow and meaningless words;

– performance declines and suggestibility;

– his behavior at school deteriorates, he wanders, breaks the order;

– risky and unreasonable actions and reckless actions;

– deterioration of health: loss of appetite, feeling uncomfortable, insomnia, bad dreams, panic;

– indifferent to things and money – simply looking at them, distributing them;

– puts all the situation in order, completes it to the end, apologizes for his actions;

– self-blame or, on the contrary, confessing guilt to another person;

– to make fun of philosophical topics about death.

In such a case, the question arises: what should be done, how to help?

If you notice suicidal behavior in a child, try to talk to the child openly and honestly. You should never ask a child about suicide unless the child has brought it up.

You need to explain all the circumstances, find out what thoughts are bothering him, make sure that he is not alone, that he is not unhappy, that he does not fall into anyone’s trap, that he does not need or owe anyone, find out the child’s friends and why he is interested, and support him [18].

It is necessary to find ways out of the impasse, but in most cases, talking with the child, healing from the heavy burden accumulated in the head, and then the child’s suicidal tendency will decrease.

Don’t be afraid to visit a psychologist. When you go to a psychologist, it does not mean that he cannot register the child and that he is mentally incomplete and has a deviation.

Most of the people who take their own lives are mentally healthy people, people with creative talent, who are in a difficult situation and cannot get out of a dead end.

Only kindness and love can save a child from loneliness!

What do the reasons for suicide explain to others:

Desperation;

To make you regret your bad relationship;

To determine how much one loves another or how much others love it;

To change a strict decision;

The cry of the soul.

Methods.

In order to prevent suicide, parents, teachers, psychologists and social workers, specialists in shaping a healthy lifestyle, mass media should work together. That is, first of all, preventive work should be done: it is better to conduct more activities such as lectures, discussions, interviews, counseling, question-and-answer among teenagers and young people on this topic. About suicide prevention measures among children and adolescents This is a human-only behavior. People who commit suicide often experience internal turmoil or are in a state

of severe stress, and also suffer from mental illnesses, mood disorders, especially depression, and the future life becomes uninteresting [19].

Statistics: When studying the problem of suicide among young people, it was found that, in general, in most cases, teenagers decide to commit suicide in order to draw the attention of their parents and teachers to their problems, and in such a negative way, they express their opposition to the carelessness, impudence, rudeness and cruelty of adults. Such a step is often taken by teenagers who are withdrawn, vulnerable, lonely, stressed due to their own inadequacy, and disappointed in life. In a difficult life situation, timely psychological help and kind support would have saved the teenager from a tragic situation... Suicide is synonymous with escapism, escape from problem solving, punishment and dishonor, humiliation and hopelessness that make up the diversity of our lives, from disappointment, loss, disappointment, loss of self-esteem. Most teenagers who choose to commit suicide are truly in fact, he does not want to die (this was confirmed by teenagers who were saved from death). Thus they try to solve one or more problems. But they solve the temporary problem once and for all. In this way, young people want to escape from the burdens of life, which seem too heavy for them. Such burdens cause them emotional and physical stress, so they think that death will save them from this stress [20].

How to recognize an imminent suicide.

Suicidal risk group

- Young people: those with impaired interpersonal relationships, those who suffer from “loneliness”, those who use alcohol or drugs, who are characterized by their deviant or criminal behavior, who have a habit of showing force;

- Those who criticize themselves too much;
- People who experienced personal humiliation or a tragic situation;

- Adolescents who are worried about the inconsistency between their expected success and expected success in life. “Best” syndrome

- People who are depressed due to a serious illness or the loss of others about this topic;

- being bothered by topics such as “I don’t need a door”, “anyway no one misses me”;

- Responding to death motifs in art or literature;

- Give away the most precious things to him.

Results

In the last 15 years, suicide among 15-24-year-olds has doubled, and such cases are common in economically developed countries. According to the research experiment, it was found that suicide occurs involuntarily. Such behavior is characteristic of youth.

The number of people who have attempted suicide is staggering. Suicide is more common among boys than among girls, and girls are more demonstrative.

To this day, there is no one who has fully investigated the suicidal act. Only 1 out of 10 adults and 1 out of 50 teenagers are prone to suicide. A suicide attempt that did not happen the first time is not repeated a second time, for example, it is 10 percent among 10-20 year old boys and 3 percent among girls.

10-20 million people decide to commit suicide every year. About one million of them say goodbye to the bright world. Neighboring countries such as Russia, China, and Kazakhstan can be mentioned as the homeland of leading suicide bombers.

Currently, according to the World Health Organization, Kazakhstan ranks third in the world in terms of suicides. And three years ago, according to the data, Kazakhstan was in fifth place.

About one million people commit suicide in the world every year. 8 thousand out of one million people are Kazakhstani. This means that one Kazakh commits suicide every hour. It’s a pity that our President says that “the future of our country is in the hands of the young generation” (7/30 p.), the perpetrators of suicide are the representatives of the young generation who considered the future of the country.

Conclusion

Conscious voluntary suicide is now a global social issue. “Suicide” is derived from Latin and means “to kill oneself, to attack oneself”. The term suicide was coined by the Italian psychologist G. Dazen introduced it in 1947 and explained it as “Suicide attempt”.

Suicide is an act of suicide by a person when the mental system is severely depressed or under the influence of mental illness.

Such behavior is observed in adolescence from the age of 13. According to statistics, suicidal behavior is 30 percent in the age group of 14-28 years, 6-10 percent in adolescence.

The only part of people who are prone to suicide are healthy people who are mentally ill.

Adolescents demonstratively demonstrate suicidal behavior in order to expect help from others and threaten those around them.

A.G. According to Ambrumova, suicidal thoughts and actions are manifested in the emergence of socio-psychological maladaptation during a conflict: anxiety, frustration, negative relationships of surrounding people, lack of desire to live, decline in social environment, etc. [1/4-p.]

All such negative situations attract young people to crime, among which suicide is common. Adolescents go through different times, some prefer to say goodbye to life due to fear of something, failure of love, inability to endure difficulties.

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***Жасөспірімдердің суицидтік мінез-құлқының алдын алуда профилактикалық
іс-шаралар жүйесін жетілдіру***

Р. Әлібаева¹, Ш. Тұрдалиева² Т. К. Болеев³

¹Абай атындағы Қазақ ұлттық педагогикалық университеті (Алматы, Қазақстан),

²М.Х. Дулати атындағы Тараз өңірлік университеті (Тараз, Қазақстан),

*³Ш.Мұртаза атындағы Халықаралық Тараз инновациялық институты
(Тараз, Қазақстан)*

Аңдатпа

Қоғам дамуының қазіргі әлеуметтік-мәдени жағдайында жеке тұлғаның дағдарыстық, аутодеструктивті күйлері қоздырады, бұл көбінесе суицидке әкеледі. Бұл мақалада жасөспірімдер арасындағы суицид мәселесі, оның психологиялық факторлары қарастырылады. Өз-өзіне қол жұмсау – қазіргі заманның өзекті мәселелерінің бірі. Жасөспірімдік шақта суицидтік мінез-құлқтың кейбір айырмашылықтары бар. Өз-өзіне қол жұмсау – бүгінгі таңда бізді толғандыратын өзекті мәселелердің бірі. Соңғы кездері кейбір ересектеріміз бен жастарымыздың психологиялық күйзеліске ұшырағанын жиі байқап жүрміз. Психологиялық ауру асқына берсе, адамның өмірге деген құштарлығы жоғалады, оны өлімнен басқа дүниенің ешбір мәселесі қызықтырмайды. Бұл аурудан айығу үшін көп уақыт қажет, психологиялық көмек қажет. Өз-өзіне қол жұмсаудың негізгі психологиялық факторлары: көңіл-күйдің нашарлығы, жақын адамының қайтыс болуы, отбасындағы қолайсыз жағдайлар (түсінбеушілік, қызғаныш, алдау, т.б.), бопсалау, бопсалау, қорқыту, қаржылық мәселелер, бақытсыз махаббат, жыныстық сәтсіздік және т.б. .. Осындай жағдайлардан аман қалған адамдар өз-өзіне қол жұмсайды, кейбір жастарымыз кішкентай бір мәселеге тап болса, әйнектей жарылып, өліммен бетпе-бет келуге дайын. Жүйке буыны қауіп-қатерге төтеп бере алмайтыны белгілі. Бүгінгі күні өте күрделі мәселеге айналған бұл ауруды әркім әрқалай қабылдап, топқа бөлінеді. Біреулер мұны уақыттың ауысуы десе, енді біреулері мұны әлеуметтік жағдайдың қиындығынан, болмаса денсаулық жағдайына байланысты деп мойындайды. Адамның өз-өзіне қол жұмсауының басты себебі – оның психикасының бұзылуы.

Түйін сөздер: суицид, тәрбие жүйесі, профилактикалық, жасөспірімдер, университет

**Совершенствование системы профилактических мероприятий в профилактике
суицидального поведения подростков****Р. Алибаева¹, Ш. Турдалиева² Т. К. Болеев³**¹Казахский национальный педагогический университет имени Абая (Алматы, Казахстан),²Таразский региональный университет имени М.Х. Дулати (Тараз, Казахстан),³Международный Таразский инновационный институт имени Ш.Муртаза (Тараз, Казахстан)*Аннотация*

В сложившейся социокультурной ситуации развития общества провоцируются кризисные, аутодеструктивные состояния личности, следствием которых нередко становится суицид. В данной статье рассматривается проблема суицида среди подростков, его психологические факторы. Самоубийство является одной из актуальных проблем современности. Существуют некоторые отличия в суицидальном поведении в подростковом возрасте. Одной из насущных проблем, волнующих нас сегодня, является суицид. В последнее время мы часто видим, что некоторые наши взрослые и молодые люди испытывают психологический стресс. Если психологическая болезнь продолжает обостряться, у человека пропадает страсть к жизни, его не интересуют никакие проблемы этого мира, кроме смерти. Вылечиться от этого заболевания нужно долго, нужна психологическая помощь. Основными психологическими факторами совершения суицида являются: плохое настроение, смерть близкого человека, неблагоприятные ситуации в семье (непонимание, ревность, обман и т. д.), шантаж, вымогательство, угрозы, финансовые проблемы, несчастная любовь, сексуальная неудача и т. д. Люди, пережившие такие ситуации, кончают жизнь самоубийством, некоторые из нашей молодежи готовы треснуть, как стекло, и без всякого страха встретить смерть, если столкнутся с небольшой проблемой. Известно, что нервное поколение не может противостоять угрозам. Это заболевание, ставшее сегодня очень серьезной проблемой, все воспринимают по-разному и делят на группы. Одни говорят, что это перемена времени, другие признают, что это связано с трудностью социального положения или, если нет, с состоянием здоровья. Основной причиной, по которой человек совершает самоубийство, является его психическое расстройство.

Ключевые слова: суицидальные, воспитательная система, профилактика, подростки, вуз.

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