



SCIENCE AND EDUCATION

ISSN 2181-0842

VOLUME 3, ISSUE 2

FEBRUARY 2022

SCIENCE AND EDUCATION

SCIENTIFIC JOURNAL

ISSN 2181-0842

VOLUME 3, ISSUE 2

FEBRUARY 2022

www.openscience.uz

185.	Комил Буранович Халиков Музыкально театральные драмы - опера, оперетта	1240
186.	Ziyodullo Satolovich Elov Suicide - as a global problem facing humanity	1247
187.	Раю Рашид кызы Мардаева Использование наглядных, словесных и практических методов преподавания музыки в дошкольном образовательном организациях	1253
188.	Раю Рашид кызы Мардаева Общедидактические и специфические методы музыкального обучения	1259
189.	Раю Рашид кызы Мардаева Теория музыки и упражнения на развитие музыкального слуха в дошкольном образовательном организациях	1265
190.	Улугбек Уткирович Муродов Воспитание молодежи в эпоху глобализации: психологические особенности	1270
191.	Шавкиддин Тошматович Усманов Детский сад - наш дом родной! Связь и организация педагогического сотрудничества воспитателя	1275
192.	Салохиддин Арнеевич Халилов Задачи и законы музыкального воспитания в свете основных идей педагогики	1281
193.	Кудратилла Бахтиёр углы Кобылқориев Ударные инструменты и ритмические деление нот	1287
194.	Очила Носировна Ибодулласева, Нафосат Гуломовна Мейлиева Основная форма организации образовательной деятельности в дошкольном образовании детей. Приёмы и методы обучения	1293
195.	Акмал Мардонович Назарова, Фируза Бахтиёровна Хафизова Формирование профессиональной математической компетенции будущего практической психологов	1299
196.	Мансура Мустафа кызы Назарова Профилактика девиаций в подростковый период	1306
197.	Dilnoza Saidjonovna Nazzullaeva O'quvchilar tafakkurlarini rivojlantirishda matematik mantiqning roli	1313
198.	Nargiza Olimjanovna Nugmanova Linguistics and social sciences	1320
199.	Laziz Yaratshovich Olimov, Zulfiya Mexmonovna Maxmadova Psychological peculiarities in stressful situations and social psychological features of coping behavior manifestation	1324
200.	Шухрат Шарифович Останов Использование техники арт-терапии в педагогике и психокоррекции	1334
201.	Шахноза Фахриддиновна Рахмонова Анализ основных направлений современных социально-психологических исследований семьи	1341
202.	Ж Д Насер Зулфйхо Мансур, Амира Талибовна Саттарова Ринат Фаритович Бурманшев Роль лингвистических корпусов в создании и совершенствовании систем машинного перевода	1348
203.	Шавкат Шухратович Рустамов О формировании математической компетентности практический психологов	1359
204.	Дилафруз Абдурашиковна Сабирова Педагогические и психологические основы у медицинских работников	1367
205.	Икбола Садыкова Изменения в лексике современного русского языка	1374

Suicide - as a global problem facing humanity

Ziyodullo Sattorovich Elov

Bukhara State University

Abstract: Suicide - one of the most important public health problems. Epidemiological analysis of suicidal activity is an important factor to monitor the dynamics of its development, to investigate the cause and to develop the necessary measures for preventive action. This article highlights the reasons that contribute to the emergence of suicidal behavior, the statistics of our Republic and the world, the dynamics of suicide by age, sex, city and region also presented the results of research.

Keywords: suicide, suicidal behavior, suicidal activity, mental health crisis, WHO, statistics.

The indicator of a socially healthy environment in society is directly related to the birth rate of the population, average life expectancy and mortality. Mortality among the population is formed both from natural physiological factors (such as illness, old age) and from violent death (homicides, injuries, traffic accidents, suicides). In recent years, suicides have taken a leading position among cases of violent death. Suicidal phenomena are among the factors affecting a healthy environment in society, the socio-psychological state of the population, spiritual and moral spirit and economic development.

Suicide is a voluntary and mental suicidal behavior of a mentally healthy person, one of the most tragic manifestations of social behavior associated with an individual's individual approach to a psychological crisis or loss of the meaning of a life lived. All internal (intention, thought-out plan) and external (attempted murder) forms of suicide, that is, the termination of its vital activity, are called suicidal behavior.

Most cases when a person commits suicide or attempts to commit murder are closely related to a mental personality crisis. Such a crisis is an extremely strong feeling caused by certain events that have traumatized a person spiritually and affected his personality. In this case, a person who has taken a suicidal vow cannot show another way out of a situation that in his mind is perceived as "too unbearable". A mental crisis can also occur under the influence of dathatan, a strong punishment. However, spiritual tension, in many cases, is formed gradually, as various negative emotions are mixed, which, according to the Uzbek interpretation, "the knife reaches the bone." The resolved conflict situation can create a danger that a person will commit suicide. At the same time, a person perceives this situation as a very difficult situation that is important in his life, perceiving his capabilities as insufficient to get out of a conflict situation. Meanwhile, desperate, he finds the act of suicide the only right way [1].

Suicidal actions were considered a phenomenon specific to a particular country, province or nation. However, in recent years, there has been an increase in the number of suicides in all countries of the world. It is also the leader among the causes of death in the age group of 15-34 years. According to statistics, 3 thousand people a day, and annually-1 million more than a thousand people committed suicide. The number of suicides is 10 times higher than the number of completed suicides. According to the researchers' conclusions, in reality the number of suicides is slightly higher than in official statistics. One of the main reasons is that events related to suicide can be hidden by national values, religious or political considerations and in most cases are presented as "accidents".

Registration of less than 100,000 10 cases of suicide per 100,000 population is estimated as low, from 10 to 20 - average, from 20 to 30 - high and from 30 to xnumx-very high.

According to the World Health Organization, suicide rates in Latin America, Arabia and Asia are at a relatively low level. The average level includes the countries of Northern Europe, North America, Southeast Asia and the western Pacific. Suicide rates are high in Eastern European countries. From this point of view, this problem is extremely relevant in developed European countries.

A number of factors influence the development of suicidal behavior: a person's gender, age, place of residence, occupation, marital status, health status. The cause of suicide is usually deeper, and it is this factor that plays a decisive role in the occurrence of suicidal behavior. These factors -loneliness, family breakdown, death of a loved one, fear of punishment, failures, incurable diseases, feeling of uselessness, limitation of physical abilities in old age - are the reasons, among which the share of economic difficulties is extremely small. There is no direct connection between the material deficit and the possibility of committing a suicidal action. This, in turn, indicates that the influence of economic factors on the occurrence of suicide has only an indirect picture. In addition, the risk of suicide is very high in alcoholics and drug addicts, which accounts for about 30% of suicides.

Experts have found that the increase in the number of suicides is directly proportional to the pace of economic development as a result of the study of suicide cases. In particular, researchers S.V.Borodin and A.S.Miklina, based on the analysis of suicide cases registered in 43 countries of the world, came to the conclusion that there is an inextricable link between suicide and the material living conditions of the population. In European countries, where the standard of living of the population is significantly higher than in Asian and Latin American countries, suicide cases are more common.

The researchers draw attention to the fact that the influence of socio-cultural factors on the occurrence of suicide is characterized by its stagnation over long periods

of time. The role of the religious factor in them is significant. For example, suicide cases are much less common in Muslim countries than in regions where Protestant and Catholic religions are widespread. In States where Catholics make up the majority, there are significantly fewer cases of suicide than in countries where Protestants are common. Some scientists have also drawn attention to the Seasons when suicide was committed. According to their research, suicide cases are more common in the spring and summer seasons.

According to the results of a gender comparative analysis, there are three times more suicides in men than in women. But suicide attempts are higher in women than in men. The only exception to this indicator is China, where there are more cases of suicide among women than among men.

Among suicidal factors, age is of no small importance. According to a study conducted in 54 countries, two categories: 15-24 and 65-74 years account for the majority of suicides. Until 1995, suicides among the elderly aged 65-74 years were three times more than among people aged 15-24 years. However, this indicator has been changing in recent years, and the number of suicides among young people is growing.

Significant work is also being carried out in our country on the topic of suicide. These studies are mainly related to the study of the problems of parasuicide, that is, suicide attempts, most of which study the factors that are important for the occurrence of suicidal behavior.

Thus, suicide prevention measures are being developed in all countries of the world, laws are being adopted and numerous studies are being conducted. The International Association for Suicide Prevention was established, the International Federation of Emergency Telephone Assistance was established, only last year more than a hundred Internet sites promoting suicide were discontinued, highly qualified psychologists are involved in secondary and higher educational institutions. But, according to statistics, the number of suicides is growing every year. Scientists believe that this is due to the fact that some people underestimate life, the social disintegration that occurs in society as a result of the strengthening of virtual life, the oblivion of national values, neglect and indifference to others, as well as a decrease in compassion for people. After all, the thought of suicide does not appear in a person every time.

According to the recommendations of specialists, when a person feels suicidal, he needs to be given serious attention. Suicide is also a disease that needs to be treated quickly when its symptoms are noticeable. In this case, first of all, it is necessary to cover all objects that can be used as means of self-harm, such as knives, scissors, squeak, sickle, rope, medicines, vinegar, as well as means to kindle a fire. As a precautionary measure, the patient should be protected from elevations, such as climbing to the roof and going out to high windows. Such people should not be isolated,

but encouraged, show kindness, approach the problem objectively, explain that what they are doing is wrong, that every problem has a solution and that life is the highest good. An appointment with a specialist is considered necessary if the patient's psychological condition is severe.

References

1. Elov Z.S. Causes And Analysis Of Suicidal Thoughts Among Adolescents. EPRA International Journal of Research and Development (IJRD) Volume: 6 | Issue: 11 | November 2021. P. 75-76.
2. Elov Z.S. Conditions and the reasons of cases of the suicide among the staff of law-enforcement bodies. European Journal of Research and Reflection in Educational Sciences. Vol 5. 2017.
3. Elov Z.S. Researches of the Reasons Conditions, Factors of Suicide Risk. Intellectual Archive. Volume 5. Number 1. 2016. P. 49-53.
4. Elov Z.S. Qadimgi xalqlar urf-odatlari va rivojlangan jamiytda ўz joniga qasd qilishning ijtimoiy psixologik sabablari. Tarix va bugun (qadimgi xalqlar urf-odatlari va bugungi zamon). Jamiyat va innovatsiyalar. 10.2021. B. 169-173.
5. Maxmudova Zulfiya Mexmonovna, Olimov Laziz Yarashovich. O'smirlarda ekstremal vaziyatlarda psixologik himoya mexanizmlarini shakllantirish. Monografiya. "Buxoro viloyat bosmaxonasi MChJ" nashriyoti. Buxoro. 2021. -B. 160.
6. Olimov Laziz Yarashovich, Maxmudova Zulfiya Mexmonovna. Psychodiagnosics. O'quv qo'llanma. "Turon zamin ziyo" nashriyoti. Toshkent 2014. -B. 298.
7. Olimov Laziz Yarashovich, Maxmudova Zulfiya Mexmonovna. Social Psychological Characteristics Of Psychological Defenses Manifested In Adolescents In Extreme Situations. Вестник интегративной психологии журнал для психологов. Выпуск № 22, 2021 г. С 233-237.
8. Olimov Laziz, Avezov Olmos. Social Psychological Characteristics Of Psychological Defenses Manifested In Adolescents In Extreme Situations. International Journal of Scientific & Technology Research. VOLUME 9, ISSUE 02, FEBRUARY 2020. P 2784-2786.
9. Freud A. The Ego and the Mechanisms of Defence. London: Hogarth Press, 1946, p. 9.
10. Freud S. The Problem of Anxiety. New York: Norton, 1936, p. 43.
11. Elov Z. Qobiliyatning shaxs psixologiyasidagi o'ni va danning-kryuger effekti. Pedagogik mahorat. 2021/10/30 №5. B. 143-144.

12. Олимов Л.Я. Бахрамова М.Р. Формирование личности преподавателя в процессе самовоспитания. Вестник интегративной психологии. (журнал для психологов). 2018 г. Выпуск 17. С. 131-133.

13. Олимов Л.Я. Теоретические основы педагогической технологии. Вестник интегративной психологии. (журнал для психологов). 2018 г. Выпуск 18. С. 163-165.

14. Олимов Л.Я., Жумаев Н.З. Педагогическое общение педагога со студентами. Вестник интегративной психологии. (журнал для психологов). 2017 г. Выпуск 15. С. 198-203.

15. Олимов Лазиз Ярашович. Psixodiagnostika va psixometrika asoslari. Darslik. "Durdona" nashriyoti. Buxoro. 2021. 747 b.

16. Олимов Лазиз Ярашович, Махмудова Зулфия Мехмоновна. Психодиагностикани автоматлаштириш ва фанни ўқитишда инновацион педагогик ва ахборот- коммуникацион технологиялардан фойдаланишнинг ўзига хослиги. мавзусидаги Республика илмий-амалий анжуман материали. Тошкент., 2021. –Б. 489-493.

17. Олимов Лазиз Ярашович, Махмудова Зулфия Мехмоновна. Психологические механизмы девиантного поведения. Психология XXI века. Ярославль., 2020. – С. 125-127.

18. Олимов Лазиз Ярашович, Махмудова Зулфия Мехмоновна. Стрессли вазиятларда психологик ҳимоя механизмлари ва coping хулқ-атвор намоён бўлишининг ижтимоий психологик хусусиятлари: стрессли вазиятларда психологик ҳимоя механизмлари ... Psixologiya ilmiy jurnali. 2020, 4 son B. 109-115.

19. Олимов Лазиз Ярашович. Социально-психологический подход к исследованию конфликтов. Вестник интегративной психологии. (журнал для психологов). 2019 г. Выпуск 19. С. 379-381.

20. Олимов Лазиз Ярашович. Теоретический анализ проблемы креативности в психологии. Вестник интегративной психологии журнал для психологов. Выпуск № 23, 2021 г. С. 237-241.

21. Элов З.С. Заонавий жамиятда суицид (ўз жонига қасд қилиш) муаммолари. Eurasian journal of Law, Finance and Applied Sciences. 2(2021): EJLFAS P. 26-28.

22. Элов З.С. Исследования причин условий, факторов суицидального риска. Евразийский юридический журнал. 7 (86) 2015. С. 310-312.

23. Элов З.С. Причины суицидального поведения: социальные и асоциальные факторы. Вестник интегративной психологии 2016 14/112-115

24. Элов З.С. Психологические особенности самоубийств среди сотрудников оwd. Психология XXI столетия. 2020. С. 401-403.

25. Элов З.С. Суицид - ўз жонига қасд қилиш ижтимоий-психологик муаммо сифатида. Conference on social and humanitarian research. International Conference on Social Humanitarian Research 17-18 th September, 2021 Poland P. 188-189.

26. Элов З.С. Суицидал уринишларни содир этишга сабаб бўлувчи асосий омиллар (Ички ишлар органлари ходимлари мисолида). *Psixologiya*. 2-son. 2015. В. 82-87.

27. Элов З.С. Суицидал хулқ шаклланиши ижтимоий-психологик муаммо сифатида (ички ишлар идоралари ходимлари мисолида). *Psixologiya*. 3-son. 2016. В. 62-72.

28. Элов З.С. Теоретические основы суицидального поведения. *Psixologiya*. 4-son. 2014. В. 20-24.

29. Элов. З.С. Профилактика самоубийств сотрудников оwd. вестник интегративной психологии. 2017. С. 208-212.