
NEGATIVE PSYCHOLOGICAL INFLUENCE OF A TEENAGER

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Abstract:

Since the very word “suicide” is used an infinite number of times in our speech, it would seem that we can expect that its exact meaning is clear to everyone and its definition on our part will be completely unnecessary.

Keywords: abuse, complex reality , aware of one's mistakes , applied observation, state of mind of individuals, individual needs, external expression .

In The result of negative factors is that the family develops negative psychological attitudes and many other conflicting circumstances. In the process of talking with divorced parents, they seem to “not hear” the reasons for the suicide attempts made by their children. Sometimes they , trampling on their fate with tears in their eyes, claim that they work from morning to evening, tirelessly for their children, to provide them with everything they need. Of course, family conflicts do not rarely occur even in the most favorable families.

Factors causing social conditions maladjustment in adolescents is as follows:

1. Dysfunctional family;
2. Personality properties of a teenager (character traits, moral inclinations, temperament, mental disorders).
3. Adaptation in an educational institution;
4. Negative psychological impact of the informal social environment on the personality of a teenager;
5. Socio-demographic motives;

When the complexity of relationships in divorced families necessitates the involvement of close relatives in psychocorrectional measures, the attention of family members and relatives should be drawn to factors that pose a danger to the life of a teenager and his health. Serious conversations about the value of life and its meaning, conducted in the process of psychocorrectional measures among suicidal adolescents, lead to positive changes.

Risk group indicators among adolescents:

- Losses among relatives associated with their death (family members, friends).
Loss of self-confidence , social authority, low self-esteem;
- Loss of interest in activities that was previously important to him, in friends and loved ones;
- Changes in character traits: excitability, anxiety, apathy, rapid mood swings, alienation;
- Sleep disturbance, insomnia, early awakening from sleep, nightmares;
- Mental disturbances, understanding of concentration in lessons, combined with setting insurmountable tasks for one;
- Dietary disorders, lack of appetite or excessive eating;
- Lack of self-control, fear of the possibility of accidental harm;
- Vulnerability, the appearance of a feeling of uselessness to others (“everyone will be better off without me”);
- Feelings of guilt and self-neglect;
- Lack of goals for the future (it will never be better than now, I will always feel so bad);
- Use of alcohol and drugs;
- Manifestation of external and internal signs of suicidal actions, indirect or direct announcement of the attempt itself ;
- Excitability, hyperactivity , incontinence may be signs of hidden depression;

Characteristic features of suicidal acts:

1. Repeated thoughts about suicide attempts (suicidal idealization).
2. Loss of appetite under many circumstances. Depressive mood associated with sleep disturbances.
3. Severe dependence on alcohol or drugs.
4. Depression resulting from a feeling of alienation and loneliness that develops when leaving family or deprivation of means of support.
5. Vulnerability. Hopelessness in outlook in the future. These circumstances can act as the main leading, main factor in the case of a suicide attempt.
6. The overwhelming influence of suicidal feelings which may interfere with the establishment of social relationships.
7. Thinking about your life, which supposedly will “never” improve.

8. Frequent fatal generalizations in speech, such as “You cannot tolerate such a life,” “No one cares.”

9. The appearance of a tunnel imagination, that is, the inability to see the positive, bright sides of life. Conviction that there is only one way out of the situation.

An increased risk of suicide occurs under the influence of the following factors: repeated suicide attempts, the teenager having serious thoughts about suicide, developing a suicide plan if there is an intention to commit suicide.

To prevent suicidal acts, first of all, it is necessary, in the process of working with them, to carefully study the internal experiences of adolescents and take each of them most seriously:

- If, in your opinion, there is a possibility that the teenager will commit suicide;
- If a teenager wants to share his problems with you, do not be indifferent or indifferent to his opinions. Remember! That teenagers rarely turn to specialists about their tendency to attempt suicide.
- If you notice that a teenager is prone to suicidal behavior, trust in your professional intuition, earn his trust so that he considers you his savior. Be attentive to signs indicating the possibility of suicide.
- Do not assure a teenager of your ability to help him in areas that you yourself are not well aware of. By giving him empty promises, do not make tomorrow even more meaningless for him. On the contrary, inspire his faith in tomorrow and a bright future, saying: “Your loved ones will definitely help you solve this problem,” “You will forget all this,” “You shouldn’t worry about these problems.”
- Tell your teenager that you are ready to help him find a way out of this situation, that there is no need to keep this problem a secret. This is especially important when a teenager’s life remains in danger.
- Whatever the meaning, during the conversation do not forget about the need for your own self-control.
- Don’t forget to have a sincere conversation with your teenager. Try to determine how serious the suicidal risk is. Do not allow the idea that an emotional, confidential, sincere conversation with a teenager about his suicidal aspirations can lead to strengthening the idea of his suicide. In fact, talking openly with your teen about their problems with someone can be a relief.
- Try to find out in advance whether the teenager has a specific plan to put his life in danger or not.



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- Try to assure the teenager that there are people who can help him solve his problems.
- Do not try to reassure a teenager with such assurances that apply to all situations, such as: “If you sleep well now, you will feel great tomorrow,” etc.
- If you want to talk with a teenager about the feelings that grip him, then say that you do not criticize them.
- Advise the teenager to try to manage circumstances in crisis situations, confirm several times that there are other ways to resolve the situation.
- Try to find a person who can help a teenager reduce the degree of emotional distress.
- Give him the idea that his feeling of hopelessness is impermanent and transitory.
- The more carefully the plan for a suicidal act on the part of a teenager was developed, the greater the danger to his life and health.
- However , one should not assume that suicide is being talked about_It is by chance that the possibility of its implementation is low for a teenager, since teenagers have an inherent tendency to impulsiveness, that is, to act without carefully developing a plan for its implementation.

The following questions are aimed at determining the emotional state of the teenager, that is, what the teenager is feeling at the moment:

- Do you have plans for the future?
- What are you planning for next week?
- And next month?
- What ideas do you have for the future?
- What should be done to get out of this situation?
- What do you think about who can help you? Have you consulted a therapist or other specialist?
- Did these meetings help you?
- There were conversations in your family about suicide or attempted suicide?
- Have your friends talked about suicide? Were they tempted to commit suicide?

In some cases, a teenager retains a tendency toward negative emotions so that he can hide his moods. The organization of individual psychological correctional activities with such teenagers and the involvement of his parents and relatives in them is considered as the main psychological mechanism for the formation of his personality. The teenager begins to understand which path he needs to choose as a result of comprehension, awareness of everything that he sees and hears around

him. This process is realized through the mechanism of personal improvement and self-awareness. It is known that innovation is carried out in practice only by overcoming difficulties and obstacles in the minds of people.

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