

PEDAGOGICAL AND PSYCHOLOGICAL FACTORS OF SUICIDAL BEHAVIOR OF MINORS

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ANNOTATION

In this article, suicidal behavior among minors, the pedagogical-psychological factors, problems and topical issues of the increase in deviant behavior among adolescents and the increase in juvenile delinquency are analyzed.

Keywords and phrases: Juvenile, suicidal behavior, suicidal behavior, extreme condition, deviant behavior, delinquent behavior, frustration, violence, willpower.

INTRODUCTION

In recent years, there has been an increase in deviations from social norms, i.e. anti-social deviant behavior. Violation of existing social norms in society is called deviant behavior. With each change in social norms, public opinion changes dramatically: supporters and opponents of new views and forms of behavior emerge, a new norm emerges instead of a norm that is losing its influence. Behavior is shaped differently from different perspectives on social norms.

Deviant behavioral mechanisms consist of determination, motive, purpose, which work against the norm. Specific types of deviant behavior: crime, alcoholism, suicide, drug addiction, and so on. Constant family conflicts, dissatisfaction with family and the environment, misunderstandings at school, between friends hurt the psyche of the person. Without realizing that a person can change his lifestyle, change his interests, cut ties with friends, have a profession, he considers this situation as an inevitable situation, and indulges in entertainment, alcoholism, drug addiction.

If one looks at the behavioral stereotypes of such people, one can observe a disruption of traumatic relationships in their childhood, such as those with psychosis or psychosomatic illness.

Such people were not loved in their youth. At least they were ignored, their upbringing was "missed," such people experienced an extreme state of inadequacy, a lack of communication and attention by adults. The tragic consequence of this is a strong body in the spiritual structure was short. Such a situation may be compounded by additional traumatic events: cruel treatment of children (corporal punishment) or their upbringing in conditions of mental cruelty and indifference. Delinquent behavior is inextricably linked to the method of punishment in education. Growing up in such an environment, a child learns nothing but the knowledge of punishment and cruelty. The victim of such an upbringing then shares his or her experience with other people. The "aggressor identification" event occurs. The perpetrator does the same with his victims as he did with himself as a child.

Fear of self-destruction of delinquent personality structure, dislike of someone, isolation, meaninglessness, helplessness creates emotional states associated with anger and frustration. The state of frustration and deprivation also plays a role in the manifestation of suicidal behavior in a person.

Frustration is the retention of goal-directed behavior. Frustration is everything that prevents us from reaching our goal. When our goal-orientation is strongly motivated, frustration increases when we wait for pleasure and don't have it (e.g., when we don't get thirsty water). Frustration creates motivation for aggressive behavior. Fear of punishment for aggression directed directly at the source of frustration can lead to the aggression being directed at any other target, sometimes the frustrated one himself.

Welfare grows the satisfaction unless it causes an increase in feeling. Reality can never be chased by growing hopes. Even if living conditions improve, frustration can increase due to the "growing hopes revolution".

Success and failure, satisfaction and dissatisfaction the feeling is related to our previous accomplishments. If our successes do not reach the level we have achieved before, we will have feelings of dissatisfaction and frustration, and if they exceed this level, we will have feelings of satisfaction and success. But if we continue to move forward, we will definitely adapt quickly. What used to evoke a sense of well-being now becomes neutral, while what was previously neutral evokes deprivation. Having the newest washing machine, pursuing a scientific career, rising to a new social status provide a strong sense of satisfaction at first. But that feeling quickly fades. Now you have to climb to a new level to experience that feeling again.

People try to get rid of the feeling of dissatisfaction that arises by adapting to new successes by comparing themselves to others.

Comparative deprivation is the perception that one's situation is worse than the situation of others. To avoid such situations, everyone will have to set goals to the best of their ability and choose ways to achieve them.

The human personality is formed in the family, as a result of family upbringing. The moral, spiritual and psychological health of family members is realized in the task of serving the family's need for communication and mutual understanding. At the same time, the nature of internal communication in the family, the manifestation of psychological attitudes of older members in communication depends on the psychological climate in the family. At the current stage of human development, with the rise of science and technology and the increasing urbanization of people's daily lives (radio, television, video, computers), another problem has arisen in families. This is determined by the fact that in some families there is a lack of communication between parents and children, a decrease in attention to each other, limited freedom of expression between family members.

All of the above considerations are factors that play a role in the emergence of deviant behavior. Deviant behavior does not occur spontaneously, there are factors that shape and nurture it. Knowing these factors and understanding the mechanisms that drive them can help prevent features that contradict the norms of social morality that may arise in the development of a person's personality. The occurrence of suicidal behaviors, which are considered to be manifestations of deviant behavior, occurs due to the continuation of a person's severe mental

suffering or mental illness, an acute state that strikes a severe blow to his psyche. Suicidal states can also occur due to physiological and inability to express oneself as a person. Suicidal behavior includes suicidal thoughts, suicidal preparation, suicidal attempts, suicidal act. Suicidal states manifest differently at different ages. Among adolescents, the motives for suicide are depression, social inexperience, negative relationships with parents, friends, and loved ones.

Motives at all stages of puberty include devaluation, disrespect, emotional, sexual, physical violence, feeling unwanted for family members and other loved ones, inability to reconcile with a spouse in a sexual and personal relationship, infidelity, and so on.

According to the modern concept, suicide is associated with a person's socio-psychological maladaptation (inability to cope), which can lead to suicide if there is a feeling of inability to resolve conflicts in a simple way. In sociology, suicide is considered to occur as a result of an individual's isolation from a social group. Sociological research has identified the causal factors of suicide, such as season, place of residence, nationality, gender, religious beliefs, economic standard of living, political processes, and so on.

In secular religions, suicide has the following interpretation. In Christianity, suicide is strongly condemned. Suicide victims are not buried in church graves, but suicide is justified by religion in order to preserve their honor, to preserve their sacred religious beliefs, to protect them.

In Islam, it is condemned not only to commit suicide but also to think about it. Life is the greatest blessing God has given, and it is a sin to end it arbitrarily, and it will be punished in this world as well.

In a person's mental state, it is important that he or she has sufficient maturity, conscious attitude, and emotional stability. Some people live in a state of constant embarrassment, feeling uncomfortable among people, expecting a negative attitude from others towards their behavior, behavior, dress, appearance, goals. These deficiencies prevent a person from fully expressing their abilities, which can sometimes lead to the formation of misbehavior and even constant strong agitation, depression, severe somatic and mental shifts. In general, every person has a constant accumulation of internal mental energy, which must be spent through the channel of sexual and social communication in the form of aggression and sexuality. Unspent energy, on the other hand, causes individual neuroses or social neuroses. Both types of neurosis are dangerous to human health and social stability. Therefore, it is important for the person to remove the accumulated aggression from time to time, to alleviate mental tension. Prolonged accumulation of energy, on the other hand, can one day cause it to turn into volcanic eruptions. In order to alleviate mental tension, it is important that the person first takes time for himself, takes care of himself, creates opportunities for cultural recreation, participates in public celebrations, public labor activities. Prolonged accumulation of energy, on the other hand, can one day cause it to turn into volcanic eruptions. In order to alleviate mental tension, it is important that the person first takes time for himself, takes care of himself, creates opportunities for cultural recreation, participates in public celebrations, public labor activities. Prolonged accumulation of energy, on the other hand, can one day cause it to turn into volcanic eruptions. In order to alleviate mental tension, it is important that the person first takes time

for himself, takes care of himself, creates opportunities for cultural recreation, participates in public celebrations, public labor activities.

Let's not forget that a person's entire life is full of huge psychoemotional tensions. This means that each of us must have mastered the art of controlling the pleasant processes that take place in our minds, bodies, souls and minds. It is important that a person psychologically prepares himself in advance to taste both sweet and bitter in life and to adapt to both. When a person is in a state of frustration, it is advisable not to pay deep attention or to pay less attention, i.e. to be tolerant, in a situation where they are the main participants in the process. The following psychological knowledge plays an important role in this:

- self-esteem;
- correct perception of their place in society;
- think about his family, his favorite profession;
- have an idea that there may be more complex problems in life;
- to determine his "hobby", to spend his free time on it;
- In any case, it is necessary to be sensible, strong-willed, thoughtful and live in an optimistic spirit. For a person's mental health, first of all, it is necessary to have the qualities of responsibility and obligation, discipline, will, self-control, temperance.

The "Program for Today" plays an important role in stabilizing and calming one's psyche, becoming the master of one's own destiny and health. We hope that this program, developed by Russian Scientist R. Kashapov, will be useful for you.

PROGRAM FOR TODAY

1. I am happy today. I take to heart the words of Abraham Lincoln: "Most people are happy because they have a sincere desire to be happy."
2. Today I try to adapt to the life that surrounds me. I accept my family, my work as it is, and separate some of the benefits from each of them for myself.
3. I take care of my body today and eat as well as I can. I try not to harm my body, to protect it as much as possible. For me to enjoy life, my body needs to be healthy and refreshed.
4. Today I am trying to grow my mind and intellect. To do this, I read something useful, I observe.
5. Today I am busy with work that helps keep my heart pure, spiritually rich. For this, I do good to someone without telling them. After that, I do two things I don't want to do. I do them "for my heart, gladly".
6. Today I will be kinder to those around me, I will look at their hearts, I will try to make them look good with my clothes, I will speak softly, I will be polite, I will flatter them. That is why today I refrain from criticizing someone, hurting someone's tongue, exposing their shortcomings, and teaching wisdom and calling for discipline.
7. I only focus my energy on what can be done in one day today, because it is impossible to solve everything at once.

8. I write down all the work I do for today hour by hour right now. Even if I don't start doing it right now, I'll still make my work schedule. This work saves me from two mistakes, namely hasty mistakes and hesitations.
 9. Right now for half an hour I am trying to be alone and calm down. At this time, I think about God, trying to plan my future with His grace and power.
 10. From that day on, I am not afraid of anything. Because I consider myself happy, enjoying the beauty, believing that someone needs me and that someone loves me too.
- Drawing attention to the urgency of the task of educating a perfect person, the President said: , let him realize that it depends on his full self-sacrifice and genuine diligence. ”
- Since a person's mental and physical condition are interrelated, so let's first feed our nerves spiritually. In cases of various mental fatigue, stress, let us act only with intelligence. Let's learn to manage emotions. Let's be sincere, polite in dealing with people. Let's learn to listen to our interlocutor's thoughts with an open face. Let us know how to forgive the shortcomings of our loved ones, even acquaintances. Let's try to see their best side. Let us always learn to live believing in the good, in the future, in success.

**BASED ON THE ABOVE CONSIDERATIONS, WE CONSIDER IT APPROPRIATE TO
PERFORM THE FOLLOWING TASKS**

1. Creating the necessary conditions for transparent, close, mutually understanding, trusting communication between family members.
2. Strengthen the ideological and methodological preparation of young parents for the upbringing of children.
3. Summarize the national and universal achievements of family upbringing.
4. Establishing a family library, establishing close ties with the school, the community.
5. Organizing a "Family Institute" under the school administration, organizing interviews and trainings for parents on the educational process.
6. Dissemination of educational guidelines through popular brochures, booklets, popular scientific articles.
7. To expand the activities of psychological counseling for the population
8. Improving the work of hotlines, heart centers.
9. Preparation of a booklet and guidelines on "Spiritual education and peace of mind."
10. Organization of seminars on "Fundamentals of spiritual and sexual education" in secondary special vocational education institutions.
11. Organization of training seminars on "Suicide and crisis prevention."
12. Improving the activities of sports and creative clubs in communities and educational institutions in order to promote an active and healthy lifestyle among students.
13. Meetings and roundtables on the benefits of learning and learning on the topic "We follow in the footsteps of fathers" with the participation of industry leaders, labor veterans.
14. Conducting a competition of essays and drawings on the theme "Future Youth", which will help young people to effectively use the created conditions, to find their rightful place in life.

15. Organization of videos, programs and live dialogues on the prevention of juvenile delinquency and youth education through the Fergana regional national television and radio company and regional television.
16. Establish regular columns in regional, city and district newspapers and magazines covering issues related to the upbringing of minors.
17. Organization of meetings, roundtables, live dialogues and concerts with the participation of well-known scientists, professors, poets, people's artists among young people with special needs and disabilities living in all cities and districts of the region, especially in remote areas.
18. In order to prevent crime and delinquency among minors, to arouse interest in education among young people and to provide them with age-appropriate literature, methodological manuals on spiritual and educational issues, visual aids and magazines on the basis of sponsorship in order to form a correct, independent worldview.
19. Organizing sponsored trips of minors and children from low-income families on historical monuments, buildings and places located in the territory of the region.
20. Take measures to constantly monitor young people growing up in disadvantaged families and influence their upbringing through community counselors and pedagogical psychologists. The most convenient way to implement the above-mentioned forms of education is, first of all, to increase the level of spiritual and psychological knowledge of parents, to form in them a healthy mindset and a modern worldview. This means that parents understand their duty to their children and the country, to know the psychological laws of birth and development, to instill in children a love for national values through the incorporation of national traditions and the rarest of our traditions in family relations. , requires them to be educated as independent thinkers.

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