

## 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 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.

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