

SUICIDE FACTORS AND THEIR FEATURES IN THE REPUBLIC OF
UZBEKISTAN

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Abstract: The article reveals a complex of suicide factors as one of the urgent problems of modern society. The authors studied the features of suicide manifestation in the conditions of the Republic of Uzbekistan. The obtained as a result of the study large factual material on the topic is presented, their analysis is carried out.

Keywords: society, suicide, factor, suicide characteristics, analysis of causes.

INTRODUCTION

The most valuable capital in the world is man, since all material and spiritual wealth is created by him, thanks to his intellectual and spiritual potential. At the same time, the world community loses more than 1 million people every year due to suicide alone, that is, one person every 40 seconds.

According to the World Health Organization (WHO), 75% of all suicides worldwide occur in low- and middle-income countries. In May 2016, the sixty-sixth World Health Assembly endorsed the first ever WHO Mental Health Action Plan. Suicide prevention is an integral part of this plan, which sets a goal of reducing the suicide rate worldwide by 10% by 2023 0.

MATERIALS AND METHODS

On a global scale, suicide is the second leading cause of death among people aged 15 to 29. The problem of suicide is particularly relevant in the world because more than 50% of completed suicides are committed by people aged 16 to 35. This age period coincides with the stage of an individual's transition to adulthood, choosing and finding a profession, creating and forming a young family, forming a professional, beginning a career, a sharp increase in the number of role functions with insufficient life experience, pronounced contradictions between the needs of a beautiful, easy life and the impossibility of satisfying them, etc., which intensify and distort the perception of the socio-economic and intrapersonal problems of young people [2].

RESULTS AND DISCUSSION

Complex environmental conditions, large-scale migration of the population abroad and a sharp decline in the birth rate with a small number of ethnic groups, as well as socio-economic problems caused by the transition period of society, reassessment of values with a pronounced prevalence of material over spiritual, problems in personnel and management policies - make the study of this problem in the Republic of Uzbekistan even more relevant [3].

In addition, it should be especially noted that the problem of suicide in general and socio-psychological, regional aspects in particular have been extremely poorly studied.

In the Decree of the President of the Republic of Uzbekistan dated March 16, 2018 No. PP-3606 "On measures to radically improve the system of providing psychiatric care to the population" a number of tasks were set for the suicidological service to improve the suicidological situation in the republic, which implement the seven goals recommended by the WHO adopted by the World Health Organization, countries are divided into three groups by suicide [4]:

- countries with a low rate, i.e. up to 10 people who died per 100 thousand of the population per year;
- countries with an average rate, i.e. from 11 to 20 people;

- countries with a high rate, i.e. from 21 to 30 people who committed suicide per 100 thousand of the population.

Uzbekistan with the corresponding indicators for the last three years (7.4 - 2021; 6.8 - 2022; 6.2 - 2023), as noted above, is among the countries with low data. However, in our country there is data broken down by regions such as Tashkent region: 2020 - 16.1; 2021 - 15.2; Navoi region: 2019 - 12.8; Republic of Uzbekistan: 2022 - 10.3; Jizzakh region: 2020 - 11.2, the indicators of which consistently and significantly exceed the average statistical data of Uzbekistan. According to international criteria, their indicators are in the middle group.

The figure linking suicide with imprisonment (144,376) is 25.9 times higher than the total number of suicides per year.

Can we expect serious changes in suicide prevention in the Republic if the former Deputy Minister of Health, the head of the former Women's Committee and the former Deputy Prime Minister repeatedly spoke to audiences and claimed that 80% of suicides suffer from mental illnesses, while over the years, according to WHO, the whole world knows that more than 70% of suicides do not suffer from mental illnesses.

Suicide does not occur by itself. Suicide is formed on the basis of the following factors: socio-economic, socio-psychological, psychogenetic, regional, demographic, environmental and ethnic. An objective understanding of the etiology of suicide will allow us to more effectively work on its prevention.

Considering the correlation of suicide with socio-economic status using the example of heroes of works of art - if it is a literature lesson, using the example of real businessmen - if it is "the basics of economic knowledge", using the example of the fates of great people and scientists - if it is a conversation with young people in a state of emotional decline, depression, dysphoria, it is necessary to show who they were and who they became, where they started and what they achieved, what difficulties, grief and adversity they experienced and did not break down, on the contrary, they went towards the goal and achieved it, therefore their names remained for all centuries.

CONCLUSION

Therefore, in preventing suicide, starting from childhood and especially during the school period, it is advisable to more effectively use the potential of religion (without forming religious beliefs of Islam or another religion) using the example of different religions and confessions, forming in young people both a life philosophy, and folk wisdom and universal human values. At the same time, using the example of mass suicides, extremist, terrorist religious deceptions, it is necessary to warn young people against possible ideological delusions, where they can be used as perpetrators of various terrorist attacks, which does not take place in the sacred scriptures of any religion.

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